

The Relationship between Chilli and Masala in the Food and Cough

OP Kapoor

Although diseases of oesophagus (like Achalasia) can cause cough, this is a rare disease seen in practice. Here, I am discussing more common conditions.

I have not seen it being stressed in any book that eating food having masala or chillies leads to cough, like exposure to dust in

allergic patients.

Often I have elicited the history that while eating food containing masala or chilli cough increases. This is mostly seen in patients having pharyngitis, laryngitis or bronchitis. Somehow this complaint is less common among patients having cough due to TB.

Over the years, I have learnt to advise such patients to avoid masala and chillies, and also take omeprazole till their cough subsides.

Ex. Hon. Physician, Jaslok Hospital and Bombay Hospital, Mumbai. Ex. Hon. Prof. of Medicine, Grant Medical College and JJ Hospital, Mumbai 400 008.

BEAUTIFUL RESULTS - THE SLOWER, THE BETTER?

BEAUTIFUL addresses the potentially important clinical and pathophysiological relevance of heart-rate reduction.

The baseline heart rate of the study population was around 70 per min with β blockers, which seems rather low, and reasonable in patients with coronary artery disease. With an absolute reduction of 6 beats per min, by administration of ivabradine in addition to β blockers, **no** additive beneficial effects were observed.

Jan-Christian Reil, Michael Böhm, *The Lancet*, 2008; 372 : 779-80.