

Puerto Rican doctor creates device to alleviate allergies and breathe easier ^[1]

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Dr. Luisam Tarrats, Rhinologist and Skull Base Surgeon with subspecialty training (Provided photo)

Amidst the high sinusitis and allergy season on the island, Puerto Rican doctor **Luisam Tarrats**, an otolaryngologist subspecializing in rhinology, launched **Burble**, a **nasal irrigation system** designed to facilitate cleaning and respiratory health.

The device consists of a reusable plastic bottle that is filled with purified or boiled water and combined with saline tablets that, when dissolved, generate a balanced solution that facilitates the

cleaning of the nasal passages.

To perform irrigation, the head must be tilted slightly forward and the device pressed so that the liquid enters through one nostril and exits through the other, **dragging with it mucus, dust, allergens and other particles accumulated in the nose.**

"This cleaning system is safe, easy to use and uses an innovative tablet that, when dissolved, produces a **solution balanced with the natural pH of the nose.** This eliminates the burning or discomfort often caused by other products and provides, instead, a feeling of freshness," Tarrats explained. He also pointed out that the design of the device incorporates materials with antimicrobial properties to reinforce its safety.

"Many patients reject nasal irrigation because traditional methods are often uncomfortable or difficult to use. This device seeks to overcome those difficulties and offer a more comfortable experience," he highlighted.

Although Burble comes to the market as a therapeutic tool to treat sinusitis and nasal allergies, its benefits are not limited to the treatment of these conditions, but are equally aimed at the general population. **"It also seeks to address the need for nasal hygiene, something that is often overlooked, but which is fundamental for everyone's respiratory health,"** the rhinologist pointed out. In that sense, the specialist warns that daily exposure to certain particles in the air such as dust, spores or other pollutants can cause nasal discomfort and inflammation, even in people with no medical conditions.

Aside from contributing to nasal cleansing, Tarrats says that regular use of **Burble helps improve quality of sleep** in many patients.

"There are people with obesity, for example, or those who, because of poor air quality, develop chronic nasal inflammation and that's when they start breathing through their mouth. Then dehydration begins, the throat becomes irritated... That is why **nasal irrigation helps to filter the air, humidify and make it reach the lungs effectively, which helps to sleep better,**" the physician explained. In short, when breathing is done mainly through the nose, rest is more restorative and the body functions more efficiently.

Tarrats also pointed out that Burble can be used by everyone, from children to high-performance athletes. **"We already have about 2,500 people who have used the product.** This is one of the most beautiful aspects of the project: that it can be used by all ages, because it is natural, comfortable and scientifically validated, with **three FDA certifications** that support its safety and quality," he said.

Another highlight is that Burble is a **100% Puerto Rican product**, created, designed and researched locally with the support of the **Puerto Rico Science Trust** and the investment of local entities. "We recently presented it at the annual assembly of otolaryngologists in Miami and I can proudly say that it **is the best product in its category in the market.** It was born from the clinical experience we have here and the real needs of our patients, developed with technology and talent from Puerto Rico," he concluded.

It is available at Amazon and some medical offices and their website, and they hope to soon bring it to pharmacies. Its cost on Amazon is \$36.

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