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EC PULMONOLOGY AND RESPIRATORY MEDICINE

Clinical Review

Prevention and Competent Treatment of Broncho-Pulmonary Pathology

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Received: February 09, 2018; **Published:** March 12, 2018

Abstract

Prevention and competent treatment of broncho-pulmonary pathology consists of pharmacotherapy, phytotherapy, beekeeping products and other auxiliary methods that I have tested in clinical practice and are described in the articles and book for Clinical Pharmacists.

To treat this pathology it is necessary competently, differently, it is fraught with complications. To this end, I developed a differential diagnosis of iatropathies and is ready to describe it in my future publications.

Keywords: *Prevention; Competent Treatment; Broncho-Pulmonary Pathology*

Purpose of the Study

The purpose of the article is the proper treatment of bronchial and pulmonary pathology is a topical topic because the diseases give many complications, both in human health and when using pharmacotherapy. I have included many other methods, because they mispronounce the side effects of pharmacotherapy and cure the described diseases. The article is of interest to the members of the educational research community. The article is not only interesting, but also useful for Clinical Pharmacists, as well as for patients andModern concepts.

Respiratory organs - psychosomati

The easiest in the form of an episode, respiratory disorders that occur after the states of emotional stress, including under conditions of a traumatic situation, are: coughing, changes in the rhythm of breathing, usually in the form of tachypnea, frequent, involuntary sighs. Characteristic changes in speech, its rhythm and timbre begin to speak quickly or, conversely, slowly; words are pronounced aspirated; the voice begins to vibrate, becomes quiet, loud until the scream, shrill. Functional respiratory disorders, which have a significant duration or frequent occurrence, include: "neurotic" cough, pseudo-asthmatic dyspnoea, and in the speech area stammering, aphonia, some forms of the bitonal voice. In all cases, the listed symptoms are accompanied by anxiety, painful sensations in the chest, vegetative disorders.

According to modern concepts, regional (local, local, microcirculatory) regulation of pulmonary functions is performed in so-called pulmonary functional units (LFE). LFE refers to the volume of the pulmonary tissue, which includes about 100 alveolar courses or 2,000 alveoli, with a total volume of about 20 μl (when the lungs fall to the level of FOE). The LFE is supplied with an arteriol of about 150 μm in diameter (a possible candidate for the role of the precapillary sphincter) and terminal bronchioles. Each such unit functions according to the law "all or nothing". It either functions, or is in reserve and does not function.

In this case, there are no different types of uneven ventilation and perfusion of different zones of the lungs, associated with the gravitational effect on the irregularity of pulmonary air and blood filling (the Vesta zone), and the unevenness of the ventilation-perfusion relations associated with the functional state of the LFE.

As early as 1931, a "spontaneous game" of capillaries was observed. It consisted in the fact that periodically, for no apparent reason, the alveolar capillaries suddenly became desolate and after a while they were again filled with blood. The fact of spontaneous intermittent capillary perfusion was established by direct observations.

The same picture was observed with respect to the ventilation of individual alveoli (functional or physiological atelectasis). Moreover, it was noted that only one out of every five or six alveoli was ventilated, i.e. of all available in the lung alveoli, only one fifth or six of them were ventilated, and the rest were not ventilated. Therefore, the concept of physiological atelectasis - a site of lung tissue, in which there is no temporary ventilation was introduced.

It is believed that the alveoli that are in a state of physiological atelectasis are the alveoli of the functional reserve. In a state of rest, when there is no need for a large level of gas exchange, part of the alveoli is in reserve, and the other part is ventilated and it is these alveoli that serve the minimum body needs. During physical exertion, metabolic gas exchange needs increase, and additional LFE from the functional reserve is included to increase gas exchange. Alveoli in a state of physiological atelectasis do not completely subside, and they contain air, but in a somewhat reduced volume than in ventilated and somewhat over-developed alveoli.

On the basis of the facts of the existence of physiological atelectasis and the "spontaneous play" of the alveolar capillaries, it would be natural to assume that in those alveoli in which there is ventilation, there must also be perfusion, and it is in them and must be alveolar gas exchange. In the same alveoli, where there is no ventilation, there should be no perfusion, otherwise there may be an intrapulmonary shunt.

Not specific signs of pneumonia:

1. Abdomen in the abdomen
2. Boil in the loin and sacrum
3. Nausea and vomiting
4. Shortness of breath, cyanosis with the appearance of crimson spots
5. oliguanuria
6. seizures
7. Coma
8. Hemorrhagic syndromes (infectious-toxic shock, Waterhouse-Frideriksen syndrome).

Mycoplasmal pneumonia - develop more often against the background of ARI, accompanied by painful sighing in the throat, coughing, intoxication, fever with chills and sweating (phases are replaced), splenomegaly, spotted rash on the skin.

Chlamydial pneumonia (psittacosis is heavier than ornithosis) - more often in those who work with birds. Symptoms: severe headache, nosebleeds, fever above 38 degrees, wheeze meager. With Legionnaires' disease - shortness of breath, fever, fever, encephalopathy.

The study methods are sound and appropriate. Methods are used in combination. They are given in the course of the article.

Preventive and primary prevention of diseases of the pulmonary apparatus: It is the fight against dust (watering of streets, forest massifs, hardening, exclusion of drafts, smoking). Useful respiratory gymnastics, the appointment of adaptogens with control indicators YEL, exercises for different muscle groups, exercises with dumbbells, maces, on the gym wall and bench). Fir oil to rub into the collar zone of the back, chest, do foot massage with fir oil 4 times during the day. You can dig in one drop in each nostril. You can do gargling and inhalation and cold, flu, sore throat will bypass you.

Rubbing for the chest (for children) - Pulmeks - baby, balm Bronchicum, Mentoklar, Doctor Mom, Eucambal balm.

When hyperproduction of mucus in the bronchi is a risk factor for bronchial asthma. Uterine milk take a regular course of 2 - 12 ten-day courses with 10 day breaks, take 3 times a day 1 hour before meals, royal jelly under the tongue until complete resorption, single dose for adults 10 drops, for children 3 - 6 drops. 2.chay of leaves of the initial letter with sugar.

Clean Bronches: 1.5 raw eggs, 1 kg of lemons passed through a meat grinder, put on 21 days in a dark place, then remove the mold and discard, add the mixture of 300g of honey and 250g of cognac to the rest of the contents, mix, store in the refrigerator, take 1 tbsp. spoon 3 times a day, during the reception of the mixture goes a lot of sputum, but without pain. Clubnik juice with hot milk, drink daily. Thymus (broths from flowers) - useful for children (baby grass). Propolis, melted with butter (1 : 1) rub into the chest at night, wearing a cotton T-shirt. Turn into cheese or baked. It is Antonovka who can say his "weighty word.

Treatment of pneumonia with herbs

Herbal medicine for pneumonia is of an auxiliary nature and supplements antibacterial therapy. Very rarely, herbal medicine can be used as the only type of therapy in cases of severe allergy to any antibacterial drugs, if the pneumonia has a light and moderate severity.

The directions of phytotherapy of pneumonia are as follows:

- Antibacterial action.
- Elimination of general intoxication.
- Softening and expectorant effect.
- Nonspecific anti-inflammatory effect. Choosing the herbs that correspond to each of the therapeutic directions, you can make the required treatment fee.

The vast majority of herbs used to treat diseases of the respiratory system have a complex of effects, which allows to cover almost all areas of therapy.

Thus, Labrador tea (shoots), thyme (grass), Icelandic thallus (thallus), mother-and-stepmother (leaf), eucalyptus ball (leaf) have a pronounced antibacterial, anti-inflammatory and expectorant effect.

Similarly, the medicinal sage acts. However, it has the property of "drying" a cough. Therefore, to use it in the first phase of the disease, when cough without phlegm, it is inappropriate.

It is quite another matter the medicinal drone, which removes inflammation remarkably, leading to a softening of the inflammatory focus in the lung tissue.

Similarly, according to Avicenna, there are plants that give slime in the decoction. For example, marshmallow medicinal (root), licorice naked (root), angelica wood (root), plantain large (leaf, seeds), flax seeds. These same plants are used for cough softening and have an anti-inflammatory effect on the bronchial mucosa.

These plants horsetail field (grass), sporish, he is a mountaineer bird (grass), medinitsa medicinal, which in Latin is called Pulmonaria, which means legochnitsa.

Certainly, plants with any one property can be used. For example, expectorant: thermopsis (leaf), tripartite (grass), anise (seeds), European chop (leaf).

The last plant (hoof) also has the property of inhibiting the cough center in the medulla oblongata, therefore it is used for an obsessive paroxysmal cough. The plant is poisonous!

Similarly, the yellow mackle acts due to the glaucine contained in it. Macchoke yellow is a part of the famous drug "Broncholitin".

You can compile such a collection

Violet (grass) - 2 parts; hoof (root) - 1 part; clover - 2 parts. 1 tbsp. Spoon the mixture with a glass of water, leave for 40 minutes under a closed lid. Drink 1/4 cup 3 - 4 times a day for 3 - 5 days. One of the great recipes of the old medicine is a tincture of fruit or grass, a white shift, which is sometimes called adamchik. Bryonia (the Latin name of perestupnya) has a pronounced anti-inflammatory effect on serous membranes. Therefore, the remedy was truly indispensable in croupous pneumonia.

The plant is poisonous!

Now, bryony is widely used only by homeopaths.

There is another very effective prescription for old medicine, left only in homeopaths. The recipe has the strongest anti-inflammatory effect on lung tissue.

In accordance with this recipe, in the early stages (on the first or second day) of the disease, when the patient has severe fever and intoxication, he is given a tincture of aconite of the repo.

To do this, 15 - 20 drops of a 10% tincture are dripped into half a cup of water and allowed to drink to the patient every half an hour - an hour in a small pharynx until a strong sweat appears.

As soon as the sweat appeared, the aconite is replaced by the belladonna, which is also given in the form of small swallows of water, where 20 drops of tincture are dripped. The bell-paw is given until the body temperature drops. According to the documents, the Russian doctor V.I. Dahl, better known as the author of the "Explanatory Dictionary", cured his son of pneumonia in this way. Both plants are very poisonous!

Elimination of general intoxication and antitussives:

1. Recommendations here will be the same as in the treatment of bronchitis and other colds.
2. Drink more drinks containing vitamin C, for example, cranberry or cowberry mors, decoction of rose hips, jelly from fruits of mountain ash or viburnum, currants.
3. Apply diuretic plants (horsetail, grassy creeping, cranberry leaf).
4. Use sweatshops and antipyretic plants (raspberry leaf, lime blossom). You can recommend a tasty, pleasant and healthy tea.
5. Fruits of mountain ash, hips, black currant - all equally.
6. Cook over low heat for 10 minutes. Drink 1 glass 3 times a day. Course - up to 10 days.

Chopped root of the milkweed Pallas insist on vodka for 10 days in a dark place at the rate of 5g of root per 200 ml of vodka. Take 1.5 ml per day (you can do it in 1 time, and you can break it into 3 doses). It is useful to add tincture of milkweed to the decoctions of other herbs. Course 2 - 3 weeks.

These same plants are shown in the phase of convalescence (recovery) of pneumonia.

Primary prevention pneumonia:

1. Thyme creeping (Chabrets) - 10g, Thick wax candle - 1pc, Honey - 2 tbsp.

   All melt in a water bath, soak the gauze with this composition and impose warm on your back (on the chest, do not), 4-5 evenings in a row, sleep with this compress (can be used for cough + 1 tsp mustard powder.
2. Fresh milk (not pasteurized) boiled with figs or steamed milk with a fig
3. Ginger and anise on 2 tsp, 1 tsp. chicory root for 400 ml of boiling water, boil, allow to cool, drain, add honey to taste, drink ½ cup every 3 hours
4. Rubbing with eucalyptus and lavender (essential oils) BAT (biologically active points) on the sternum, baths with the same essential oils.
5. Anise, oregano, ledum, elecampane, linden, raspberry, mother-and-stepmother, medicinal herring, thyme, garlic, St. John's wort, three-color violet, marshmallow, eucalyptus, pine buds, sage, calendula, chamomile, Siberian chicken.

Prevention of bronchitis and pneumonia:

1. Bran + burnt sugar (hot)
2. Pruner, anise, thyme, dill, pine buds, licorice
3. Loose high (roots)
4. Thickberry
5. A bitter taste of grapefruit, or infusion of wormwood on the lateral surfaces of the lower third of the tongue. The infusion of wormwood is made at the rate of 1 tsp., The herb is brewed with a glass of boiling water, it is insisted and filtered, the procedures are carried out for 5 minutes 2 times a day for a week, if it is difficult to keep the liquid in the tongue, then, by turning the tongue so that the whole surface is affected infusion (taste therapy)
6. A crumb of radish, radish or horseradish, which can be kept in the mouth or on the lung zone 1 - 2 minutes, 8 - 10 procedures
7. Malva forest (roots and leaves) - fruits are used for the prevention of skin diseases
8. Raffa pohuchaya
9. Sinyuha azure or blue
10. Altey, babunag, jasmine, laurel, lemon, olives, prickly pear (tsabar), three-color violet, kopan tsapaf, eucalyptus
11. Forest chicken (forest mallow) - used in nutrition: for borsch, salted salad, salads, vinaigrettes. Anti-inflammatory effect has for bronchitis, cystitis, pyelitis, arthritis, as well as for their prevention.
12. Mechanism action of carrots - unique, it is better than bromhexine. Its components restore the normal structure of the ciliary epithelium of the bronchi. Our bronchi are arranged so wisely by nature that they have 3 calibres, bronchial tubes 1 and 2 can be filled with phlegm in case of inflammation, but bronchuses of 3 calibers always remain dry and clean, this is a mechanism for protection against infection. And the ciliated epithelium of the bronchi (this is the most superficial layer) has cessation movements from the inside to the outside. This is also quite powerful protection against all kinds of aggressive and dust particles, bacterial agents and viruses. For a long time, fresh carrot juice was used for diseases of the upper respiratory tract. Carrots contain the sum of flavonoids, which includes daukarin, and it has an antispasmodic effect on the bronchi and coronary vessels of the heart. This suggests that this prescription can be used in other forms of obstructive bronchitis. And with other diseases. And even, to prevent attacks of bronchial asthma of an infectious genesis.

An oily solution of vitamin A (ready-made drugstore) was applied to medical practice until recently. There is such a section as phytophysiotherapy, which I also own. And this method was used for inhalations, which was prescribed by a physician-physiotherapist on the recommendation of a physician-phytotherapeutist. But as always, we have the best prohibition, yes, they forget. Meanwhile, for the treatment of the consequences of upper respiratory tract diseases, this method is one of the best.Lime heart-shaped, its flowers contain flavonoids (hespericin, tiliatsin), polysaccharides, essential oil, saponins, tannins, carotene (the precursor of vitamin A, which is contained in carrots) and ascorbic acid. Due to this total (additive) complex, there is a powerful preventive and curative effect. Lime honey, in addition to linden components, contains additional bactericidal and anti-inflammatory substances.

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With laryngitis and bronchitis take a mixture of carrot juice with lime honey for 1 tbsp. spoon 4 - 5 times a day. In very light cases, you can drink carrot juice and make freshly prepared salads from rubbed carrots with sour cream, tk. fat-soluble vitamin A, which is part of the carrot is better soluble in fats. To store long salads from carrots and carrot juices it is impossible, no more than 30 minutes on air.

Conclusion

In conclusion, it should be noted that some people are prone to frequent pneumonia, and in some cases in general it is a chronic disease. In many respects such a course of the disease is caused by deficiencies in immunological protection against pathogens, so immunotherapy with such plants as rhodiola rosea, Eleutherococcus spiny, spleen of Pallas, lefthia safflower, ginseng becomes an important direction in the treatment of such patients.

The conclusion or summary is accurate and supported by the content. The methods of treatment of bronchopulmonary pathology are long-known recipes in my modification, as I approach each patient individually and define weak organs in everyone to correct the treatment taking into account the pathology profiles of each individual patient. This is a huge effort to cure diseases, and not the chronization of the process, as doctors in Russia do.

Volume 7 Issue 4 April 2018