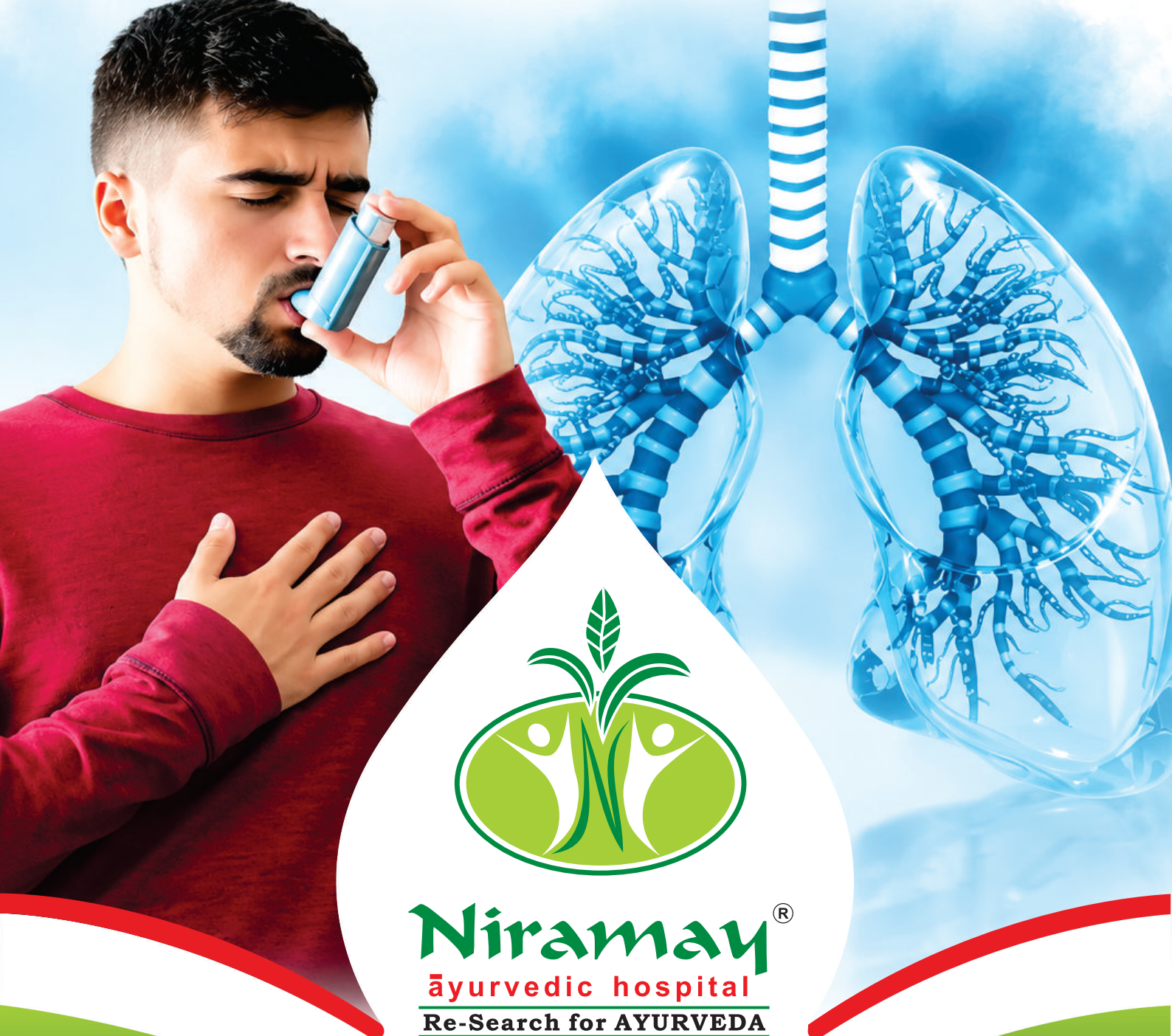




Niramay[®]
āyurvedic hospital
Re-Search for AYURVEDA

Niramay's Ayurvedic Approach to **Asthma**

• Breathe Better • Live Healthier • Restore Balance Naturally •

What Is Asthma?

Asthma is a chronic respiratory condition in which the airways become inflamed, narrowed, and overly sensitive, making it difficult to breathe.

People with asthma may experience episodes of breathlessness, wheezing, chest tightness, and coughing that can range from mild to severe. These episodes may be triggered by allergens, infections, exercise, weather changes, or environmental irritants.

From a modern medical perspective, asthma occurs due to chronic inflammation of the airways, causing them to react excessively to various triggers.

In Ayurveda, asthma is commonly correlated with **Tamaka Shwasa**, a condition primarily caused by the imbalance of **Vata** and **Kapha Doshas**, affecting the respiratory system and obstructing the normal flow of breath.

Types of Asthma

Allergic Asthma

Triggered by allergens such as dust, pollen, pet dander, or mold.

Non-Allergic Asthma

Caused by infections, weather changes, stress, or irritants.

Occupational Asthma

Triggered by exposure to chemicals, dust, or fumes in the workplace.

Exercise-Induced Asthma

Symptoms occur during or after physical activity.

Severe Persistent Asthma

Frequent symptoms that require ongoing medical management.



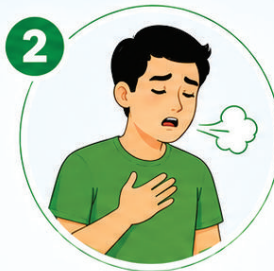
Each patient requires an individualized treatment plan based on the underlying cause and severity.

Common Symptoms of Asthma

Symptoms may vary from person to person and can include:



1 Wheezing
(whistling sound while breathing)



2 Shortness of breath



3 Chest tightness or heaviness



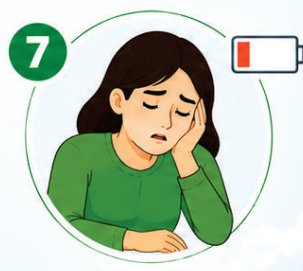
4 Persistent coughing,
especially at night or early morning



5 Difficulty breathing during physical activity



6 Frequent respiratory infections



7 Fatigue due to poor oxygen supply

Major Causes & Triggers of Asthma

● Dust and air pollution

● Pollen and seasonal allergies

● Cold weather

● Respiratory infections

● Smoke and tobacco exposure

● Strong perfumes

● Stress and anxiety

● Exercise

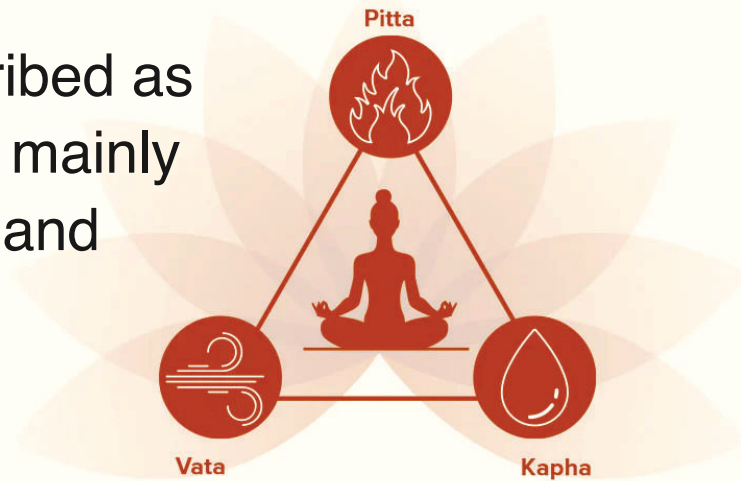
● Pet dander

● Certain foods or food additives

RECOGNIZING AND AVOIDING PERSONAL TRIGGERS PLAYS AN IMPORTANT ROLE IN ASTHMA MANAGEMENT.

Ayurvedic Understanding of Asthma

In Ayurveda, asthma is described as **Tamaka Shwasa**, a disorder mainly involving aggravated **Kapha** and **Vata Doshas**.



Ayurvedic Causes

- 1) Accumulation of excess Kapha in the respiratory passages
- 2) Aggravated Vata disturbing the normal movement of breath
- 3) Weak digestive fire (Agni) leading to toxin (Ama) formation
- 4) Exposure to cold, damp climate
- 5) Improper dietary habits
- 6) Sedentary lifestyle
- 7) Emotional stress and anxiety

Ayurvedic View

When Kapha blocks the respiratory channels and Vata becomes disturbed, the free movement of air is restricted, leading to breathlessness, wheezing, and recurrent coughing.

Ayurvedic treatment focuses on clearing the respiratory passages, balancing Doshas, strengthening lung function, improving digestion, and reducing recurrence.



The Niramay Ayurvedic Treatment Approach

At Niramay Ayurvedic Hospital, asthma treatment is designed to support healthy breathing while addressing the root cause of the condition.

Every treatment plan is personalized according to the patient's **Dosha imbalance, symptom pattern, age, triggers, and overall health.**

Proprietary Ayurvedic Medicines



**AYURSUN-DAA-
HERBAL-TABLET-
60-A**



**AYURSUN-KAPHARI-
HERBAL-SYRUP-
200ML-A**



**AYURSUN-RESPID-
HERBAL-SYRUP-
200ML-A**



**AYURSUN-NAYOPAYA-
KASHAY-A**



**PRATIK-ASEP-HERBAL-
AYURVEDIC-TABLET-
150-B**

The medicines shown are for informational purposes only & should be initiated only after consulting with our doctors or qualified ayurvedic practitioner.

Our Healing Process

1. Nadi Pariksha (Pulse Diagnosis)

A detailed Ayurvedic assessment helps evaluate:

- **Dosha imbalance**
- **Respiratory health**
- **Digestive strength (Agni)**
- **Presence of Ama (toxins)**
- **Overall immunity and vitality**

This assessment forms the foundation of individualized treatment.

2. Personalized Ayurvedic Medicines

SELECTED HERBAL FORMULATIONS HELP TO:

- **Balance Vata Dosha**
- **Strengthen nerves and muscles**
- **Improve circulation**
- **Enhance tissue nourishment**
- **Support overall recovery**

Medicines are prescribed according to the individual's condition and response to treatment.

3. Panchakarma Therapies for Asthma Care



Abhyanga **(Medicated Oil Massage)**

Improves blood circulation
and reduces stiffness



Swedana **(Sudation Therapy)**

Relieves muscle rigidity and
promotes detoxification



Shirodhara

Calms the nervous system
and reduces stress



Nasya (Nasal Therapy)

Supports brain and nerve health



Basti **(Medicated Enema Therapy)**

Highly effective for balancing Vata and
improving nerve function



Herbal Steam Inhalation

Helps maintain airway comfort
under professional guidance.



Patra Pinda Sweda **(Herbal Bolus Therapy)**

Reduces stiffness and
enhances muscle strength



Vamana **(Therapeutic Emesis)**

Helps eliminate excess
Kapha in suitable patients.

All therapies are performed only after a detailed evaluation & under expert Ayurvedic supervision.

4. Ayurvedic Diet Guidelines for Asthma

Diet plays an important role in maintaining respiratory health.



What to Eat



Warm, Freshly Prepared Meals



Moong Dal & Light Lentils



Warm Soups & Herbal Decoctions



Ginger, Turmeric & Black Pepper In Moderation



Seasonal Vegetables



Warm Water Throughout The Day



Foods to Avoid

- Cold beverages and ice creams
- Excess dairy products
- Refrigerated or stale food
- Fried and oily foods
- Processed and packaged foods
- Excess sweets

Lifestyle Practices for Better Breathing



Follow a regular sleep schedule



Practice breathing exercises under guidance



Perform gentle yoga



Maintain ideal body weight



Stay physically active within comfortable limits



Avoid smoking and passive smoke exposure



Keep living spaces clean and dust-free



Stay hydrated



Minimize exposure to known allergens whenever possible

Supportive Home Measures



Drinking warm water regularly



Steam inhalation when appropriate



Using Ayurvedic herbal preparations as advised



Practicing relaxation and stress management techniques



Maintaining a clean, allergen-free home environment

Why Choose Niramay Ayurvedic Hospital?

- ★ Personalized and holistic treatment plans
- ★ Experienced Ayurvedic physicians
- ★ Specialized Panchakarma therapies
- ★ Focus on treating the root cause rather than only symptoms
- ★ Emphasis on improving respiratory health and immunity
- ★ Compassionate care with long-term wellness support

"At Niramay, our goal is not just to manage symptoms, but to strengthen the body from within and restore healthy breathing through holistic Ayurvedic care."



35+ Years of
Experience



Thousands of
Happy Patients



Personalized
Ayurvedic Care



AYUSH Qualified
Doctors

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1/934 Pratik House, Adagra street,
behind Central Bank of India, Nanpura, Surat.



+91 261 – 2470876



+91 75748 61856



www.niramayayurveda.com



niramayayu1991@gmail.com



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