

Asthma Drugs

Asthma is a kind of allergic disease. Exposure to asthma-inducing agents results in coughing, shortness of breath, wheezing or even difficulties in breathing.

Classification of the Drugs

Drugs for treating asthma are broadly divided into two categories. One category is used during an asthma attack and the other for preventive purpose.

Drugs for asthma attack are used for dilation of the bronchitis. They are available in the form of pills, liquids, inhalants and sprays. By dilating the bronchitis, they can quickly relieve wheezing and help preventing asthma attack. They are highly effective and safe but overuse could lead to rapid heartbeat. Common examples are salbutamol and terbutaline.

Asthma preventive drugs include steroids such as prednisolone and sodium cromoglycate. The drugs do not work until they are taken for some time and are therefore not suitable during an asthma attack. Steroid-like drugs in particular and most inhalants can only be sold on doctor's prescription in registered dispensaries. They have to be used according to medical instructions. Refrain from self-medication to avoid undesirable side effects.

Advice on Medication

1. Take the drugs before bed to avoid asthma attack during sleep.
2. Learn the proper way to use the inhalants. Consult a pharmacist or dispenser when necessary.
3. Rinse your mouth with warm water after inhalation to reduce mouth and throat dryness.

Life Adaptations

Asthma cannot be treated by medication alone. We should pay attention to household hygiene as well to minimise dust accumulation and exposure to asthma-inducing agents.

Patients and their family should not smoke but a restricted diet is not necessary. Seek your doctor's advice for details. Relapses could be reduced by staying happy and doing more exercise to enhance immunity. Many children grow out of the disease gradually or even completely.

Storage of the Drugs

The drugs should be stored in a dry and cool place. Generally, they do not need to be refrigerated unless otherwise stated in the drug labels. Also, they should be stored properly to avoid accidents of mistaken consumption by children.