



Clapping on the Back and Chest 30 Minutes a Time Can Treat Cough, Chronic Cough, Cough with Phlegm and Difficult Breathing and Reduce the Fever Which is the Symptoms of Covid-19

Van Duy Dao*

The Author, Trainer, Healer, Awaken You Wonderful We, Vietnam

***Corresponding Author:** Van Duy Dao, The Author, Trainer, Healer, Awaken You Wonderful We, Vietnam.

Received: August 26, 2021

Published: September 27, 2021

© All rights are reserved by **Van Duy Dao.**

Abstract

The trigger points can prevent the blood circulation in the organs and between organs, over time it can make the body have the illness, especially the Covid-19 patients. During practicing, Clapping on the back and chest, I have treated many problems of the lungs like coughing, chest pain, difficulty breathing and I think that we can apply on treatment. Best of all, Clapping can be applied by the patients and caregivers, which can help quick recover and prevent the severe complications.

Summary: Right clapping will be a way to treat many symptoms and complications of Covid-19 diseases. Most of people can try these simple techniques, not only it is not harmful, but also it is safe and can boost the lungs, boost the immune system, reduce the chronic illnesses to make people have more health to cope with coronavirus.

Keywords: Clapping on the Back; Covid-19 Symptoms; Covid-19 Complication; Cough; Fever; Chest Pain; Airway Clearance Therapy; Airway Obstruction

The writing

During practicing, clapping of the back has stopped the fever after 30 minutes of doing it. The more I did it, the better the patients felt. Patients with chest pain felt better after 10 minutes of self-clapping [15,16].

There are a number of lung diseases that impair ciliary function, increase mucus production and interfere with the ability to cough that can benefit from Airway Clearance Therapy. Mucus that is stagnant accumulates and obstructs airways, is a conduit for bacterial colonization, evokes the inflammatory response, and contributes to airway damage. Airway obstruction and damage to the airways may result from recurring mucus build-up, infection, and inflammation, also known as the vicious cycle of bronchiec-

tasis. If we do not stop the obstruction, patients may suffer severe coughs and difficult breathing [4,5,7,11].

If you have bronchiectasis and chronic obstructive pulmonary disease (COPD), clearing mucus from your lungs is an important part of managing your lung disease. Excessive mucus or phlegm build-up can block narrowed air passages, making it difficult for you to breathe. Increased mucus can also lead to infections, such as pneumonia, or lead to difficult breathing in Covid-19 patients. Most of the functions or any changes in the body are described by the metabolic reactions catalyzed by enzymes [1-4,6,7,11,16].

Chest Physical Therapy is for loosening mucus that involves clapping on the chest in a certain way. Postural drainage and per-

cussion use gravity and percussion (clapping on the chest and/or back) to loosen the thick, sticky mucus in the lungs so it can be removed by coughing. Unclogging the airways is key to keeping the lungs healthy. In Practicing, this also can reduce the fever, and stop the recurrence of the fever. Furthermore, the author sees that the patients and caregivers of the patients can do this regularly can stop the flu symptoms, and Covid-19 symptoms [5-7,12,14,15].

Finding and removing trigger points in the lungs by comfortable clapping or punching. Physicians always clapping the back of patients who have lungs diseases. Before clapping we can use a hairdryer to warm up the back. The vital role of good blood circulations: blood carries in the nutrition and carries out the poisons, carries in the substances of metabolism and carries out the products of metabolism, the blood also carries the lymphocyte to treat the illness and heal the failure cells. This is the reason why some kind of medicine to treat high blood pressure that effect of contraction and expanding of blood vessel cause the side effect of coughing [5,7,14-16].

Airway clearance therapy utilizes physical or mechanical means of percussion and vibration to mobilize mucus and phlegm to facilitate airway clearing by coughing. Breathing techniques, gravity-assisted postural drainage, manual chest physical therapy, and mechanical oscillation devices can be used to produce a cough or cough-like effect. Early diagnosis and implementation of airway clearance can reduce morbidity and mortality. Coughing is a reflex of the lungs to expel the poisons and wastes in the lungs, by clapping for a long time, we can help the lungs to clear all the poisons. When the airway is clear, the cough, chronic cough will stop [10-12,14,16].

Punching or clapping on the back can remove the trigger points in the lungs so that we can clean the airway and stop the coughing. All kinds of coughing, even the coughing caused by side effects of hypertension medications. Right clapping or right punching that does not make patients feel pain or roughness but has an impact on the vibrations of inner organs, vibrations of the cells, vessels,... can clear the ways, tubes, vessels that are inside the organs or connecting organs. This will make a great impact on health if we do it to the right degree. That is why the right nutrition and regular physical exercises are the best advice for patients with all kinds of diseases. Nutrition just gives energy to the body. The exercises just mobilize the cells, expansion of the vessels, and make the whole body more.

Removing trigger points in the lungs. If the patients do it by themselves, they can use hands or rubber hammers to punch on the back or punch the back against the wall. The caregivers can do for them. You may feel like this is similar to postural drainage, no, this may be better. The postural drainage technique makes patients feel lots of roughness on the back but does not make the lungs vibrate much. Covering the back and the chest with a towel, then punching on the back will make the whole lungs vibrate, this will make patients breathe easier. Do this to the right degree can be seen as a massage for the lungs to boost the health of the lungs [5,7,10,12,14-16]. The steps to remove the obstructions in the lungs:

- Covering the back with a small blanket, will protect the skin after a long time of clapping, and also make the forces of clapping go deeper in the lungs and the muscle.
- Quickly and slightly punch/clap on the upper back, if there are places that the patients feel hurt, pain, breathlessness, causing the coughing or feel comfortable these are the trigger points that can make the lungs ill or pneumonitis.

The trigger points I usually find are on the bottom of the lungs. We can remove these trigger points in the lungs by continuous punching on the site of trigger points for about 30 minutes each time. By asking the feeling of the patients and the sound during punching on the back we can know whether or not the trigger points have been removed?

- We can do it on all areas of the upper back and the chest.
- Continuous doing these several days can remove all the forgotten trigger points in the lungs.

Results

- Most patients with chronic coughing have been treated after 3 to 5 days.
- 30 minutes clapping can reduce the fever substantially, even it can cut the reoccurrence of the fever.
- Patients with difficult breathing have breath easier after 10 minutes, the more clapping, the better they felt.

Some Covid -19 patients have increased the SPO2 during clapping when they have difficulty breathing.

- Clapping helps the lungs expel the phlegm.
- When patients are irritated with fever, pain, clapping on the back and chest make them feel better, reduce irritation, and help to reduce the fever.
- When the patients feel the irritation, they may have an abnormal heartbeat, abnormal blood pressure, and abnormal glycemia, abnormal temperature. These abnormalities may go together. So when the author makes them feel better, clapping gradually and other simple exercises, the number of glycemia, body temperature, blood pressure, and heartbeat all back to normal gradually [4-6,8,12-15].

Conclusion

Clapping and comfortable punching or in other words, using suitable physical forces on the areas have lots of trigger points that can clean the way. Vibrating the ill organs help the blood circulate well in the organs, the blood will feed the cells in the organs. When many people understand this, we can help to stop the severe complications of Covid-19. The results after clapping can open the way to treat many illnesses, including treating Covid-19. Furthermore, the techniques can help people self-healing hypertension, rapid heartbeat, diabetes and many other metabolic illnesses [1-6,8,12-16].

Recent Publications

- Van D. Dao. (n.d.). AWAKEN YOU WONDERFUL WE: The secret of one-page table reveal all the real causes of all phenomena and problems: Most phenomena, physical problems, mental problems, social problems and how to solve them: Ability, Autoimmune diseases, Belief system... Retrieved September 17, 2021, from <https://www.amazon.com/Awaken-you-wonderful-phenomena-problems/dp/1549843524>
- Van Duy Dao. Removing trigger points and balance metabolic reactions are the keys to fatigue, nerve pain, chronic illness, diabetes, fibromyalgia, Alzheimer's diseases, vestibular disorder, and neurodegenerative diseases. *International Journal of Diabetes and Metabolic Disorders*.
- Van D. Dao (2018). The hidden relation, clues of autism, ADHD and depression which reveals the cause and possible

cure. *Journal of Addiction Research*. ISSN 2573-9514

- Van Duy Dao (2019). The Cause and Possible Cure for Cancer and Chronic Diseases from Applying, Papaya Leaf Juice, Baking Soda, Aspirin, Sugar, Temperature, Vietnamese Qi Gong, Breathing, Exercise, Metabolism, and Traditional Medicine. Trainer, Awaken You Wonderful We, Vietnam - *Int J Diabetes Metab Disord*.

Bibliography

1. Alina Wo., *et al.* "The effect of whole-body cryostimulation on lysosomal enzyme activity in kayakers during training". *European Journal of Applied Physiology* 100(2007): 137-142.
2. Catabolism. (n.d.). In Wikipedia.
3. Cell_biology. (n.d.). In Wikipedia.
4. Cystic Fibrosis Foundation. (n.d). Basics of Postural Drainage and Percussion (2021).
5. Deborah Leader RN. "How to Treat Increased Mucus in the Lungs" (2021).
6. Enzyme. (n.d.). In Wikipedia.
7. Lynne Eldridge MD. "The Anatomy of the Bronchi" (2021).
8. Van D Dao. (n.d). "New view of diseases that helps healing most chronic diseases, chronic problems" (2021).
9. Van D Dao. (n.d.). AWAKEN YOU WONDERFUL WE: The secret of one-page table reveal all the real causes of all phenomena and problems: Most phenomena, physical problems, mental problems, social problems and how to solve them: Ability, Autoimmune diseases, Belief system (2021).
10. Van D Dao. The cause and possible cure for cancer and chronic diseases from applying Papaya leaf juice, baking soda, aspirin, sugar, temperature, Vietnamese Qi Gong breathing, exercise, metabolism, and traditional medicine (2019).
11. Van Duy Dao. "The Relation between Smoking, Breathing, Glycemia and the Rate of the Metabolism that Reveals the Effective Way of Controlling Body Weight and Glycemia". *Acta Scientific Neurology* 2.9. (2019): 15-20.

12. Van Duy Dao. "Finding and removing trigger points in the lungs to help to prevent and treating 2019-nCov, Covid-19, cold, asthma, coughing, COPD, and flu" A (2021).
13. Van Duy Dao. "Preventing and treating Coronavirus, Covid-19 or Corona outbreaks lies in the finding and removing trigger points in the lungs and the whole body" (2021).
14. Van Duy Dao. "Removing trigger points and balance metabolic reactions are the keys to fatigue, nerve pain, chronic illness, diabetes, fibromyalgia, Alzheimer's diseases, vestibular disorder, and neurodegenerative diseases". *International Journal of Diabetes and Metabolic Disorders* (2019).
15. Van Duy Dao. "Removing trigger points to treat backache, neck pain, headache, shoulder pain, stiff neck, back pain, lumbar pain and nerve pain, numbness and tingling in hands and feet, cold hands, feet; the weakness" (2021).
16. Volsko T. "Airway Clearance Therapy: Finding the Evidence". *Respiratory Care*. October (2013).

Volume 4 Issue 10 October 2021

© All rights are reserved by Van Duy Dao.