

Review Article

Open Access

How to protect our Respiratory System with Phytotherapy

Dragan Jovanov

Environmental Resources and Food Security Management, MIT University, Skopje, Macedonia

Corresponding Author: Dragan Jovanov, Tel: +38970867356 E-mail: daci.j@hotmail.com**Citation:** Dragan Jovanov (2015) How to Protect our Respiratory System with Phytotherapy. Int J Nutr Sci & Food Tech. 1:1, 10-11. DOI:10.25141/2471-7371-2015-1.0010**Copyright:** © 2015 Dragan Jovanov. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.**Received:** November 21, 2015; **Accepted:** November 28, 2015 **Published:** December 8, 2015

Symptoms as a result of problems with respiratory system

The most common symptoms of diseases of the respiratory organs are hard breathing (breathing with effort), cough with expectoration mucus, fever and temperature, fatigue, fast breathing. These symptoms also can be accompanied with fast heart beat, shortness of breath, pain in chest, minor headache, weakness, forgetfulness. If you cough for a long time and if you cough up mucus, which is no clear or if you don't have breath, These may be symptoms of bronchitis, emphysema, pneumonia or lung cancer. If you have a high fever, chills, chest pain and if you cough up blood. It may be signs of pneumonia or other serious disease. If you breath difficult it may be as a result of many diseases, in this case is better to call your doctor.

Difficulties in breathing can be divided into 3 categories

1. Infections of the upper and lower airways such as colds, sinusitis, pneumonia and tuberculosis.
2. Chronic obstructive lung diseases such as asthma, obstructive bronchitis and emphysema.
3. Lung diseases related to certain positions, such as asbestosis, pneumoconiosis, silicosis.

Note: If you take a blood-thinning medication, avoid taking cinnamon.

Causes

Respiratory infections (from lightweight to extremely difficult), appears as a result of viruses or bacteria that inhabit the airways. Your ability to be opposed to these infections depends on several factors: your age, heaviness of the disease, are you a smoker or not. For chronic obstructive disease, there can be many causes. Chronic inflammation of lung tissue that is inherent in asthma appears under the influence of allergies, pollen or physical exercise.

Smoking, inherited deficiency of the enzyme (alpha trypsin) and air pollution are agents of the lung tissue that reflects in form of emphysema. Lung diseases associated with certain professions may be a consequence of hypersensitivity to substances which exist in the place where these people work. In the workplace, these people are in direct contact with inhalation of certain foreign substances as asbestos fibers, coal dust and stone powder (which cause silicosis).

Diagnostic procedures

The doctors use a variety of diagnostic assays and techniques for the assessment of the difficulties in your airway tract, including X-ray breast imaging, ultrasound imaging of the lung, CT of the lung, analysis of the saliva samples and spirometry (testing the operation of the lungs). When is needed more detailed data, you can apply more detailed and more specific tests. For example ABG (test with gas in arterial blood also known as gas analysis), this test measures the level of oxygen and carbon dioxide in the blood. Also the microscopically review if the samples of the biopsy are good example for detailed test.

How you can help yourself with such health problems

Many respiratory infections go on their own within a week to ten days. Phytotherapy and conventional treatments offer a huge range of simple treatments to relieve the symptoms.

Phytotherapy ways of help

Phytotherapy treatments can help to ease discomfort in breathing. Consult an expert before use some of the medicinal plants and before your application of essential oils and herbs which are used with massage and steam inhalation that can reduce congestion and reduce inflammation. Most practitioners agree that the immune system can be strengthened and maintained with the help of a healthy diet and healthy habits. Try to apply the recommended daily dose of Vitamin A, B, C and E and minerals zinc and selenium.

Home protection

The infection of the respiratory organs has a time duration of seven to ten days. The best way to alleviate the symptoms is to stay in bed, drinking large amounts of fluids, and to increase the humidity in the room in which you reside.

Phytotherapy health problems with respiratory organ (respiratory system)

Phytotherapy preparation for reducing the symptoms in tuberculosis of the lungs Purpose:

This Phytotherapy preparation is used for reducing the symptoms of tuberculosis of the lungs.

Ingredients:

- 1 teaspoon leaf from blueberry (*Vaccinium myrtillu*)
- 1 teaspoon leaf from lungwort (*Pulmonaria officinalis*)
- 1 teaspoon leaf from coltsfoot (*Tussilago farfar*)
- 1 teaspoon leaf from horsetail (*Equisetum arvense*)
- 1 teaspoon juniper berries (*Juniperus comuni*)
- 1 teaspoon leaf from nettle (*Urtica dioica*)
- 1 liter Water

Preparation:

Take 1 teaspoon finely crushed leaf of blueberry (*Vaccinium myrtillus*), leaf of lungwort (*Pulmonaria officinalis*), a leaf of coltsfoot (*Tussilago farfara*), leaf of horsetail (*Equisetum arvense*), leaf of juniper berries (*Juniperus communis*), and leaf of Nettle (*Urtica dioica*). All of this put in 1 liter of hot boiling water. Then, this should be left to stay covered for two hours. After two hours, when this content is ready, you have to filter the content and to use only the filtered liquid. The person should to consume 1 table- spoon every half hour.

Use:

Treatment lasts 15 days.

Phytotherapy preparation for facilitating the symptoms in acute respiratory infections Purpose:

This Phytotherapy product is used to relieve the symptoms in case of acute respiratory infections.

Ingredients:

- 2 tablespoons leaf of yarrow (*Achillea millefolium*)
- 2 tablespoons leaf of lungwort (*Pulmonaria officinalis*)
- 2 tablespoons leaf of sage (*Salvia officinalis*)
- 1 tablespoon flower of elderberry (*Sambucus nigra*)
- 1 tablespoon sheet of wild mint (*Mentha piperita*)
- 1.5 liter water.

Preparation:

Take 2 tablespoons finely crushed leaves and flowers from yarrow (*Achillea millefolium*), leaf and flower of lungwort (*Pulmonaria officinalis*), leaf of sage (*Salvia officinalis*), 1 tablespoon flower of elderberry (*Sambucus nigra*) and leaves of wild mint (*Mentha piperita*). All of this put in 1.5 liter of hot boiling water. Then, this should be left to stay covered for 90 minutes. After 90 minutes, when this content is ready, you have to filter the content and to use

only the filtered liquid. The person should consume 2 dl before and after breakfast, lunch and dinner.

Use:

Treatment lasts 15 days.

Phytotherapy preparation for facilitating the symptoms in case of chronic respiratory infections Purpose:

This Phytotherapy product is used to relieve the symptoms in case of chronic inflammation of the respiratory organs.

Ingredients:

- 2 tablespoons leaf and flower from yarrow (*Achillea millefolium*)
- 2 tablespoons leaf and flower from lungwort (*Pulmonaria officinalis*)
- 1 tablespoon flower from elderberry (*Sambucus nigra*)
- 1 tablespoon leaf of basil (*Ocimum basilicum*)
- 1 tablespoon leaves and flowers of thyme (*Thymus serpyllum*)
- 1.5 liter water.

Preparation:

Take two tablespoons finely crushed leaves and flowers from yarrow (*Achillea millefolium*), leaf and flower from lungwort (*Pulmonaria officinalis*), 1 tablespoon flower from elderberry (*Sambucus nigra*), leaf from basil (*Ocimum basilicum*) and leaf and flower of thyme (*Thymus serpyllum*). Put all of this in 1.5 liter of hot boiling water. Then, this should be left to stay covered 90 minutes. After 90 minutes, when this content is ready, you have to filter the content and to use only the filtered liquid. The person should consume 2 dl before and after breakfast, lunch and dinner.

Use:

Treatment lasts 15 days.

Phytotherapy preparation for reducing the symptoms in the case of pneumonia Purpose:

This phytotherapy product is used for reducing the symptoms of pneumonia.

Ingredients:

- 2 tablespoons leaves and flowers of coltsfoot (*Tussilago farfara*)
- 2 tablespoons leaf and flower of ground-ivy (*Glechoma hederacea*)
- 2 tablespoon flower of elderberry (*Sambucus nigra*)
- 1 liter of water.

Preparation:

Take 2 tablespoons finely crushed leaves and flowers of coltsfoot (*Tussilago farfara*), leaf and flower from ground-ivy (*Glechoma hederacea*) and flower of elderberry (*Sambucus nigra*). Put all of this in 1 liter of hot boiling water. Then, this should be left to stay covered two hours. After two hours, when this content is ready, you have to filter the content and to use only the filtered liquid. The person should consume this liquid during the day.

Use:

Treatment lasts 10 days.