

COUGH

It is a violent exhalation to an irritant stimulus.

CAUSES

- 1) Mechanical irritations- inhalation of dust, irritants, pungent fumes.
- 2) Smoking.
- 3) Foreign body in larynx.
- 4) Postnasal drip.
- 5) Compression of air passage.
- 6) Acute / chronic upper and lower respiratory tract infections.
- 7) Reflex irritation of vagus nerve by wax in the middle ear, distension of stomach, supradiaphragmatic abscess or liver abscess.
- 8) Thermal stimulus - inhalation of cold air.
- 9) Bovine cough due to laryngeal paralysis in aortic aneurysm.
- 10) Psychogenic cough.
- 11) Habitual.

SIGN AND SYMPTOMS

- 1) Dry cough in early stages of respiratory tract infections, asthma, tropical eosinophilia.
- 2) Wet or productive cough in bronchiectasis, lung abscess etc.
- 3) Paroxysmal in whooping cough, bronchial asthma.
- 4) Nocturnal cough in asthma, pulmonary oedema, postnasal drip in chronic sinusitis, reflux oesophagitis.
- 5) Croupy cough, it is harsh, hoarse cough in laryngeal infection.
- 6) Hacking cough which is short, dry, and irritable e.g. in smokers cough.
- 7) Toneless, whispering, aphonic cough in destructive lesion of vocal cords.
- 8) Exertional cough in early LV failure and mitral stenosis.
- 9) Cough related to meals suggests hiatus hernia, esophageal diverticulum, or tracheo-oesophageal fistula.
- 10) Complications of cough:
- 11) Syncope.
- 12) Rib fracture.
- 13) Spontaneous pneumothorax.
- 14) Hernia at weak hernial sites.

DIETARY MANAGEMENT

- 1) Treat the cause.
- 2) Have one spoon of mixture of honey and ginger powder before retiring to bed.
- 3) Avoid food / environmental factors to which you are allergic.
- 4) Consume hot soups.
- 5) Take raw fruits and vegetables. Apple is good for cough, should consume at least one apple a day.
- 6) Include garlic, ginger and onions in your food.
- 7) Drink boiled mixture of - 1/2 cup water, little ginger, 2-3 leaves of sweet basil (tulsi) and mint leaves, or you can eat the raw leaves, this will boost up you immunity.
- 8) Gargle with warm water, a pinch of salt and turmeric to sooth your throat.
- 9) Avoid milk and milk products - cottage cheese.
- 10) Avoid spicy food, oily food, eggs, sweets and cold refrigerated drinks.
- 11) Avoid cold drinks, cold water, ice creams and aerated drinks.
- 12) Avoid all food with preservatives and additives.
- 13) Stop smoking and ingestion of alcohol.
- 14) In case of severe pain in throat due to cough- eat soft bland food, semi solid food, soups, and boiled vegetables and fruit juices.

NOTE

- 1) Do not self medicate.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .