Throat Cleanse - I

Structure

The throat is a delicate system that serves many purposes. It is the anterior part of the neck, in front of the vertebral column. It consists of the pharynx and larynx. The throat is common to digestive as well as the respiratory systems. Not only does it form part of the digestive system, it helps control salivary build-up, aids speech and protects the airway from obstructions and serves as a passage for excess mucous. An important feature of the throat is the epiglottis, a flap which separates the esophagus from the trachea and prevents inhalation of food or drink.

The Larynx

The larynx is a group of tissues and includes muscles, cartilage and other soft tissues that are found at the top of the trachea. The vocal folds (or vocal chords), are contained among these structures and close to allow food to pass only down the esophagus and are prevented from entering the trachea and progressing to the lungs. When air is pushed up through the larynx the vocal folds vibrate and sound is produced, the intensity of the sound can be changed depending on how fast the air is forced through the larynx.

The Pharynx

The pharynx is the upper part of the airway and begins at the back of the nasal passages and proceeds to the top of the oesophagus. It is generally considered to be part of both the respiratory tract and the digestive tract. As the pharynx contains many different structures it is broken down into three components: the oropharynx, the nasopharynx and the laryngopharynx.

- The oropharynx is located at the back of the mouth and comprises of the uvula (the piece of soft tissue that lies at the back of the mouth), the epiglottis, the tonsils and the base of the tongue.
- The nasopharynx includes the soft tissues that lie at the back of the nasal passages; and
- The laryngopharynx refers to the structures that lie in the area of the throat beneath the oropharynx continuing to the opening of the esophagus.
The Esophagus

The esophagus sometimes known as the gullet is an organ in vertebrates which consists of a muscular tube through which food passes from the pharynx to the stomach. During swallowing food passes from the mouth through the pharynx into the esophagus and travels via peristalsis to the stomach. In humans the esophagus is continuous with the laryngeal part of the pharynx. It is usually about 25–30 cm long and connects the mouth to the stomach.

Trachea

The trachea or windpipe, is a tube that connects the pharynx or larynx to the lungs, allowing the passage of air. It is lined with pseudo stratified ciliated columnar epithelium cells which produce mucus. This mucus lines the cells of the trachea to trap inhaled foreign particles which the cilia then waft upwards towards the larynx and then the pharynx where it can either be swallowed into the stomach or expelled as phlegm.

Epiglottis

The epiglottis is a flap of elastic cartilage tissue covered with a mucus membrane, attached to the root of the tongue. It projects obliquely upwards behind the tongue and the hyoid bone, pointing dorsally.

Tonsils

The term ‘Tonsils’ refers most commonly to the palatine tonsils that can be seen in the back of the throat. These immuno-competent tissues represent the defense mechanism of first line against ingested or inhaled foreign pathogens. It is generally believed that they are involved in helping fight off pharyngeal and upper respiratory tract infections.

Throat Problems: Some throat problems are as under:

- **Croup (bronchitis):** A respiratory condition that is usually triggered by an acute viral infection of the upper airway.
- **Diphtheria:** An upper respiratory tract illness caused by gram-positive bacterium.
- **Laryngitis:** An inflammation of the larynx which causes hoarse voice or the complete loss of the voice because of irritation to the vocal cords.
- **Mumps:** A viral disease, caused by the mumps virus.
- **Sore throat:** A common physical symptom usually caused by acute pharyngitis or throat inflammation. Reasons for a sore throat are varied and include smoking, acid reflux, allergies, dry air, mouth breathing, throat abuse (shouting, coughing), polyps, infected tonsils, food allergy etc.
• **Tonsillitis**: An inflammation of the tonsils most commonly caused by viral or bacterial infection.

• **Whooping cough (pertussis)**: A highly contagious disease caused by bacteria.

• **Hiccups**: A contraction of the diaphragm that repeats several times per minute. The abrupt rush of air into the lungs causes the vocal cords to close, creating a ‘hic’ sound.

• **Hoarseness**: Difficulty in producing sound when trying to speak or a change in the pitch or quality of the voice. The voice may sound weak, very breathy, scratchy or husky.

**Symptoms**: Any infection or problem in the throat causes discomfort while eating, breathing, swallowing or speaking. Common symptoms include:

- Redness and swelling (inflammation) at the back of your throat causing pain, especially when you swallow.
- Red, swollen tonsils (the ‘glands’ at the back of your throat; tonsillitis).
- Swollen ‘glands’ (lymph nodes) in your neck.
- Pain in your ears or neck.

If the infection is due to cold or flu virus, you may also have some of the symptoms of a cold or flu including:

- Fever (a temperature of 38.5°C or higher)
- headache
- runny nose
- cough
- Tiredness
- Aching muscles and limbs.
The throat is the crown of your digestive system. At the very top, it is the first section that greets your food and drink and passes them down to the esophagus, the muscular tube connecting the throat and stomach.

A throat filled with toxins can cause a host of problems, including bad breath, general soreness and difficulty swallowing. Such conditions can be caused by poor eating habits as well as smoking and chewing tobacco. From time to time, it is necessary to cleanse the throat just as you naturally cleanse other parts of your digestive system, such as your colon through excretion.

Singers, speakers, actors, and anybody who uses his or her voice as a tool knows the importance of throat cleansing in order to project a strong, in-tune voice. For example, learning proper throat cleansing techniques can help a singer to more effectively hit high notes, sing in scales and improve general performance. Though most people can clean their throats by simply expelling excess mucus, some people need to take additional measures. Cleansing of your throat may involve:

- **Cleanse for Mucus in the Throat**

**Ingredients:**

2 tbsp. sea salt

Water

1 tbsp. apple cider vinegar

Small piece ginger root

**Procedure**

- Stir two tablespoons of sea salt in a pint glass of water. Standing in front of your bathroom sink, take a big sip, tilt your head back and gargle for as long as you can. Spit the saltwater into the sink. Do not swallow it. Swallowing the saltwater and toxins will just re-pollute your body.

- A saltwater gargle is useful if you need to cleanse your throat because of post-nasal drainage from a bacterial sinus infection. If this is the case, the mucus that is withdrawing from your nasal cavity is chemical-laden and leaving a residue and irritation as it drains. Gargling with saltwater can help purify the throat of these elements.

- Mix one tablespoon of apple cider vinegar in a glass of water. Take a big sip and gargle with the mixture. Then spit it into the sink. Gargle again,
swallowing the mixture this time. Continue this process until the vinegar-water is gone.

- Apple cider vinegar contains acetic acid, which will kill any bacteria lining your throat or further along your digestive tract.

- Peel a piece of ginger root the size of your thumb. Slice it into coin-shaped pieces and add it to a pot of boiling water. Allow the water to cool and the ginger root to seep properly. Sip the water-ginger mixture slowly, adding honey if you wish. After finishing the mixture, chew the remaining pieces of ginger. Do not swallow the ginger. Ginger is an all-natural expectorant and will assist in removing pollutants from your throat.

1. **Throat Cleanse for candida in mouth**

- **Grapefruit Seed Extract/Grape Seed Extract and Colloidal Silver**
  The best thing one can found for cleanse of candida in throat is Grapefruit Seed Extract. Grapefruit extract can be used in water. Gargle with it making sure it hits the back of throat. Try to hit out the tonsils and back of tongue. Also swish it around the tongue and teeth for awhile before spiting it out. Al silver with grape seed extract for immediate benefits. You can also use colloid Al silver with grape seed extract for immediate benefits.

Here are some other ingredients that can be used to gargle with a little water.

- Gargle with a solution of 10 ml extract of mango bark in 125 ml of water.

- Drink or gargle with water in which basil (*tulsi*) leaves have been boiled.

- Take 4 cloves of garlic, 1 tablespoon honey and a little bit of chili powder. Mix them and make a paste. Swallow this after chewing.

- Gargle with a solution of warm water and common salt (preferable sea salt).

- Make tea by adding 1-2 teaspoons of dried chamomile (*babunphul*) blossoms to a cup of boiling water and drink this every day.

- Mix 1 teaspoon of apple cider vinegar, a little bit of chilli powder, juice of ¼ of a lemon and 1 teaspoon of honey. Add 1 cup of hot water and stir well. Drink this every day.

- Add a pinch of cinnamon (*dalchini*) and chili powder to a glass of water. Add a teaspoon of honey, mix well and drink every day. Oil of cinnamon mixed with honey is also beneficial.

- Boil 1 teaspoon of fenugreek (*methi*) seeds in 1 cup of water. Strain and allow the liquid to cool. Use for gargling.
Boil 2 sprigs of coarsely chopped parsley, 3 whole cloves, 1 teaspoon powdered myrrh and ¼ teaspoon goldenseal in a cup of water. Use this mixture as a gargle or mouthwash.

**Throat cleansing tips for better voice**

1. **Break the throat-clearing habit**
   
   If you are overtaken by the urge to clear your throat, swallow twice instead -- that should help move the mucus along. A last ditch effort is a very breathy cough, just to get the accumulated phlegm off the vocal cords. Instead, start throat cleansing methods given above.

2. **Improve your air quality**
   
   Stay away from secondhand smoke and other sources of indoor and outdoor pollution as well. Also, if you use air conditioners or heaters, use a humidifier to restore humidity levels in your home. If humidifier is not readily available then use a large plate of water before a room heater.

3. **Stay hydrated**
   
   Try taking small sips of water throughout the day to keep the mucus from building up. Herbal tea with a twist of lemon helps soothe an irritated throat.

4. **Turn the volume down**
   
   If you are prone to temporary hoarseness, examine your speaking style to check if you speak loudly. Tone down your voice in order to avoid stressing the vocal chords.
5. Fight hoarseness with horseradish (*muranka* or *sahjan*)

Horseradish is said to be a powerful aphrodisiac. However, in case of hoarseness it provides immediate relief. Make small piece of horseradish and boil it. Gargle with this water and chew the boiled pieces of Sahjan for prompt relief.