

Difference Between Bronchitis and Bronchiolitis

The human respiratory system consists of anatomical structures that act as passageway for inhaled air. The air that we breathe in, flows through the nasal passage and travels through the pharynx, larynx and the trachea. The trachea or the windpipe branches further into the right and left bronchial tubes. The bronchial tubes branch out into smaller branches that are called bronchioles. Clusters of tiny sacs, also referred to as alveolar sacs, are located at the end of the bronchioles. These sacs are surrounded by thin-walled capillaries.



The oxygen from these tiny sacs is passed on into the capillaries, while carbon dioxide from the capillaries is released into the sacs, and is then exhaled out. While the air supplies us with the life-giving oxygen, there are unwanted environmental irritants, allergens or pathogens that we may inhale. Inhalation of these substances can cause inflammation of the airways. The terms 'bronchitis' and 'bronchiolitis' refer to the inflammation of the bronchi and bronchioles respectively. Now that you have a basic idea about the anatomy of the respiratory system, let's learn about the difference between **bronchitis** and bronchiolitis.

- One of the most common risk or side effect that can occur in people suffering from whooping **cough** is secondary infection.
- The infection in the **lungs** can worsen and lead to bacterial pneumonia.
- You must be aware that pneumonia of any kind can be serious and life-threatening.
- Therefore, more than 50% of the cases of the total number of deaths caused due to whooping cough, are caused due to bacterial pneumonia.
- It should be noted that the effects of bacterial pneumonia are more pronounced and severe in babies and children.



BronchitisBronchitis BronchiolitisAcute BronchitisCoughChronic

Licorice Tea

The ancient health beverage of the Chinese herbalists, Greeks and Romans, licorice is also another reliable home remedy to get rid of cough and cold. Having demulcent and expectorant properties, licorice tea aids in the expulsion of the phlegm from the respiratory tract, while soothing the sinus cavities and throat. Licorice tea is especially good for productive cough. Steep the roots in boiling water for about 10 minutes and strain it. You can add a sweetener to the beverage if you don't like the strong flavor.

Benefits of Taking Herbal Tea

Number of benefits of herbal tea can be availed by the consumption of this beverage. Herbal tea can be used as a remedy for dry as well as wet (or productive) cough. Here are some of the positive effects of taking a cup of herbal tea. These herbal teas can also be given to children. Sipping hot herbal tea and inhaling the steam emanating from it, helps control the symptoms and also speeds up the recovery time of this respiratory illness.

- As a summation of the above, remember that viral bronchitis is caused due to the same virus that causes cold and flu.
- Therefore, if suffering from these conditions, you should get them treated immediately in order to prevent viral bronchitis.

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