

**Ayurveda - Vol. 23 : Respiratory disorders - 2**

# **Ayurvedic remedies on cough, TB, asthma, hiccups, etc. (Including remedies for ear ailments)**

(English)

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('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,  
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru'  
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

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**Sanatan Sanstha**

卐 **Sanatan's Texts on Ayurveda** 卐

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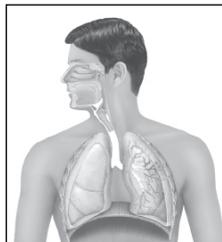
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## Sanatan's Text on 'Ayurveda' for a healthy and long life

### Ayurvedic remedies on ailments of nose, throat and larynx

In this Text, we have described the functions of respiratory system and diseases of nose, throat and para nasal sinuses. 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. We have also given measures to keep the organs healthy.





## 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 Ayurved 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 Ayurved 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 as '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 advices 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, 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

॥ Om Sameeranaya Namaha ॥



### Importance of good health

Ayurveda is considered to be the fifth Veda. Charaksanhita is the basic Text of Ayurveda. In this Text the following has been expressed for good health.

धर्मार्थकाममोक्षाणाम् आरोग्यं मूलमुत्तमम् ।

– Charaksanhita, Sutrasthan, Adhyaya 1, Shloka 15

Meaning : Good health is the foundation to accomplishing the four Purusharthas - Dharma, Artha, Kama and Moksha.

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