

# REMOBILIZATION POTENTIAL OF METALLIC ELEMENTS (CU, ZN, AS, CD, AND PB) FROM AMENDED MINE SOIL UNDER UNSTEADY-STATE SEEPAGE CONDITIONS

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The objective of the paper is to create awareness among people about alternative and complimentary methods to protect themselves from various respiratory diseases including throat and lung cancers. The diseases cause the following changes in airways such as inflammation: acute inflammation is a defense process whereas chronic inflammation is a disease process; hyper secretion of mucus, which is the result of goblet cell hyperplasia in respiratory mucosa and is a prominent feature of inflammation. They go together. Bronchospasm is an additional factor in asthma patients. Chronic mucus hyper secretion is a potential risk factor for an accelerated loss of lung function. The thick viscous mucus in the lungs will be conducive to pathogens. Continued inflammation and mucus hyper secretion may significantly contribute to transformation of normal cells into pre-cancerous cells and later into cancerous cells i.e. the scope for series of mutations on genes may get increased. Exercise is a potent medication in history. It can be used as a tool to manage various respiratory diseases including throat and lung cancers by cleaning upper airway passages, mouth, nose and pharynx: the primary sites of colonization of pathogens and the sinuses: the way stations to the brain. These exercises should be practiced with hypertonic solution i.e., a solution having greater osmotic pressure than that of cells or body fluids and draws water out of cells thus inducing plasmolysis. Physical, aerobic and yogic exercises help in strengthening the inspiratory and expiratory muscles. Any mucus related respiratory health problem commences from upper airway passages and spread to tracheo bronchial tree as they constitute only one path way. The mucociliary clearance mechanism becomes defunct when excess and sticky mucus forms. Once the upper airway passages are cleaned of it, the defunct cilia become active and ciliate mucus towards mouth and it can be pushed out easily. The upper airway passages and the bronchial airways get cleaned from excess and sticky mucus. The diseases originating from its pathway come under control. The exercises are based on the concept: once the offending factor, excess mucus is removed, the origin of it, Inflammation gets resolved. As a result of management of the above two factors, the gene damaging effect may get reduced i.e., the scope for series of mutations on genes may get reduced

## Biography

Manikonda Prakash Rao has done his post graduation in Law and is a Gold Medalist in Constitutional and International Laws from Osmania University Hyderabad in the year 1977. He was a practicing advocate in High Court of Andhra Pradesh, Hyderabad, discontinued practice on aggravation of asthma. He has presented his papers to various International conferences including AIIMS New Delhi for their 1st and 2nd International congresses on Gerontology and Geriatric Medicine 2009 and 2012, World Allergy Organization of US for their 1st and 2nd Scientific conferences on Allergy, Asthma, held at Dubai and Hyderabad 2009 and 2012 and 1st International congress on HEALTHY AGING organized by Healthy Aging Society, Malaysia, at Kualalumpur 2012 and also 14th National conference of National College of Chest Physicians and Indian Chest society held at Bhubaneswar 2012. He has sent his modified papers to 15th National conference of National College of CHEST Physicians and Indian Chest Society being held at Chennai in the month of November 2013 and International conference on Multidisciplinary Health Care being organized by AIIMS New Delhi in 2014. Presently he is treating patients at various Health camps organized by International Lions club, Gandhi Nagar, Hyderabad on senior citizens day i.e., 2nd October every year and health camps organized by private organizations.

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