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## Traditional medicinal plants used for the treatment of asthma

Tejaswinee Das<sup>1</sup>, Samikshya Jena<sup>1</sup>, Sagarika Parida<sup>1</sup>, Rukmini Mishra<sup>1</sup>, Sanjeet Kumar<sup>2</sup> and Gyanranjan Mahalik<sup>1\*</sup>

<sup>1</sup>Department of Botany, School of Applied Sciences, Centurion University of Technology and Management, Odisha, India

<sup>2</sup>Ambika Prasad Research Foundation, Odisha, India

Email-Id: [gyanranjan.mahalik@cutm.ac.in](mailto:gyanranjan.mahalik@cutm.ac.in)

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### ABSTRACT

*Asthma is an inflammatory disease of the airways to the lungs. It makes breathing difficult and can make some physical activities challenging or even impossible. It causes coughing, tightness in the chest, shortness of breath, anxiousness and fatigue. It is one of the most common respiratory common diseases in this developing world. Now-a-days, it is seen that it is becoming very severe. Current studies are the approach to find out some inexpensive or low-cost medicines to cure this disease. People in this advance world are less concern about the plant that can be utilized for treatment or to manage this severe disease. People have been using herbs from early life for the medication of different diseases. Even if the health science and medical drugs are improved, plants play an essential role in this modern society as they have fewer side effects. Survey was conducted in various Ayurvedic hospitals, physicians and medicine centers to find out different medicinal plants that can be used to treat or control asthma. Data were documented with standard questionnaire. The results helped us to understand the disease and various methods to cure or control the disease.*

### INTRODUCTION

In today's daily routine, it is likely to fall ill, and the habits are disease prone. Traditional

medicines are still recognized as preferred primary health care system in many