

ASTHMA

Asthma is an inflammatory condition that involves the airways of the lungs. Symptoms may include wheezing, chest tightness shortage of breathing and fatigue.

Though no single cause has been identified with asthma but a variety of other factors should be considered which includes genetics, history of viral infection, frequent contact with allergies.

An attack may be triggered by respiratory illness like flu or pneumonia, allergens extreme weather condition and emotions.

What happens during asthmatic attack?

- Increase in the mucus or phlegm production due to the inflammatory condition of the lining of the airways, and Broncho constriction of the airways as the smooth muscles of the bronchioles or bronchus undergoes muscle spasm.**
- These two results to the difficulty of the whole respiratory system to expel the mucus.**

And if the condition is unabated the mucus may serve as a plug, oxygen cannot enter the whole lung, which will further weaken the respiratory system and may result to status asthmaticus or death.

Treatment are in three categories;

1 Breathing exercise

2 First aid treatment

3 Long term asthma control medications

The first aid and long term treatment may include use of inhalers, nebulizers and bronchodilators and anti-inflammatory medications which may be taken as daily medication more to prevent the potential attack.

For those suffering for chronic asthmatic attack Ecarma can be of help for protection to prevent any upcoming attack.

From research it was found out that Ecarma capsule which is rich in pterostilbene helps to counteracts the harmful effects of environmental pollutants and prevents the development of damages particularly those from benzo pyrene derivatives coming from cigarettes smokes, grilled foods and industrial wastes.

Pterostilbene suppresses the inflammatory response in the airway lining, hence lessens the production of mucus as preventive or even during the asthmatic attack.

Second it is worth considering that the first sign of poor body resistance is related to symptoms of the respiratory system. However, Ecarma capsule is rich in isoliquiritigenin, a chalcone with strong anti-inflammatory biological properties specifically has the anti-asthma effect. The action is the reduction of the inflammatory response of the macrophages.

In the clinic, Ecarma herbal capsule is a good anti-asthma supplement. Observed among the patients taking Ecarma capsule is the lessened frequency and intensity of its attack.

Suggested Dosage: 1 cap 3 x a day after meals


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