

## Sensitive Throat

Posted by Vartan - 2008/06/08 20:42

---

I have a problem when ever I drink something tangy, like OJ or lemonade or any such drink. My throat gets irritated and sore. I wonder if anyone out there has the same problem, and what is the remedy for this?

=====

## Re:Sensitive Throat

Posted by PearlNathan - 2008/06/12 08:55

---

There is a possibility that you have a Vitamin C deficiency - take in a lot of fresh fruits. Try gargling your throat with warm water every night before you go to bed. If irritation persists and if there is any sort of infection - your must consult a specialist.

Don't drink ice cold water - sometimes the sudden change in temperature may cause irritation in the throat.

=====

## Re:Sensitive Throat

Posted by Vartan - 2008/06/21 20:02

---

Gargling helps. There is no infection, just an irritated throat. The problem comes up whenever I drink lemonade or Orange Juice. I must see an ENT specialist I guess.

=====

## Re:Sensitive Throat

Posted by UpThRee - 2008/07/04 08:15

---

I think it is allergy....may be nasal congestion or post nasal drainage which is causing you irritated throat. I can tell you from my experience allergy is extremely complex medical situtaion since it is silent.

Doctors will give you ani allergic medicine and if you are feeling good after that,it will confirm you are allergic to certain substances.

Please avoid drinking lemonade and show to a doctor.

=====

## Re:Sensitive Throat

Posted by Tiara - 2008/08/15 08:50

---

There are some home remedies available for this. Here is one of them. If you can get hold of basil leaves - either boil them in water and drink the water while still hot - not boiling hot - but soothing hot. If you like the taste of the leaves you can even chew them raw - it also aids in digestion apart from healing oral infection.

In fact it is a good idea to grow this plant in your kitchen garden and if you are living in apartments/flats you can grow them in pots. They grow easily needing only a moderate amount of sunshine and water.

=====

### Re:Sensitive Throat

Posted by nasir\_MAN - 2009/03/29 04:38

---

Take gargles everyday..dont wait till your throat gets sore. This is a treatment and a simple one: do gargles everyday for 3 months. You will get lot of relief.

Also take ayurvedic medicine like pankaja kasturi. You need to change your diet too. Avoid fresh milk. Instead take yoghurt and cheese. Sugar foods and flour are not good.

I suspect that it can be a throat allergy also.

=====

### Re:Sensitive Throat

Posted by tiegan - 2009/04/25 09:23

---

It could also be because of adenoids or tonsils infection. Have that checked and get treated. In fact a minor surgery at times helps too.

=====