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Chronic inflammation and mucus hyper secretion are the factors responsible for various respiratory diseases including throat and lung cancers prevention and management through exercise interventions

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Background: The objective of the paper is to create awareness among people about alternative and complementary methods to protect themselves from various respiratory diseases including throat and lung cancers. The diseases cause the following changes in Airways. (1) Inflammation: Acute inflammation is a defense process whereas chronic inflammation is a diseases process. (2) Hypersecretion of mucus: Chronic mucus hypersecretion is a potential risk factor for an accelerated loss of lung function. The thick viscous mucus in the lungs will be conducive to pathogens. Currently, available medicines and methods are not able to meet the needs of the sufferers. Continued inflammation and mucus hyper secretion may significantly contribute to the transformation of normal cells into cancer cells i.e. the scope for a series of mutations on Genes may get increased. (3) Bronchospasm: An additional factor in asthma patients.

Methods: Exercise is a potent medication in history. It can be used as a tool to manage various respiratory diseases including throat and lung cancers. (a) Cleaning upper airway passages, mouth, nose and pharynx, the primary sites of colonization of pathogens and the sinuses, the way stations to the brain. These exercises should be practiced with hypertonic solution i.e., a solution having greater osmotic pressure than that of cells or body fluids and draws water out of cells thus inducing plasmolysis. (b) Physical, aerobic and yogic exercises: Help in strengthening the inspiratory and expiratory muscles.

Conclusions: Any mucus related respiratory health problem commences from upper airway passages and spread to the tracheobronchial tree as they constitute only one pathway. The mucociliary clearance mechanism becomes defunct when excess and sticky mucus forms. Once the upper airway passages are cleaned off it, the defunct cilia become active and ciliate mucus towards the mouth and it can be pushed out easily. The upper airway passages and the bronchial airways get cleaned from excess and sticky mucus. The diseases originating from its pathway come under control. The exercises are based on the concept "Once the offending factor, excess mucus is removed, the origin of it, Inflammation gets resolved". As a result of management of the above two factors, the gene-damaging effect may get reduced i.e., the scope for series of mutations on genes may get reduced.

Biography

Manikonda Prakash Rao has devised exercises by which the excess mucus (Hyper Secretion of Mucus), a major pathological feature of Airway diseases formed as a result of inflammation and responsible for various respiratory diseases, can be drained out within minutes from upper airway passages mouth, nose and pharynx, the primary sites of colonization of pathogens, the sinuses, the weigh stations to the brain and the tracheobronchial tree resulting in normal breathing. He says exercises are alternative and complimentary. His article Management of mucus related respiratory health problems through sinuses and airways cleaning exercises has been published in International journal Namah (15th October 2010) and revised article airway mucus hyper secretion and ITS management through exercise interventions (24th April 2015) by Sri Aurobindo International Institute of Integral Health and Research, Pondicherry. The journal is indexed. Further, his article on "Experiences and Reflections of a self-made health care specialist has been published in the journal (15th July 2017). He has demonstrated exercises on a few patients at the Institute and the patients could get relief within minutes. He has been issued a certificate to the said effect by Dr Vandana, the In-charge of the Institute. He is treating patients at Mega Health camps organized by Lions Clubs International Gandhinagar, Hyderabad and others.

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