

# **Possible Prevention of Covid by Increasing Nitric Oxide in your Nose by Humming/Bhramari**

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# **Nitric Oxide Nasal Spray is Approved For Early Covid Treatment**

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- **95%-99% killing of the virus in early stage as shown by UK trial**
- **Approved by Israel and New Zealand,**
- **Source – Business Wire. March 18, 2021**
- **A 15 fold increase in Humming Nitric Oxide entry into the nose has been seen by humming**

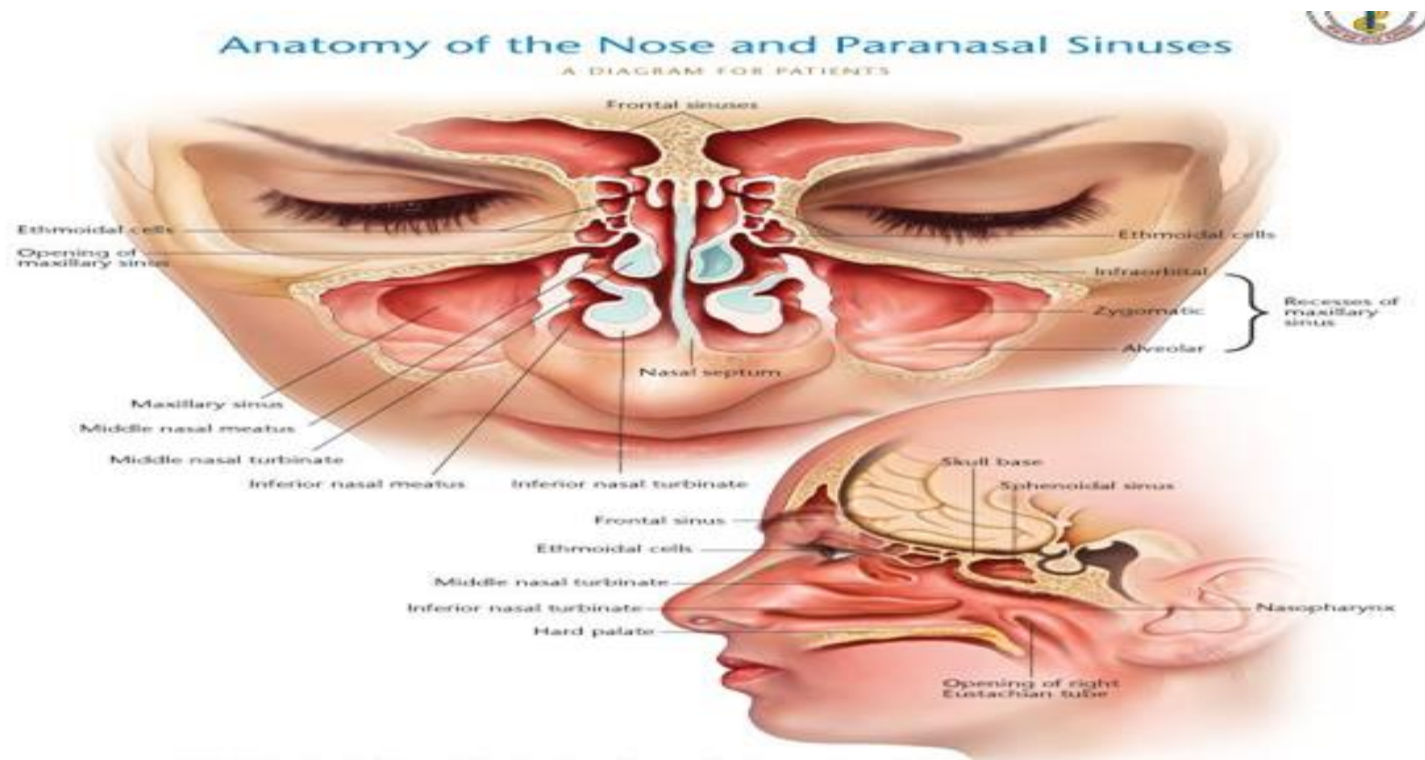
**Ref American Journal of Respiratory and Critical Care Medicine  
Volume 166, Issue 2  
Eddie Weitzberg , and Jon O. N. Lundberg  
PubMed: 12119224**

# Body Produces Nitric Oxide Naturally in Sinuses in Large Amounts

High nitric oxide production in human paranasal sinuses

J O Lundberg<sup>1</sup>, T Farkas-Szallasi, E Weitzberg, J Rinder, J Lidholm, A Anggård, T Hökfelt, J M Lundberg, K Alving

Nat Med ,1995 Apr;1(4):370-3.



# Loud Low Pitch Humming Increases Nitric Oxide Entry from Sinuses into the Nose

Humming caused a 15-fold increase (range, 8–21) in nasal NO compared with quiet exhalation

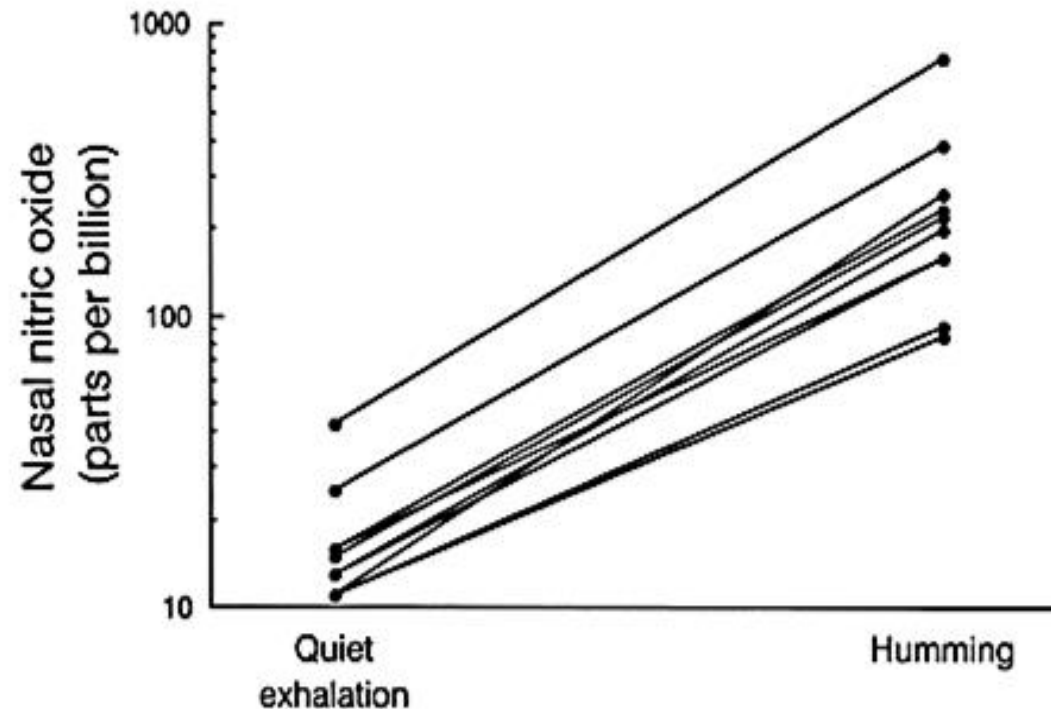


Figure 1. The effects of quiet exhalation and humming on levels of NO in nasally exhaled air. Each subject (n = 10) exhaled at a fixed flow rate of 0.2 L/s.

**Humming for 1 or 2 seconds every 5 minutes may destroy the virus in the nose and prevent Covid.**



**USING HUMMING and BHRAMARI several times a day can be used in addition to other preventive methods such as masking, social distancing, hand washing**

**Modified Bhramari Pranayama in Covid 19 Infection Taneja, M K. *Indian J Otolaryngol Head Neck Surg ; 72(3): 395-397, 2020 Sep.***

# **BRAHMARI PRANAYAMA AND OM CHANTING HAVE ADDITIONAL BENEFITS BESIDES INCREASING NITRIC OXIDE**



**We request everyone to do regular Humming/ Bhramari/Om chanting several times a day in addition to other preventive measures such as masking, hand washing and social distancing, specially now with very infectious variants of SARSCov 2.**