

# Bronchitis

## Definition:

Bronchitis is an inflammation of the bronchial tubes, which carry air to the lungs. It can be acute (short-term) or chronic (long-term). The condition is often caused by viral infections, pollutants, or smoking.

## Symptoms:

- **Persistent cough:** Can last for weeks, often producing mucus.
- **Chest discomfort:** A tight feeling in the chest.
- **Shortness of breath:** Difficulty in breathing due to airway inflammation.
- **Fatigue:** The body requires more energy to fight the infection.
- **Mild fever and chills:** Common in viral bronchitis.

## Risk Factors:

- **Smoking:** The leading cause of chronic bronchitis.
- **Air pollution:** Inhalation of dust, fumes, and chemicals increases risk.
- **Weak immune system:** People with existing conditions are more vulnerable.
- **Frequent respiratory infections:** Increases the likelihood of developing bronchitis.

## Home Remedies:

- **Steam inhalation:** Helps loosen mucus in the airways.
- **Warm saltwater gargle:** Soothes throat irritation.
- **Hydration:** Keeps mucus thin and easier to expel.
- **Honey and lemon tea:** Provides relief from coughing.

## Medical Remedies:

- **Cough suppressants:** Help manage severe cough.
- **Bronchodilators:** Open up airways for better breathing.
- **Steroids:** Reduce airway inflammation.

## Prevention:

- Avoid smoking and secondhand smoke.
- Get vaccinated for flu and pneumonia.
- Wear masks in polluted environments.

## Consult a Doctor if:

- Symptoms last more than three weeks.

- Severe shortness of breath occurs.

**Fun Facts:**

- Chronic bronchitis is a type of COPD.
- Smoking cessation improves lung function.