



MEDICINAL PLANTS USED IN TREATMENT OF ASTHMA:- A BREIF REVIEW

[Dr. RUCHITA SHRIVASTAVA¹, Dr. RAGINI SIKARWAR²]

LECTURER(HORTICULTURE), DEPARTMENT OF BOTANY, Govt. HOMESCIENCE PG LEAD COLLEGE, HOSHANGABAD¹

ASSISTANT PROFESSOR, DEPARTMENT OF BOTANY, Govt. HOME SCIENCE PG LEAD COLLEGE

HOSHANGABAD²

ABSTRACT:- Asthma is a long term condition and classified as a chronic inflammatory disorder which can be seen in adults as well as children's of all age groups. In this condition, the air passages in the lungs become narrow due to the inflammation which causes asthma symptoms like cough, wheeze, shortness of breath, etc. Asthma symptoms are worse in night and during exercise. Its trigger varies from one person to another one but can include viral infection, dusts, smokes perfumes, etc. The impact of asthma on the daily life of patient are sleep disturbance, dizziness and tiredness during the day, etc. Asthma can be mild or severe according to the symptoms and conditions. In severe condition of asthma, patient need emergency medical aids (hospitalized) and monitoring otherwise it can leads to death. There are many factors which are interconnected with asthma but although it is quite difficult to pick up the one.

Ayurveda is the most ancient system of medicines which is based on the plant remedies or drugs formulated by plants or plant parts. Basically in ayurvedic system of medicines, it is thought that there are five elements that controls the entire universe as well as our body also. These elements are spaces, air, water, earth and fire. All the five elements are combinedly promotes our health. There are three doshas which exist in each living things. When these doshas become unbalanced, result is illness. These doshas are:

- 1] Vata (air and space)
- 2]Kapha (earth and water)
- 3] Pitta (fire and water)

Every person has one primary dosha at least, which is meant to be more stronger than the others. For asthmatic person or patient, the strongest dosha is thought to be pitta, so get asthma. The present review is the compile of some published literature for the treatment of asthma using medicinal plants as a remedies. These medicinal plants have anti-asthmatic, bronchodilating and anti-allergetic activities in them.

KEYWORDS:- Medicinal plants, Asthma, Ayurveda, Phytochemicals.

INTRODUCTION:- Ayurvedic system is the ancient and major system of indigenous medicines which is based on the herbal drugs. It is the science of life. The ancient sages discovered so many kinds of Ayurvedic drugs after the uninterrupted studies, observations, experiments, reflections, trials and judgement after that we have got this precious knowledge of health. In ayurveda, asthma is known as Thamaka shwasa which is a chronic inflammatory disease affecting the airways. It is characterized by sneezing, difficulty in breathing, shortness of breath and wheezing, etc. Some main causes of asthma are as follows:-

1. Cold, flu and pneumonia.
2. Pollutants like smoke, perfumes, etc.
3. Anxiety and stress.
4. Extreme weather conditions and change in temperature.
5. Certain food allergies.

PLANTS USED IN THE TREATMENT OF ASTHMA:- The herbal medicines are always being a major part of the humans from the ancient time. Here are some plants which are actively used in the treatment of asthma in different part of India and majorly in Ayurvedic system of medicine:-

1] Justicia adhatoda:- It is a member of family Acanthaceae and commonly known as Vasaka in Hindi and Malabar Nut in English. The decoction of leaves works as a bronchodilatory effect which helps in treatment of asthma as well as its dried leaves should be smoked for relief in asthma.

2] Piper longum:- It is a member of family Piperaceae and commonly known as Pipli in Hindi and Long Pepper in English. Its dry powder of seeds helps in relief of asthma.

3] Zingiber officinale:- It is a member of family Zingiberaceae and commonly known as Adrak in Hindi and Ginger in English. The most valued and medicinally important part is Rhizome which is used in different ways to cure asthma.

4] Tinospora cordifolia:- It is a member of family Menispermaceae and commonly known as Giloy in Hindi and Heartleaf Moonseed in English. Its stem extract is significantly reduces bronchial allergies.

5] **Glycyrrhiza glabra**:- It is a member of Fabaceae and commonly known as Mulethi in Hindi and Liquorice in English. Its root are traditionally used in the treatment of bronchial asthma.

6] **Albizia lebeck**:- It is a member of family Mimosaceae and commonly known as Saras in Hindi and Siris tree in English. The decoction of stem bark is used to relief from asthma.

7] **Acorus calamus**:- It is a member of the family Araceae and commonly known as Vacha in Hindi and Sweet flag in English. It is highly beneficial in the treatment of asthma as it removes the catarrhal matter and phlegm from the bronchial tubes.

8] **Cuminum cyminum**:- It is a member of Umbelliferae and commonly known as Jeera in Hindi and Cumin in English. It is a powerful bronchiodilator which makes breathing easy and freed ups blocks.

9] **Cinnamomum cassia**:- It is a member of family Laureaceae and commonly known as Dalchini in Hindi and Chinese Cinnamon in English. It enhances expectoration of fluids in lungs by the prevention of stagnation of mucous in it.

10] **Mimosa pudica**:- It is a member of family Fabaceae and commonly known as Chui-mui in Hindi and Touch me not in English. Its leaves has strong anti-asthmatic properties, so helps in cure of asthma.

CONCLUSION:- Above are some well-known medicinal plants of indigenous system of medicine i.e. Ayurvedic system of medicine. These plants are specially known for their beneficial effects particularly in asthma. They are the unique plants that helps and support the bronchial function with brochiodilatory, expectorant and mucolytic properties. These plants are also have potential of curing other diseases. In this way we can see that from the ancient time to till now plants have an important role in the health sector of humans. They serve the humanity by various ways as they have the potential to cure the various incurable diseases as well.

REFERENCES:-

- 1] Mahalik, Gyanranjan & Parida, Sagarika & Dash, Gyanesh & Sahoo, Diptiman & Mohanty, kt. (2018). Traditional Medicinal Plants Used For The Treatment Of Asthma In Bhubaneshwar, Odisha. Journal of Herbal Medicine. 6. 57-60.
- 2] Ranjeeta Prasad, Rahul Dev Lawania, Manvi, Rajiv Gupta. (2009). Role of Herbs in the Management of Asthma. PHCOG REV. Vol 3, Issue 6, 247-258.
- 3] Simeon K. Adesina, Imoh Imeh Johnny and Gbola Olayiwola, (2017). Plants In Respiratory Disorder I-Anti-Asthmatics, A Review. British Journal of Pharmaceutical Research. 16(2).1-22
- 4] K.P.Sampath Kumar, Debjit Bhowmik, Chiranjib, Pankaj Tiwari, Rakesh Kharel. (2010). Indian Traditional Herb Adhatoda Vasica And Its Medicinal Application. Journal of Chemical and Pharmaceutical Research. 2(1). 240-245.