

## The Back Ground of Exercises by which the Patients are Practising and Getting Relief

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In June 2006, after going through many methods being practised by yoga and other people 'I tried and experimented one exercises i.e., taking warm water through the nostril in order to clean the nasal passages. So, I took a glass of warm water and snorted it deep into my nose and to my surprise I found that the water went deep into the nasal passages and the excess mucus that had formed there was cleared within minutes and my breathing had improved.

I found this technique is useful. Then I started applying my mind to know more about human physiology and the functioning of the different organs, particularly the lungs in the human body.

The upper-airway passages are considered to be the primary sites of colonisation of pathogens, and from where they spread to the trachea, the bronchial tree, as they constitute only one pathway. It is well known that acute inflammation, chronic inflammation and hyper-secretion of mucus are factors that are responsible for various respiratory diseases like common colds, sinusitis, bronchitis, asthma and chronic obstructive pulmonary disease, throat and lung cancers, etc.

Further, acute inflammation is a defence-process whereas chronic inflammation is a disease-process. Hyper-secretion of mucus is the result of goblet cell hyperplasia in respiratory mucosa and is a prominent feature of inflammation. If we manage the above factors, we can prevent and manage all respiratory diseases including throat and lung cancers.

As a result of chronic inflammation and its prominent feature, hyper-secretion of mucus the scope for transformation of normal cells into cancer cells increases. Without these factors, there cannot be inflammatory cell recruitment to the site of infection, injury or allergy. Continued presence of inflammatory cells or any carcinogens may lead to cycles of tissue injury and repair resulting in

carcinogenesis of the airways. Therefore, treating these two factors is very important for airway integrity and to prevent airway diseases, including throat and lung cancers. For resolution of these factors, a rapid programmed clearance of excess mucus is necessary. As a result, the origin of the inflammation is resolved, although a little medicinal assistance may be necessary.

With the medical knowledge I had gained, and the exercise I devised, these respiratory problems could be brought under control within minutes. These exercises are therapeutic tools and are a potent medication in history. They are mucokinetics and a recipe for healthy ageing. They reduce C-reactive protein, resulting in reduced inflammation. The exercises strengthen the re-modelled airways and reset the biological ageing process. There is no substitute for exercise.

### Hypertonic solution is explained below

Hypertonic solution means a solution having greater osmotic pressure than that of cells or body fluids. The cells and fluids contain generally 0.9 percent sodium chloride. The solution is considered to be a hypotonic solution. Therefore, we have to use more than that, i.e. 1 to 2 percent sodium chloride to make it a hypertonic solution.

Sodium chloride: sodium is a metal and chlorine are a gas. When they are combined they become sodium chloride (common salt crystals). Sodium is made of tiny particles called sodium atoms. Each atom consists of a nucleus and a cloud of particles called electrons that whizz around the nucleus. Any atom becomes an ion if it loses or gains electrons. An ion is a charged particle. It is charged because it contains an unequal number of protons and electrons. Ionic compounds can conduct electricity when they are melted or dissolved. A solid ionic compound will not conduct electricity. But when it melts, the lattice breaks up and the ions are free to move. Since they are charged, this means they can conduct electricity.

When we mix sodium chloride with warm water, it becomes a hypertonic solution, that is one having greater osmotic pressure than that of cells or body fluids. When we snort it, it conducts electricity across the mucus membrane, and the hypotonic solution of cells accumulated as a result of acute or chronic inflammation gets diffused as a result of osmosis. The nasal passages of the nose, mouth and pharynx get cleared of excess mucus. The defunct cilia become active and ciliate mucus from the lungs.

The concept is based on 'Living cells are osmotic systems and will shrink in hyper-tonic solutions (higher salt concentration than in cell organelles) and swell and can burst in hypo-tonic solutions (pure water or low salt concentration).

This concept is useful, because the nasal mucosa is lined with permeable membrane bound in it by the cell organelles. During the inflammatory process, the cells get filled with water, secretions, enzymes, etc. Osmotic pressure varies with the concentration of the solution and with temperature increase.

#### As a result of exercises

The excess mucus produced by goblet cells and the other mucus producing glands in upper-airway passages of the mouth, nose, pharynx and the sinuses get cleaned., The hypotonic secretions in the mucosal cells get diffused by the hypertonic solution, resulting in equal solute concentrations on both sides. As a result of clearing the opening of the ducts from excess mucus in the turbinate, the possibility of infections spreading to the eyes, ears and brain gets reduced. The defunct cilia become active and ciliate mucus towards the nasal passages which can then be blown out easily.

The inflammation of nasal mucosa gets reduced allowing free passage for air during respiration.

As for myself, I maintain good health, even at the age of 80 with the above exercises. Lung elasticity can also be maintained. Breathing improves. If we add a few yogic and physical exercises lung muscles further get strengthened.

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