Prana, Throat energy, and Inflammation of the Airways: A Meditative Look at Blockages in our Respiratory System

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Take a deep breath in ... count to four . . . . then exhale gently.

Were you in pain? Did you wheeze?

Now imagine that the innate ability to breathe caused discomfort, or eventually the lack thereof being able to do so. Complications in breathing can be genetic or caused from exposure to the pollution in our air. Air pollution such as particulate matter, airborne pathogens, and allergens disturb our entire body’s energy. In response, the body orders an influx of inflammatory stimuli aimed for protection.

Sometimes the body responds to harmless particles and ‘overprotects’ itself, causing more harm than done and clogging the throat and airways. This can cause an imbalance and may also lead to disease. Breathing is so essential. It is how we live, how we relax our minds, and how we feed our bodies. The environment is toxic, and science is the key to understanding how to keep us from passing away so soon. If it weren’t for years of careless living and industrial pollution, everyone could enjoy breathing in some good, pure prana.
It doesn’t take science to notice what is happening to our body’s, yet it does to fully understand what is and to convince others with well-defined terms. We recognize mild or severe symptoms of inflammation and mucous buildup in the airways as diseases; rhinitis (inflammation of the nose), bronchiolitis (i.o.t bronchioles), and alveolitis (i.o.t alveoli), are problematic conditions that we understand on the surface. The mechanisms and specific molecular interactions that lead to the inflammatory response are not fully understood.

Inflammation you may ask? Well, it’s a double-edged sword. It is evident that inflammation increases the effectiveness of our immune system in a particular area in our body. However, too much of it can lead to the immune system causing more harm than needed.
The star player in our study of inflammation is the tissue that lines the airways. Epithelium is a specialized type of tissue that, on the surface, provides a thin layer of protection from bacterial intruders. It also gives rise to mucus cells that oversecrete a sticky substance meant to provide an extra layer of protection. Cilia found on the epithelium pushes mucous and its prey (particles, pathogens, allergens, etc.) up from the lung airway and down from the nasal airway in a motion recognized as the mucociliary escalator. This motion ensures that foreign substances are being redirected away from the sensitive areas of our respiratory system. Then, it is swallowed *yum*

Or, and I cannot stress this enough, severe cases can lead to clogging and swelling of the airways and eventual death. Simply put, in determining how to manipulate the pathways that cause inflammation and changes in epithelium that create mucous, we can control the inflammatory response and form better ways to treat airway diseases.