

Here Are 7 Ayurveda Tips To Clean Lungs From Increasing Air Pollution By Dr Partap Chauhan



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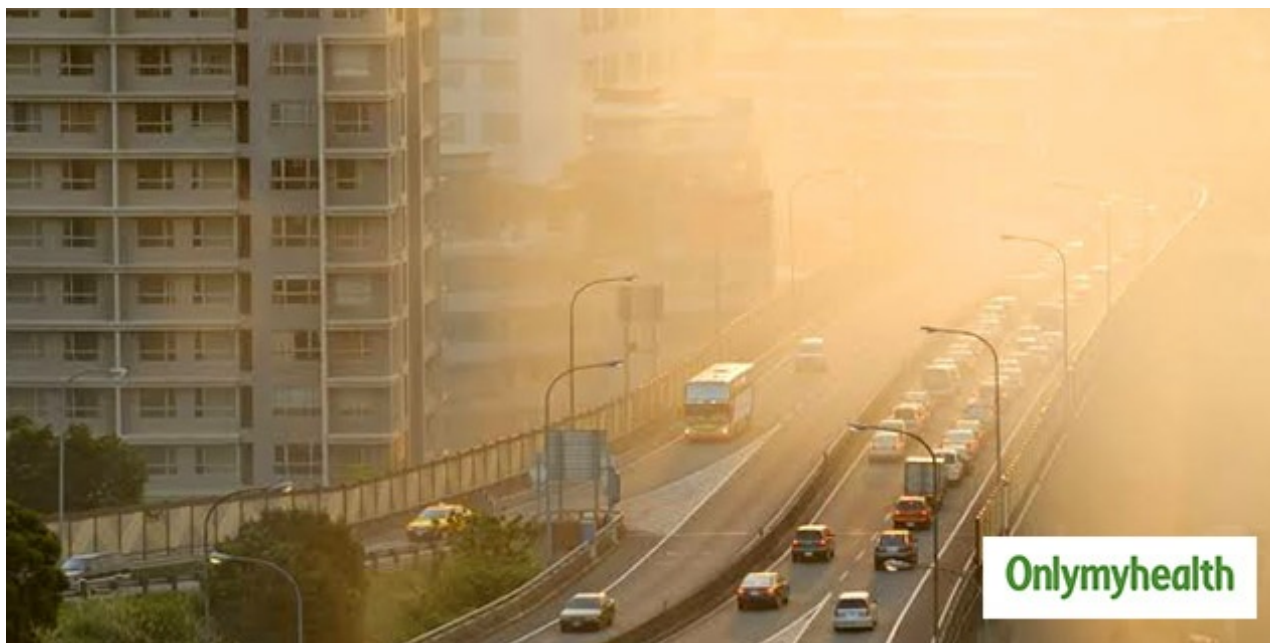
With increasing air pollution, our lungs are getting affected everyday. Here are some Ayurvedic tips from an expert to cleanse them. Read on.

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Towards the end of month of October, there is an increase in the level of air pollution significantly. Smog decreases the air quality and makes it difficult to even breathe properly. This pollution has many harmful effects on your body. Well, our lungs are already being affected by air pollution so much and now Coronavirus is an addition to the negative impacts. Onlymyhealth started a campaign Myrighttobreathe to spread awareness about air pollution. This initiative is to inform people about the diseases and other things associated with it. Air pollution has negative effects in the form of health diseases like respiratory allergies, asthma, cancer, etc. Onlymyhealth editorial team spoke to Ayurvedacharya Dr. Partap Chauhan, Director of Jiva Ayurveda, Faridabad, about some ways through which Ayurveda can help in cleaning our lungs.

Ayurvedic tips to cleanse lungs



Breathing in air pollutants can be very harmful for your airways and even puts you at risk for lung cancer. That's when Ayurvedic treatments become beneficial. Dr. Partap Chauhan said, "There are two types of treatment in Ayurveda, basically Shodhana (detox therapy) that cleans the extra pollutants or toxic things from the body. And, Shamana Chikitsa that utilises the extra toxic things inside the body, for which internal medicine is given to balance in the body. It is also important to increase the immunity of the system that is being attacked." Here are 7 Ayurvedic tips to cleanse lungs:

1. Sesame oil

Sesame oil is very beneficial to clean the lungs. Just add two drops of oil in each nostril. This process cleans the nasal passage. In Ayurveda, this process is known as Nasya.

2. Steaming

You can add fresh mint leaves or peppermint for steaming. Otherwise, hot water steam is also good. In this method, inhaling water vapor to open the airways and help the lungs drain mucus.

3. Ginger tea

Ginger is known to be an ingredient that can be very helpful in making your immunity and your lungs stronger. You can sip ginger tea daily and enhance your health.

4. Turmeric, dry ginger powder and cinnamon powder

Another effective way to cleanse your lungs is having turmeric, dry ginger and cinnamon powder everyday. All three mixed in equal quantities and having them in the morning and evening is quite good for the body. You can even mix them in water.



5. Pranayam

Bhastrika and Kapal Bharti are very useful for your body. These pranayams can help in cleaning the lungs. It is advised that high blood pressure patients should do it at a slow pace, like 20-30 strokes.

6. Detox water

Just take one litre water and put one teaspoon sauf, cumin seeds, coriander powder and freshly chopped ginger. Boil in the water, filter it and fill it in a thermos. This detox water is not only good for your lungs but can benefit your respiratory system too.

7. Honey

Honey is very good in taste and can be consumed everyday. It helps in clearing the lungs with its many advantages like antioxidants and antimicrobial and anti-inflammatory properties. It leaves a soothing taste on your tongue.



These were some Ayurvedic tips to protect your lungs from the harmful pollutants in the air by Dr. Ayurvedacharya Dr. Partap Chauhan. You can even have a little jaggery after having food. This helps in clearing your throat and lungs. Take necessary precautions while going out and protect your lungs from the harmful air pollution. One can even discuss these tips with their Ayurvedic doctor for advice.