

The healing power of Salt therapy

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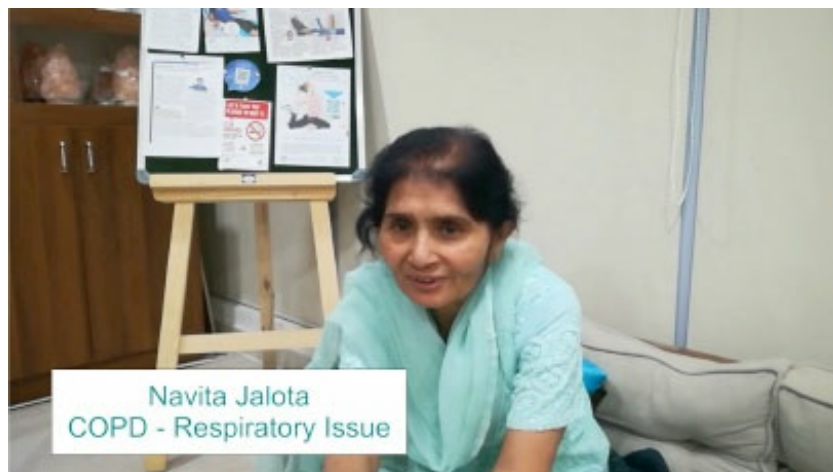


Raja Rao, aged 70, from Vijayawada, a chronic smoker suffered from second stage Chronic Obstructive Pulmonary Disease (COPD) for 10 years. Thick phlegm formation had blocked his respiratory track. It was excruciating for him to walk even for 10 feet without getting breathless. He visited several hospitals in Vijayawada, Hyderabad and Delhi seeking treatment. But the benefits were short-lived. He came to Bengaluru to start Salt therapy at Salt World. Within a few sessions, he started feeling better. Committed to getting healed, he took forty sessions every day. Sharing his experience, Rao said, "I feel a tremendous difference after starting Salt therapy at Salt World. For the last session, I skipped the lift and walked two flights of stairs to come to the center without becoming breathless. This is nothing short of a miracle."



Navita, age 60 suffered from severe cough, cold and headaches for two months. It was so severe that she would wake up coughing in the nights. Needless to say, she was sleep deprived and exhausted. On her daughter's recommendation, she started Salt therapy at Salt World for one month. She said, "My coughing stopped and the headaches disappeared. My health has improved so much. It's unbelievable."

According to the latest report by The Lancet Global Health, 2018, the number of cases of COPD alone in India has increased from 28.1 million in 1990 to 55.3 million and there were 37.9 million cases of asthma reported in India in 2016. Hence, Salt therapy can be winning solution for both treating and preventing respiratory ailments. The anti- bacterial, anti-inflammatory, anti-fungal and anti-histamine properties of salt makes it an essential healing ingredient.



Benefits of Salt therapy

Salt therapy is an extremely safe, drugless and effective remedy for numerous respiratory ailments. Regular and sustained use of Salt therapy helps get rid of chronic and severe ailments such as frequent cold and cough, asthma, bronchitis, pharyngitis, laryngitis, COPD, pneumonia, allergy rhinitis, and even persistent skin conditions such as eczema, psoriasis and dermatitis.

Salt therapy enhances lung capacity, reduces the need for inhalers and antibiotics; cleanses and detoxifies the body naturally; decreases microbial contamination of the

upper respiratory tract; inhibits respiratory allergies by reducing IgE levels which cause over sensitivity of the immune system. It also boosts the functioning of the immune system; builds lung capacity, stamina, and endurance for athletes, sports performers and singers; inhibits skin allergies; reduces stress, headaches and depression; improves skin and hair condition and imparts a lasting glow and shine.

History

Salt therapy also called Halotherapy has its origins in the salt caves of Eastern Europe. People visited these natural caves to help relieve symptoms of respiratory conditions. It was first documented in 1843 by Dr Felix Boczkowski, a Polish doctor who noticed that miners working in salt mines did not suffer from respiratory conditions compared to miners working in coal mines.

The first salt rooms were built in Russia in the 1990s mimicking the natural environment of the salt caves. Over the decades, Salt therapy clinics have opened in Europe, Australia, UK and the US where thousands of people have benefited from this therapy.

How Salt therapy works?

Salt therapy involves inhalation of small salt particles in a controlled environment. The air in these specially designed salt rooms is purified of dust and allergens, and is kept at a controlled temperature of 18 – 24 °C. The walls and floor of the room are coated with salt layers to provide a sterile environment for healing.

A salt device called Halogenerator disperses filtered air saturated with salt aerosol into the room. The patient sits in a comfortable armchair and relaxes while breathing in the salt particles ranging from 0-5 microns. The number of sessions required varies according to each patient's condition and age. The duration for each session must be 60 minutes.

In this day and age, with heightened pollution, faulty lifestyle, food devoid of vital nutrients due to excessive use of chemicals in farming, contamination in water, it is vital to make Salt therapy part of one's life.

About Salt World – Bangalore's Unique Salt Cave:

Salt World, located at HSR layout in Bangalore is a wellness center offering natural and drugless therapy to relieve symptoms of respiratory and skin conditions. Salt World mimics the original salt cave to treat a wide range of illness like Asthma, Bronchitis, Bronchiectasis, Chest infections, COPD, Cough, Colds & Flu, Cystic Fibrosis, Ear infections, Emphysema, Hayfever, Nasal congestion, Rhinitis, Seasonal allergies, Sinusitis, Sleep Apnea, Smoker's Cough, Snoring, Tonsillitis, Wheezing, Acne, Eczema, Psoriasis and Sports recovery. Salt Therapy offers a complete cure to many respiratory & skin conditions in adults as well as children. With terrible respiratory conditions (bad lung capacity), people suffer from shortness of breath while walking,

running or climbing the stairs and disturbed sleeping pattern affecting the work productivity. Salt World is the need of the hour for rising problems of pollution level and deteriorating environment conditions in Bangalore leading to these health issues.

About the Founder:

Deepthi Babu, founded Salt World (www.saltworld.in) in 2017 with the aim to revolutionize the drug-less therapy space in India. Deepthi focuses on health care sector that impacts people in a positive way with zero adverse effects on their health. Salt Room Therapy being extremely popular in European countries, with an intense research she had realized the widened benefits of the therapy and limited knowledge of Indians about it.

Deepthi did her MBA in Marketing & Business Development from Ohio University. Having spent 11 years in diverse sectors like building materials, interior products, IT networking products and now in health care. Deepthi is also a member of Salt Therapy Association, USA;



The writer is founder of Salt World, Bengaluru.