

Anatomy of the Larynx, Causes of Chronic Laryngitis and Treatment

Friedlander PL*

Department of Otolaryngology, Tulane Medical Center, USA

Anatomy of the Larynx

The larynx, usually referred to as the voice box, consists of some of muscular systems that alter breathing, eating, drinking, and speaking. It's positioned in the throat and allows passage of air into the lungs, in addition to carry food to the stomach and generates language [1].

The vocal cords positioned in the larynx open and vibrate with the air that passes via your throat. This is how you talk. This movement must be seamless; however hoarseness or lack of voice can arise while the vocal cords end up irritated or swollen, limiting their function.

These actions are more or much less automatic and thoughtless, that is, until you begin experiencing breathing, swallowing, or speaking problems.

What is laryngitis (laryngeal inflammation)?

Laryngitis is inflammation of the vocal cords located in the larynx or voice box. The larynx is the voice box that permits us to speak, shout, whisper, and sing. The larynx includes a cartilage skeleton that houses the vocal cords, which are protected by a mucus lining. Muscles in the larynx adjust the position, shape, and tension of the vocal cords, allowing the voice to make different sounds like whispering, singing, and shouting. Any change in the airflow (that's generated by the lungs exhaling air) across the vocal cords will have an effect on the voice and the quality of the sound.

The larynx is located at the junction of the mouth and trachea (in which air enters the e lungs). There is a flap-like masking known as the epiglottis, whose task it is to prevent food and saliva from entering the larynx throughout swallowing.

Laryngitis is an inflammation of the voice box and vocal cords, causing a person to lose their voice and turn out to be hoarse. The quality of the voice turns into gravelly-sounding and every so often too quiet or soft to hear. Because there may be inflammation, throat pain is regularly an associated symptom [2].

Among adults, the most common reasons of chronic laryngitis are:

Voice abuse or misuse: This means talking an excessive amount of or too loudly. It may be an on-going problem for people, whose jobs depend on their voices, including singers, actors, telephone operators, lawyers, teachers, referees, coaches and everyone who ought to shout over loud noise at work (construction workers, personnel in airports and train stations, factory workers). Even children can expand chronic laryngitis from voice overuse or misuse, especially in the event that they shout or strain their voices during choir practice, cheerleading or playground games.

Smoking: Cigarette smoke irritates the larynx, causing swelling and inflammation that thickens the vocal cords. This thickening can lower the pitch of the voice or make it sound raspy and harsh.

Drinking alcohol heavily: Alcohol causes a chemical irritation of the larynx that produces changes similar to the ones seen in smokers.

Gastroesophageal reflux disease (GERD): GERD is a disorder in

which acidic fluids from the stomach flow backward (reflux) into the esophagus and throat, irritating the larynx. Because acid reflux usually is worse whilst lying down, the hoarseness due to GERD frequently is most substantive in the morning right after awakening. Although a few people with GERD additionally be afflicted by heartburn, indigestion and different signs associated with the digestive tract, those signs are regularly absent in people who've persistent laryngitis due to GERD [3]. Instead, those people can also additionally produce other complaints involving the nose and throat, including:

The sensation of having a lump in the throat (a symptom referred to as globus), A persistent need to clear the throat, Discomfort during swallowing, Persistent cough.

Work-related exposure to irritating chemicals or dusts, many commercial products are suspected of inflicting persistent laryngitis and different breathing problems.

Less regularly, chronic laryngitis may be due to chronic sinusitis with postnasal drip. Rarely, it could be due to an inflammatory infection or infection immediately involving the vocal cords (such as sarcoidosis or tuberculosis).

How is laryngitis treated?

Laryngitis usually is going away on its own in a week or. The fine way to recover from laryngitis is to rest your voice and drink lots of fluids. In a few cases, your healthcare provider can also additionally prescribe medicines to hasten the recovery process.

The sort of medicinal drug wanted relies upon in your laryngitis symptoms. Your healthcare issuer can also additionally recommend:

Antibiotics: If laryngitis is due to a bacterial infection, your healthcare issuer may prescribe antibiotics.

Antifungals: If the laryngitis is associated with a candida or yeast infection, you may be given an antifungal.

Corticosteroids: These drugs assist reduce swelling and irritation. Your healthcare issuer can also additionally prescribe those in a few situations.

Pain relievers: If your laryngitis signs encompass discomfort, you may take over the counter ache relievers consisting of acetaminophen, naproxen or ibuprofen.

*Corresponding author: Friedlander PL, Department of Otolaryngology, Tulane Medical Center, USA, E-mail: paull4friedlander@gmail.com

Received: 01-Jan-2022, Manuscript No. ocr-22-53321; **Editor assigned:** 03-Jan-2022, PreQC No. ocr-22-53321 (PQ); **Reviewed:** 19-Jan-2022, QC No. ocr-22-53321; **Revised:** 24-Jan-2022, Manuscript No. ocr-22-53321 (R); **Published:** 31-Jan-2022, DOI: 10.4172/2161-119X.1000444

Citation: Friedlander PL (2022) Anatomy of the Larynx, Causes of Chronic Laryngitis and Treatment. Otolaryngol (Sunnyvale) 12: 444.

Copyright: © 2022 Friedlander PL. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

In maximum cases, laryngitis may be controlled via way of means of resting your voice and staying hydrated [4]. However, in case your laryngitis symptoms last longer than weeks, schedule an appointment with your healthcare issuer.

You must seek care straight away in case your laryngitis symptoms are followed by: Difficulty breathing, A fever that won't go away, Increasing pain, Coughing up blood.

References

1. Cheesman K, Burdett E (2011) Anatomy of the Nose and Pharynx. *Anaesth Intensive Care Med* 12: 283-286.
2. Tulunay OE (2008) Laryngitis-Diagnosis and Management. *Otolaryngol Clin North Am* 41:437-451.
3. Fock KM, Poh CH (2010) Gastroesophageal Reflux Disease. *J Gastroenterol* 45:808-815.
4. Osipenko EV (2009) Anti-Inflammatory Therapy in the Treatment of Patients with Chronic Laryngitis. *Vestn Otorinolaringol* 63-65.