



## Ayurvedic Ways to Build Strong Lungs and Promote Longevity



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Our lungs are the vital organs that keep life flowing with every breath. In today's world of rising pollution, stress, and lifestyle disorders, taking care of the lungs is essential not only for healthy living but also for longevity. Ayurveda, the ancient science of life, offers profound insights and natural practices to keep the lungs strong and balanced. At Kalpataru Ayurvediya Chikitsalaya™, Pune, Dr. Manoj Deshpande believes in integrating these timeless Ayurvedic principles with modern science to help people breathe better and live longer.

### Ayurvedic Perspective on Lung Health:

In Ayurveda, the lungs are primarily governed by the Pranavaha Srotas (respiratory channels) and are closely linked with Prana Vayu—the subtle energy of breath. The strength of the lungs depends on maintaining balance in the doshas, especially Kapha and Vata.

- Kapha Dosha keeps the airways moist and nourished, but when aggravated, it can cause phlegm, congestion, or breathing difficulty.
- Vata Dosha governs the movement of breath; imbalance can cause dryness, breathlessness, and irregular breathing.

#### Ayurveda emphasises three key aspects for strong lungs:

- **Shodhana (Cleansing):** Removing toxins (Ama) from the respiratory tract.
- **Rasayana (Rejuvenation):** Strengthening lung tissues and immunity.
- **Dinacharya (Daily Routine):** Adopting lifestyle practices that support clear breathing.

### Rising Lung Diseases in Today's Era:

In the present times, lung diseases are rising at an alarming rate. Conditions like asthma, COPD (Chronic Obstructive Pulmonary Disease), and even lung cancer are becoming

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increasingly common. This has created a serious health concern that requires both preventive and curative approaches.

#### Key Causes of Increasing Lung Diseases:

- **Pollution:** The most significant factor is pollution. Harmful particles released from burning fuels and vehicular emissions enter through our airways and affect the lungs. In urban areas, pollution levels are especially high. This impacts the process of gas exchange—oxygen intake and carbon dioxide release—leading to reduced elasticity of lung tissues, fibrosis, and gradual decline in lung function. Studies show that living in cities like Delhi is equivalent to passive smoking several cigarettes a day, even for non-smokers.
- **Indoor Pollution:** Not only outdoor, but indoor pollution is equally dangerous. The use of mosquito repellent coils, sprays, and electric devices—many of which are banned in advanced countries—release toxic fumes that damage the lungs. Similarly, strong-smelling floor cleaners, detergents, phenyl, and even bathroom deodorisers can irritate the respiratory tract and lead to chronic lung problems.
- **Sedentary Lifestyle:** A sedentary lifestyle reduces physical activity and leads to shallow breathing. In such cases, the upper lobes of the lungs are not adequately used, creating space for infections to develop. An active lifestyle with regular movement and exercise keeps the lungs healthy.
- **Excessive Use of Air Conditioners:** Staying in closed, air-conditioned environments restricts fresh air circulation. This encourages the growth of bacteria, viruses, and fungi, increasing the risk of respiratory infections.
- **Stress and Weak Immunity:** Stress produces harmful hormones that affect lung health and breathing capacity. It also weakens immunity, making the body more prone to infections that can worsen lung conditions.
- **Unhealthy Diet:** Junk food and processed food can disturb blood quality, which Ayurveda identifies as a root cause of lung disorders. Since lungs are nourished from the essence of blood (Rasa and Rakta Dhatu), maintaining blood purity through a wholesome diet is essential for healthy lungs.

#### Ayurvedic Remedies for Strong Lungs:

##### Herbs and Formulations:

- **Tulsi (Holy Basil):** A natural bronchodilator and anti-inflammatory herb that helps in clearing mucus.
- **Pippali (Long Pepper):** Improves lung capacity and detoxifies respiratory channels.
- **Vasaka (Adhatoda vasica):** Excellent for cough, breathlessness, and respiratory infections.
- **Licorice (Yashtimadhu):** Soothes the airways and reduces irritation.
- **Chyawanprash:** A classical Rasayana that strengthens immunity and lung health.

##### Additional Ayurvedic Insights:

Certain valuable bhasmas (purified metallic preparations) are used under expert Ayurvedic supervision for improving lung health. These include Abhrak Bhasma, Swarna Bhasma, Heerak Bhasma, Shringa Bhasma, and Vidruma Bhasma. Along with herbs like Kantakari and Laksha, these medicines, when prescribed by a qualified Vaidya, can play a vital role in managing chronic respiratory conditions.

##### Panchakarma Therapies:

- **Nasya:** Medicated oil drops in the nostrils to cleanse and nourish respiratory channels.
- **Dhoomapana:** Inhaling herbal fumes for detoxification of the lungs.
- **Abhyanga & Swedana:** Oil massage and steam therapy to reduce toxins and improve circulation.

##### Dietary Practices:

- Warm, light, and easily digestible food strengthens digestion and prevents Ama formation.
- Spices like ginger, black pepper, and turmeric help in clearing respiratory passages.
- Avoid excess dairy, cold drinks, and heavy foods that increase Kapha.

##### Yoga and Pranayama:

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- **Anulom Vilom (Alternate Nostril Breathing):** Balances Vata and Kapha, improving lung capacity.
- **Bhastrika & Kapalabhati:** Strengthen respiratory muscles and detoxify the lungs.
- **Bhujangasana (Cobra Pose) & Matsyasana (Fish Pose):** Open the chest and enhance lung function.

## Modern Science Perspective on Lung Health:

From a modern medical standpoint, lung health depends on:

- **Regular Exercise:** Aerobic activities like walking, swimming, and cycling increase lung efficiency.
- **Good Nutrition:** Antioxidants from fruits, vegetables, and herbs protect lung tissues from oxidative stress.
- **Avoiding Pollution and Smoking:** Reducing exposure to toxins helps preserve lung function.
- **Breathing Exercises:** Proven to improve oxygen exchange and reduce stress.

Modern research also validates Ayurvedic herbs like Tulsi, Vasaka, and Pippali, showing their anti-inflammatory, bronchodilator, and immune-boosting effects. Yoga and Pranayama are now globally recognised for improving lung function, reducing stress, and promoting longevity.

## Integrating Ayurveda with Modern Science:

Ayurveda teaches us not only to cure diseases but also to prevent them by maintaining balance. Modern science, on the other hand, provides measurable evidence of how these practices benefit lung health. Together, they show us that:

- **Ayurvedic herbs + a modern balanced diet:** Stronger immunity and lung tissue repair.
- **Panchakarma + medical lifestyle advice:** Effective detoxification and prevention of chronic lung conditions.
- **Pranayama + modern pulmonary rehab:** Enhanced lung capacity and better quality of life.

This holistic approach ensures not just stronger lungs but also overall vitality and longevity.

## Summary:

Building strong lungs is not just about avoiding diseases; it is about living a life full of energy and balance. Ayurveda offers powerful tools—herbs, therapies, diet, and yoga—that purify and rejuvenate the lungs. Modern science supports these practices by showing their measurable health benefits. At **Kalpataru Ayurvediya Chikitsalaya™**, Pune, we combine this ancient wisdom with modern knowledge, helping people breathe deeply, live longer, and enjoy a healthier life. A deep breath today is an investment in your long, healthy tomorrow.

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### Email Us

manoj.deshpandey73@gmail.com  
info@kalpataru-ayurved.com



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02024480625 | +91 9422068682  
+91 9423591682 | +91 2024480625



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