

# Expectorans

Expectorants are a heterogeneous group of drugs that facilitate the removal of viscous sputum from the airways. Administration is usually p.o. or by inhalation. We indicate them for colds, cystic fibrosis. According to the mechanism, we divide them into: **mucolytics, secretolytics and secretomotorics**.

## Mucolytics

They reduce the viscosity of mucus by interfering with the physico-chemical properties.

### Representatives:

- ***N-acetylcystein*** - causes mucolysis by reducing disulfide bridges, reduces viscosity (as early as 10-15 min after inhalation). They are an inhibitor of protease, a radical scavenger, supplied by -SH (antidote paracetamol).
- ***Ambroxol*** -it has mucolytic and secretomotor effects, it is formed as a metabolite of bromhexine. Rarely, side effects affecting the GIT. They are administered p.o., parenterally and by inhalation.
- ***Bromhexin*** - p.o., parenterally or by inhalation, can have side effects affecting the GIT, making it unsuitable for gastric ulcers.
- At present, there are already mucolytics that can be given to asthmatics for a long time, such as Erdosteine and some forms of ambroxol.

## Secretolytics

These are expectorants that stimulate the activity of the bronchial glands. They increase the production of mucus in the airways and reduce the viscosity of mucus.

## Secretomotorics

They facilitate the transport of mucus by activating the ciliated epithelium.

### Representatives:

- eucalypti etheroleum;
- menthae piperitae etheroleum;
- pini pumilionis etheroleum.

## Links

### Related articles

- Antitussives

### External links

- Expektorancia (česká wikipedie)