

Ayurvedic remedies on Cough, TB, Asthma, Hiccups, etc. (Including remedies on Ear ailments)

Preface

In this Text, we have described the functions and diseases of respiratory passages, lungs, pleura and ears.

In Ayurveda, the word 'Kasa' literally means the sound produced during cough. Thus, *kasa* includes a variety of diseases where cough is the dominant symptom. *Kshayarog* is a broad term used in Ayurveda to describe the diseases which cause emaciation. It also includes pulmonary tuberculosis. It is quite difficult to cure Asthma by modern medicines, but a proper Ayurveda treatment can eliminate asthma from the body. Pleura means the thin and elastic covering of the lungs which is double layered. If due to some reason when there is inflammation, it is called 'Pleurisy'. Ears are the organ of hearing. We should not hear loud and harsh noises like those of crackers. We should use ears for hearing stories of Avatars (Incarnations of God) and melodious music.

In this Text causes, symptoms, diet, medicines and general 'dos and don'ts' for the diseases of respiratory passages, lungs, pleura and ears are given in detail. Ayurveda advises the remedies including diet according to type of disease, constitution, environment and season. In this Text, we have given measures to keep these organs healthy. This Text will be useful to doctors, *Vaidyas* (Ayurveda practitioners), medical students as well as common men to keep these organs and to prevent diseases.

We pray to the *Prana-Devata*, the Deity of life sustaining air to keep the respiratory organs healthy.

- Authors

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