



HOME REMIDIES

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Home Remedy for Nasal Congestion: What You Need to know

It is often believed that nasal **congestion** occurs when mucus concentration in the nasal passages is too thick which causes clogging on the necessary area for us to breathe easily. This is wrong. Nasal congestion happens when there is swelling in the membranes lining the nose.

For infants, nasal congestion could result to severe respiratory distress since infants have less control of their body parts and are trained to breathe through their noses. Meanwhile, adults as well and children suffering from nasal congestion could only treat it temporary displeasure.

What are the causes of nasal congestion?

Nasal congestion is associated with illnesses such as influenza and common cold. Flu, sinus infection, and allergies are other causes of nasal congestion, which are the same causes of runny nose.

When influenza or common cold causes nasal congestion, cough, muscle aches, joint aches, sore throat, watery discharge, headache, or fever can come along with it.

Similarly, a person with nasal congestion caused by hay fever may experience sneezing, itching eyes, and watery discharge.

Meanwhile, nasal congestion caused by sinus infection can have tenderness or pain in the sinus area around cheekbones and the eyes with thick, cloudy and yellowish nasal discharge.

Aside from the given causes, is there other way to acquire nasal congestion?

If not common cold, hay fever, or sinus infection, the next reason why people suffer from nasal congestion is food allergies. Although there are other severe effects of food allergies, one of the less fatal that is experienced by most people is nasal congestion. You may ask why allergic reaction to food can lead to nasal congestion.

The human nose has mucus membranes that are connected with blood vessels. Since reaction from food will lead to inflammation of blood vessels, the mucus membranes are affected with the reaction. Normally, food reaction will take in to effect 1 hour after the intake of the suspected foods. The inflammation will last depending on the condition of the immune system as well as the cardiovascular and digestive system.

What are the consequences when a person has nasal congestion?

Normally, a person with nasal congestion cannot sleep properly at night. He/she is prone to snoring. It is also important to note that nasal congestion can result to sleep apnea or moments of not breathing while asleep. It is also possible that nasal congestion can affect the ears that result to hearing defect.

What are the ways to treat nasal congestion?

If you are thinking of over the counter treatments, try to look for decongestants and antihistamines. Decongestants come in two forms: medicine and nasal spray. Medicine help reduce the inflammation caused by blood vessels. It will relieve the congestion and will help other symptoms or stuffiness. Decongestant nasal spray on the other hand is used to relieve the congestion however; use should not exceed up to 3 days for it will make nasal congestion worse. Antihistamines can reduce the congestion of mucus in the area where air passes. However, it is important to know that these medicines have other contents that may result to side effects including drowsiness.

What is the best home remedy for nasal congestion?

On steaming water, put leaves of eucalyptus, mint or thyme. Place your nose directly under it. The steam plus the leaves will sooth and relieve your nasal *congestion*.