

Herbal Treatment for Asthma



By : Mr. Lakhanlal , Sheikhpura, Bihar

Innovation Description

The traditional knowledge holder has suggested treatment for asthma.

Disease symptoms: Breathing problem, chest pain, breathlessness.

Ingredients: 10 g seeds of Chhoti elaychi (*Eleutheria cardamomum* (L.) Maton), 10 g Pipar (*Piper nigrum* L.), 40 g Dalchini (*Cinnamomum verum* J.Presl), 50 g Bamboo crystal (Tabasheer) and Sugar.

Preparation: Crush all the ingredients to make powder and store it in some glass vessel.

Dosage/Application: Consume 1 spoon with milk twice a day for 1-2 months.

Ingredients' availability: The plants are available in nearby places. Other ingredients are available in local market.

Suggested reading(s):

Khan, A., Khan, Q. J., & Gilani, A. H. (2011). Pharmacological basis for the medicinal use of cardamom in asthma. *Bangladesh Journal of Pharmacology*, 6(1), 34-37.

For More Details Please Contact on [enquiry\[at\]nifindia\[dot\]org](mailto:enquiry@nifindia.org)

Link : <https://innovation.nif.org.in/innovation/detail/herbal-treatment-for-asthma/44078>