

# Asthma

**A**sthma is a chronic, non contagious respiratory disease, which manifested as recurrent breathing problem. Sometimes it is worrisome and inconvenient-but manageable.

**Causes (Etiology):** Actual cause of asthma is not yet known, but many studies have shown that several factors can lead to the development of asthma. These are person's genetics, development & growth of immune system. Various infections in respiratory tract & exposures in the environment.

**The environmental exposure:** There are many non-allergic & non-immunologic exposures in the environment that can increase the chance of developing asthma, such as direct & second hand smoke in the home is the major factor for asthma developing. Others exposures like this are indoor chemical and various air pollutions,

**Is asthma a genetic disease:** It is widely accepted that asthma is a disease that can be inherited. It is well known that the "atopic dermatitis, allergic rhinitis and asthma" are commonly found in one from another within family.

**Types of asthma:** Asthma is classified in various ways. Some common types are,

1. Allergic asthma
2. Occupational asthma
3. Nocturnal asthma
4. Steroid resistant asthma

## 5. Exercise induced asthma

**Clinical Features:**

### Symptoms-

- Dyspnoea
- Feeling of tightness in chest
- Cough may be unproductive
- Sometimes with coughing up of tough viscid sputum.
- There may be past history of bronchitis.

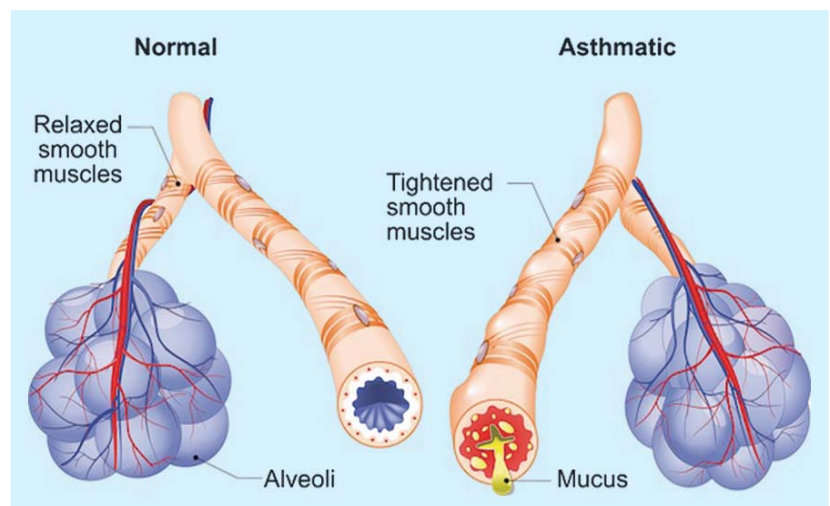
### Signs:

- pulse rate rapid
- Sneezing, Coughing
- Moodiness

- Feeling tired & trouble sleeping
- Central cyanosis may be present
- Movement of chest well symmetrically diminished
- The percussion note may be hyper resonant.
- The breath sounds which are obscured by high pitched rhonchus & vesicular with prolonged expiration.

### Management: (Due to severe case)

- Immediate hospitalization & give emergency aid.
- Propped up position.
- To be calm give bed rest.



- If needed give oxygen inhalation

**Prevention:** The English proverb “prevention is better than cure” is more & more effective for asthma. Because it is well known that the disease which is not fully curable, asthma is most one of them. An asthma patient to prevent asthma, should maintain Controlled & proper diet, disciplined life style, avoid of environmental exposures as per as possible & development of immunity system.

■ **Diet therapy:** Take regular honey, lemon & carrot juice, it consist a lot of vitamin a, c, e & antioxidant. An asthma patient should take more milk, Lactose foods (e.g. butter, ghee, curd) & oil of fish. Fish oil contains a plenty ‘Omega-3’, which has a vital role to immunity power growth, and control of asthma difficulty. Avoid allergic foods; e.g. egg, beef, eggplant, nut, sea fish, frozen food & drinks etc. (It may man to man-variation in different menu) .An asthma patient must take fresh food, avoid alimented food always. Take more seasonal fruits.

■ **Alternative Medicine Remedy:** Alternative medicine is preferable for asthma. Because if we can habitual by this medicine from very early life. We can prevent child asthma. Traditionally the village peoples of our country, till much-more depend on various medicinal plants. Now an age, various scientific researches, able to proved the activities & ethics to use of this type of medicine. Using Synthetic common medicine has an end. After at a long time use it becomes resistance, then there is no way a patient to go forward or back.

Some tips by alternative medicinal plants are given below:

**Tea form:** Jostimadhu, Bashok pata, tulsi pata, botch, somakalpolata, kabab chini, tissy, kakrashingi, behydana. Half crushed each items (equal qty.) boil properly in water &take it 10-15 ml as tea, two-three times daily.

**Inhalation:** Take equal quantities of khusk vang, shora kolmi, tezpata & grind it. Make special type of cigarette of 2-3 grain’s wt. This type of smoke inhalation is effective to control of asthma.

Or

**Fumigation:** Take apple leaves (dry), anisoon, shore kolmi (2:1:1) of quantities & keep in a pot. Burn all

## ASTHMA AND its ALTERNATIVE REMEDY



Basok Pata (*Adhatoda vasica*)



Tulsi Pata (*Ocimum sanctum*)



Nigella flower



Nigella seed

ingredients and give fumigation beside the patient. The patient will fill easy in respiration.

**Nigella sativa oil:** Take 10 mg black seed or 5ml its oil with meal, three times daily. A patient may inhale the vapor of Nigella oil by boiling water .Besides, this oil may use externally as rubbing oil in chest & back.

- Maintain window closed bed room
- Control of extrinsic factors:
  - Avoid out & in house dust, mite, and smock.
  - Intolerant drug avoid e.g. aspirin
  - Some other agents, e.g. preservative, synthetic color, flavor avoid.
  - Avoid of animal dust & dander e.g. dog, cat, horse, rabbit etc.
- Change hazard occupation e.g. jute mill, dyeing, textile, fertilizer industry etc.
- Daily -through cleaning bedding materials.
- Exercise- as much as tolerable.

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Dr. Md.Kabiruzzaman Shaikh  
BUMS (University of Dhaka)  
Assistant Manager, Production  
The IBN SINA pharmaceuticals Ltd.  
Mobile phone: 0171746354  
kabiruzzaman@ibnsinapharma.com