

# 10 Best Natural Remedies for Asthma

## **1. Honey**

Antioxidant rich, dark colored honey such as Buckwheat honey is the most recommended variety of honey for treating cough associated with asthma. Use a solution prepared by mixing honey and warm water to effectively remove the excess mucous from the respiratory tubes. You can even add honey measuring up to one fourth of a teaspoon to a cup of tea. Others with a sweet tooth can have it as a sweet dish two to three times daily.

However, you must note that honey must only be given to children above two years of age to avoid the risk of botulism. To ease the breathing problem experienced during an asthma attack, inhale the vapors of honey by keeping the teaspoon or jar just below the nose.

## **2. Fish With Good Fat**

Omega 3 fatty acids are regarded as an important, natural component for treating bronchial asthma. These essential fats which can be obtained from salmon, tuna and sardines assist the inflicted lungs to put up a stronger response to asthma triggering irritants. These healthy fatty fishes can be had two times during a week.

## **3. Bananas**

Breathe easy with a diet that consists of banana. According to a study, young children who consumed this fruit once a day experienced lesser wheezing than before. Being rich in pyridoxine which is pivotal in the production of molecules such as Adenosine triphosphate (ATP) along with cyclic adenosine monophosphate, bananas can bring on relaxation of the smooth muscles in the bronchial tubes. To prevent further asthmatic attacks, you must follow the below given steps.

Choose a ripe banana, toss it in a pan and place it on a stove so that it picks up heat to a sufficient extent. Once that's done, take it off the flame and sprinkle a pinch of black pepper over it. Eat the entire banana so that clearing of the airway takes place. This allows the asthma patient to breathe with normal effort.

#### **4. Garlic Is Great For Asthma**

Garlic has been frequently used for curing the intensity and frequency of asthma attacks. Prepare an anti-asthma extract by boiling a few garlic cloves along with half a cup of milk.

Drink this warm garlic milk each night for effective results especially in the initial stages of asthma.

#### **5. Caffeine**

One of the best ways to receive temporary relief from wheezing or shortness of breath is to switch to drinks that contain caffeine. Those who drink two cups of hot coffee daily find it easier to manage asthma induced by physical activity. That is because caffeine is a stimulant that dilates the restricted airways and eases breathing.

#### **6. Healthy Juices**

There are many delicious and healthy fruits that can be consumed in liquid form in order to cure adult onset asthma. Take for example, lemon juice which perfectly combats asthma for it is not only an antioxidant but also boosts the immune system considerably. Orange juice is packed with Vitamin C, the antioxidant which protects the cells lining the bronchial tubes. Flavonoid rich juice can be derived from fruits such as apples, grapes and pears.

Counteract the breathing difficulties and pain in asthma by drinking cranberry juice which is regarded as the most potent bronchodilator. After you have peeled and squashed a handful of cranberries, boil them in a vessel filled with distilled water for roughly fifteen minutes. Once the mixture cools down, have a glassful and store the remaining in an air tight container.

#### **7. Cayenne Pepper**

Capsaicin is the chief ingredient in cayenne pepper which directly affects the mucous in the air passages and sinuses. To relieve breathing and other

symptoms of asthma, consume the spicy, hot cayenne peppers. If your taste buds allow, try having two or three ripe cayenne peppers in a day. Even half a teaspoon of cayenne pepper in dried form can be included in your meals. A fine paste can be made from green or red bell peppers over which salt can be sprinkled for a better taste. Follow these remedies for thirty days to notice positive changes.

## **8. Roasted Grams**

Protein rich roasted grams when had with a glassful of milk can prove to be beneficial in clearing the congested respiratory tract allowing you have to an asthma free night.

## **9. Figs**

There are many ways in which asthmatic sufferers can use figs to their health advantage. It is essential to wash the figs thoroughly under cool water following which; they can be soaked in a bowl of water for a few hours or the entire night. To disrupt the accumulation of mucous and phlegm chew these figs first thing in the morning. If possible, you must drink the liquid in which figs had been soaked.

Another alternative is to cook the figs in milk that has already been brought to boil. After cooking is done, strain the mixture and drink the milk. The boiled figs which were strained can be kept in the oral cavity to relieve the cough associated with asthma.

## **10. Turnip**

Turnip in its raw form has been used for many years to cure the asthma symptoms like chest congestion. The antioxidant property in this vegetable belonging to the Cruciferous family prevents tissue damage to the lung cells and disintegrates buildup of phlegm.