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Mini Review

General Health and Respiration

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Medical Science uses the medicines and probiotics for the respiratory diseases. For example for the current novel Corona virus infection management medicines, masks, gloves, goggles, regular hand cleaning and social distancing are being used across the world to prevent and control the spread of respiratory droplet infection. Covid 19 is severe acute respiratory corona virus 2 that is SARS- CoV-2. The most common symptom of novel corona virus infection is fever. The other symptoms are coughing, dyspnoea, myalgia, rhinorrhoea, headache, vomiting. Corona viruses affect the lung tissue. SARS- CoV-2 is a coronavirus that causes severe viral pneumonia with Acute Respiratory Distress Syndrome (ARDS) in patients and these viruses may bring mortality in some critically ill patients as well as in elderly. The patients also show leukopenia in cell counts [1-4].

The government of USA has taken excellent effective lockdown measures and treatment strategies to control and prevent the spread of the Corona virus infection. Communication strategies play an important role in controlling and preventing the spread of this pandemic. As the disease progresses, more balanced, compassionate and patient supportive communication will work well [1,5].

Current research findings related to asthma [6] show that as rescue therapy, inhalers of corticosteroids and long acting beta agonist might work as useful alternative to regular inhaled corticosteroids and rescue short acting beta agonist therapy in adults with mild asthma.

Furthermore current research has highlighted that continuous positive airway pressure therapy may be clinically effective for the management of Obstructive Sleep Apnea (OSA) where the patient shows sleepiness symptoms at the daytime [7,8]. Mild OSA may be related to the manifestation of hypertension and cardiovascular morbidity. Effective diet plans and exercise programs can yield long term weight loss

in OSA patients and decrease the risk for hypertension, heart disease. Furthermore clinical studies have demonstrated that OSA is also a risk factor for stroke and stroke may be reduced with the treatment of OSA [9-11].

Diet therapy for respiration ailments should have enough of antioxidants for example tomato juice, grapes, green food and tea, coffee. Also promising for general health and respiration are immunity building foods like vitamin C rich diet for example lemon, oranges, amla, cauliflower [12-14]. Other items like egg, baked food like cakes and probiotics like yogurt may be promising for healthy respiration. Ginger, turmeric, sunlight are also beneficial for healthy breathing. Heavy food like fried food and non-vegetarian diet for example meats must be restricted to small amounts in cardio-respiratory diseases. Sterilized or boiled water are good for general health and respiration. Drinking enough water, little salt may be mixed in water for healthy respiration.

Mind has direct connection with breathing. Doing regular mind exercises like breath exercises, meditation, prayerfulness, that is necessary for general health and healthy respiration [15].

Emotions have links with breathing. Management of daily emotions for example kindness, compassion are healthy emotions. Power of forgiveness is also very healthy emotion as mentioned in biblical records. Avoid negative emotions like anger and fear emotions. Some of the fear may be protective but excess fearfulness needs to be conquered for health and breathing [15].

Positive thinking patterns are essential for mental and emotional health.

To remain in connection with natural surroundings for some hours in a day for example going near the trees and to get oxygen from the trees for health and healthy breathing.



Nose, lungs, heart, abdomen and skin work in a team for the breathing. Further insights will bring some promising molecules like vaccines, antivirals [3,14] for the pharmacotherapy of Covid -19.

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