



SALT THERAPY WORKS FOR BRONCHITIS



Bronchitis

acute & chronic

Bronchitis is an inflammation or swelling of the bronchial tubes (the air passages between the mouth and nose and the lungs). More specifically, bronchitis describes a condition where the lining of the bronchial tubes becomes inflamed causing a cough that often brings up mucus. Over a period of time, individuals with bronchitis have a reduced ability to breathe air and oxygen into their lungs, or clear mucus or phlegm from the airways due to reduced functioning of cilia (the cells that line the respiratory tract).

There are two types of bronchitis:

Acute bronchitis is a short-term illness that often follows a cold or viral infection

Chronic bronchitis is a long-term illness and can be the result of environmental factors (pollution, allergies) or extended illness. Cigarette smoking is the most common cause of chronic bronchitis.

Common symptoms of both includes:

1. Persistent cough (up to weeks)
2. wheeze
3. sore throat
4. fever and chills
5. breathlessness
6. headaches
7. blocked nose and sinuses.



How Salt Therapy works for Bronchitis

The salt room which is flooded with micron size particles of pharmaceutical grade, therapeutic salt which helps in clearing lungs from accumulated mucus making it easier to breathe by its bactericidal, bacteriostatic properties.

The salt's anti-inflammatory property reduces the inflammation of air passages which helps in increased respiration and increases oxygen supply to vital organs, in salt therapy the salt aerosols, supplement the deprived sodium inside lungs thereby, Liquefying the Hardened mucus and helping patients expel it without much strain, Salt therapy modulates T-lymphocyte action, improves an individual's immunity and provide resistance against remission cycles to avoid dependency on medications and without side-effects.

Testimonials of patients

got relief from bronchitis at respicare

RespiCare has treated more 4000 patients and out of which around 200 people were diagnosed with Bronchitis and successfully treated using RespiCare Salt Therapy. Please check out below what our clients say about RespiCare Salt therapy.



Here is the review from Ms Simi,

She has been suffering from Bronchitis for 8 years. She heard about the RespiCare Salt therapy and wanted to try as there are no side effects. She saw tremendous results and reduced all the other medication. Now is been doing her normal activities without any difficulty. She strongly recommends Salt Therapy, who is suffering from Bronchitis

Here is a review by Mr Y V Jayram,

who was working in Oil an Natural Gas and retired. Initially, he had a Cold and Cough, later it turned into Chronic Bronchitis. Tried all sort of medication, but those gave only temporary relief. When he contacts RespiCare Salt Therapy, he was absolutely impressed by the treatment and now he is fully cured by the Chronic Bronchitis



What is Salt Therapy ?

Halotherapy (Halo means salt in Greek) is the method of using salt aerosols in a specially constructed salt room which mimics salt mines in Scandinavian countries where naturally-occurring salt caves are present which is saturated with dry salt particles causing healing effects people with pulmonary and dermatological discomfort.

A study conducted by Polish doctor found that health of the workers in salt mines was much more enhanced compared to other people. In this study it was concluded that saline had properties which is key to eliminate toxins and impurities we come in contact with on a daily basis and improve overall health.

Halotherapy is a mode of this therapy conducted in a controlled air medium that stimulates a natural salt cave microclimate generated by a special machine called halogenerator. The salt aerosols in the salt room consists of dry predefined mixture of untreated salt and specific minerals, these microparticles of salt penetrate into deep tissues and it's anti-inflammatory, bacteriostatic, bactericidal, etc properties helps alleviate respiratory, dermatological conditions providing better quality of life naturally without medications or side-effects.



Home Remedies

For Bronchitis

- 1 Intake of ginger root extract with honey and lemon as known to reduce symptoms
- 2 Licorice, wild cherry tree bark powder, mullein extract as teas are soothing to the inflamed mucus membranes of the respiratory tract.
- 3 Benefits are also availed from pineapple consumption
- 4 Avoiding spicy food, and increase intake of water will also help relieve symptoms



Respicare

Holistic Wellness



At RespiCare we believe in providing responsive and high quality care in a cost-effective manner. Our facility boasts of a state-of-the-art Natural, Side-effects free Halotherapy/Salt Therapy from Europe, a first of its kind in Central and South India.

At our centres after an initial orientation by our staff, you'll be consulting our experienced Doctors who are available Full time at RespiCare centres during all sessions, to make an assessment of your condition and advise the necessary number of sessions according to its severity, furthermore you will be continuously monitored and evaluated during the ongoing therapy and maximum care will be provided by the associated staff members in helping you obtain the best treatment comfortably and achieve the desired results for each patient.

Each session is personally designed and fine tuned to the requirements of that particular patient with benefits of diet counselling, selected yoga practises, guided meditation sessions and interval training to add a holistic approach to enrich your experience and faster recovery from your health condition.

Our efforts are to ensure and create an ambience to make you feel at home and avoid waiting and other hassles generally faced in health centres. And stepping in to RespiCare should be a step towards overcoming one of the deadliest enemies of health at present, Pollution. To present yourself and your loved ones the precious gift of health.

Our Doctors



Dr. Tejaswini N. BAMS

She has to her credit the knowledge of NADI VAIDYA or pulse diagnosis which helps with precise diagnosis of the patient. Always open and eager to learn new things. Dr. Tejaswini is qualified Yoga teacher from prestigious S-VYASA university and done Diabetic reversal course. With her vast 6 years experience in Ayurveda & 4 years of experience in Salt therapy, at present she in-charge of the RespiCare Indiranagar centre.



Dr. Harshith B.M. BAMS

In the past he has worked at K.C. General Hospital's, Emergency dept. He has practised in Private Clinic for 3 years. He has been associated with Red Cross Society and with the with the Indian Army and Defence Wings since 8 yrs. He aims at working on the 'Root Cause' of lungs and Skin disorder. Believes in Natural Healing and says that our body has its own Natural power to heal itself. He believes in Yoga, meditation and Swastavrutha which helps in maintaining normalcy in body. Dr. Harshith B.M. is in-charge of the RespiCare Malleswaram centre.



Dr. Ashwini Gowda BAMS, PGDEMS

She has done her bachelor's from KLE University, She has to her credit the knowledge of Nadi Vaidya Shaastra from Sri Sri College of Ayurveda and has pursued a Post graduation Diploma in Emergency Medicine from Medvarsity - Apollo hospital, With an experience of working in Critical Care Management, She has extensively been a part of various medical camps, seminars and Medical workshops.

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