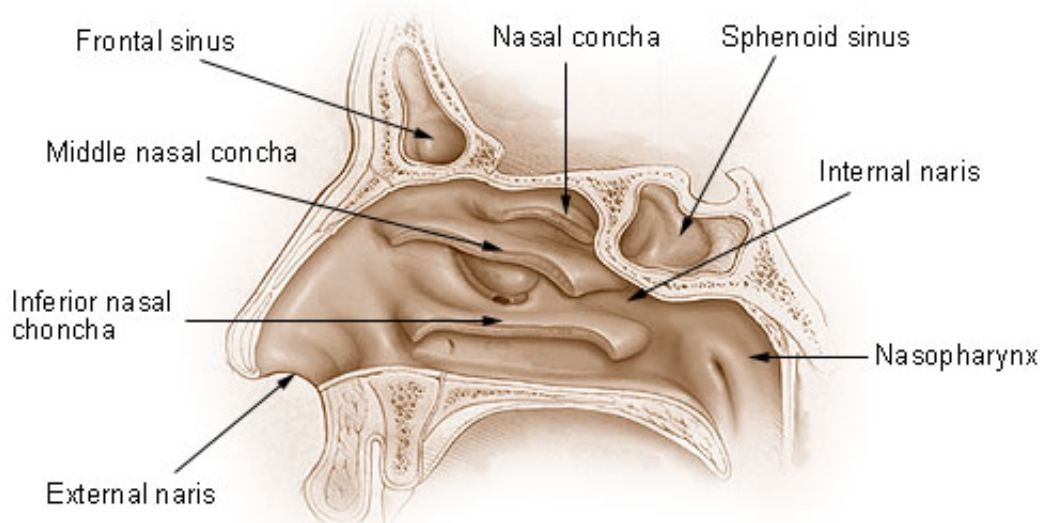


8 Post Nasal Drip Remedies For Immediate Relief

Categories : [General](#), [Health/Fitness](#), [Home Remedies](#)

Nose and Nasal Cavities



Did you know the glands in your throat and nose are capable of producing up to two quarts of mucus per day? Although the notion of so much mucus may not seem appealing, this substance plays a vital role in your continued health. Mucus features a host of responsibilities, which include trapping inhaled matter, clearing debris from your airways and even fighting off infections. Typically, you swallow mucus without much thought; however, there are times when its presence becomes noticeable and you can feel it dripping down the back of your throat. When this occurs, it's referred to as post nasal drip. There are many reasons why this sensation takes hold, ranging from thicker-than-normal secretions due to an illness or by swallowing disorders.

The most common cause of post nasal drip include allergies, [sinusitis](#), [rhinitis](#), the common cold and even sudden shifts in air temperature. Regardless of why you're experiencing this uncomfortable sensation, the need for immediate relief is universal. Post nasal drip remedies are designed to naturally reduce the severity of this condition.

Post Nasal Drip Remedies for Immediate Relief

The following post nasal drip remedies were designed to reduce the presence of mucus and help the body naturally regain its intended balance. Although these remedies are considered quite effective, you must actively work to inhibit the onset of symptoms by avoiding air irritants, such as cigarette smoke or spending excess time outside during the peak of allergy season.

Remedy #1 | Salt Water Gargle

Gargling with salt water is perhaps one of the most effective post nasal drip remedies as it works to reduce inflammation and "dry up" excess mucus. To utilize this simple and powerful remedy, simply add 1/2 teaspoon of salt to 1 cup of water. Pour a small amount in your mouth and gargle for 1 to 2 minutes up to five times per day.

Remedy #2 | Drink Ample Water

When it comes to post nasal drip remedies, sometimes the most effective cures are also the easiest. Making sure you drink at least eight 8-ounce glasses of water per day can provide significant relief from post nasal drip symptoms as this level of water intake ensures then nasal passages are properly hydrated. Hydration is imperative as dehydrated nasal passageways attempt to compensate for the lack of hydration with excess mucus production.

Remedy #3 | Ginger and Thyme Tea

When it comes to post nasal drip remedies, none are as effective at instantly relieving these symptoms as ginger and thyme tea. Both of these herbal ingredients feature active compounds capable of releasing excess mucus while providing ample inflammation relief. When consumed regularly, post nasal drip can be completely eliminated. This is an excellent home remedy for those who are surrounded by air irritants, such as cigarette smoke. To utilize this remedy, simply bring 1 cup of water to a rolling boil and add 1/2 teaspoon of freshly ground ginger and 1/2 teaspoon of fresh thyme. Cover and allow the tea to steep for 10 minutes. Strain and drink up to two servings per day.



PND Remedy #4 | Peppermint Oil Vapor

Sometimes the most effective post nasal drip home remedy simply involves breathing in. [Peppermint oil](#) is an excellent example of such a remedy. The volatile oils found within this ingredient work to break up excess mucus while simultaneously calming inflammation and irritation that often results in post nasal drip. To utilize this post nasal drip remedy, bring 1 cup of water to a rolling boil. Once hot, pour into a heat-safe bowl and add 5 to 10 drops of peppermint essential oil. Bring the bowl under your nostrils and breathe deeply for several minutes.

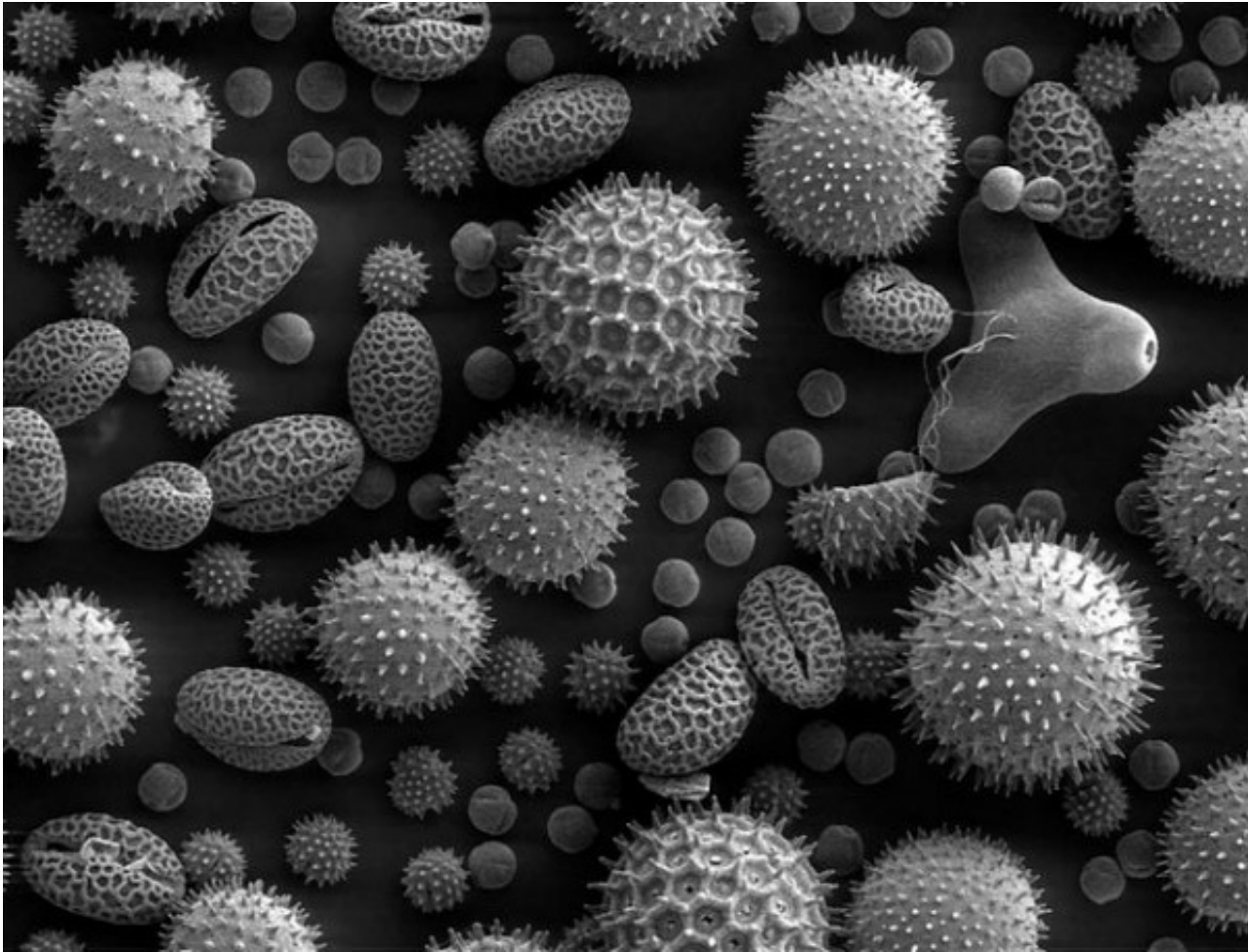
PND Remedy #5 | Apple Cider Vinegar

The acetic acid found within [apple cider vinegar](#) makes this one of the most effective post nasal drip remedies. By consuming up to two times per day, you can experience significant reduction in post nasal drip symptoms. Simply add 1 tablespoon of unprocessed apple cider vinegar to 8 ounces of water. If the flavor is too strong, add 1 tablespoon of raw honey. Drink up to two times per day to help control and inhibit post nasal drip symptoms.

Apple cider vinegar is also an effective [home remedy for UTIs](#).

PND Remedy #6 | Eucalyptus Oil Vapor Treatment

The healing properties in [eucalyptus oil](#) make it an excellent post nasal drip remedy. When its vapors are inhaled, its active properties act as an anti-inflammatory and expectorant, which means it helps break up excess mucus for post nasal drip relief. To utilize this remedy, simply bring 2 cups of water to a rolling boil and pour in a heat-safe bowl. Add 5 drops of eucalyptus oil. Lean over the steam and drape a towel over your head. Breathe normally for three to five minutes. Make sure to keep your eyes closed as its vapor can cause your eyes to sting. This is an effective post nasal drip remedy in the morning or before bed.



Pollen - a common cause of post nasal drip symptoms

PND Remedy #7 | Use a Humidifier

For many, post nasal drip intensifies during drier months. As you inhale dry air, your body attempts to increase the moisture within your throat by increasing mucus production. This post nasal drip remedy increases air moisture to naturally trigger a reduction in mucus production. Simply place a humidifier in your room and breathe normally. You'll soon notice your post nasal drip symptoms begin to ease.

PND Remedy #8 | Saline Nasal Irrigation

Nasal irrigation is among the top post nasal drip remedies for instant relief. Not only does the saline content help reduce inflammation, but its use thins mucus and helps wash away irritants or infections that may be causing your symptoms. To utilize this remedy, add 1/4 teaspoon of finely ground non-iodized salt into 8 ounces of warm, sterile water. Add this solution to a Neti Pot. Lean forward and turn your head to the right side over a sink. Make sure to keep your forehead along the

same horizon as your chin. Gently insert the Neti Pot spout into the left nostril and raise the Neti Pot to slowly inject the solution into the left nostril. Breathe through your mouth and allow the solution to flow out of the right nostril. Repeat on the other nostril.