

# Whooping cough and parawhooping cough - signs and symptoms, useful and dangerous products, folk remedies

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**Abstract.** Whooping cough is an acute infectious disease that affects the respiratory tract and nervous system. Pertussis differs from whooping cough only in its milder course.

**Key words:** Whooping cough, parawhooping cough, description, causes, types and symptoms, complications, prevention, treatment, useful products, folk remedies, dangerous products

## **The cause of the disease is whooping cough or Bordet-Gengou.**

The transmission mechanism is airborne (transmitted only when a sick person communicates with a healthy person, since if the bacterium is outside the human body, it dies, so it is simply impossible to become infected through dishes, personal hygiene items, or things).

## **This disease affects 3 categories:**

- infants – they do not yet have immune protection;
- children, age group from 1 to 5 years - if they are not yet vaccinated, one patient can infect five or even seven children;
- teenagers – the vaccination expires, so there is a high risk of getting sick.

## **Symptoms of whooping cough**

Primary signs:

1. cough;
2. slight malaise
3. runny nose and nasal congestion;
4. slight coughing.

They are similar to the common cold, so it is very important to identify whooping cough at the first stage of the disease.

This period lasts from 5 to 7 days, then the cough begins to intensify, which manifests itself in the form of a stream and attacks. At the same time, the slit of the larynx is narrowed, swelling of the face appears, it becomes purple in color, the eyelids swell, saliva and tears begin to flow involuntarily, gag reflexes appear, hemorrhage in the sclera, veins in the neck swell, the tongue protrudes out, and its tip curls (due to rubbing the tongue against the lower teeth causes a wound to appear on the frenulum - this is one of the main signs of whooping cough in children who already have teeth).

Sometimes, during severe attacks, the patient may not control urination and the release of feces.

An attack is caused by nervous disorders, fear, loud noise, wind, rain, coughing of another person and any other irritants. Before an attack, a person begins to fuss, hide, and ask for the protection of parents, relatives, or just adults.

In vaccinated people, the course of whooping cough is milder, without complications, the likelihood of death is reduced to zero, and breathing is impaired in very rare cases.

### **Complications:**

- pneumonia of various etiologies [1] ;
- hernias (inguinal, umbilical) [2] ;
- stomatitis [3] ;
- otitis;
- pyelonephritis;
- encephalopathy;
- pneumothorax.

Whooping cough is most dangerous for children under one year of age. At this age, the greatest number of cases of complications in the form of encephalitis, which is why the child lags behind in development.

### **Forms of whooping cough and parawhooping cough depending on the course:**

1. *mild* – there are up to 15 attacks per day;
2. *average* – up to 20 attacks per day;
3. *severe* – more than 25 attacks in one day.

### **Useful foods for whooping cough and parawhooping cough**

During the second week, during severe and acute coughing attacks, the patient should be given only orange juice [4] and water [5] (filtered) to drink and take medicinal baths with magnesia (Epsom salt).

After the period of acute attacks is over, the patient should be given fruit, and after a few more days, you can switch to a balanced diet. At first, you need to give liquid and semi-liquid food. Porridges, vegetable broths, steamed cutlets, soups, broths, and boiled vegetables are good options.

Feeding should be done in between coughing attacks. It happens that after eating, vomiting begins, after which feeding should be repeated.

### **Traditional medicine for whooping cough and parawhooping cough:**

- If sputum discharge is poor, you need to do a light chest massage with 1-2 drops of fir oil (you can use garlic [6] and radish juice).
- To relieve spasms in the throat, you need to drink a pinch of calamus powder with honey [7].
- For 14 days, take 10 drops of ginger [8] and onion [9] juices with 5 drops of almond oil three times a day.
- Drink infusions of clover [10], anise (fruit), asparagus (shoots) [11], mullein flowers (dense-flowered), wild rosemary, mistletoe (white), licorice root, blackberry [12], elecampane root, butterbur, thyme [13], calendula flowers [14], black elderberry, buckthorn bark, tricolor violet herb.
- Every day, three times a day, drink nettle juice [15] a teaspoon. The juice must be prepared immediately before taking it.
- Mix a teaspoon of radish juice [16] with honey (in the same amount) and add a little salt (rock salt only). Eat 3 times a day.
- If you suffer from severe and frequent attacks, you need to give the patient a teaspoon of honey with 10 drops of freshly squeezed juice. Depending on the severity and frequency of attacks, this mixture is given two or three times.
- Massage your feet, lubricating them with garlic paste and butter. After the procedure, wear cotton socks. For 100 grams of oil you will need 2 tablespoons of gruel.
- Take 5 medium-sized cloves of garlic, finely chop, place in 200 milliliters of unpasteurized milk, bring to a boil. Give one teaspoon every hour.

### **Dangerous and harmful products for whooping cough and parawhooping cough**

- fatty, dry, salty foods;
- very hot dishes;
- fatty soups, varieties of meat and fish;
- semi-finished products, fast food;
- canned food, smoked meats;
- spices;
- cracker;
- nuts.

These foods irritate the walls of the throat and stomach, which can cause a coughing attack due to a burning sensation in the stomach and a sore throat.

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