



Dr. Bakshi's Healthcare  
Transforming Health

# Respiratory System

The respiratory system comprising nose, windpipe, and lungs allows us to breathe. It brings oxygen into our bodies (called inspiration, or inhalation) and sends carbon dioxide out (called expiration, or exhalation).

## Health Conditions

- **Chronic Rhinitis:** Inflammation of the inner lining of nose. If the inflammation is for prolonged period it can lead to congestion, sneezing & runny nose.
- **Bronchitis and Cough:** It occurs when the bronchioles (air-carrying tubes in the lungs) are inflamed & make too much mucus.
- **Sinusitis:** Inflammation, infection or blockage of sinuses due to mucous. It can cause pain around the cheeks and forehead.
- **Asthma:** Shortness of breath, wheezing, coughing or chest tightness. It is caused due to the inflammation that narrows the airways and hampers breathing.
- **Snoring:** Noisy breathing while asleep. It is caused due to vibration of either the soft palate or the base of the tongue.

## Holistic Approach

The afflictions of respiratory system are majorly caused due to immune malfunction. Holistic focuses on immune-boosting, hydrating foods & natural remedies to keep our breathing apparatus in optimum condition, and this natural approach can soothe and unblock any inflammation or congestion when it occurs.

*Our units, Holistic and Kaleidoscope, work in collaboration to offer comprehensive programs and customized interventions for chronic lifestyle disorders and emotional wellbeing disruptions.*



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