

## Using Ayurveda to treat Respiratory Diseases

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Ayurveda is an ancient Indian system of medicine that has been in use for thousands of years. It is a holistic approach to health and wellness.

Respiratory diseases are a common health concern affecting individuals worldwide. Some of the common respiratory diseases include asthma, chronic obstructive pulmonary disease (COPD), and pneumonia.

### Herbs for the Respiratory Treatment

Ayurvedic herbs are a significant part of Ayurvedic treatment for respiratory diseases. Some of the common herbs used in Ayurveda for respiratory treatment include:

Tulsi, also known as Holy Basil, is a potent herb used in Ayurveda for its antimicrobial and anti-inflammatory properties.

Ginger is another herb commonly used in Ayurveda for respiratory diseases. Ginger is known for its anti-inflammatory and bronchodilator properties.

Licorice is a well-known herb used in Ayurveda for its expectorant properties. It helps in clearing the respiratory tract.

Vasaka, also known as Malabar Nut, is a herb used in Ayurveda for its bronchodilator and expectorant properties.

Pushkarmool, also known as Inula racemosa, is a herb commonly used in Ayurveda for respiratory diseases. It is known for its expectorant and anti-inflammatory properties.

### Ayurvedic Oils

Apart from these herbs, Ayurveda also emphasizes the use of Ayurvedic oils for the treatment of respiratory diseases. Some of the common Ayurvedic oils used for respiratory treatment include:

### Breathing Techniques

In addition to herbal remedies and Ayurvedic oils, Ayurveda also recommends various breathing techniques for the treatment of respiratory diseases. Some of the common breathing techniques used in Ayurveda include:

### Lifestyle Changes

Ayurveda also emphasizes lifestyle modifications to manage respiratory diseases. Ayurveda recommends the following lifestyle changes for the management of respiratory diseases:

### Ayurvedic Courses

Individuals who are interested in pursuing a course in Ayurvedic medicine can consider GS Ayurveda Medical College. GS Ayurveda Medical College is one of the best private BAMS colleges in Delhi and Uttar Pradesh. The college offers a variety of Ayurvedic courses, including:

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The Ayurvedic Medicine course at GS Ayurveda Medical College covers various topics related to respiratory diseases, including the use of herbs, oils, and breathing techniques.

In addition to GS Ayurveda Medical College, there are many other BAMS colleges in UP that offer courses in Ayurvedic medicine.

### Conclusion

In conclusion, Ayurveda offers many effective remedies for the treatment of respiratory diseases. Ayurveda emphasizes the use of herbs, oils, breathing techniques, and lifestyle modifications to manage respiratory diseases.