



SALT THERAPY WORKS FOR SINUSITIS



Sinusitis

inflammation of sinuses

People have four pairs of sinuses (hollow spaces filled with air and lined with mucosal layer) within their skull. Allergies, bacterial or viral infections can cause inflammation of these sinuses resulting in sinusitis, particularly the paranasal sinuses i.e. the spaces that lead to the nasal cavity. This if acute will be cured in few days, whereas when infection is prolonged for weeks is called Chronic Sinusitis which may be caused by deviated nasal septum, allergies, environmental factors or polyps. Sinusitis is presented as headache, facial pain, post-nasal drip, nasal congestion, reduced sense of smell, and running nose, etc.



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How Salt Therapy works for Sinusitis

The salt aerosols in the salt therapy room reaches the sinus cavity and draws out the accumulated mucus by Liquifying the Hardened mucus and clears the blockages in the sinus tract and through its natural anti-inflammatory property reduces the inflammation of the mucosal layer easing respiratory distress, with the antibacterial property of salt treating the infection. Thus helps reduce the headache, running nose, postnasal drip and pain associated with sinusitis and clearing the disease.

Testimonials of patients

got relief from Sinusitis

RespiCare has treated more 4000 patients and out of which around 324 people were diagnosed with Sinusitis and successfully treated using RespiCare Salt Therapy. Please check out below what our clients say about RespiCare Salt therapy.



Srideep Reddy

Whitefield Bangalore says,

his daughter Samaira Reddy aged 4½ Years was suffering from Respiratory Allergy, Viral fever, Occasional Wheezing for the past 1 Year. “We have tried many medications & were not getting any kind of relief. Samaira was not able to sleep in the night due to violent barking cough & was easily fatigued”. They advised us to go for 20 Therapy sessions. After 10 Sessions, her Fever, Cough and Wheezing reduced & she was able to breathe normally. By the end of 20 sessions, we stopped all medications for her & she developed immunity”. “We are extremely thankful to the RespiCare team .

Here is a review by Mr Suresh,

Allergies can be a debilitating situation which medicine has tried to find a solution for ages, here Mr. Suresh tells us how he has been suffering with the problems he has faced because of allergies for over a decade and a half and how Respicare salt therapy has helped relieve him of his symptoms by over 75%.



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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.



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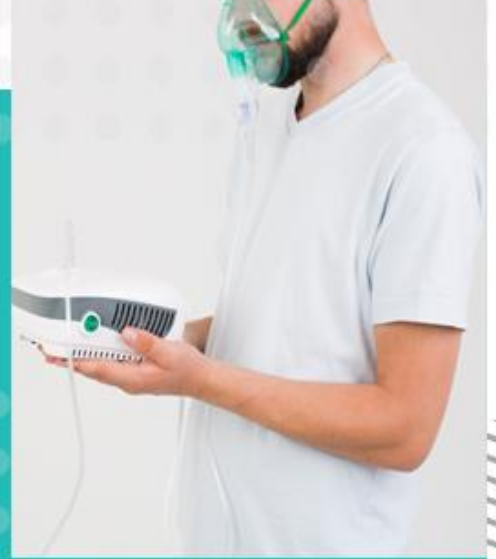
Home Remedies

For Sinusitis

1 Inhaling steam with essential oils like eucalyptus oil, etc is known to provide some relief for sinusitis. Basically steam inhalation won't cure an infection or a particular symptom, like a cold or the flu, it may help make you feel a lot better while your body fights it off. Like any home remedy, it's important to learn best practices and take necessary care so you don't hurt yourself in the process.

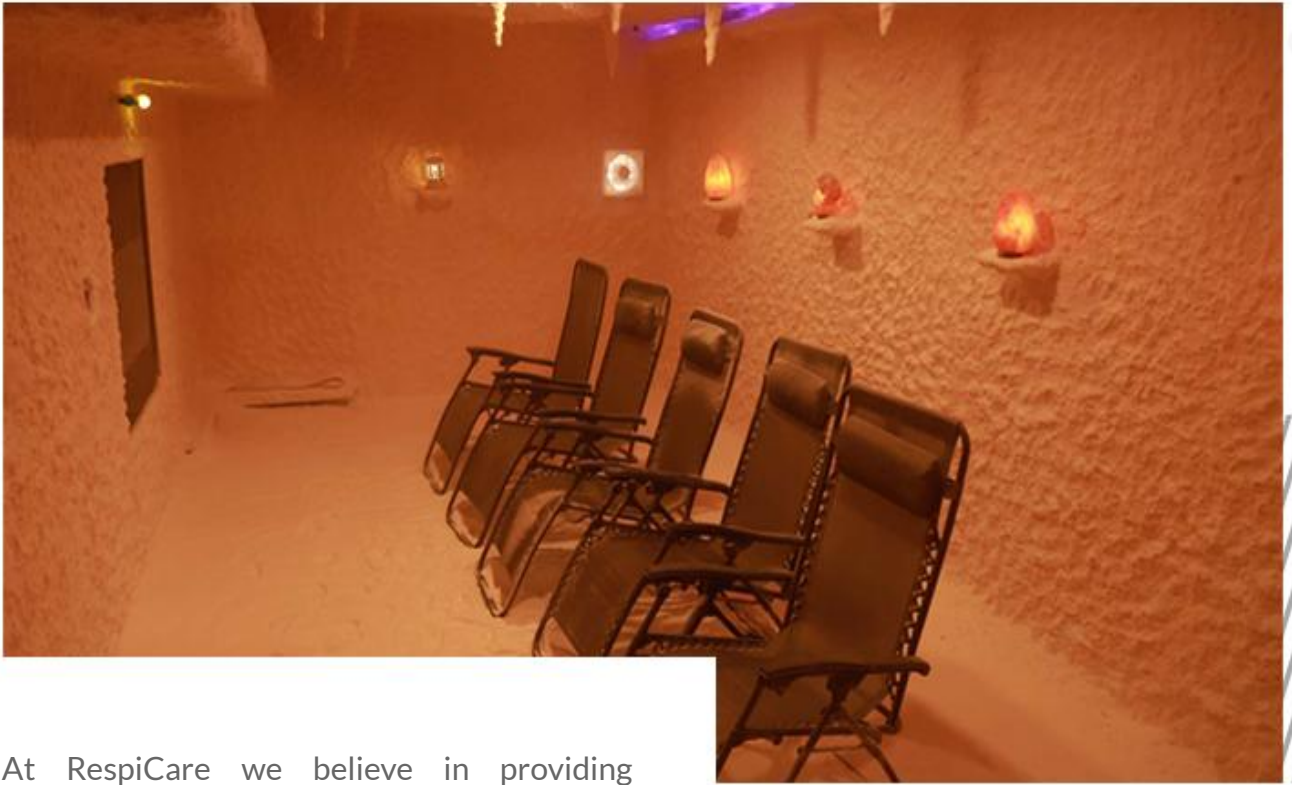
2 Keeping one self hydrated is believed to be helpful to reduce congestion. One should drink water every day at least 2 to 3 litres of water each day. That is a reasonable and quiet achievable goal. People need different amounts of water to stay hydrated as per their body demand

3 Using a pillow to elevate one's head is believed to help in easing respiratory distress



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.

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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 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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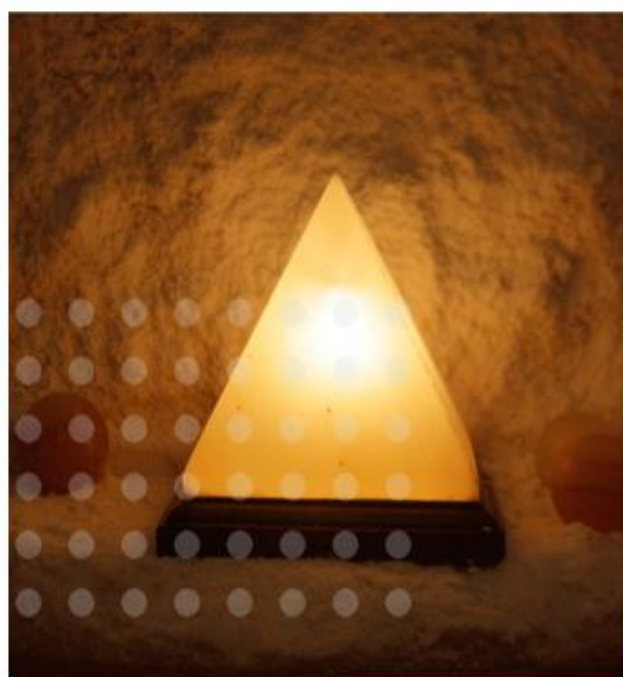
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