

# Which organ can store phlegm and relieve cough

What does coughing up phlegm do?

Coughing up mucus or phlegm is a natural defense mechanism for clearing the airways. Mucus production increases in response to irritants, infections, or allergies, helping to trap and eliminate these substances. Coughing is the body's way of expelling mucus and trapped foreign particles to keep the airways clear and prevent infection.

What is phlegm & why is it important?

Phlegm, a specific type of mucus, is produced in the lungs and lower respiratory tract, particularly when the body is fighting off an infection or in response to irritation. It serves to capture and clear away the irritants and pathogens from the lungs.

Where is phlegm found?

It's typically found in the nasal passages, sinuses, and throat. Phlegm is a type of mucus specifically produced in the lungs and lower respiratory tract, usually in response to inflammation or disease, and is often expelled through coughing. If the substance is expelled by coughing and is thicker, it's likely to be phlegm.

How do you get rid of mucus & phlegm?

To reduce or get rid of excess mucus and phlegm, consider the following strategies: Stay Hydrated: Drinking plenty of fluids, especially water, helps thin the mucus, making it easier to expel. Warm liquids like broth, tea, or warm water with lemon can be soothing and also help break up the mucus.

Does phlegm look like mucus?

Yes, phlegm does look like mucus, but it can have different textures and colors depending on the cause. Mucus is typically clear and thin, serving as a protective lubricant.

How to prevent phlegm in the lungs?

Avoid repeated coughing. This can be tiring and can irritate the airways. Try to avoid coughing fits by sipping cold water or swallowing and then performing the breathing exercises to clear phlegm. It is important that phlegm does not stay in your lungs as it can damage the lining of the lungs and it may cause a chest infection.

Coughing is a common symptom that can be both bothersome and disruptive. While it is often associated with respiratory infections or irritants, Traditional Chinese Medicine (TCM) offers a ...

This causes vertigo, nausea, vomiting, unilateral numbness of the limbs, coughing of phlegm and a rattling sound in the throat. This type of Phlegm is seen in Wind-stroke.

Cough is a common respiratory complaint driving patients to seek medical advice. Besides being a

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fundamental respiratory sign, it is also a crucial neurological ...

A persistent chest cough can be both uncomfortable and disruptive, often resulting from colds, flu, or respiratory infections. While over-the-counter medications are available, many ...

While you're still and sleeping, phlegm can pool and settle in your lungs and throat. Once you become active in the morning, it breaks up and starts to move again.

Battling mucus and congestion? Explore 8 natural remedies--from ginger-honey blends to steam inhalation--to clear your airways, ease throat irritation, and ...

Traditional Chinese medicines have been used for centuries to address respiratory tract infections and alleviate coughing. Some of the best ...

Clearing phlegm from your lungs is relatively easy and can be fitted in to your daily routine. Perform these exercises first thing in the morning and whenever you ...

Controlled cough is a mucus-clearing technique that involves coughing in a controlled manner. This technique can help dislodge mucus ...

Phlegm resolving herbs concurrently have the action of arresting cough and stopping asthma, and antitussive and antiasthmatic herbs can also concurrently have the effect of dissolving phlegm, so ...

The basic concept of phlegm and rheum. Phlegm is a pathological substance caused by disturbance of body fluid. Generally speaking, the thick part is called phlegm while the thin p

Dealing with persistent phlegm can be both uncomfortable and frustrating. Whether it's due to a cold, allergies, or environmental irritants, many wonder, \*how do I get rid of phlegm?\* The ...

Hua Gai San comes from Bo Ji Fang (Volume 2: Treatment of the Five Organs), written by Wang Gun during the Northern Song Dynasty. This widely used Chinese herbal formula ...

Phlegm A substance of phlegm Phlegm (/ 'flem /; Ancient Greek: φlegma, phlegma, 'inflammation', 'humour caused by heat') is mucus produced by the respiratory ...

Discover the natural power of TCM in managing phlegm. Explore the benefits of Astragalus, Orange Peel, Ginger, and Licorice Root in Traditional ...

The importance of an intact cough mechanism is reflected in the occurrence of pulmonary problems when cough is inefficient. Cough efficiency is dependent on physical/mechanical aspects (respiratory ...

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Learn more about mucus -- the gel-like substance that lines many parts of your body -- and why it's an important part of your immune defenses.

A cough can be quite irritating and painful but in reality, it is an extremely useful process that ensures you stay healthy. Suffering from a cough? ...

Syncing one's breathing and movements can cause fluctuations in the bronchi in time with one's breathing, enabling the air to get in behind the ...

Sputum is phlegm that is coughed up from the lower airways--the trachea, bronchi, and lungs. While phlegm refers to the substance itself, sputum refers to the expectorated (expelled by ...

This study 29 investigates the correlation of discolored phlegm in patients with acute cough and a bacterial cause. The findings imply that the color of sputum or ...

You think you have hay fever, when actually it turns out to be a summer cold or flu. Being full of phlegm and mucus in the lungs can be ...

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