

ASTHMA

It is an episodic chronic respiratory disorder in which there is airflow obstruction causing difficulty in breathing.

CAUSES

- 1) Hereditary.
- 2) History of allergy - skin allergy, asthmatic etc.
- 3) Mostly inhaled allergens cause asthma.

ALLERGENS CAN BE

- 1) Environment - smoke, dust & pollution and petrol fumes.
- 2) Pollen and molds from grass, flowers and trees.
- 3) Strong perfumes
- 4) Paints & varnishes
- 5) Tobacco smoke
- 6) Animal dander
- 7) House dust mite
- 8) Chemical fumes

FOOD, WHICH CAN CAUSE ALLERGY ARE

- 1) Sour food
- 2) Citrus fruits
- 3) Cold food & drinks
- 4) Artificially coloured & flavoured foods
- 5) Fish
- 6) Beer, wine
- 7) Vinegar
- 8) Grapes
- 9) Canned vegetables
 - a. Infection of lungs, bacterial or viral.
 - b. Emotional stress
 - c. Over strenuous exercise
 - d. Inhalation of old air
 - e. Climatic changes
 - f. Allergy to certain drugs.
 - g. Chain smoking.

DIETARY MANAGEMENT

- 1) Try to recognize and avoid the factors that trigger the asthmatic attacks.
- 2) Keep a diary and try to trace a pattern or relation between your allergic reaction and the allergen.
 - a. Families with history of allergy should avoid artificial food, eggs, cocoa, juices and wheat preparation to infants till the age of six months. Only breast feed infants for the first six months to strengthen the immune system.
 - b. Avoid food and drinks known to cause allergy - cow milk, vinegar, lemon juice, grapes, instant tea, corn syrup, fruit toppings, cold food and drinks, canned food, food additives, beer and wine.
 - c. Eat balanced nutritious diet.
 - d. Eat fresh unprocessed food.
 - e. Consume Bitter gourd (Karela) cooked or juice, it strengthens the immunity.

- f. Every morning, drink boiled mixture of - 1/2 cup water, little ginger, 2-3 leaves of sweet basil (tulsi) and mint leaves, or you can eat the raw leaves, this will boost up you immunity.
- g. Boil a mixture of Bishops weed (Ajwain), tea leaves and water and inhale the steam, acts as decongestant.
- h. Consume garlic and onions, will be beneficial, but avoid them if you are on homeopathic medicine.
- i. Consume lots of Vitamin B complex.
 - i. Liver, kidney, pancreas, yeast (Brewer's yeast), lean meat especially pork, fish, dairy products, poultry, egg, shrimps, crabs and lobsters,.
 - ii. Milk and milk products, green leafy vegetables, legumes, nuts, whole grain cereals.
 - iii. Carrots, bananas, avocado, raspberries, artichoke, cauliflower, soy flour, barley, cereals, pasta, whole grains, wheat barn like rice and wheat germ, dried beans, peas and soybeans.
- j. Increase intake of magnesium in your diet.
 - i. Sea food, nuts, green leafy vegetables.
 - ii. Peas, lotus stem, pulses, whole grains, fruits.

NOTE

- a. Avoid smoke, pollution, and dust as far as possible.
- b. Try to reduce stress, anxiety and tension, practice yoga will help to relax and relive stress.
- c. Yoga will also help by breathing exercise. Breathing exercise will help better utilization of available lung space.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .