

5 Reason why you must boost your lung health

Dr.Pratim's Academy
[HTTPS://SAVEKIDNEY.SPAYEE.COM/](https://savekidney.spayee.com/)

Dr.Pratim's Academy

Dr. Pratims Academy is an online education and support platform for everyone who wants fulfillment and abundance in life. Dr. Pratim Sengupta, a leading nephrologist, from India believes that to achieve accomplishment in life, health, wealth, relationship passion, and aspirations these all aspects need to be balanced. The academy provides knowledge regarding the early detection and prevention of health-related problems.



Dr. Pratim Sengupta, MD-Medicine, DM-Nephrology

Reason 1

A weakened lung is a nest for Covid 19

Covid 19 is a global pandemic and thousands of lives are lost due to Covid. Lungs are the epicenter of Covid 19. It invades the lungs first and thereafter it proliferates to the entire body. If the immunity of the lung is weak it can damage the air pockets of the lungs causing fibrosis and permanent damage to the lung.

A person with weakened lung immunity are prone to Covid 19 infection
Someone suffering from diabetes, having Bronchial asthma, COPD have weakened lungs and prone to Covid 19 infection

[Click to boost your lung health](#)

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Reason 2

Risk of Pneumoniae

Patients with weakened lung immunity are prone to develop Pneumoniae, especially in winters. A severe respiratory tract infection can result in hospitalization in a long run. It can ruin the quality of life and incur huge treatment cost.

An elderly person aged 60 and above, some having diabetes or any chronic disease are prone to develop Pneumoniae especially in winters as they have immunocompromised lung

[Breathing exercise can boost lung immunity, click to know more](#)

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Reason 3

Risk of COPD and Asthmatic attack

Yes someone having an immunocompromised lung are prone to develop COPD which is a chronic inflammatory airway disease. Even patients having a history of bronchial asthma may experience frequent asthmatic attacks if they have an immunocompromised and weaken lung.

repeated exacerbation of asthmatic attacks can bring impact quality of life and incur huge treatment costs.

[Regular Pranayam can improve quality of life for someone suffering from COPD and ASTHA.Click to know more](#)

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Reason 4

Combat kidney disease

The lung is a vital organ that removes volatile acid in terms of CO₂ from our body. When someone suffers from renal failure, the kidney fails to remove metabolic toxins from the body and blood becomes acidic. The lung then comes to play, removing the toxins in form of volatile acid and maintains the acid-base equilibrium of the blood. When someone with CKD has a weaker lung the lung fails to perform the extra workload of the kidney. Hence to combat kidney disease a healthier lung is essential

[Want to improve your lung health? Join Mukti today..Click to know more](#)

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Reason 5

Smoking induced lung injury

Smoking is always detrimental to the lungs. When someone smokes the tar and the nicotine irreversible damages the healthier tissue of the lungs causing fibrosis. If someone has a weaker lung, the damage is severe.

[Daily pranayam can heal you lungs.Want to learn the right techniques of pranayam,Click here](#)

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Techniques to Boost your lung health

Breathing exercise is the only way to regenerate the dead tissues of the lungs, boost respiratory immunity, and help someone to recover from covid faster or from any respiratory tract infection. It improves the quality of life for COPD and bronchial asthma patients. It protects someone from injuries caused due to smoking and from other respiratory tract infections. Boost your lung health is an online training program where different techniques of breathing exercise including simple breathing techniques to basic pranayamas are taught in a very simple way by Dr.Pratim Sengupta, Eminent Nephrologist of the country.

Join this program and boost your lungs immunity

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