



HERBAL MEDICINE FOR ASTHMA

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ABSTRACT

Asthma is a chronic respiratory disease characterized by inflammation of the airways, which can lead to wheezing, coughing, and difficulty breathing. While traditional treatments for asthma, such as bronchodilators and corticosteroids, are effective, they can also have significant side effects. Herbal medicine, on the other hand, offers a natural and potentially safer alternative for managing asthma symptoms. Several herbal remedies have been used historically for the treatment of asthma, including Boswellia, ginger, turmeric, licorice, and butterbur. These herbs have been shown to possess anti-inflammatory, bronchodilator, and immune-modulating properties, which can help to reduce airway inflammation and improve respiratory function. While there is some evidence to support the use of herbal medicine for asthma, more research is needed to determine its safety and efficacy. Additionally, it is important to note that herbal remedies are not a substitute for traditional medical care, and individuals with asthma should always consult with a healthcare provider before using any herbal supplement.

2. KEYWORDS: Herbal medicine, Asthma.

3. INTRODUCTION

Herbal medicine has been used for centuries to manage various health conditions, including asthma. However, it's important to note that herbal remedies should not replace conventional medical treatment for asthma. Always consult with a healthcare professional before starting any new herbal treatment.

4. HERBAL MEDICINE FOR ASTHMA

i) TURMERIC

Turmeric is a spice commonly used in traditional medicine for a variety of conditions, including asthma. The active compound in turmeric, known as curcumin, has anti-inflammatory properties that may be beneficial in managing the symptoms of asthma. Several studies have investigated the potential benefits of turmeric for asthma. One study published in the journal *Phytotherapy Research* found that curcumin may help to reduce airway inflammation and improve lung function in people with asthma. Another study published in the journal *Bio Factors* suggested that curcumin may have a bronchodilatory effect, which means it can help to relax the muscles in the airways and make it easier to breathe. However, it's important to note that these studies were conducted on a relatively small scale and more research is needed to fully understand the potential benefits of turmeric for asthma. It's also important to talk to a healthcare professional before using turmeric or any

other natural remedy to manage asthma symptoms, as some natural remedies can interact with medications or may not be safe for everyone to use.

ii) EUCALYPTUS

Eucalyptus is another natural remedy that has been used for centuries to treat a variety of respiratory conditions, including asthma. Eucalyptus oil contains compounds such as eucalyptol and alpha-pinene, which have been shown to have anti-inflammatory and bronchodilator properties that may help to alleviate asthma symptoms. One way to use eucalyptus for asthma is to inhale the steam from eucalyptus oil. To do this, add a few drops of eucalyptus oil to a bowl of hot water and inhale the steam by placing a towel over your head and leaning over the bowl. This can help to open up the airways and make it easier to breathe. Another way to use eucalyptus for asthma is to apply eucalyptus oil to the chest or throat as a topical remedy. However, it's important to note that eucalyptus oil can be irritating to the skin in some people, so it's important to do a patch test before using it on a larger area of the skin.

It's also important to talk to a healthcare professional before using eucalyptus or any other natural remedy to manage asthma symptoms, as some natural remedies can interact with medications or may not be safe for everyone to use.

iii) GARLIC

Garlic (*Allium sativum*) is a species of bulbous flowering plant in the genus *Allium*. It is native to South Asia, Central Asia and northeastern Iran and has long been used as a seasoning worldwide, with a history of several thousand years of human consumption and use. Garlic plants grow about 60 cm (2 feet) tall. The bulbs have a powerful onion-like aroma and pungent taste and are not usually eaten raw. Ginger (*Zingiber officinale*) is a root commonly used as a spice in cooking and also in traditional medicine. While it has been traditionally used for various medicinal purposes, including as an anti-inflammatory and analgesic agent, there is limited scientific evidence to support its effectiveness for the treatment of asthma. However, some preliminary studies suggest that ginger may have beneficial effects on asthma symptoms. For example, a study published in the journal *Phytotherapy Research* found that ginger extract had a bronchodilatory effect, meaning that it could help to relax the airways and improve breathing in people with asthma. Another study published in the journal *Allergy and Asthma Proceedings* found that ginger extract reduced airway inflammation and improved lung function in people with asthma. However, more research is needed to determine the optimal dosage and frequency of ginger use for asthma management. It's important to note that while ginger is generally considered safe when used appropriately, it can cause side effects such as nausea, heartburn, and diarrhea in some people. Additionally, ginger may interact with certain medications, including blood thinners and diabetes medications, so it's important to talk to your healthcare provider before using ginger as a treatment for asthma. If you have asthma, it's important to work closely with your healthcare provider to develop a comprehensive treatment plan that may include medications, lifestyle modifications, and other therapies as appropriate.

iv) TULSI

Tulsi also known as holy basil, has been used for centuries in Ayurvedic medicine for its medicinal properties. It is believed to have anti-inflammatory, antioxidant, and immunomodulatory properties that may help in the treatment of asthma.

Here are some ways in which tulsi can be used in the treatment of asthma: Inhalation therapy: Inhalation of tulsi leaves or oil can help to relieve respiratory symptoms in asthma patients. Tulsi oil can be added to boiling water and the steam can be inhaled to clear the airways and improve breathing.

Tulsi tea: Drinking tulsi tea regularly can help to reduce inflammation in the airways and improve lung function. Tulsi leaves can be boiled in water and consumed as a tea.

Tulsi capsules: Tulsi capsules containing standardized extracts of the herb can be taken as a dietary supplement to help manage asthma symptoms. Ayurvedic

formulations: Ayurvedic formulations containing tulsi and other herbs can also be used to manage asthma symptoms. These formulations are available in the form of tablets, capsules, or syrups. Tulsi (*Ocimum tenuiflorum*) is a herbaceous perennial plant that belongs to the family Liliaceae. It is also known as holy basil. In Ayurveda, Tulsi (*Ocimum tenuiflorum*) leaves are best for medicinal uses. It has anti-inflammatory and analgesic properties.

v) NEEM

Neem (*Azadirachta indica*) is a tree in the mahogany family Meliaceae. It is native to the Indian subcontinent and has been introduced to many other areas in the tropics. In Ayurveda, Neem (*Azadirachta indica*) leaves are best for medicinal uses. It has anti-inflammatory and analgesic properties. Neem, also known as *Azadirachta indica*, is a tree commonly found in India and other parts of Southeast Asia. While it has been traditionally used for various medicinal purposes, including as an anti-inflammatory and analgesic agent, there is limited scientific evidence to support its effectiveness for the treatment of asthma. However, some preliminary studies suggest that neem may have beneficial effects on asthma symptoms. For example, a study published in the *Journal of Ethnopharmacology* found that neem leaf extract had a bronchodilator effect, meaning that it could help to relax the airways and improve breathing in people with asthma.

Another study published in the *Indian Journal of Pharmacology* found that neem leaf extract reduced airway inflammation and improved lung function in rats with asthma. However, more research is needed to determine whether these effects would translate to humans. It's important to note that while neem is generally considered safe when used appropriately, it can cause side effects such as nausea, vomiting, and diarrhea in some people. Additionally, neem should not be used by pregnant or breastfeeding women or by children without first consulting a healthcare provider. If you have asthma, it's important to work closely with your healthcare provider to develop a comprehensive treatment plan that may include medications, lifestyle modifications, and other therapies as appropriate.

vi) HARIDRA

Haridra, also known as turmeric (*Curcuma longa*), is a spice commonly used in Indian cuisine and traditional medicine. While it has been traditionally used for various medicinal purposes, including as an anti-inflammatory and immune-modulatory agent, there is limited scientific evidence to support its effectiveness for the treatment of asthma.

However, some preliminary studies suggest that turmeric may have beneficial effects on asthma symptoms. For example, a study published in the journal *Respiratory Research* found that curcumin, the main active ingredient in turmeric, had anti-inflammatory effects in the airways

of people with asthma. Another study published in the Journal of Ethnopharmacology found that turmeric extract had a bronchodilatory effect, meaning that it could help to relax the airways and improve breathing in people with asthma. It's important to note that while turmeric is generally considered safe when used appropriately, it can cause side effects such as nausea, diarrhea, and allergic reactions in some people. Additionally, turmeric may interact with certain medications, including blood thinners and diabetes medications, so it's important to talk to your healthcare provider before using turmeric as a treatment for asthma. If you have asthma, it's important to work closely with your healthcare provider to develop a comprehensive treatment plan that may include medications, lifestyle modifications, and other therapies as appropriate. Haridra (*Curcuma longa*) is a herbaceous perennial plant that belongs to the family Zingiberaceae. It is also known as turmeric. In Ayurveda, Haridra (*Curcuma longa*) roots are best for medicinal uses. It has anti-inflammatory and analgesic properties.

vii) ANANTMOOL

Anantmool (*Hemidesmus indicus*) is a herbaceous perennial plant that belongs to the family Apocynaceae. It is also known as Indian sarsaparilla. In Ayurveda, Anantmool (*Hemidesmus indicus*) roots are best for medicinal uses. It has anti-inflammatory and analgesic properties. Anantmool, also known as *Hemidesmus indicus*, is a traditional medicinal plant that has been used in Ayurveda, the traditional Indian medicine system, for the treatment of various respiratory conditions including asthma. The root of the plant is used for its medicinal properties.

Anantmool has anti-inflammatory and bronchodilator properties, which make it a potential treatment option for asthma. It is believed to work by reducing inflammation and relaxing the airways, making it easier for the person to breathe.

Anantmool can be used in various forms, such as in powder or decoction form. It can also be taken along with other herbs such as licorice and tulsi, which also have beneficial properties for respiratory health. It is important to note that while anantmool has been used in traditional medicine for asthma, there is limited scientific evidence to support its effectiveness. As with any herbal treatment, it is important to consult with a healthcare professional before using anantmool or any other herbal remedy, especially if you have a medical condition or are taking other medications.

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