



## Lung Is Life - Protect it – It Protects All Other Organs of The Body - Spare More on Prevention rather than Pills

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### Abstract

Oxygen plays a vital role in the breathing processes. Appropriate levels of it are vital to support cell. As a result of Chronic and serious Respiratory diseases, the physiology of pulmonary system gets affected and as a result, oxygen diffusion to capillaries at alveolar level gets disturbed. The responsible factors for the said disturbances are Chronic inflammation and mucus hyper secretion. Therefore, their management is very important for normal lung function.

The Primary organs of the respiratory system are the lungs, their role is to take in oxygen and expel carbon dioxide as we breathe. The gas exchange process is performed by the lungs and respiratory system.

**Keywords:** Oxygen; Lungs; Cell

### Prevention through exercises is better than medicalised prevention

The vision of Medical fraternity world over is Sa world of free from lung diseases. Many of naturopaths feel, the said objective cannot be reached only through medicines and the right way to focus on health care is Prevention and management through exercises. Instead of spending hard earned and precious funds on pills rather than prevention, spending a little and sparing more time for exercises is preferred. Respiratory diseases like allergies, asthma, bronchitis, chronic obstructive pulmonary disease etc., caused as a result of Global climate change, rising temperatures, increasing tropospheric ozone (O<sub>3</sub>) levels are on increase world over. Ozone is a colorless gas. Chemically, it is very active and reacts with epithelial cells lining the respiratory tract as a result the cells get injured. The diseases are worsening in the individuals with preexisting diseases. They can be termed as precancerous diseases. : Chronic Inflammation and Mucus Hyper secretion are the factors responsible for the said diseases. Throat and Lung cancer problems are also on increase worldwide. Further, Lung capacity declines as one ages. Therefore, it is necessary to keep lungs healthy, the following are the essential requirements. Prevention and Management through exercise interventions, in addition to exercises, Eating a balanced diet, Managing stress, will also help to breathe easier.

### Background

The objective of the paper is to create awareness among people about alternative and complimentary methods to protect themselves from various respiratory diseases including Throat and Lung cancers caused as a result of the factors mentioned above. The diseases cause the following changes in Airways.

1. Inflammation Acute inflammation is a defense process where as hidden and chronic inflammations are disease processes..The general tendency is, the older people suffer more from hidden inflammation and more prone to respiratory diseases
2. Hyper secretion of mucus is the result of goblet cell hyperplasia in respiratory mucosa and is a prominent feature of inflammation at all stages. They go together. Chronic mucus hyper secretion is a potential risk factor for an accelerated loss of lung function. The thick viscous mucus in the lungs will be conducive to pathogens. Continued inflammation and mucus hyper secretion may significantly contribute to transformation of normal cells into cancer cells i.e. the scope for series of mutations on Genes may get increased.
3. Bronchospasm is an additional factor in asthma patients.

## Methods

Exercise is a potent medication in history. It can be used as a tool to manage various respiratory diseases including throat and lung cancers. a) Cleaning Upper airway passages, mouth, nose and pharynx, the primary sites of colonization of pathogens and the sinuses, the way stations to the brain. These exercises should be practiced with hypertonic solution i.e., a solution having greater osmotic pressure than that of cells or body fluids and draws water out of cells thus inducing plasmolysis. b) Physical, aerobic and yogic exercises: help in strengthening the Inspiratory and Expiratory muscles [1-10].

## Conclusions

Any mucus related respiratory health problem commences from upper airway passages and spread to tracheo bronchial tree as they constitute only one path way. The mucociliary clearance mechanism becomes defunct when excess and sticky mucus forms. Once the upper airway passages are cleaned of it, the defunct cilia become active and ciliate mucus towards mouth and it can be pushed out easily. The upper airway passages and the bronchial airways get cleaned from excess and sticky mucus. The diseases originating from its pathway come under control. The exercises are based on the concept "Once the offending factor, excess mucus is removed, the origin of it, Inflammation gets resolved "As a result of management of the above two factors, the gene damaging effect may get reduced i.e., the scope for series of mutations on genes may get reduced.



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