



CAUSES AND METHODS OF TREATMENT OF DRY COUGH IN CHILDREN.

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Annotation: *Today, symptoms of cough are observed more and more in children. This disease, which usually occurs among children, is transmitted through different ways. This article covers the types, symptoms and prevention of whooping cough.*

Key words: *children, cough, virus, fever, sputum, flu, laryngitis, antibiotic.*

Children's cough is one of the most common symptoms that frighten parents no less than fever. Usually the real cause of a cough is an attempt to get rid of irritants such as swelling of the throat, phlegm or a foreign object.

Viral diseases are the most common cause, and in this case, the cough is usually mild to moderate in intensity. During flu or acute laryngitis, it can be stronger and last longer. In addition, as laryngitis worsens, the child develops a dry cough, rough, noisy breath. This viral infection cannot be treated with antibiotics, only a doctor can help the patient on how to relieve the disease. A steam bath, damp air, or cool air outside always relieves the condition.

Gastroesophageal reflux is a factor that causes severe dry cough in children. This happens due to the flow of food, bile, and hydrochloric acid returning from the stomach to the esophagus. In children under 7 years of age, it is usually associated with a functional deficiency of the sphincter apparatus. Accordingly, when the gastrointestinal system improves, the cough will go away by itself. Such treatment consists of a diet without products that cause irritation in the patient's throat. For example, fried, spicy, fatty, chocolate, caffeine, soda drinks. Bronchial asthma is not a disease that can be diagnosed quickly, because children have different symptoms. Nevertheless, a child may not always have wheezing and a dry cough at night. Treatment of this disease depends on the cause of asthma: sometimes it is enough not to smoke near the child or not to use the perfume used in the family. Even if the child is diagnosed with this disease (which can only be determined by doctors), this disease can be treated.

Allergies aren't always as serious as asthma problems, but irritation, an itchy throat, or persistent mucus running down the throat wall can trigger allergies. It can be flower pollen, food, animal dander, or even dust. In this case, it is necessary to determine the cause and treat it using the anamnesis, as well as tests against allergens.

Whooping cough is another very unpleasant infectious disease characterized by a dry cough. It is often characterized by a persistent dry cough. Whooping cough is highly contagious and dangerous for newborns, but the disease can be prevented by timely vaccination.

In what cases should you consult a doctor?

if the temperature rises and it lasts more than 3 days;



if the treatment does not work even after 7 days or if the situation worsens;
if breathing becomes difficult and shortness of breath occurs;
if you suspect the presence of foreign bodies in the respiratory tract;
if this condition is accompanied by dizziness, weakness, palpitations;
especially if symptoms worsen at night;
if there is blood mixed with sputum;
if the sputum is green;
if the cough lasts for a long time and the child becomes weak.

Methods of treatment of dry cough in a child:

In such a situation, self-medication is definitely inappropriate. A doctor's consultation and correct diagnosis are necessary - drugs and treatment methods are chosen depending on the cause of the disease, because the disease can be different.

The treatment is carried out in a complex way: it includes taking medicines and changes in the routine of the little patient. It should be remembered that there are no drugs that have a complete effect on the symptom. They can only relieve the condition, but the inflammation of the respiratory tract will persist until its underlying cause is treated. Antibiotics are rarely prescribed.

It is important to drink plenty of fluids (preferably warm, as hot temperatures irritate the mucous membranes). It helps to clean mucous membranes, wash away germs and viruses.

It is necessary to have fresh air at home (if possible, walk outside), good food, good sleep. In addition, often during the period of recovery after an illness, a pediatrician can prescribe physiotherapy (often ultraviolet therapy, correct breathing exercises). If complications remain, a course of electrophoresis and magnetotherapy is recommended

Is it possible to use folk medicine?

Doctors do not recommend self-treatment with traditional medicine. Because they can cause a strong allergy, which not only increases inflammation, but also causes swelling. It is better to consult a pediatrician first.

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