

# Winter Lung Health

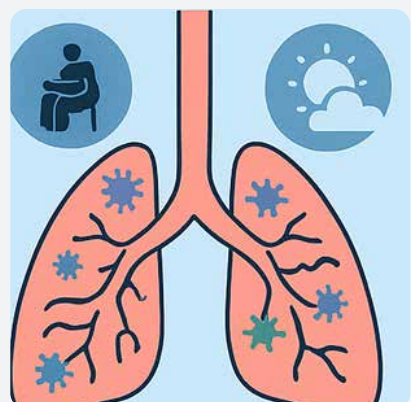
## Detox Strategies for Better Breathing



### Protect Your Breath & Health

#### Why Lungs Need Detox

- **The lungs continuously filter the air** we breathe, exposing them to pollution, dust, smoke, cold air, and microbes.
- Urban pollution (**PM 2.5/PM 10**), smoking, chemical exposure, and cold air inflame lungs, reduce oxygen exchange, and cause fatigue, cough, asthma, and allergies.
- **Less exercise, hydration, and sunlight** in winter reduce lung efficiency and immunity.
- Accumulated mucus, toxins, and inflammation block airways, leading to **respiratory distress**.



#### Winter Lung Detox Practices



**Pranayama (Breathing Exercises):**  
 Anulom Vilom:  
 Balances airflow and enhances lung capacity. Practice deep breathing whenever possible.



**Bhastrika & Kapalabhati:**  
 Strengthen respiratory muscles and clear mucus. Practice daily for **10–15 minutes**.



**Herbal Steam Inhalation:**  
 Add **eucalyptus, mint, or herbs like basil, ginger, and turmeric** to steam. Inhale deeply for mucus release and airway clearing for **1–2 minutes**.

# Herbal Remedies & Decoctions



**Tulsi (Holy Basil)**  
Expectorant and immune booster.



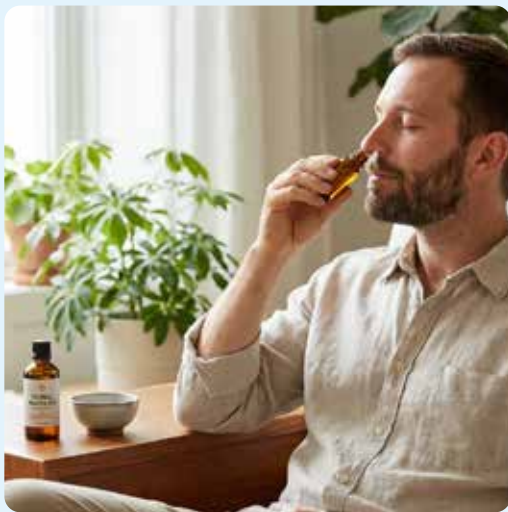
**Vasaka (Adhatoda)**  
Clears phlegm and soothes airways.



**Turmeric (Haridra)**  
Anti-inflammatory, mix in warm milk or water.



**Pippali (Long Pepper)**  
Enhances digestion, reduces mucus.



**Oil Nasal Therapy (Nasya)**  
Use medicated oils like sesame or Anuthailam in nostrils to cleanse nasal passages.



**Lifestyle & Environment**  
Keep warm, avoid cold drafts, and reduce exposure to pollution and smoke.



**Regularly practice meditation or gentle yoga to reduce stress, which impacts breathing.**



**Maintain good sleep and stress management to support respiratory health**

**For doubts and queries, please reach out:  
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