

# Ayurvedic remedies on ailments of nose, throat and larynx (Including remedies on contagious diseases of the respiratory system)

## Preface

In this book, we have described the functions of the respiratory system and diseases of nose, throat and para nasal sinuses.

We breathe in our first breath at the time of birth, the first cry of the baby is the first expiration of the body. We breathe out our last breath at the time of death. We can survive without food and water for some days but without air, that is, breathing, we cannot survive for more than 2 to 3 minutes. Therefore, Oxygen is called Pranavayu, that is, 'life sustaining gas'.

After birth, in the first month, the newborn baby breathes 30-40 times a minute. While resting, in a normal adult, it is 12 to 16 times per minute.

Cold and cough are the most common symptoms from which everyone suffers. This is because we are breathing in and out air, which is contaminated with germs, dust particles, chemicals, fumes, smoke of vehicles & factories and cigarette smoking.

Larynx, the voice box is the organ of speech. Man is the only animal who can speak. Through his speech, man can make friends or enemies.

Tonsils are bodyguards at the junction of nose and throat and prevent entry of germs into the air passages. The size of the tonsils in children between 6 to 8 years of age is double that of adults. After the age of 14 years, the size of the tonsils automatically regresses. Tonsils should not be unnecessarily removed, just because they are enlarged.

In this Text causes, symptoms, diet, medicines and general 'dos and don'ts' for the diseases of nose, throat and para nasal sinuses are given in detail.

Ayurveda advises remedies including diet according to type of disease, constitution, environment and season. In this Text, we have given measures to keep these organs healthy. Pranayam, that is, controlled breathing can improve the vital capacity of lungs and health of all organs, including the mind.

This Text will be useful to doctors, Vaidyas, medical students as well as common men to keep these organs healthy 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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