

# Laryngitis

Laryngitis is the inflammation of the larynx caused by an infection, or by over-use of the voice, or by irritation.

What to look for

- Hoarseness and loss of voice.
- Pain when speaking.
- Raw feeling in the throat.
- A constant need to clear the throat.
- [Flu or a cold](#)

The first indication that you have laryngitis is that you lose your voice.

## Causes

Anything that makes your vocal cords swell can result in laryngitis. Viruses and bacteria are frequently responsible. [Allergies](#) and exposure to certain harsh chemicals or toxins can also cause the vocal cords to swell. As well as overuse. Tumours or growths can also cause this, however it is only in rare case.

## Traditional Treatment

Viral laryngitis usually goes away by itself in a few days without any treatment except rest for the voice.

However, if your physician diagnoses a bacterial infection has set in, you'll most likely be given antibiotics. Be sure to complete the entire course.

For most allergies, doctors usually prescribe antihistamines, which reduce swelling and inflammation.

No medication is necessary if your laryngitis is caused by simple overuse; in that case, the best solution is to rest your voice.

## Alternative/Natural Treatments

Your immune system will be the object of treatment with alternative practices, in order to prevent this condition occurring again. They will also attempt to relieve the discomfort you feel.

**Herbal Therapies** – To help restore the voice, try gargling with a tea made from red [sage](#), bayberry or white oak bark. [Echinacea](#) (Echinacea spp.) also helps the immune system

**Aromatherapy** – Try using the essential oil of [thyme](#) to relieve the symptoms. Use in vaporiser, inhalation or in a carrier oil via massage.

## Dietary Considerations

Drinking plenty of filtered water, eating lots of raw fruits and vegetables, and reducing your intake of refined carbohydrates may help speed your recovery from laryngitis. To boost your immune system, supplement your diet with [vitamin C](#), [garlic](#) tablets and Echinacea.

### **Personal Care**

- Do not speak at all – rest your voice totally.
- Drink plenty of liquids, such as water or tea mixed with a little honey or lemon.
- Inhale steam from a pot of boiling water.

### **Prevention**

Try not to overuse your voice – give it lots of rest. Do not smoke or locate yourself next to smokers.

### **When to seek further professional advice**

- Laryngitis lasts more than a week
- You develop laryngitis after being exposed to environmental toxins
- A child's hoarseness turns into a sharp, barking cough