

Asmatica (Tylophora asmatica)

Written by Administrator

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Considered a specific remedy for asthma, asmatica may relieve symptoms for up to 3 months. It is also beneficial in cases of hay fever, and is prescribed for acute allergic problems such as eczema and nettle rash. The plant holds potential as a treatment for chronic fatigue syndrome and other immune system disorders. Asmatica may relieve rheumatoid arthritis and may also be of value in the treatment of cancer. Extensive laboratory and clinical research in India has established that asmatica is an effective remedy for asthma. In the 1970s, a number of clinical trials showed that a majority of asthmatic patients taking the herb for just 6 days gained relief from asthma for up to a further 12 weeks. However, the leaves do produce side effects. The plant's alternative name, Indian lobelia, alludes not only to its value in treating asthma but also to its irritating effect on the digestive tract.