



PREVENTION AND MANAGEMENT OF RESPIRATORY DISEASES INCLUDING THROAT AND LUNG CANCERS THROUGH EXERCISE INTERVENTIONS

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ABSTRACT

Oxygen plays an important role within the respiratory processes. Acceptable levels of it are important to support cell. As a result of Chronic and heavy metabolism diseases, the physiology of pulmonary system gets affected and as a result, chemical element diffusion to capillaries at alveolar level gets disturbed. The accountable factors for the aforementioned disturbances are Chronic inflammation and mucous secretion hyper secretion. Therefore, their management is extremely vital for traditional respiratory organ to operate. Title: Chronic Inflammation and mucous secretion Hyper secretion area unit the factors answerable for varied metabolism diseases as well as Throat and respiratory organ Cancers – prevention and Management through Exercise Interventions: Manikonda Prakash Rao, Awardee of Excellence in Health Care at INDO world HEALTH CARE SUMMIT AND aggregation 2014, HYDERABAD Asian nation. Background: the target of the paper is to make awareness among individuals regarding various and complimentary ways to safeguard themselves from varied metabolism diseases as well as Throat and respiratory organ cancers. The diseases cause the subsequent changes in Airways. 1) Inflammation: Acute inflammation could be a defense method whereas chronic inflammation could be a sickness method. 2) Hyper secretion of mucus: is that the results of epithelial cell dysplasia in metabolism mucous membrane and could be a distinguished way forward for inflammation. They're going along. Chronic mucous secretion hyper secretion could be a potential risk issue for accelerated loss of respiratory organ to operate. The thick viscous mucous secretion within the lungs are going to be causative to pathogens. continued inflammation and mucous secretion hyper secretion might considerably contribute to transformation of traditional cells into pre cancerous cells and later into cancerous cells i.e. the scope for series of mutations on Genes might get raised. 3) Bronchospasm: is an

extra think about respiratory illness patients. Methods: Exercise could be a potent medication in history. It is used as a tool to manage varied metabolism diseases as well as throat and respiratory organ cancers. a) cleanup higher airway passages, mouth, nose and tubular cavity, the first sites of establishment of pathogens and also the sinuses, the approach stations to the brain. These exercises ought to be practiced with hypertonic resolution i.e., an answer having bigger force per unit area than that of cells or body fluids and attracts water out of cells so causation plasmolysis. b) Physical, aerobic and Hindooism exercises: facilitate in strengthening the breath and breath muscles. Conclusions: Any mucous secretion connected metabolism unhealthiness commences from higher airway passages and unfold to tracheo cartilaginous tube tree as they represent just one path approach. The mucociliary clearance mechanism becomes defunct once excess and sticky mucous secretion forms. Once the higher airway passages area unit clean of it, the defunct cilia become active and ciliate mucous secretion towards mouth and it is pushed out simply. The higher airway passages and also the cartilaginous tube airways get clean from excess and sticky mucous secretion. The diseases originating from its pathway come back in check. The exercises area unit supported the idea " Once the violative issue, excess mucous secretion is removed, the origin of it, Inflammation gets resolved " As a result of management of the on top of 2 factors, the factor damaging result might get reduced i.e., the scope for series of mutations on genes might get reduced. He has devised exercises by that the surplus mucous secretion (Hyper Secretion of mucous secretion) , a serious pathological feature of Airway diseases fashioned as a result of Inflammation and accountable for varied metabolism diseases, is drained out inside minutes from higher airway passages mouth, nose and tubular cavity, the first sites of establishment of pathogens, the sinuses, the weigh stations to the brain and also the tracheo cartilaginous tube tree ensuing in traditional respiratory. He says Exercises area unit various and complimentary. His article MANAGEMENT OF mucous secretion

connected metabolism HEALTH issues THROUGH SINUSES AND AIRWAYS cleanup EXERCISES has been revealed in INTERNARTIONAL JOURNAL NAMA dt. fifteenth Oct 2010 and revised article AIRWAY mucous secretion HYPER SECRETION AND ITS MANAGEMENT THROUGH EXERCISE INTERVENTIONS dated twenty fourth Gregorian calendar month 2015 by Sri Aurobindo International Institute of Integral Health and analysis, Pondicherry. The journal is indexed. Further , his article on “ EXPERIENCES AND REFLECTIONS OF A SELF created HEALTH CARE SPECIALIST has been revealed in the journal dt fifteenth Gregorian calendar month 2017 . He has incontestable exercises on some patients at the Institute and also the patients may get relief inside minutes. He has been issued a certificate to the aforementioned result by Dr Vandana, the accountable of the Institute. he's treating patients at Mega Health camps organized by Lions Clubs International Gandhinagar, Hyderabad et al.

Keywords : RESPIRATORY DISEASES, Inflammation, Bronchospasm, Hyper secretion of mucus