

## Bronchitis...

Inflammation of the airways that connect the windpipe to the lungs. Symptoms include a persistent phlegm-producing cough and breathlessness. Acute bronchitis can last from a few days to two weeks, and usually results from a virus. It can be dangerous in the elderly and in those with heart disease. Chronic bronchitis can last for months and is usually caused by smoking and environmental pollution.

Treatment - Aromatherapy.

Inhalation help clear chest congestion: add a few drops of both essential oil of eucalyptus and sweet thyme to a bowl of steaming water, sit with your face over the bowl, eyes closed, with a towel over your head and the bowl and inhale the steam vapour deeply.

Herbal

Elecampane infusion: pour a cup of cold water onto 1 teaspoon of the shredded root. Let it stand for 10 hours. Heat and sip a cupful hot 3 times daily. For irritating coughs, wild cherry bark infusion: pour a cup of boiling water on 1 teaspoon of dried bark, brew for 15 minutes, drink 3 times a day or as needed.

Homeopathy

To be taken 3 times daily for up to 4 days:

Early symptoms accompanied by fever, tight chest, tickling cough, thirst: Aconite 6c. With loose white sputum, rattling cough and irritability: Kali bichromicum 6c. With loss of voice, burning throat, cough and thirst: Phosphorus 6c.

Chinese Medicine

Treatment would be aimed at preventing an attack by improving lung energy through herbs such as plantain seed, balloon flower root, honeysuckle flowers, skullcap root or gardenia fruit.

Orthodox

Cough medicines are prescribed, and inhalant drugs to open up the airways. Smokers are advised to stop immediately, and to avoid places where other people smoke to cut down on passive smoking. Antibiotics are used to eradicate secondary infection with bacteria; they can be life-saving in the frail and the elderly.