

Ayurveda - Vol. 22 : Respiratory disorders - 1

Ayurvedic Remedies on Ailments of the Nose, Throat and Larynx

**(Including remedies on contagious
diseases of the Respiratory system)**

(English)

Authors

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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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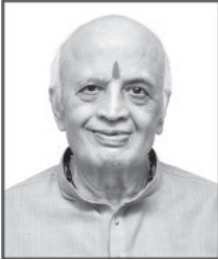


Sanatan Sanstha

卐 **Sanatan's Texts on Ayurveda** 卐

Read, put into practice and get rid of any disease from its source !

Introduction to Authors



Sanatan Sanstha's Sadguru, Doctor & Vaidyacharya Vasant Balaji Athavale

[M.D. (Paediatrics), D.C.H., F.A.M.S.]

Sadguru (Dr) Vasant Balaji Athavale was a renowned Paediatrician. He founded the Paediatrics Department in 1959 in Lokmanya Tilak Mahanagarpalika Hospital, Mumbai. He was Professor and Head of this Department from 1960 to 1990. He was the Chairman of the 'International Conference on Alternative Medicine' in Bangkok in 1980. In 1996, He received the international honour for the 'Best author of books on Ayurveda'. In 2001 and in 2012 respectively, He was honoured with the 'Lifetime Achievement Award' in an International conference on 'Ayurveda and Hepatic Disorders' and by the Indian Academy of Paediatrics.

1. The journey from being a seeker to becoming a disciple

A. Selflessness and the attitude of sacrifice, which are essential for spiritual practice : He started noting down higher level philosophical thoughts on Spirituality in 1980. He toiled day and night to create a vast treasure of knowledge on Spirituality. Very altruistically, He donated this treasure to Sanatan Sanstha in 1990, soon after it was established. This sacrifice, before He became a Saint, indicates the level of His spiritual practice and seekership. Due to His writings, Sanatan's Texts are now becoming inclusive in the true sense.

B. In 2004, He became a disciple of Sachchidananda Parabrahman (Dr) Athavale (A great Saint who is also His younger brother and the Founder of Sanatan Sanstha, the world-renowned spiritual organisation).

2. Attaining Sainthood

On 16.12.2012, He reached Sainthood due to His spiritual emotion, intense yearning, inquisitive nature and humility.

A. He attained Sainthood by performing spiritual practice through various Paths of Spirituality : Every person performs spiritual practice as per some path of Spirituality, becomes introverted, progresses spiritually and thus moves towards Sainthood. However, Dr Vasant Athavale attained Sainthood by performing spiritual practice as per Karmayoga (Path of action) by serving His patients, Jnanyoga (Path of knowledge) by writing Texts, Bhaktiyoga (Path of devotion) and Gurukrupayoga (Path of Guru's grace).

3. Active in seva for Sanatan's mission until His last breath

He kept performing satseva for Sanatan's mission until His last breath. When He came to know of Divine particles found in Sanatan's Ashram, He inquisitively studied the subject, contemplated on how to conduct research on this topic from a scientific perspective and gave His own suggestions.

He renounced His body on 9.11.2013 at the age of 80.

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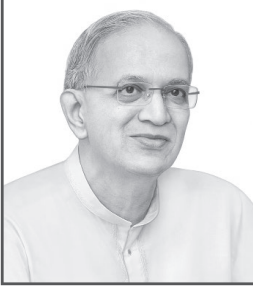
F.A.A.P. (Paediatrics and Neonatology, USA)



The co-author, Dr Kamlesh V Athavale, is the son of Sadguru (Dr) VB Athavale. He has achieved success in examinations of M.D. (Paediatrics), D.N.B., M.N.A.M.S. (India) and F.A.A.P. (Paediatrics and Neonatology, USA).

He is working as a Neonatologist at the Duke University Medical Centre (USA). He is also Director of Neonatology at Nash General Hospital.

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale, Founder of Sanatan Sanstha



1. Established 'Sanatan Sanstha' to propagate Spirituality.
2. Proponent of 'Hindu Rashtra' (Divine Rule) ^(Note) and commencement of its mission (Year 1998).
3. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 127 seekers have become Saints and 1,058 seekers are progressing towards Sainthood as of 15.05.2024.
4. Creation of unique Spiritual texts on various topics.
5. Research on spiritual remedies for physical, psychological distress and that caused by negative energies.
6. Research using scientific instruments on religious rituals and events that are beyond the comprehension of the intellect.
7. Presenting the research conducted on sattvik Art-forms.
8. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'.
9. Uniting and guiding Saints, Sects, devout Hindus, etc. so as to establish the 'Hindu Rashtra'.
10. Recognising the coming dreadful times, guiding and preparing Texts to protect lives.
11. Honoured at the French Senate with 'Bharat Gaurav Award' for His exceptional contribution to the global spread of Indian culture and civilisation (5.6.2024)

(Note : हीनञ्च दूषयत्येव हिन्दुरित्युच्यते प्रिये ।, meaning - One who eliminates the inferior *Raja-Tama* components in himself is a Hindu. A Nation of such *sattvik* people is called 'Hindu Rashtra'.)

(For complete introduction, visit - www.Sanatan.org)

Contents

(Special sub-points under the main point are given here.)

Chapter 1 : Structure and functions of respiratory system 13

1. Main function	2. Parts of respiratory system	13
3. Functions of respiratory passages		15
4. Mechanism of breathing	5. Functions of lungs	16
6. Steps in carrying Oxygen from air to blood in lung capillaries and carrying Carbon dioxide from lung capillaries to outside air		18
7. Percentage of Oxygen, Carbon dioxide and Nitrogen in inspired and expired air		19
8. The role of Oxygen in supplying energy from food to the body		19
9. The respiratory rate	10. Tidal air	20
11. Vital capacity		20
12. The nervous regulation of respiration		21
13. Chemical regulation of respiration		24
14. Pranayam		25

Chapter 2 : Infectious diseases of the respiratory system 28

1. What are the infectious diseases of the respiratory tract ?	28
2. How is it that every child coming in contact with the germs does not catch infection ?	29
3. What are the factors on which the resistance of the respiratory tract depend ?	30

Ayurvedic Remedies on ...	9
4. Why do most of the children get frequent attacks of cold, cough and fever ?	31
5. How is it that when infected with the same bacterium or virus, everybody shows different symptoms ?	33
6. Why do some children catch cold after taking head bath or having cold drinks or getting wet in rain ?	34
7. Why does the intensity and frequency of coughing increase at night ?	34
8. How does cough or asthma increase by taking 'cold' items ?	35
9. Can we get rid of recurrent attacks of cough and cold by using vaccines ?	36
10. Does the weather affect severity and frequency of cough and cold attacks ?	36
11. Why does every one say that the weather of my village is good ?	36
Chapter 3 : Nose and cold	37
1. What are the functions of the nose ?	37
2. Why do children as well as adults turn over and change the side during sleep at night ?	37
3. How do the nose drops relieve blocking of nose ?	37
4. Is it advisable to instill the oil or ghee drops in the nose of new-born everyday regularly ?	38
5. Causes of cold	38
6. Symptoms of cold	38
7. General treatment of cold	40
8. Recipes strengthening nasal passage	41
9. Diet	41

10. Types of cold (According to Ayurveda)	43
11. Complications of cold and their treatment	49
12. Why do we sneeze when we get cold ?	51
13. Can only one nostril catch cold ?	51
14. At times why does it take weeks to get rid of a cold attack	51
15. Are antibiotics useful in an attack of cold ?	52
16. Can one get an attack of cold due to allergy ?	52

Chapter 4 : Sinusitis and other diseases of nose 53

1. What is a sinus ?	53
2. How can one know about an infection of the sinus ?	54
3. Why does an infected sinus take a long time to get cured ?	54
4. What should be done to cure sinusitis ?	54
5. Dryness of nose (Atrophic rhinitis)	56
6. Nasa-arsha : Polyp in the nose	57
7. Bleeding from nose - Epistaxis	58
8. How do we maintain the health of the nose ?	59

Chapter 5 : Tonsils and Throat 62

1. Tonsils and tonsillitis	2. Ayurvedic treatment	62
3. Pharyngitis	4. Excessive salivation from mouth	65
5. Difficulty in swallowing - Dysphagia		66
6. Gargling	7. Foul smelling breath	66

Chapter 6 : Diseases of larynx 69

Chapter 7 : Time of administration of medicines 71



Preface



In this Text, we have described the functions of 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 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. 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**

॥ Om Sameeranaya Namaha ॥



Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. Saptarshis guide Sanatan Sanstha through the medium of Jeevanadipatti Readings. As per the instructions of Saptarshis through the medium of Saptarshi Jeevanadipatti on 13.7.2022, the title 'Sachchidananda Parabrahman' has been prefixed to Paratpar Guru (Dr) Athavale's Name. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers initially.