

Essential Home Remedies To Treat And Prevent Earache Naturally



Home Remedies to Treat and Prevent EARACHE

by CarrieBeth Pelton

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Earaches are a common problem, especially among children. They can be caused by a variety of factors, including infections, allergies, and changes in air pressure. While earaches can be painful and disruptive, they can usually be treated at home with simple remedies.

In this article, we will discuss the different types of earaches and their causes. We will also provide you with a comprehensive guide to effective home remedies that can help you relieve the pain and prevent future earaches.

Types of Earaches

There are two main types of earaches:

1. **Outer ear infections (otitis externa):** These infections occur in the outer ear canal. They are often caused by bacteria or fungi that enter the ear through a cut or scratch. Symptoms of outer ear infections include pain, itching, swelling, and discharge.
2. **Middle ear infections (otitis media):** These infections occur in the middle ear, which is located behind the eardrum. They are most often caused by bacteria or viruses that travel from the nose or throat to the middle ear through the Eustachian tube. Symptoms of middle ear infections include pain, fever, hearing loss, and fluid drainage from the ear.

Causes of Earaches

Earaches can be caused by a variety of factors, including:

- **Infections:** Bacteria and viruses are the most common causes of earaches. These infections can enter the ear through the Eustachian tube or through a cut or scratch in the ear canal.
- **Allergies:** Allergies can cause the Eustachian tube to swell, which can block drainage from the middle ear and lead to an infection.
- **Changes in air pressure:** Changes in air pressure, such as those that occur when flying or scuba diving, can cause the Eustachian tube to become blocked.
- **Foreign objects:** Foreign objects, such as insects or small toys, can become lodged in the ear canal and cause pain and infection.
- **Trauma:** Trauma to the ear, such as a blow to the head, can damage the eardrum and cause an earache.

Home Remedies for Earaches

There are a number of effective home remedies that can help you relieve the pain and prevent future earaches. These remedies include:

1. Warm Compress



Applying a warm compress to your ear can help to relieve pain and inflammation. To make a warm compress, simply soak a washcloth in warm water and apply it to your ear for 10-15 minutes at a time.

2. Garlic



Garlic has antibacterial and antiviral properties that can help to fight ear infections.

Garlic has antibacterial and antiviral properties that can help to fight ear infections. To use garlic as a home remedy for earaches, crush a garlic clove and mix it with a little olive oil. Drop the mixture into your ear and leave it in for 10-15 minutes. You can also take garlic supplements to help prevent earaches.

3. Onion

6 DIY HOME REMEDIES FOR EARACHES

HYDROGEN PEROXIDE

Fill earplug with 3% hydrogen peroxide and add 1-2 drops into ear.



Hold ear on opposite ear for 10 minutes, stand up and tilt ear over sink to drain out liquid.



GARLIC

1. Peel garlic and blend in a small blender for 30 seconds. Cook for 10 hours.
2. Strain out liquid, be sure to squeeze well to get as much oil as possible out of pulp.
3. Add essential oil and mix well.
4. To use, place drops in ear every 10-15 minutes until earache goes away.

COCONUT OIL



Add a few drops of warmed coconut oil directly into ear and lie down on opposite ear for 5-10 minutes.

ONIONS

Squeeze out juice from a raw onion and heat gently. Place a few drops into ear and lie down on opposite ear for 5-10 minutes.



TEA TREE OIL



Apply a few drops of tea tree oil to a cotton ball. Place it regularly into ear and lie down 15-20 minutes 3-4 times per day.

VICKS VAPORUB AND HEAT

Place this layer of vaporub outside of ear canal and lay ear on heating pad for 10-15 minutes.



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Onion has antibacterial and anti-inflammatory properties that can help to relieve ear pain. To use onion as a home remedy for earaches, cut a small piece of onion and place it in your ear. Leave it in for 10-15 minutes. You can also grate onion and mix it with a little honey. Apply the mixture to your ear and leave it in for 10-15 minutes.

4. Salt

6 DIY HOME REMEDIES FOR EARACHES

HYDROGEN PEROXIDE

Fill an eye dropper with 3% hydrogen peroxide and add 1-2 drops into ear.



Wash down on opposite ear for 10 minutes. Stand up and tilt ear over sink to drain out liquid.



GARLIC

1. Peel garlic and blend in a small blender over 30Wheat. Cook for 10 hours.
2. Strain out liquid, be sure to squeeze well to get as much oil as possible out of pulp.
3. Add essential oil and mix well.
4. To use, place drops in ear every 10-15 minutes until earache goes away.

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VICKS VAPORUB AND HEAT

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SURVIVAL MASTERY
Source: www.survivormastery.com

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Salt has antibacterial and anti-inflammatory properties that can help to prevent ear infections. To use salt as a home remedy for earaches, mix a teaspoon of salt in a glass of warm water. Use a dropper to put a few drops of the saltwater solution into your ear. You can also make a salt compress

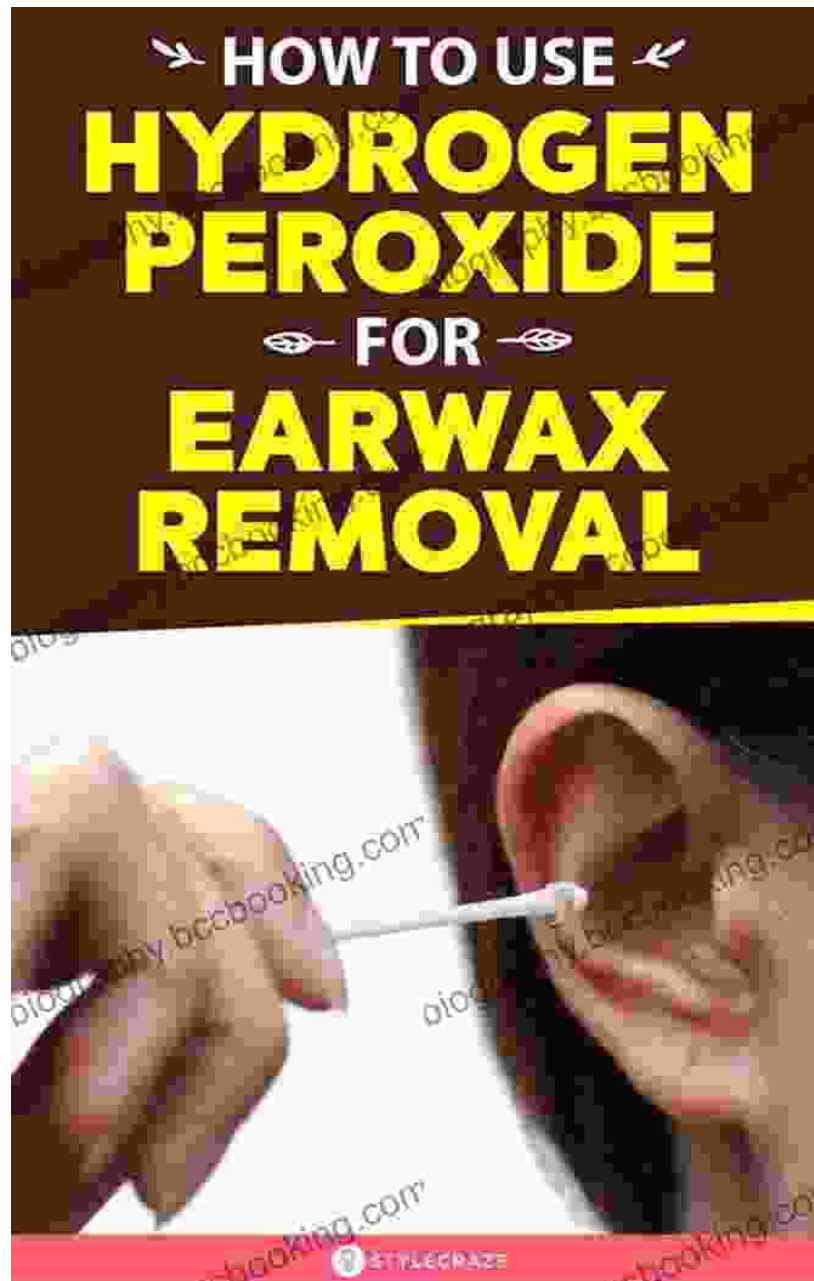
by soaking a washcloth in warm saltwater and applying it to your ear. Leave the compress on for 10-15 minutes at a time.

5. Heat Therapy



Heat therapy can help to relieve pain and inflammation. To use heat therapy for earaches, apply a warm compress to your ear for 10-15 minutes at a time. You can also use a heating pad on a low setting. Be sure to wrap the heating pad in a towel to avoid burning your skin.

6. Hydrogen Peroxide



Hydrogen peroxide can help to kill bacteria and clean the ear canal.

Hydrogen peroxide can help to kill bacteria and clean the ear canal. To use hydrogen peroxide for earaches, mix a few drops of hydrogen peroxide with an equal amount of water. Use a dropper to put a few drops of the solution into your ear. Let it sit for 10-15 minutes, then tilt your head to drain the solution.

7. Apple Cider Vinegar



Apple cider vinegar has antibacterial and antifungal properties that can help to fight ear infections. To use apple cider vinegar for earaches, mix a few drops of apple cider vinegar with an equal amount of water. Use a dropper to put a few drops of the solution into your ear. Let it sit for 10-15 minutes, then tilt your head to drain the solution.

Prevention of Earaches

There are a number of things you can do to prevent earaches, including:

- **Wash your hands frequently:** This will help to prevent the spread of bacteria and viruses that can cause ear infections.
- **Avoid exposure to secondhand smoke:** Secondhand smoke can irritate the Eustachian tube and make it more likely to become blocked.
- **Get vaccinated:** There are vaccines available to protect against some of the bacteria and viruses that can cause ear infections.
- **Use earplugs when swimming or flying:** Earplugs can help to protect your ears from water and changes in air pressure.
- **See your doctor regularly:** Regular checkups can help to identify and treat ear problems before they become serious.

When to See a Doctor

Most earaches can be treated at home with simple remedies. However, it is important to see a doctor if you have any of the following symptoms:

- Severe pain that does not improve with home remedies
- Fever
- Hearing loss
- Fluid drainage from the ear
- Swelling or redness around the ear



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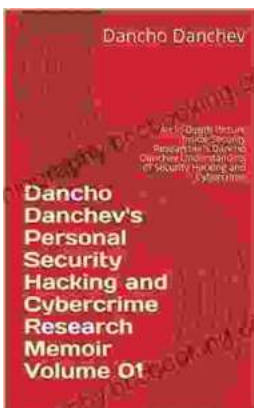
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