How to Manage Asthma Without an Inhaler

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Asthma Treatment Without Inhaler

Asthma symptoms can start out as a little cough before you find yourself wheezing and struggling to breathe. You are not alone in this affliction. More than 18 million Americans live with this condition; the bronchi of the lungs become inflamed and constricted, leading to poor respiratory function and wheezing. In severe cases, a person may die from asphyxiation. The most common treatment for asthmatics is the inhaler. Oral medications are given as well to control asthma symptoms such as airway inflammation and acute attacks. Medication helps to keep asthma patients out of the hospital as much as possible.

Natural Treatments that May Control Asthma

Studies have been conducted that suggest certain lifestyle changes and integrative treatments may help control asthma, without an inhaler. In fact, they may stave off severe attacks that occur. Below are some natural supplements and foods you may want to incorporate into your diet:

- **Vitamin B6:** Pyridoxine, or vitamin B6, has been found to help asthmatics that are on steroid medication. Studies show that individuals who take B6 have improved breathing first thing in the morning. Participants with low levels of B6, responded well with supplementation of the vitamin showing a reduction in wheezing occurrences.
- **Omega-3 fatty acids:** Fish, flaxseed, and walnuts are among a few of the foods that contain omega-3 fatty acids. One study on omega-3s found that a diet high in omega-3s enhanced the quality of life of asthmatics to the point that they didn't need to rely on rescue inhalers as much.
- **Vitamin C:** You may start to drink more orange juice after learning this! Research studies found that a diet high in vitamin C reduced episodes of wheezing in children. Since vitamin C is part of a healthy diet, you should add citrus fruit to your daily food consumption anyway. If you find it helps your breathing, all the better!

- **Ginger***:* If you take inhaled asthma medications, try sprinkling ginger on your food. Research has found that the compounds in ginger root enhance airway dilation more than the medication alone. Ginger works by treating the airway's smooth muscle by reducing the contraction of the muscles surrounding the airways.
- **Butterbur:** This herb is commonly used in Europe and Asia and has been used for many years to treat asthma. The anti-inflammatory effect it has on the body, including the airways of the lungs, makes an herb to try. It also reduces the contraction of the smooth muscles of the airway, leading to improved breathing.
- **Yoga:** Yoga or any other deep breathing exercise can help asthmatics by reducing hyperventilation. It can improve asthma symptoms and outcomes, especially during an attack. If you can practice yoga regularly, it will help you to focus on deep and prolonged breathing. It will, in turn, improve airflow for the asthmatic.

Always check with your doctor or pharmacist before starting any new herbs or supplements. Some herbs and supplements can interact with your current medications.