

Asthma treatment utilizing natural health products versus prescription medicine

Traditionally, Asthma is researched and known as a condition, which affects the respiratory track of the lungs. Asthma can be categorized into allergic and non-allergic or extrinsic, intrinsic and mixed asthma.

An extrinsic Asthma (allergic) :It is normally attacked by allergic things such as dust particles, fumes or smokes, animal dander, sugar, chemicals, drugs, environmental and industrial pollutants, food additive and tobacco, etc

An intrinsic Asthma (Non-Allergic): Generally triggered by adrenal glands' disorder and emotional disorder such as stress, tension and anxiety.

It is wholly depends on the stimuli that trigger or target in attacking a person.

Mixed Asthma

Mixed asthma is a combination of intrinsic and extrinsic asthma. Mixed asthma patients react to certain allergies but also are triggered by other reasons and things.

It is a two- steps problem.

? When a person is affected by asthma, inflammation is felt in the air passages and it becomes red and swollen.

? When the air passages get inflamed, the patient becomes extra-sensitive to different things, which may aggravate asthma.

Symptoms:

It is a respiratory disease caused from allergies; it can be identified or its presence can be felt by symptoms like chest constriction, labored breathing and continuous coughing.

Asthma is a chronic disease, which cannot be cured permanently but can be controlled. One can control his asthma if it is early and properly diagnosed and then patient goes for early treatment. If treatment is not done earlier or a patient becomes careless about his health then there will be frequent and severe attack of asthma, which may lead to fatal consequences.

Treatment:

We know that asthma cannot be cured permanently but we can control it to great extend if we opt natural treatment and take some precautions. Heavy doses of medicines of different chemical compositions may aggravate asthma instead of controlling it. So it is better to start treatment using natural products.

Natural treatment is safe and result oriented; it can control asthma to great extend without any side effects. The health condition of the lungs, immune system, nervous system and adrenal system are the vital areas for the treatment of asthma through natural products.

Asthma treatment using natural product

Natural treatment starts by avoiding things, which trigger asthma such as aerosol, sugar, food additives, fats food, salt, fast food, junk food, ice cream and chemically preservative food.

The patient must add more juicy fruits, green vegetables, fiber vegetables and raw nuts in his diet.

Patent must avoid such conditions and situations, which cause emotional disturbances or negative emotions such as depression, restlessness, anger, anxiety, destructiveness, self-condemnation and self -pity.

In natural treatment of asthma diet, emotional and physical aspects to be taken care.

Herbal products must be taken that help in removing excessive mucous and clear respiratory track.

Herbal asthmatic formula contains 13 types of herbs, which reduces excessive mucus, chest constriction; clear respiratory track and helps in

comfortable breathing.

Herbs contain antitussive and antispasmodic qualities, which helps in toning lungs and helps in relieving congestion.

There are herbs included for the treatment of asthma that having demulcent and expectorant qualities to tone up bronchial tubes that help in expelling excessive mucus and phlegm.

Some herbs have multi qualities, which act on the body suitably and positively to tone and shape up lungs, clear air passage, control and calm down coughing and control labor breathing.

Herbs like elecampane, garlic, mustard, ginger, skullcap and valerian easily available naturally and these herbs are highly recommended for the treatment of asthma.

There are herbal chocolate and tea, which can be used for the treatment to control asthma. There are tonic, based on herbs to strengthen the immune system and respiratory system. Food powders are made of herbs and fruits to fight asthmatic attacks.

There are ointments made by herbs to rub the chest during the breathing problems or chest constriction.

There are also ayurvedic and homeopathic treatment to control asthma, which is found to be very effective and substantial.

Asthma should be treated opting natural products and herbs because it is safety, cheaper and free from any side effect. These applications will certainly control your asthma and same time you can enjoy life normally and naturally.

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