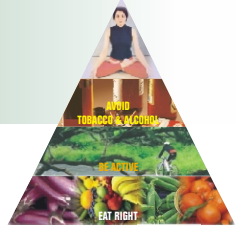


Bronchial Asthma ...



Healthy Habits , Healthy Life , Healthy India

Ayurveda

DO's (Pathya)

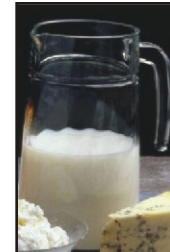
- Herbal tea made of Ajwain (*Trachyspermum ammi*), Tulsi (*Ocimum sanctum*), Marica (*Piper nigrum*), Ginger (*Zingiber officinale*) etc., is useful in this condition
- *Curcuma longa* / turmeric is highly beneficial in this condition
- Regular pranayama or breathing exercise
- Certain herbs like Sirisa (*Albezia lebeck*), Tulsi (*Ocimum sanctum*) and Clove (*Syzygium aromaticum*) are useful
- Bowel discipline should be maintained through diet, mild laxative like Triphala (mixture of three drugs *Terminalia Chebula*, *T. Belerica* and *Emblica officinalis*). Senna (*Cassia angustifolia*), Harad (*Terminalia Chebula*) etc.



DONT's (Apathya)

- Avoid banana, cold milk, curd preparations, ice creams, cold drinks, refrigerated food items and always try to take warm water / drinks
- Avoid ghee, butter, oily, spicy, and other Kapha aggravating diet
- Avoid direct exposure to cold air.

There are common medicines used in **UNANI** and **HOMOEOPATHY** for treatment of this disease.



Yoga Treatment

- Kunjala, Jala Neti, Sutra Neti and Vastra Dhauti may be practiced every day in the supervision of a Yoga therapist.
- Surya Namaskara followed by all the exercises of Udara shakti Vikasaka may be followed.
- Urdhvagati is beneficial in asthma.
- Tadasana, Katichakrasana, Ashwathasana, Bhujangasana, Dhanurasana, Vajrasana, Ushtrasana, Gomukhasana, Ardha Matsyendrasana, Matsyasana and Shavasana are useful in the disease.
- Kapalabhati, Bhastrika, Suryabhedana Pranayama, Uddiyana Bandha and Agnisara are also beneficial.

