

Asthma as a chronic disease

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Swelling reasons narrowing of air passage to and from the lungs causing bronchospasm, associated with puffing, coughing, stiffness in the chest, and shortness of breath. Management comprises either a quick-relief or rescue medicine or long-term control medicine. inhalation of short-acting beta 2-agonist e. g. salbutamol. Although it is a long-term condition and can be controlled there is no definite cure to the disease. It is advised to keep away from the triggering allergens and irritants, tobacco smoke, smoke or smoggy conditions of the environment, high BMI or obesity, pregnancy may also lead to asthma, stress could also induce asthma or inheritance. In some cases airway hyperactivity could also trigger asthmatic attacks, in some cases, atopy could also result in asthma.

Medications for asthma encompasses two categories (1) Bronchodilators- which is capable of preventing asthma attacks after their commencement. (2) Anti-inflammatory- checks the airway inflammation and thereby prevents asthma attacks (All About Asthma).

Recent findings suggest that there is a relationship between asthma and the species of microbes inhabiting in the airways, suggesting the cure for asthma (Asthma tied to bacterial communities in the airway).