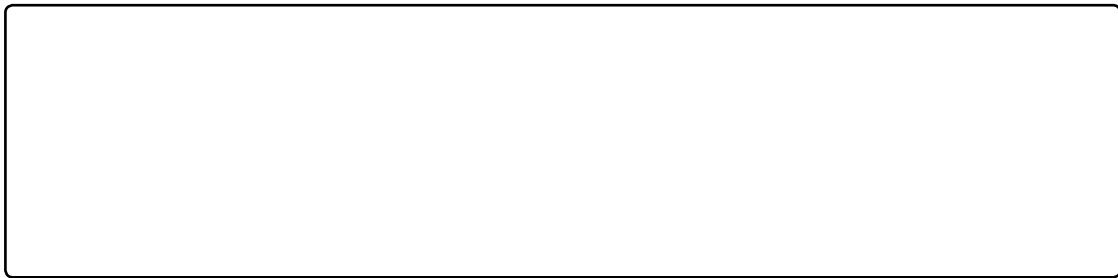


# Natural and Pharmacological Remedies for Cough Management in Otolaryngology

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## Keywords:

otolaryngology, cough management, natural remedies, pharmacological treatments, patient outcomes

## Introduction

Cough management in otolaryngology has evolved significantly, incorporating both natural and pharmacological approaches. This review examines the efficacy of various treatments, including herbal remedies, honey, and over-the-counter medications, alongside newer pharmacological options. The study highlights the importance of patient-centered care and interdisciplinary collaboration in optimizing cough management. Findings indicate that a combination of targeted therapies and holistic approaches yields the best results for patients. The review also discusses the challenges of cough management and the need for further research to improve patient outcomes.

and non-pharmacological treatment options. Emphasis is placed on new therapies, patient-centered approaches, and interdisciplinary treatment frameworks. Using a systematic review methodology, the study examines clinical trials, patient feedback, and treatment efficacy. Findings reveal that targeted therapies, holistic approaches, and personalized medicine are improving patient outcomes. These findings underscore the need for continuous research to optimize cough management within otolaryngology practices.



