

DRY COUGH vs CHESTY COUGH

A cough is a common cold symptom which can be treated with over-the-counter (OTC) medications. There are many varieties of OTC and the best choice is depending on whether the cough is chesty or dry. Unfortunately, many people don't know the difference between dry cough and chesty cough, and end up may not taking the right medication to treat their condition.

What is a dry cough?

Dry cough is also known as non-productive cough, it is the one that does not bring up any mucus or secretions. Dry cough is often irritating and is associated with tickly throat. The common cause of dry cough is cold. However, dry cough may also be caused by allergies, flu, coronavirus, external irritants such as cigarette smoke, dust, smokes and swelling of airways which often occurs with asthma and bronchitis.

What is a chesty cough?

Chesty cough is also known as wet or productive cough. It is a cough that brings up mucus or other fluids, including blood and you can often hear a gargling sound during cough. Chesty cough is caused by excess mucus and fluid secretions in the lower respiratory tract. Our bodies often produce more mucus when we develop a cold in attempt to help expel those unwanted particles such as dust and bacteria. This excess mucus triggers a cough reflex process called as expectoration to help remove the extra phlegm.

Dry cough is usually helped with medicines known as antitussives which are able to suppress the cough. There are a number of natural remedies that may help relieve dry cough and one of the most well-known option is honey, which may help to soothe the lining of tissues at the back of throat.

The treatment of cough depends on the type of the cough and the underlying cause. Chesty cough is usually relieved with medicines called expectorants which are able to help breakup the mucus so that your body can expel it easily. There are also a number of natural remedies that has proven to be effective and safe in treating chesty cough. Natural herbal remedies made from ivy leaf and pelargonium root are popularly prescribed by doctors in Germany and various European countries for cold and cough. The combination of ivy leaf and pelargonium root is a safe and effective alternative for adults, elderly and also children 2 years old and above.

While there are many OTC medications for different types of cough in the market, it is important for you to consult your healthcare professional to find the right medication that most suitable for your cough.

IvyLeaf
EFLA 151

Pelargonium
EFLA 956

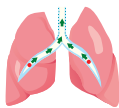
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Triple Action of Ivy Leaf



Relieve coughing

Helps to loosen thick phlegm so that it is easier to cough up and decreases the intensity and frequency of coughing.



Clear chest congestion

Reduces the mucus viscosity so that it can be coughed up more easily and helps clear the chest congestion.

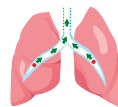
Open up the airways

Promotes airway smooth muscle relaxation to open up the air passage and breathe easily.



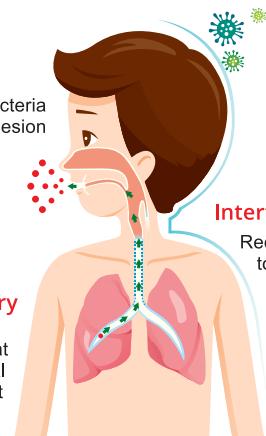
Decrease activity of bacteria

Traps and inactivates bacteria and decreases the adhesion of bacteria to tissues.



Improve mucociliary clearance

Increases ciliary beat frequency of nasal epithelium cells to support mucolytic effects.



Interfere virus growth

Reduces virus binding to host cell and its replication process to prevent infections.