

Asthma

Asthma is a respiratory disease in which spasm and constriction of the bronchial passages and swelling of their mucous lining cause obstruction of breathing. A typical asthma attack often begins with a cold or cough, which develops into a feeling of suffocation, labored breathing, wheezing, breathlessness and anxiety. It is a condition in which breathing becomes difficult. People with asthma have inflamed, supersensitive airways that tighten and become filled with mucus during an asthma episode. Wheezing, difficulty in breathing, painless tightening of the chest, and coughing are common symptoms.

Asthma can progress through stages to become life-threatening if not controlled. The cause is often allergy, particularly to dust, animal fur or feathers, molds, and pollen. Many people with allergic asthma, also suffer from hay fever. Asthma in adults is less likely to be caused by allergy, and more likely to be associated with respiratory infections and emotional upsets. Besides common allergens, tobacco smoke, cold air, and air pollutants can trigger an asthma attack, as can respiratory infections or physical exercise that taxes the breathing. When asthma is associated with allergy to inhaled particles, avoidance of the allergen responsible is generally recommended but often difficult to achieve. Feather pillows and pets may be avoided, but dust, molds, and pollens often may not.

Conventional treatment includes oral and inhaled bronchodilators, corticosteroids. Though they give immediate relief in acute attack, they fail to give long term relief from asthma. They have to be taken repeatedly. Besides they are also having their side effects like tremors, weakness, irritability, giddiness, weight gain etc. When treated with homeopathic medicines, patient gets long term relief from his complaints. The frequency and intensity of asthmatic attack reduces significantly. Homeopathic medicines are completely harmless, having no side effects whatsoever.