

HOLISTIC RESPIRATORY CARE

The holistic respiratory care is meant to build up innate infection and allergy fighting capacity of the human body. It can be used effectively & impactfully across all age groups. All statements in this are based upon scientific published work.

NUTRITION

1. Nutrition plays a very crucial role both in management & prevention of Naso-bronchial allergic diseases. The important nutritional ingredients which are found to be useful are Proteins, Vitamin A (Beta- Carotenes), Vit C, Vit E, Folic acid, Flavanoids, Minerals viz. Magnesium, Zinc, Selenium, Copper, Manganese, ω -3 fatty acids (Fish oil), Curcumin (**Turmeric**) & other chemicals present in **Ginger, Clove & Honey etc. These agents have antioxidant, anti-inflammatory, immunomodulatory, topical demulcent, anti-infective & other properties, which are beneficial in management of respiratory diseases.**
2. The important food articles which provide above nutrients in different combination and to be used together, include:-
 - a. **Turmeric** to be added in milk & to be taken after boiling.
 - b. **Honey, Ginger, Clove, Tulsi leaves**
 - c. **Dairy products, Pulses, Beans, Nuts**
 - d. Egg, Fish, Meat, Fish oil
 - e. **Fresh Fruits**
 - f. **Fresh Vegetables** (Washing after chopping & Cooking reduces their usefulness.)

BREATHING EXERCISES

3. Pranayam & Yoga plays crucial role in maintaining good health of respiratory system in specific & other systems in general.

SUPPORTIVE AIRWAY MANAGEMENT

4. Throat Care:
 - i. Avoid food items which are likely to irritate throat or airways.
 - ii. Avoid ingestants / inhalants which are known allergens for self or in family.
 - iii. Maintain throat hygiene : Wash throat, gargle or drink water every time after ingesting any edibles, especially after eating sticky food like Chocolate, cold food or liquid, sour food, spicy food or junk food. Throat hygiene must definitely be ensured before sleep so as to keep throat clean throughout night & deny substrates to bacteria to grow overnight in throat.
5. Airway management:
 - i. Allergen avoidance: Avoid humid / moldy rooms, No direct or passive smoking, No exposure to smokes / fumes or any other known or unknown

allergen/ agent. Special attention must be paid to minimize hanging curtains, wall hangings, table clothes or any other object which can liberate allergens/ dust. Contact with fur toys/ pets to be discouraged. Mattresses & pillow should be encased in plastic cover so as to enable wet mopping of them & thus minimize liberation of mite antigens which are abundantly present in them. Cockroach & other insects must be eliminated & room/ environment must be kept absolutely clean. Outdoor activities also should be so planned so as to avoid exposure to dust/ injurious fumes/ pollens/ humid air or any other known or unknown allergen. In case of unknown allergen a diary of preceding environment in case of an asthma attack, must be maintained so as to permit future identification of allergen.

- ii. Avoid cold exposure: Switch off the fan at least in early morning hours, keep windows closed, AC off, use baby mosquito nets, cover lightly & loosely the nose of the baby with thin porous cloth if there is no control on the cold or allergic environment. Use of nasal mask or innovated mask is recommended in precarious scenarios.
- iii. Steam inhalation: Well established modality & should be given as & when required and also regularly at night time to maintain hygiene of airways.
- iv. Decongestant aerosols like Vicks inhaler or others may be used if found beneficial & don't aggravate.

SPECIFIC CARE

6. Please exactly follow specific instructions on medical care as advised by treating Pediatrician. "WISH YOU & YOUR FAMILY HEALTHY AIRWAYS."