

# What is asthma

[Health & Medicine](#)



What is Asthma Irregular contraction of the bronchial tubes within the body is more commonly known as Asthma, this is one of the most distressing ailments of the present era. Doctor's term asthma as a " chronic inflammatory disease of the airway". [1] Similarly some experts define asthma as " a chronic inflammatory disorder of the airways that is associated with recruitment of inflammatory cells and the clinical development of wheezing, shortness of breath, chest tightness, and cough."[2]

For people who suffer from asthma it's a day to day journey - referring to the most commonly used proverb ' an apple a day keeps a doctor awake'; is exactly what an asthma patient has to go through - regular medication. There is possibly no end to exploration of asthma sufferers in search of cure, right from home remedies to inhalers.

Most people have been living with a combined, traditional and medical approach in order to prevent attacks. It should be borne in mind that each individuals approach to the adaptation differs from another.

Asthma has become one of the major rising health issues in today's world. From the Department of Pathology, The Methodist Hospital, Houston, Tex (Dr Barrios); and the Departments of Medicine and Immunology, Baylor College of Medicine, Houston, Tex (Drs Kheradmand and Corry, and Ms Batts), in their study paper which was accepted in December 2005, gave statistics that 5% of the United States population is affected by this disease. Two million people visit America's emergency departments on account of asthma and per year 470, 000 hospitalizations are recorded, which

#### Asthma Attack

When an attack occurs; difficulty in breathing, dry intense cough, difficult in speech, sunken eyes, a rapid pulse and articulation becomes difficult. The

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duration of an attack varies from case to case; it may last only for a few seconds or continue longer.

### Allergic Asthma

Allergy causes Asthma in 90% of children, 70% of adults below 30 years of age and 50% in adults above that age.[7]

Allergic asthma is a resultant of an immune response to inhaled allergens. These allergens are ingested by IgE Immunoglobulin E (for Erythema) which transfer them onto other cells of the immune system, Mast cells. In asthmatic patients these cells transfer into TH2 type, TH2 cells then activate an important Humoral Immune System producing antibodies against these allergens.

Later on when an asthmatic inhales the same allergens, these antibodies recognize and activate Humoral response. Chemicals, histamine and leukotrienes are produced which cause airway to release more mucus with contraction, narrowing the lumen of the bronchi and the less mediated arm of the immune system is activated, causing inflammation. Repeated attacks damage the lining of the bronchi. This inflammation is responsible for an asthma attack.

### Chronic Asthma " The Beta Adrenergic Theory of Asthma"

This theory is considered to be a classic and is used in most of the citations used for describing Chronic Asthma via cell studies. The theory was conceived by Andor Szentivanyi in the year 1968. According to him " blockage of the Beta-2 receptors of pulmonary smooth muscle cells causes asthma"

In 1955 Szentivanyi and team of co-workers show that IgE are responsible for blocking Beta-2 receptors [6]

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## Asthma-Disease of Hygeine

TH1 lymphocyte cells of the immune system are switched on in babies soon after their birth who are exposed to bacteria and antigens. TH1 deals with the bacterial infections. This is insufficient and TH2 cells are activated which predominate and Asthma may develop. The TH2 lymphocytes cells protect us from allergic parasites. The Charcot-Leyden crystals are formed when the crystalline material in eosinophils coalesce. These crystals are significant in sputum samples of people with asthma. In the developed world, these parasites are now rarely encountered, but the immune response remains and is wrongly triggered in some individuals by certain allergens

## Is Asthma Curable?

Asthma patients should understand that this disease can not be cured, but yes treated. Good asthma treatment leads to patients with no symptoms and that he/ she can enjoy an active life. Very truly said in a statement “ Asthma is a chronic disease - you have it all the time, even when you don't feel symptoms. To stay healthy and safe, you must follow your treatment at all times, even when you feel fine.” [5]

## Preventive Measures

Asthma sufferers have to take preventive measures at all times, which include;

Proper Medication from a Doctor

Timely Visits to a Doctor

Avoid Asthma Triggers

Avoid Exposure to Pollution

Avoid Scents

Control Anxiety

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## Avoid Colored Flavors

Every emotion a person holds effects the body in one way or the other.

Control of these emotions is merely not in ones hand. Calmness in the body and mind is what all people strive for; especially for asthma sufferers the need for peace of mind and the ability to relax are vital.

## References

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[4] Holistic Management of Childhood Asthma by Dr. Leo Rebello. Link

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[5] Asthma Treatment Link [http://www.lung.ca/diseases-maladies/asthma-asthme/treatment-traitement/index\\_e.php](http://www.lung.ca/diseases-maladies/asthma-asthme/treatment-traitement/index_e.php)

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