



RELIEVE LUNG DISEASES

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When swelling is observed in the thin layer inside the windpipe then this is known as 'bronchitis'. This disease occurs usually among the children and old people. It usually occurs when a patient is suffering from cold, wearing wet clothes for a long time, getting drenched in rain water, sleeping or sitting in the open air, typhoid, whooping cough, malaria, measles etc. It makes the body weak and causes swelling in the windpipe.

Symptoms:

Headache, fever, warmth is felt in the chest; the vocal sound is affected, breathing problem. Initially it is dry cough then phlegm comes out while coughing. If the patient is suffering from bronchitis since long time then he has breathing problem. There is a sound in the throat, fever does not come down from 104 degrees, the body starts sweating, the eyes become drowsy, the hands and the legs become cold and the body becomes pale.

Yogic medication

- The body is affected badly; there is problem in the nervous system and the windpipe. The main medication of bronchitis is to free the body from the germs, to give strength to the respiratory system.
- If you can practice asanas then Katichakrasana, Vajrasana, Shalabhasana, padottasana, Pavanmuktasana, Makarasana, Matsyasana should be practiced. Increase the number of asana if you are able to get the strength.
- In pranayam practice, Bhastrika, Kapalbhati, Anulom-Vilom, are beneficial. Keep the body relaxed to get quick relief.

Natural medication

- Clean up the stomach with enema verechan.

- Take 3-4 glasses of water and practice Kunjal. Practice Neti regularly.
- Hot feet bath also cleans the chest.
- In winter season take one-hour sunbath, massage the body and take bath with warm water.

Home remedies

- Roast apple and make juice from it. Take four spoons of warm water and four spoons of apple juice.
- Take fine powder of mango stone, add in one spoon honey and consume it.
- Take 200 gm of baheda and roast on the pan. Roast 10 gm of sal ammoniac, mix and grind them together, take 3 gm of each and take this mixture thrice daily.
- Take 5 gm of basil leaves juice, 5 gm of ginger juice, a pinch of black pepper powder; eat them with two spoons of honey.
- Take two spoons of ginger, one spoon of onion juice, one spoon of basil leaves juice, two spoons of honey, mix them and consume.
- Take betel leaves with little baking soda and chew it slowly, with the juice.
- Take a small piece of turmeric and ginger and keep chewing.
- For immediate relief take 4 gm each of Sugar candy, coriander, and black pepper and grind them. Take it with fresh water.
- Boil two cloves, five basil leaves, and 10 gm of honey, half spoon of glycerin. When the water remains half a cup, then remove from the flame and let it cool. Squeeze half lemon into it and consume.
- Roast alum on pan, powder it and take four grams of it with honey.
- Add black salt with four spoons of carrot juice and consume.
- Mash garlic, put it in a piece of cloth, tie it loosely and put hot patch on the chest.
- Grind Giloy, take half spoon powder and take it with honey.

- Take tea or coffee on dry fig. It is very effective for bronchitis.
- Roast acacia gum on the pan; consume it with clarified butter made with cow milk daily.
- Take 2 spoons of turmeric in one glass of milk and consume.
- To get relief from bronchitis take Adoosa, drum sticks and sugar candy, take it regularly for one week.
- To get relief from swelling, take half spoon of Moolhati in betel leaf and consume.
- Take juice from one small piece of ginger and basil leaves. Add one spoon of honey and consume it for seven to eight days regularly.
- Take one black pepper, half spoon of basil leaves, one grain of asafetida and two cloves; consume them with honey, twice daily.
- Take turpentine oil, camphor and mustard oil in 2:1:1 ratio and massage gently on the patient's chest.
- Add Giloy juice, banyan powder and honey and consume.
- Take one part of roasted cumin seeds and two parts of old jaggery and consume it twice a day to get relief from fever caused due to pneumonia and chest pain.

Daily routine

- Avoid eating products, which affects the windpipe. Avoid being in sun, dust, and sunny or cold regions.
- Take semi liquid form of kichdi made with Moong dal, once a week. Boiled vegetables are good for this disease.
- Avoid eating apple, pear, orange, chikoo, banana, pineapple, and sugar cane.
- Khubani, papaya, lokut, sweet lime, and mango, peach are good for health, take squash of wood apple, but avoid ice with it.

Pneumonia

- Pain in the lungs is known as pneumonia. Due to cold there is swelling in the lungs, which makes breathing difficult. This disease occurs when there is change from cold weather to hot weather or vice versa, perspiration due to cold, kidney problem or contamination due to germs. When both the lungs are affected then it is double pneumonia. Phlegm gets accumulated in the lungs. The hands and legs become cold. Pneumonia makes the body weak. Chest pain occurs. The patient faints; if the disease is severe then the patient utters meaningless words. If timely medication is not given then there is pain in hands, legs, chest and other body parts. Restlessness, thirstiness, dryness of the tongue, breathing problem and cough are observed.

Home remedies

- If children complain of pneumonia then mix mustard oil in turpentine and apply on the chest and ribs twice daily.

Daily routine

- Massage turpentine oil and mustard oil. Take light food when hungry, like – barley, coarse meal, chapatti, ripe fruits, and vegetables.
- Avoid taking too cold or too hot fruits.

Yogic medication

- After complete cure, practice lung exercises accordingly which gives strength to the lungs. Practice Naukasana, Vajrasana, Suptavajrasana, Shashakasana, Tadasana, Gomukhasana, Makarasana, Dhanurasana, Ushtrasana, and marjarasana regularly.
- Practice Bhastrika, Kapalbhathi, Nadi shodhan, Anulom-Vilom, pranayam regularly. Ujjayi pranayam also gives benefit.

Ribs pain in children

- This disease occurs to children less than three years of age and who are weak, one who is suffering from cold, gets drenched in rain, has numbness in lungs and ribs, continuous cold and cough, chicken pox, measles etc.

Symptoms

- Hollow place is formed when the patient is breathing the region below the ribs and stomach.

Home remedies

- Roast cardamom and take it with two pinches of ginger and honey.
- Massage turpentine oil and camphor on chest and

ribs.

- Add asafetida in warm water and give after every two hours to get relief from ribs pain.
- Take two cloves, roast them on the pan and give the patient with milk.
- Take half spoon of betel leaf juice and honey.
- To get remove phlegm from the chest roast two grains of Suhaga and give it to the patient.
- Roast one drumstick. Remove the seeds from it, stuff it with roasted asafetida and give to the patient.
- Crush garlic and add water. Give it to the patient at regular intervals.
- Mix honey in one glass of water and give to the patient.
- Take little ginger, five black peppers, ten basil leaves, make quath and give it to the patient to get

relief.

- Take 10 gm of turpentine oil, 10 gm of cooked mustard oil and apply on the patient's chest, massage on the ribs region.
- Give warm water to the child in case of thirstiness.

Daily routine

- Give diluted cow milk or tea to the child.
- Give light food to the child, semolina, light coarse meal, Moong dal, and chapattis made with wheat flour. This can be digested easily and the child will try to develop his immune system.
- Give bath to the child with warm water twice daily in a clean atmosphere. If it is winter season then wipe the child's body with warm water.
- Avoid giving ice, cold things, products which cause constipation, radish, cucumber, chikoo or apple.

VEDIC APPEAL

Vaishak 8

Acharya Abhayadev Vidyalkar

DIVINE STRENGTH OF THE MIND

वयं सोम व्रते तव मनस्तनुषु बिभ्रतः ।
प्रजावन्तः सचेमहि ॥

—ऋ. 10/57/6

Sage: Bandhu Subhandhvadaya || **Lord** – Vishwadeva || **Prose:** Gayatri

Word meaning: Soma – Oh Moon! Tanushu: In our bodies; Mana – Mind, strength of mind; Vibhrata – grasps in; Vayam – We people; Tava Vrate – in your vow, fulfill our vow and ; Prajavanta – we people along with everybody; Sachemahi – serve you.

Appeal – Oh Moon! The mind, the great strength that you have given us is present within us. We are proud of your invaluable gift. We are human beings due to this mind. We are above the animals due to the strength of this mind. Can't we fulfill the vows even after possessing this great strength like mind? There is no doubt about the fact that it is difficult to accomplish the vows. It is difficult to follow the rules of progress that you have made in this world. You have made these difficult rules but at the same time given us immense strength to follow them. We have strong determination that we will be able to use that strong determination and lead strict lives. We will not just enjoy it and remain firm to accomplish the vows without getting influenced by any kind of attractions or circumstances.

But what is the need of leading such austere life? It is for your service. The mind that you gave us is useful for this work. We aim that not only our mind but also the people possessing this mind should serve you in all possible manner. The creative strength, which the mind possesses, should be used for some creative work, this is the minimum responsibility of an individual. It should be used in a constructive manner. This creation is the wisdom of mind. If we are always engaged in vows then our strength (people's strength) will be undoubtedly for your service. It will be spent for that, it will be used for that, we and our fellow citizens will be devoted in your service, and spend our lives in serving you. This is our vow, our desire and prayer