



**சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்**  
(மத்திய சித்த மருத்துவ ஆராய்ச்சிக் குழுமம், ஆயுஷ் அமைச்சகம், இந்திய அரசு)

**सिद्ध केंद्रीय अनुसंधान संस्थान**

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### **Eraippu Noi (Bronchial Asthma)**

#### **Definition**

Eraippu noi as per Siddhars is caused When there is an exposure towards allergic trigger the Pitha dosam responsible for prevention to let out the allergy /foreign body resulting in Stagnation of Kapham and Vatham leading to derangement of pranana. Chronic airway inflammation and increased airway responsiveness, resulting in airflow obstruction.

#### **Causes**

- Genetic
- Environmental Changes
  - Indoor – House dust mites, pet derived allergens, cockroach antigens.
  - Outdoor – Emissions from diesel vehicles, burning of fossil fuels, flower pollens.
- Infections
- Smoking
- Psychological factors - Anxiety & Stress

#### **Preventive Measures**

- Care has to be taken for dust suppression in the living environment.
- Dam dusting has to be carried out routinely.
- Avoid contact with domestic pets.

### **Health promoting tips**

#### **Do's**

- Drink boiled and hot water.
- Do Pranayamam

#### **Don'ts**

- Avoid chill water, sweets, smoke, dust and day sleep, citric items and sea foods.

### **Curative Herbs**

- |                 |                     |
|-----------------|---------------------|
| • Adathoda      | Adhatoda zeylanica  |
| • Chittrarathai | Alpinia galanga     |
| • Akkaragaram   | Anacyclus pyrethrum |
| • Kandankathiri | Solanum Surattense  |
| • Thuthuvalai   | Solanum trilobatum  |