

# Cough - signs and symptoms, useful and dangerous products, folk remedies

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**Abstract.** Cough is a protective reaction of the body, the role of which is manifested in clearing the respiratory tract of various mucus, blood, pus, sputum, dust, and food debris.

**Key words:** Cough, description, causes, types and symptoms, complication, prevention, treatment, healthy products, folk remedies, dangerous products

**The causes of cough can be very different, for example :**

1. hypothermia;
2. foreign bodies getting into the throat;
3. inhaling gases or toxins;
4. diseases (colds, ARVI, pneumonia [1], asthma [2], lung cancer, tuberculosis [3], pharyngitis, tracheitis, pleurisy, atrial tumor, allergy [4]);
5. sore throat;
6. too emotional conversation.

**To determine a particular disease, they look at cough characteristics such as:**

- **strength** (cough or hacking cough);
- **duration** (less than two weeks - acute cough, from 2 to 4 weeks the cough is considered protracted, from a month to two - infraspinal, if the cough lasts for more than two months - it is considered chronic);
- **timbre** (short, ringing, muffled, hoarse, in the form of a “bark”, chest);
- **discharge** (dry or wet cough);
- **quantity and composition of sputum** (mucous, serous, with blood, pus);
- **frequency and time of appearance** (spring-summer is mainly an allergic cough, night cough is with asthma, evening cough is often with bronchitis and pneumonia, morning cough is observed in smokers).

## Healthy foods for coughs

Basically, cough occurs during colds, when the body's defenses are reduced. Therefore, the main role of nutrition during cough is to help increase immunity [5], relieve bronchopulmonary spasms, defeat

germs and viruses, and compensate for the lack of vitamins (especially groups A, C, E [6-8]), minerals, proteins [9] (This is due to the fact that during expectoration of sputum there is a large loss of protein; if it is not replenished, protein deficiency may develop). To do this, the patient needs to consume the following products:

1. **animal origin** : lean meats, fish (preferably fatty, omega-3 [10] will lubricate the throat, which will relieve a sore throat and facilitate expectoration), cod liver, fermented milk products (will help relieve fever and fever, and calcium [11], which is contained in them, will help relieve the inflammatory process);
2. **vegetable origin** : legumes, sprouted wheat, pumpkin seeds, sunflower seeds, sesame seeds (and oils), olives and olive oil [12], nuts, cereals and cereals (rice [13], rolled oats, buckwheat [14], oatmeal [15], wheat), vegetables (tomatoes [16], carrots [17], any cabbage, beets [18], onions [19], garlic [20], pumpkin [21], radishes), fruits and berries (bananas [22], citrus fruits, strawberries [23], raspberries [24], ginger [25], cantaloupe (cantaloupe), papaya, peaches [26], avocado [27], currants [28], apples [29], figs, grapes [30] ), greenery.

To thin mucus and help it drain, the body needs a lot of fluid. Preference should be given to hot drinks: natural teas from linden, raspberries, boiled milk with honey [31], cocoa. Also, vegetable and fruit juices and lemon water will be useful [32].

The number of meals should be 5-6 times a day, and the amount of liquid drunk should be at least one and a half liters.

### **Traditional medicine for cough:**

- In the evening, chop one large onion and sprinkle with sugar. Leave to brew until morning. This onion and the resulting juice must be eaten the day before, and the juice must be drunk. Take for several days until symptoms stop.
- Drink decoctions of coltsfoot [33], chamomile [34], licorice, thyme [35], primrose, and elecampane root. You can prepare decoctions from a mixture of these herbs (you just need to take all the ingredients in the same quantities). Pour 200 milliliters of boiling water into 1 tablespoon of the herb or herb and leave to steep for 30 minutes. Filter. A glass of decoction should be divided into three doses (this is exactly the daily dose of the medicine).
- Drink boiled milk. You can add honey, mineral water (necessarily alkaline), a teaspoon of soda, turmeric [36], anise oil, and figs for children.
- If your voice is lost and hoarse from coughing, you need to eat cocoa butter and drink tea with butter [37].
- To make phlegm come out faster, you need to drink a mixture prepared with sugar syrup (honey) and lingonberry juice [38]. Eat a tablespoon of syrup 3-4 times a day.
- A good method for treating cough is radish. The most famous recipe: take a large turnip, cut off the top, pick out the middle a little, and cut the tail. Place honey in the middle. Place the turnips in a glass and leave for 3-4 hours. After this time, the honey should melt and flow through the turnips. Drink the resulting juice and refill the turnips with honey.

- To treat a child's cough, turnips should be cut into small slices, covered with sugar, placed on a baking sheet and baked for 2 hours. Then select the radish pieces and throw them away, pour the juice into a bottle and give the child a teaspoon 4 times a day.
- There is also a recipe for coffee lovers. Instead, you can drink chicory, rye, oats, and barley. Brew like regular coffee. You can add milk.
- If you suffer from severe coughing attacks, you need to drink milk of poppy seed. To prepare it, you need to crush a few tablespoons of poppy seeds (pre-steamed in hot water) in a mortar. Pour crushed poppy seeds with 200 milliliters of hot water, leave for 10-15 minutes, filter. Warm to room temperature and drink.

### **Dangerous and harmful products for coughs**

- sweets (suppresses the functioning of the immune system, and sugar partially remains on the walls of the mouth and pharynx, which helps create an environment favorable for the development of microbes);
- large amounts of salt (sodium [39] contained in ordinary kitchen salt can cause bronchial obstruction);
- coffee and alcoholic drinks (can lead to dehydration);
- if it is an allergic cough [40] or asthma [41], then you need to get rid of provocateurs-allergens: spicy dishes, chocolate, seasonings, products with various food additives, marinades, pickles, eggs, rich broths (exclude from the diet broths cooked in bouillon cubes and seasonings that replace vegetables, instant food - purees, soups, noodles);
- coarse, hard foods, coarse cereals, crackers, cookies, puff pastry and shortbread pastries, sweets and powders (rough foods can scratch the esophagus, and crumbs can cause severe coughing and even choking).

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