

Categories

Bronchitis Remedies

- Bronchitis
- Asthma
- Asthma Treatment
- Chronic Obstructive Pulmonary Disease (COPD)
- Cold And Flu
- Common Cold
- Cough
- Influenza
- Lung Cancer
- Pneumonia
- Post Nasal Drip
- Sinus Infections
- Tuberculosis
- Health & Fitness
- Aging
- Alternative Medicine
- Dental Health & Hygiene
- Diet & Nutrition
- Diseases & Conditions
- Drugs & Medications
- Exercise & Activities
- Kids' Health
- List of Disabilities
- Medical Abbreviations & Terminology
- Medical Care & Practice
- Men's Health
- Mental Health & Care
- News
- Public Health
- Senior Health
- Sexual Health
- Women's Health
- Health & Fitness Articles

An inflammation of the mucous membranes of the bronchi can be quite troublesome. Through this article, learn some natural bronchitis remedies that will help soothe this condition.

Bronchitis is an acute inflammation of the lining of the bronchial tubes (air passages), which carry air to and from the lungs. Due to infection and several other causes, the trachea, and the large and small bronchi within the lungs become inflamed, causing discomfort which is known as bronchitis. Bronchitis is either acute or chronic. Acute bronchitis occurs when one develops a cold or other respiratory infections, whereas chronic bronchitis, a more serious condition, which is when irritation or inflammation of the lining of the bronchial tubes becomes recurrent. In its early stages, especially before it turns chronic, [bronchitis](#) can be easily managed with some bronchitis remedies.



Natural Bronchitis Remedies

Most cases of bronchitis clear up on their own with some basic bronchitis [herbal remedies](#) combined with a few lifestyle changes which can ease and soothe the condition. There are many [herbs for bronchitis](#) that one can even use right at home.

Warm Salt Water: Gargling with salt water will soothe the inflammation in the throat and decrease the mucus production. In a glass of warm water, add a teaspoon of salt, and gargle as often as needed.

Onion: This remedy may not be everybody's cup of tea, but is highly effective as onion has expectorant properties that prevents formation of phlegm. For a couple of days, drink the juice of one raw [onion](#) early in the morning.

Cayenne Pepper: A pinch of cayenne pepper powder in a hot cup of soup will break up the congestion, providing one with a quick relief. Read more on [health benefits of cayenne pepper](#).

Mullen: Steep two teaspoons of dried leaves and flowers of Mullen in one cup of hot water for ten minutes, and sip it slowly, throughout the day. Mullen will help get rid of the mucus.

Castor Oil: Warm castor leaves on a pan, and once cool enough place them on the chest, and breathe in the vapors released due to heating. If one can't find the leaves, use castor oil instead. Read on [castor oil benefits and uses](#).

Thyme: A [herbal tea](#) made of thyme dried leaves steeped in one cup of hot water for five to ten minutes, drunk thrice daily with some honey added to it will provide relief to an irritated throat.

Herb Powder: [Ginger](#), pepper and [cloves](#) are full of anti-inflammatory properties. A half teaspoon of each mixed with a little honey will draw the phlegm out and prevent its collection in the chest.

Garlic: Another bronchitis remedy is garlic cloves. [Garlic](#) is full of natural antiviral and antibacterial qualities. Adding it to your meals, or just chewing a couple of them early in the morning will stimulate the white blood cells to fight off inflammation quicker.

Licorice Root: This root is considered as one of the best bronchitis natural remedies as it has anti-inflammatory and antiviral qualities. Simmer ¼ cup root in two cups of water for 10 to 15 minutes, and make herbal tea. Drink a minimum 2-3 cups a day. Read more on [health benefits of licorice](#).

Sesame Seeds: An old cure for bronchitis, powder half a teaspoon of sesame seeds and mix it with two teaspoon of water. Have this herbal concoction twice a day.

Other Remedies for Bronchitis

There are some other remedies besides the above [natural remedies for bronchitis](#), that one can look into to further ease themselves.

Water: Keeping the body well hydrated will ensure that the lung secretions are thinner and easier to clear. Water will also make up for the loss of fluids one may experience during fever.

Humidifier: Humidify the room. Dry air will aggravate your condition, while warm, moist air will relieve cough and loosen mucus in the airway.

Avoid Irritants: Irritants like smoke or dust can worsen your condition. Hence, avoid smoking or even passive smoking, as well as polluted air. Cover your face with a mask to avoid these pollutants.

Most of these bronchitis remedies must be taken after consulting a doctor or a herbalist, as some herbs may not suit some people. However, if irritation becomes chronic its best to have yourself checked to rule out before things get further complicated.

By [Loveleena Rajeev](#)
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