

Decongestants

Decongestants are believed (no evidence) to stop nasal mucus dripping and un-clog blocked sinus cavities.

The popular decongestant drugs are phenylpropanolamine and phenylephrine, which cause the blood vessels to get smaller (constrict) and are called vasoconstrictors.

The blood vessels constrict then expand (vasodilate) more than before the use of vasoconstrictors (rebound vasodilation). This causes the congested person to buy decongestants to relieve the increase congestion from rebound vasodilation congestion.

This drug is hazardous to those with varicose veins, hardened arteries, clogged arteries, those with high blood pressure, poor circulation, asthma, hyperthyroidism, prostate problems, peptic ulcers, urine retention, and heart disease.

They harm children and the elderly and those with kidney disease and breast-feeding women.

They can cause hypotension, rash, urticaria, anorexia, dry mouth and

throats, irritability, insomnia, dizziness, tremors, and drowsiness.