

# NATURE CURES

Exclusive On

## UPPER RESPIRATORY TRACT INFECTIONS(URTI)

UPPER RESPIRATORY INFECTIONS CAUSES, SYMPTOMS

NATUROPATHIC MANAGEMENT OF UPPER RESPIRATORY INFECTIONS

RECIPES FOR UPPER RESPIRATORY INFECTIONS





**Chandra Kumar Dhanuka**

Chairman Trustee  
Nature Cure & Yoga Centre,  
Kolkata

## CHAIRMAN'S MESSAGES

Dear Readers,

It is my great privilege to bring you this issue focused on Upper Respiratory Infections (URIs), a common yet often distressing health challenge that affect millions worldwide. We hope that our insights, which bridge traditional wisdom and modern scientific understanding, provides an effective guide on holistic approaches to prevention and treatment.

This issue delves into various aspects of URIs, exploring symptoms and conventional treatments as well as the potential of naturopathic interventions. From Yoga and dietary adjustments to lifestyle modifications, our contributors have compiled a wealth of knowledge aimed at empowering our readers on their journey to wellness.

By integrating evidence-based practices with time-tested natural therapies, we can pave the way for a more comprehensive understanding of URIs and enhanced patient care.

I encourage you to engage with the articles, share your thoughts, and consider how these insights can be applied in practice. Together, we can foster a greater awareness of the benefits of naturopathy and contribute to the health and well-being of our communities.

I hope that you had a great Puja and Diwali, and wish you the best for the coming festive season.

Warm regards,  
**Chandra Kumar Dhanuka**

Chairman Trustee  
Nature Cure and Yoga Centre, Kolkata





**Dr. M.A. Rama Murthy**  
Chief Medical Officer  
Nature Cure & Yoga Centre,  
Kolkata


## EDITORIAL

### *Embracing Holistic Approaches to Respiratory Health*

Respiratory disorders, including asthma, bronchitis, and allergies, can significantly impair one's quality of life. In India, asthma accounts for 29.8% of respiratory disease diagnoses, while Chronic Obstructive Pulmonary Disease (COPD) is a leading non-communicable cause of death, representing 15.6% of cases. The risk factors for these conditions are alarming, with tobacco smoke, air pollution, occupational chemicals, and frequent lower respiratory infections during childhood playing pivotal roles.

While conventional medicine provides effective treatments, an increasing number of individuals are turning to naturopathy and yoga for a holistic approach to managing respiratory disorders. Naturopathy emphasizes treating the root causes of illness rather than merely alleviating symptoms. This approach utilizes natural remedies, herbal medicine, dietary changes, and lifestyle modifications to support the body's innate healing capabilities. For those suffering from respiratory issues, addressing underlying imbalances can lead to significant improvements in breathing and overall health.





Yoga complements naturopathy beautifully, offering a variety of breathing exercises and postures designed to enhance lung function and strengthen respiratory muscles. Techniques such as Pranayama have been shown to increase lung capacity and alleviate symptoms associated with respiratory conditions. Furthermore, the practice of yoga promotes relaxation and stress reduction, both of which are crucial in managing respiratory health.

Combining the principles of naturopathy and yoga presents a comprehensive strategy for addressing respiratory disorders. By focusing on both physical and mental well-being, individuals can experience improved lung function, reduced inflammation, and an overall enhancement in quality of life.

In this issue of our newsletter, we delve into the management of Upper Respiratory Tract Infections, highlighting the importance of integrating these holistic practices into daily life.

In conclusion, by embracing naturopathy and yoga, individuals with respiratory conditions can find relief and reclaim their health.

Stay inspired, stay engaged, and let's embark on this journey towards holistic health together.

Enjoy reading!  
Naturally Yours,  
**Dr. M.A. Rama Murthy**  
Chief Medical Officer  
Nature Cure & Yoga Centre, Kolkata





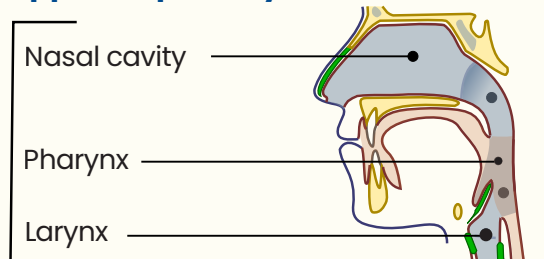
# UPPER RESPIRATORY TRACT INFECTIONS(URTI)

Respiratory tract infections can affect both the upper and lower respiratory systems. When the upper part of your respiratory system, including the nose, sinuses, pharynx, larynx, and large airways, is affected, it's called an **upper respiratory infection (URI)**.

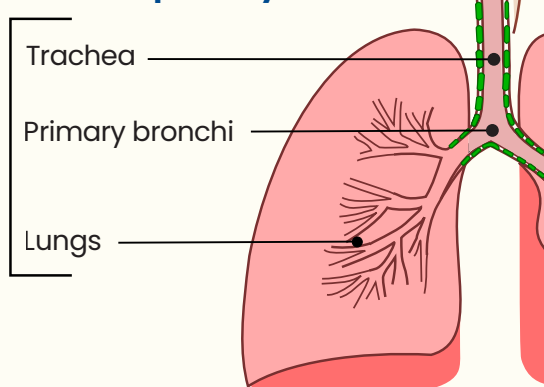
## Upper respiratory infections include

- **Common cold**
- **Epiglottitis**
- **Laryngitis**
- **Pharyngitis (sore throat)**
- **Sinusitis(sinus infection)**

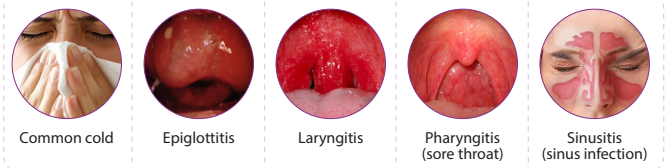
### Upper respiratory tract



### Lower respiratory tract



### Upper Respiratory Tract Infections(URI)



## Causes

Viruses like Adenovirus, Rhinovirus, Enterovirus, and the Human Coronavirus are common culprits of URIs. Typically, the virus enters the body through the mouth or nose, and transmission occurs via contact, coughs, or sneezes.

## Symptoms

- **Cough**
- **Fever**
- **Hoarse voice**
- **Fatigue and lack of energy**
- **Red eyes**
- **Runny nose**
- **Sore throat**
- **Swollen lymph nodes**





# URI UPPER RESPIRATORY INFECTION

## Duration of Upper Respiratory Infections

Most URIs last one to two weeks and resolve on their own with rest and proper hydration.

## Who's at risk?

Anyone can catch a URI, but children, those with heart or lung conditions, and individuals with weakened immune systems are at higher risk.

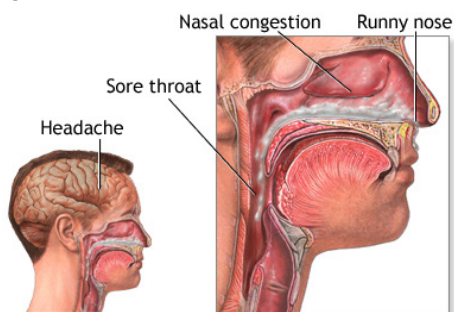
## What is common cold?

The common cold is a minor infection caused by over 200 viruses, with Rhinovirus being the most common. It can occur at any age and is highly contagious, usually spreading through touch or inhalation of infected droplets.

## Symptoms

Symptoms appear 1-3 days after the virus enters the body, including

- **Runny nose**
- **Congestion**
- **Sneezing**
- **Weakened senses of taste and smell**
- **Scratchy throat**
- **Cough**



You may also have

- **A high temperature**
- **Aching muscles**
- **A loss of taste and smell**
- **A feeling of pressure in your ears and face**

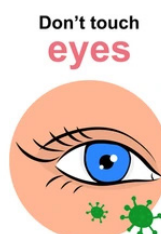
Symptoms of a cold can last longer in young children. They may also be irritable, have difficulty feeding and sleeping, breathe through their mouth, and get sick after coughing.

## Prevention Tips

- **Avoid close contact with infected individuals**
- **Wash hands frequently**
- **Avoid touching your nose and eyes**
- **Keep an eye on the humidity of your environment so that sinuses do not dry out**

## If infected:

If you have a high temperature or do not feel well enough to do your normal activities, try to stay at home and avoid contact with other people until you feel better.





# COLD

Do cover your nose and mouth with a tissue when coughing or sneezing, then throw the tissue away and wash hands.

Also, stay away from people who are most vulnerable, including anyone who has asthma or another chronic lung disease, or at least try to limit close contact.

## How you can treat a cold yourself?

There are things you can do to help you get better more quickly.

### Do

- **Rest and stay hydrated**
- **Gargle with salt water for sore throats**
- **Inhale steam to ease congestion**
- **Eat healthy food**  
(your appetite may be low for a few days)
- **Drink a hot lemon and honey drink to soothe a sore throat**

### Don't

- **Avoid smoking, as it can worsen symptoms**

#### Do



Gargle with salt water for sore throats  
Eat healthy food

#### Don't



Say No to Tobacco  
(including smoking, vaping)

## Complications of a Cold

Though most colds resolve within days to weeks, complications like sinus infections, ear infections, or bronchitis can occur.

## COLD VS. FLU

### Cold Symptoms

- **Low or no fever**
- **Mild headache** (occasionally)
- **Stuffy or runny nose**
- **Sneezing**
- **Mild cough**
- **Slight aches and pains**
- **Mild fatigue**
- **Sore throat** (sometimes)
- **Normal energy levels, possibly slightly sluggish**

### Flu Symptoms

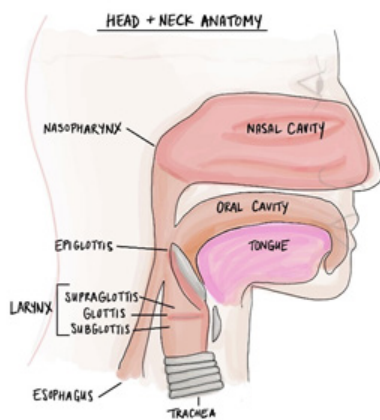
- **High fever**
- **Common and often severe headache**
- **Clear nose** (less common)
- **Sneezing** (sometimes)
- **Severe cough**
- **Severe aches and pains**
- **Prolonged fatigue** (several weeks)
- **Extreme exhaustion**
- **Sore throat** (sometimes)

While both colds and the flu share some symptoms, flu symptoms are generally more intense and last longer. If you're experiencing high fever, severe aches, or extreme fatigue, it's likely the flu.





## ANATOMY OF HEAD + NECK



### What is Epiglottitis?

Inflammation of the epiglottis, the flap at the top of your windpipe, which can block the airway and cause breathing difficulty.

#### Epiglottitis Symptoms

- **Difficulty breathing or swallowing**
- **Fever**
- **Severe sore throat**



### What is laryngitis?

Inflammation of the voice box (larynx) leading to hoarseness or voice loss. It's often caused by viral infections.

#### Symptoms

- **Hoarse voice or loss of voice**
- **Fever**
- **Difficulty swallowing**



### What is Pharyngitis?

Known as a sore throat, this condition is often viral but can sometimes be caused by bacterial infections like Streptococcus.

### Symptoms

- **Severe throat pain**
- **Difficulty in swallowing and speaking**
- **Tender lymph nodes in the neck**

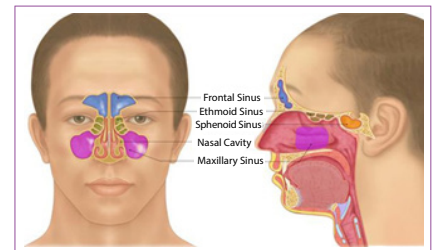


### What is Sinusitis?

Inflammation of the sinuses, often caused by viral infections, leading to congestion and facial pain.

1. Cheeks (Maxillary)
2. Behind your forehead and eyebrows (Frontal)
3. On the sides of your nose bridge (Ethmoidal)
4. Beyond your nose, In front of your brain (Sphenoid)

Most often, viruses infect the sinuses, causing inflammation.



### Symptoms

- **Post nasal drip, when you feel mucus dripping into your throat**
- **Green mucus**
- **Stuffiness/congestion**
- **Pain when you press on your face, especially on the bones right under your eyes**
- **Bad breath**
- **Cough**
- **Fatigue**
- **Fever**

If you have these symptoms lasting longer than 7-10 days, or if your symptoms worsen after 5-7 days, you may have a bacterial infection





# Naturopathic Management of UPPER RESPIRATORY INFECTIONS

## ► HYDROTHERAPY

### Warm Water Drinking

Staying hydrated with warm water helps thin mucus in the airways and lungs, making it easier to breathe. Dehydration can thicken mucus, slowing respiration and increasing the risk of illness and allergies.

### Steam Inhalation

Inhaling steam can reduce chest congestion, relieve sinus pressure, and loosen mucus in the airways, improving overall breathing.

### Hot Fomentation or Hot Compress

Applying a hot compress to the chest and throat can ease congestion and help loosen mucus in the sinuses. Use a warm compress or hot water bottle for several minutes to alleviate discomfort.

### Hot Foot Bath

This treatment promotes circulation and reduces congestion in the head, lungs, and pelvic area. The heat draws blood away from congested areas, potentially elevating body temperature and enhancing white blood cell mobility. Covering the patient with a blanket during the bath helps retain body heat.



## Hot Foot Arm Bath

This method boosts overall circulation, improves immune function, and promotes relaxation, providing relief from cold symptoms, nasal congestion, fatigue, and headaches.

## GARGLING

### Salt Water Gargle

Gargling with a saline solution can help loosen mucus, reduce inflammation, and alleviate throat pain. It may also help eliminate the viruses or bacteria causing a sore throat.



## ► MASSAGE THERAPY

### Facial Massage for Sinusitis

Massaging the sinuses can relieve pain and congestion by alleviating pressure and encouraging mucus drainage. The warmth and gentle pressure can also enhance blood circulation in the area.





# Naturopathic Management

## ► YOGA THERAPY

### Asanas

Practicing specific yoga poses such as Bhujangasana, Matsyendrasana, Dhanurasana, Gomukhasana, and Ustrasana can be beneficial for respiratory health.

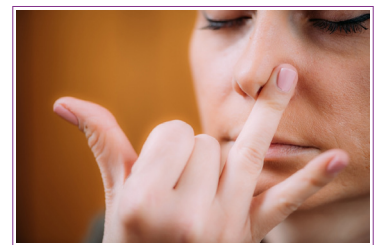
### Pranayama

This breathing technique improves lung function, removes toxins, strengthens respiratory muscles, and helps manage respiratory issues related to air pollution. Notable techniques include:

- **Kapalabhati**  
(forceful exhalations)
- **Nadi Shodhana**  
(alternate nostril breathing)
- **Suryabhedhi and Bhastrika**



Asanas



Pranayama

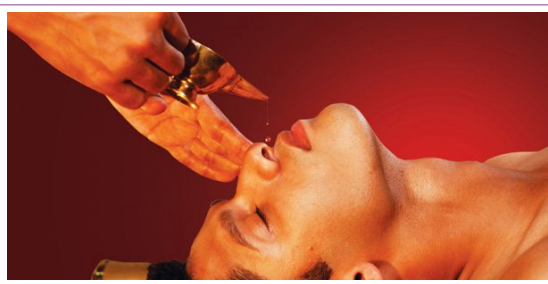
## Shatkriyas

### Jalneti

**Jalneti** is a simple nasal cleansing technique that utilizes lukewarm isotonic saline water to clear the nasal passages. This practice is typically performed using a special pot with a nozzle. The saline solution is made by mixing one teaspoon of table salt into ½ liter of lukewarm drinking water. This method effectively reaches

### NASYAM

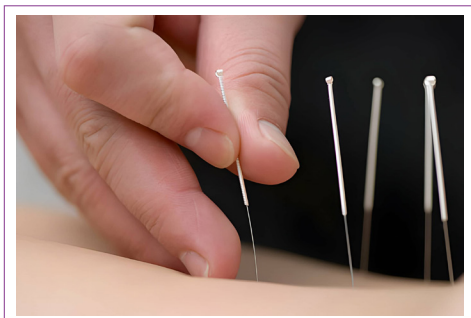
This technique involves administering herbal oils into the nostrils to stimulate mucus secretion, helping to dissolve and loosen congestion in the nasal and sinus passages.



### ACUPUNCTURE

Acupuncture can reduce the frequency of upper respiratory infections and shorten their duration. Specific acupressure points include.

- **Zhongfu (LU1)**
- **Yuji (LU10)**
- **Hegu (LI4)**
- **Neiguan (PC6)**
- **Zusanli (ST36)**





the openings of the sphenoid, ethmoid, and frontal sinuses located at the top of the nasal cavity.

## Technique

**Jalneti** is best performed in a specific posture, such as sitting (kagasana) or standing, with the head tilted to the side opposite the nostril being irrigated. This positioning allows the saline solution to flow through the nasal passages efficiently.



## Benefits of Practicing Jalneti

- **Cleansing Action**

Removes allergens, dust, and other foreign particles, enhancing sinus drainage and preventing mucus buildup.

- **Improved Circulation**

Increases blood flow and functional efficiency of the nasal mucosa.

- **Eye Relief**

Provides a soothing effect by stimulating the tear ducts and glands, alleviating eye strain.

- **Cognitive Benefits**

May improve memory and concentration while helping to reduce anxiety and depression. Regular practice supports the secretory and drainage functions of the ear, nose, and throat.

- **Symptom Relief**

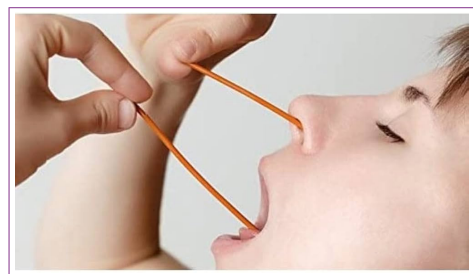
Can alleviate upper respiratory issues such as sore throats, tonsillitis, and dry coughs.

- **Clear Vision**

Flushing the tear ducts promotes clearer vision and enhances the sparkle in the eyes. Clearing nasal passages also improves the sense of smell, helping to prevent conditions like sinusitis, colds, coughs, and allergic rhinitis.

## Rubberneti / Sutraneti

**Rubberneti** (or Sutraneti) is another nasal cleansing technique that involves the use of a flexible rubber tube. This method helps to remove dirt, pollen, mucus, and allergens from the nasal passages. It also hydrates and moisturizes the nasal lining.



## Benefits of Rubberneti

- **Thorough Cleansing**

Effectively removes impurities and allergens from the nasal passages.





- **Moisturization**

Keeps the nasal and sinus mucosa hydrated, promoting overall nasal health.

- **Easier Breathing**

Enhances airflow through the nasal passages, reducing congestion

- **Support for Respiratory Health**

Helps maintain a clear nasal passage, potentially preventing respiratory infections.

Both Jalneti and Rubbarneti are valuable practices for maintaining nasal health, alleviating respiratory symptoms, and promoting overall well-being.

## Relaxation Techniques for Sinus Relief

### Methods

- **Meditation**
- **Yoga Nidra**
- **Instant Relaxation Technique (IRT)**
- **Quick Relaxation Technique (QRT)**
- **Deep Relaxation Technique (DRT)**

### Relaxation

Incorporating relaxation techniques such as deep breathing exercises and meditation can help alleviate headaches and reduce pain associated with sinus infections. Practices like yoga and meditation are effective in decreasing tension and pressure.

### ► REST THERAPY

Allowing your body to rest is essential for reducing sinus pressure and speeding up recovery. Just as sleep is vital for healing, how you sleep can impact sinus symptoms.

- **Elevation**

Elevating your head and neck while you sleep can prevent mucus buildup and help you breathe more comfortably. Use extra pillows to keep your head above your heart.

### ► Fasting Therapy

#### Methods of Fasting

- **Liquid Diet/Eliminative Diet**

Begin by avoiding grains on the first day, then follow a liquid diet for 1 to 3 days, consuming fluids like fruit juices, vegetable juices, and soups.



- **Soothing Diet**

Focus on a cleanse with fruits and vegetables rich in vitamins, minerals, and antioxidants to help detoxify and support your immune system, potentially reducing the risk of chronic respiratory issues.



### • Short Fasting (1-3 Days)

Short-term fasting can enhance immune function by promoting the production and regeneration of immune cells and minimizing inflammation.

### Benefits of Fasting

#### • Immune Modulation

Fasting encourages the recycling of old and damaged cells, resulting in the creation of more effective immune cells to combat infections.

#### • Reduced Inflammation

Fasting can lower inflammatory markers, alleviating symptoms of upper respiratory infections such as swelling and mucus production. It can be beneficial for conditions like sinusitis, rhinitis, tonsillitis, and the common cold.



### ► DIET THERAPY

#### • Fruits and Vegetables

Incorporate fruits like apples, avocados, oranges, and sweet limes, as well as vegetables like beetroot, carrots, spinach, and beans. These are rich in vitamins, minerals, antioxidants, and fiber that support immune health and reduce inflammation.

#### • Whole Grains

Opt for whole grains like oats, brown rice, quinoa, and whole wheat, which are high in B vitamins and magnesium, helping to minimize respiratory inflammation.



Fruits and Vegetables



Whole Grains

#### • Honey

Honey stimulates saliva production, which can soothe your airways and reduce bronchial inflammation, helping to break up mucus.

#### • Turmeric

Turmeric contains curcumin, which aids in mucus dissolution and improves chest congestion. Its antibacterial properties can also be beneficial for coughs and colds.



Honey



Turmeric

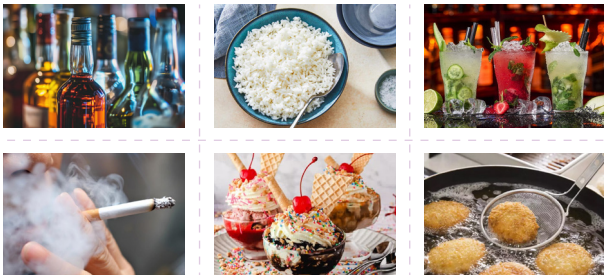




### Foods to Avoid

- **Rice** (may increase mucus formation)
- **Pickles**
- **Cold drinks**
- **Bread products**
- **Dairy products**
- **Cucumber**
- **Guava**
- **Banana**
- **Pineapple**
- **Ice cream**
- **Smoking**
- **Alcohol**
- **Oily foods**

#### Foods to Avoid

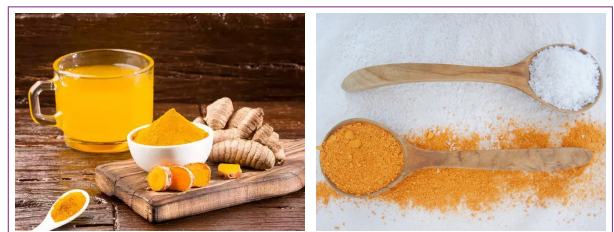


If sinus pressure is linked to a viral infection, consider adding eucalyptus oil to your bath or vaporizer to facilitate recovery. This oil may also help reduce nasal stuffiness and improve airflow. Additionally, eucalyptus has bronchodilatory properties, supporting better breathing.



### Home Remedies for Upper Respiratory Infections

- **Gargling with Warm Salt Water and Turmeric**  
Gargling with a mixture of warm water, salt, and turmeric can be soothing. Turmeric contains curcumin, which offers anti-inflammatory and immune-boosting benefits.



Gargling with Warm Salt Water and Turmeric

### ► AROMATHERAPY

#### Eucalyptus Oil Inhalation

Eucalyptus oil is known for its decongestant properties, helping to ease nasal congestion. The active component, cineole, has antioxidant and anti-inflammatory benefits, making it effective for respiratory issues like coughs and colds.





### • Tulsi Tea (Holy Basil)

Drinking Tulsi tea or kadha can be beneficial, as holy basil has anti-inflammatory, antiviral, and antibacterial properties that help combat infections affecting the upper respiratory tract.



Tulsi Tea (Holy Basil)

### • Ginger Tea

Ginger tea is an excellent remedy due to ginger's anti-inflammatory and antioxidant properties. It can alleviate symptoms associated with upper respiratory infections.



Ginger Tea

### • Honey and Lemon Juice

Mixing honey with lemon juice provides a powerful remedy. Honey has antiviral qualities, while lemon juice is rich in vitamin C, which boosts immunity and helps fight infection-causing bacteria and viruses.



Honey and Lemon Juice

### • Curry Leaves

Incorporating curry leaves into your diet can be beneficial, as they possess antimicrobial, anti-inflammatory, and antioxidant properties. They help alleviate symptoms such as coughs, colds, and sore throats.



Curry Leaves



# RECIPES FOR UPPER RESPIRATORY INFECTIONS

## VEGETABLE CONGEE

### Ingredients:

2 cups cooked rice, 1 cup chopped tomato, 1 cup vegetable stock, 1 cup chopped carrot, ½ cup chopped broccoli, 1 cinnamon stick, 1 bay leaf, 1 clove, 1-inch piece of ginger, ½ tsp turmeric, 1 tsp oil, 1 tsp black pepper, Salt to taste.

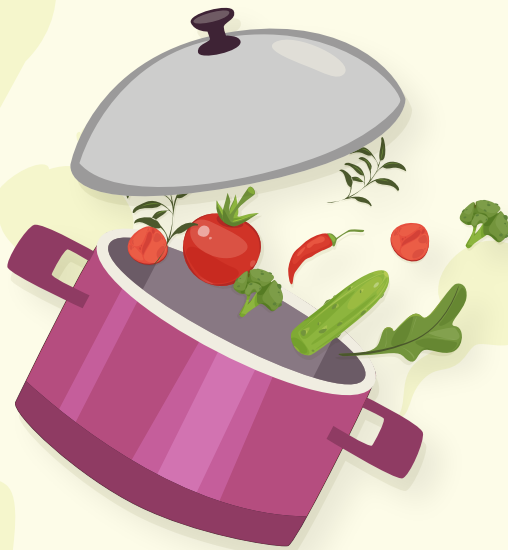
### Method:

1. In a pot, heat 1 tsp of oil. Add the cinnamon stick, bay leaf, and clove, then sauté the chopped tomato for 3–4 minutes.
2. Add the cooked rice and vegetable stock, and let it simmer on medium heat for 10–15 minutes or until the rice is soft.
3. Incorporate the remaining vegetables, season with black pepper, and let simmer for another 10 minutes until the carrots are tender.
4. Turn off the heat.



### Benefits:

This congee is easy to digest, allowing your body to focus its energy on healing rather than digestion. Ginger and turmeric are known for their immune-boosting properties and are powerful antibacterial, antiviral, and anti-inflammatory agents loaded with antioxidants. The ingredients help break down phlegm and support respiratory health. Carrots provide vitamins A and C, which help strengthen your immune system, while broccoli is rich in antioxidants, vitamins C, K, and A, along with essential minerals like potassium, calcium, and iron. This recipe's anti-inflammatory properties and antioxidants make it effective for combating upper respiratory infections.



# RECIPES FOR UPPER RESPIRATORY INFECTIONS

## TULSI CHUTNEY

### Ingredients:

¼ cup Tulsi leaves, 2–3 tsp honey.

### Method:

Make a paste of the Tulsi leaves and mix in the honey.



### Benefits:

Tulsi is rich in antioxidants and possesses anti-inflammatory properties, making it effective in treating infections. It also boosts immunity. Consuming Tulsi leaves can enhance your overall health due to their remarkable healing powers.





# TESTIMONIAL

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## Guestspeak



*The services of Therapies, behavior of support staffs and Doctors are very nice and very much satisfactory. The effect of stay at Nature Cure is good and I feel better. Planning to go again soon.*

———— pramod jhunjunwala



# TESTIMONIAL

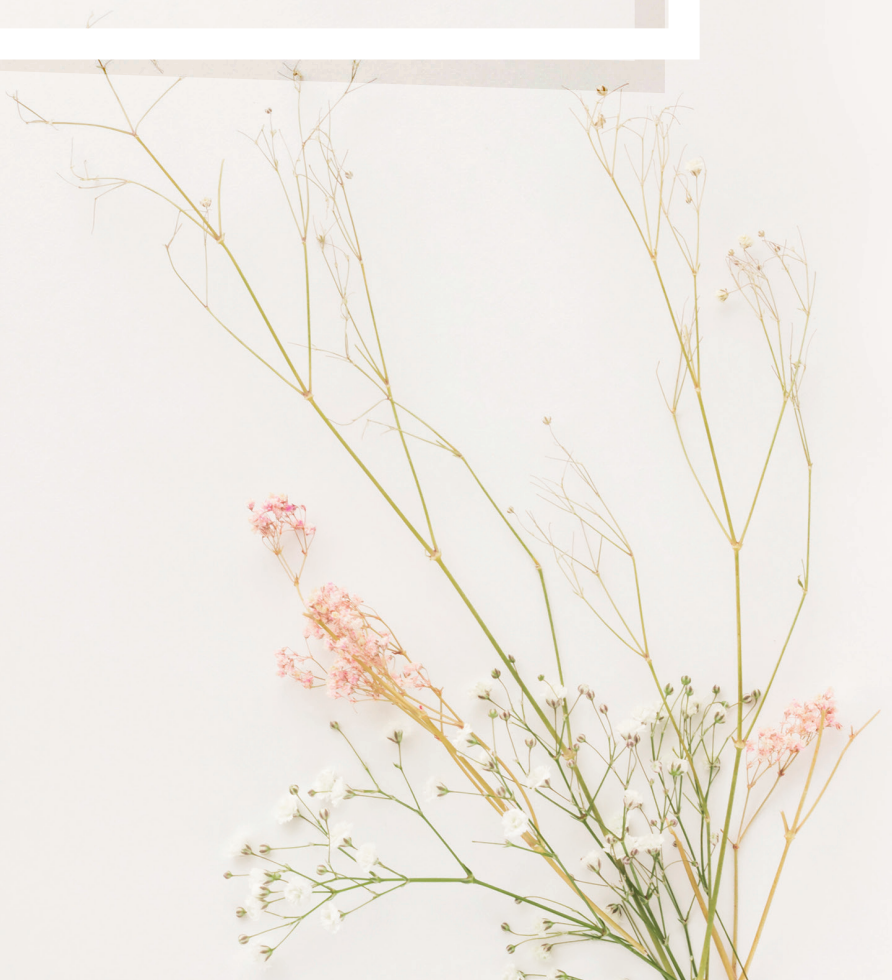
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## *Guestspeak*



*All good. Very neat and clean place. Very positive energetic/peaceful place. Staffs are very efficient and well behaved. I recommend to visit and enjoy treatment along with nature.*

————— *Manoj Kumar*







# UPPER RESPIRATORY TRACT INFECTIONS(URTI)

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