Best Treatment for Allergic Asthma with Traditional Herbal Medicine: A Brief Report

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INTRODUCTION

Asthma is one of the most common chronic diseases of childhood, causing substantial morbidity which incidence rate has increased during the last 30 years [1, 2]. Asthma is a complicated multi-factorial pulmonary disease which is diagnosed through reversible blockage, the increase in external bronchial responses and chronic inflammation of bronchial system [3, 4].

Asthma is defined as a chronic inflammatory disorder with intermittent symptoms of cough, dyspnea, wheezing and chest pain [5, 6]. Allergic Asthma represents an important public health issue with significant growth over the years and affects individuals of all ages from infants to the elderly prevailing as the major cause of illness and consequent hospitalization in children of developed countries altering both patients and families’ normal activities and therefore impairing life quality [7, 8].

The increasing prevalence of allergic diseases in Westernized countries is a significant health problem. Curative therapies for these diseases are not available. Many patients are frustrated by the lack of curative therapies or have concerns about drug side effects [9, 10].

Antiasthma herbal medicine intervention could be complex interactions between herbal formula constituents produce synergistic effects and reduce possible side effects of some herbs. The importance of natural products, especially those derived from higher plants, in [11, 12]. Tribal and non-tribal inhabitants used nearly 80 medicinal plants for treating asthma. Herbalists reported that plant ingredients are used in the form of dry powder, decoction and juice in the treatment of asthma [13].

Extensive research over the past decade has provided information about the pharmacotherapy of bronchial asthma. Anti-asthma drugs are classified into two categories: relievers and controllers [14]. Herbal Medicine is the oldest and safest rout for treatment of many types of acute and chronic diseases.

Hock (Althaea officinalis), malva (Malva sylvestris) and Pennyroyal (Mentha longifolia) are herbal medicine used for cure and strengthening of patients. These have very useful effects and are safe and old cure for many diseases. In this observation, the anti-asthma effects of these plants become evident when mixture of them is used together. Powder of these plants were mixed and then this powder was boiled in the water for 15 min then this fluid was filtered and used in asthma patients. Using of this mixture, cure of acute and chronic allergic asthma was observed that prevented recruitment of asthma in patients. This mixture has been used from many hundred years ago for cure of cough, wheezing and breath failure that now these symptoms are named asthma. These herbal medicines have anti-asthmatic effect. This is a suitable drug for allergic Asthma and over dose of this drug has no poisoning effect. Short time using of this drug has useful effect and is easy for every patient. Therefor using of this is important for patients in economic, safety, hygienic, treatment, side effect, benefit. This observation in traditional medicine showed that these plants have very useful effect on allergy in respiratory system.

REFERENCES