

PHARMA HEALTH CLUB

SAFE USE OF MEDICINES FOR BETTER HEALTH

1st May, 2017

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WORLD ASTHMA DAY

BETTER AIR, BETTER BREATHING

World Asthma Day is an annual event organized by the Global Initiative for Asthma (GINA) to improve asthma awareness and care around the world. World Asthma Day takes place on the first Tuesday of May (2nd May this year).[1]
According to World Health Organization

estimates, 300 million people suffer from asthma and it's the most common chronic disease among children. WHO also notes that asthma affects people in all countries around the world regardless of development although most deaths occur in lower income countries.[3]

What is Asthma?

Asthma is a chronic disease of the air passages (or bronchial) that lead to and from the lungs that makes breathing difficult. Usually there is inflammation, which results in a temporary narrowing of the passages that carry oxygen to the lungs. [3]

Symptoms of Asthma:

Asthma often runs in families; according to the World Health Organization, about half the cases are due to genetic susceptibility and half result from environmental factors. Although there is no cure for asthma, effective treatments are available. Asthma can be best managed by seeing an allergist.

There are two types of asthma: allergic (caused by exposure to an allergen) and nonallergic (caused by stress, exercise, illnesses like a cold or the flu, or exposure to extreme weather, irritants in the air or some medications). [4]

Asthma Symptoms[4]

- Coughing
- Shortness of breath
- Chest tightness
- Wheezing (a whistling or squeaky sound in your chest when you breathe, especially when exhaling)

How is Asthma triggered?[4]

- Outdoor allergens, such as pollens from grass, trees and weeds
- Indoor allergens, such as pet dander, dust mites and mold
- Certain drugs and food additives
- Irritants in the air, such as smoke, chemical fumes and strong odors
- Colds, the flu or other illnesses



CIGARETTE SMOKE

CLEANING
CHEMICALS

PETS



MOULD



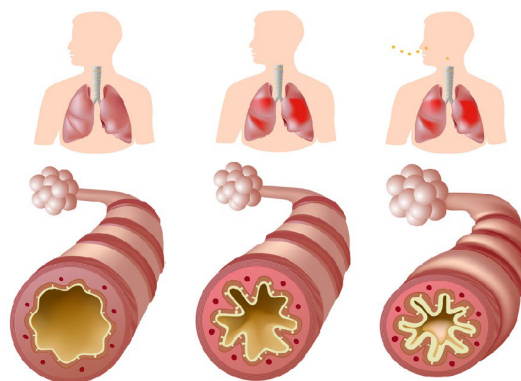
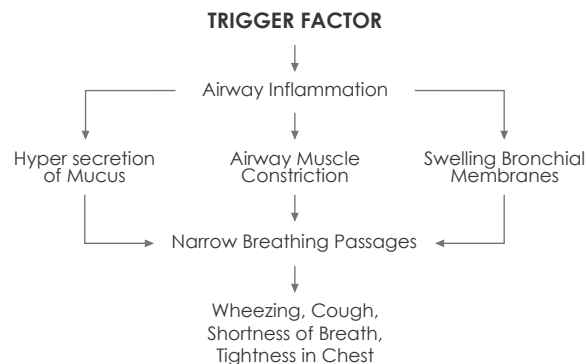
DUST MITES



FRAGRANCE

- Exercise (although people with asthma can benefit from some exercise)
- Stress
- Weather conditions, such as cold air or extremely dry, wet or windy weather

Pathogenesis of Asthma:[5]



● Diagnosis of Asthma [9]:

- Lung function test
- Spirometry
- Peak airflow
- Trigger tests
- Physical examination
- Personal & medical history



● Treatment of Asthma [11]:

Quick-relief medicines are taken at the first sign of symptoms for immediate relief:

- Short-acting inhaled β_2 -agonists like Salbutamol
- Anticholinergics like ipratropium

Long-term control medicines are taken every day to prevent symptoms and attacks:

- Anti-leukotrienes or leukotriene modifiers
- Cromolyn sodium
- Inhaled corticosteroids
- Long-acting inhaled β_2 -agonists (always administered with another asthma-related drug)
- Methylxanthines
- Oral corticosteroids
- Immunomodulators (Allergy shots and sublingual tablet of immunosuppressants are also given in treatment of Asthma).

● Herbal Treatment [12]:



Lemon



Ginger



Turmeric



Peppermint



Garlic



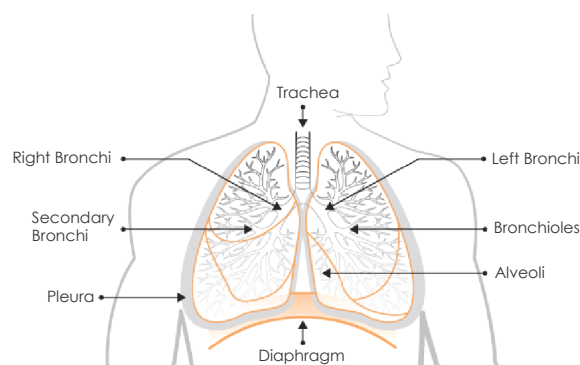
Honey



Figs

The following herbs are traditionally taken (licked) with honey for treatment of Asthma: Ginger juice, Black Pepper powder, Long Pepper powder, Tulsi leaf juice, Turmeric powder, Sunth powder, Nagarvel leaf powder. Sitopaladi Churna, Kantkari Avleha and Vasavleha are useful formulations available in the market.

*Consulting a physician is a must before implementing any treatment.



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