Studies Find Turmeric Could Potentially Halt Asthma and Bronchitis

Michelle O'Sullivan July 26, 2017

Curcumin supplements could be incorporated in one’s diet to increase protection against a variety of diseases and disorders.

(Newswire.net -- July 26, 2017) Orlando, FL -- Turmeric has long been thought to offer a variety of healing effects. It has a high potential to fight many ailments, especially those linked with inflammation.

Studies find turmeric could potentially halt asthma and bronchitis. This spice contains many therapeutic agents, which are believed to be the sources of its powerful healing potential.

Curcumin, which is a phytochemical, can be found in turmeric. This bioactive agent has many healing ingredients, which include its antibacterial, anti-inflammatory, antioxidant, anticarcinogenic, antiseptic, antiviral, antibiotic, and antimicrobial properties.

This phytochemical has been believed to be responsible for many of turmeric’s healing effects. Today, there are many people who turn to curcumin supplementation.

Bronchial asthma is otherwise called a chronic inflammatory disease in the airways. This condition affects both children and adults. The pharmacological properties of curcumin are believed to inhibit inflammation.

In a study, the researchers aimed at determining the safety and efficacy of curcumin being used as an “add-on” therapy for individuals with bronchial asthma.

There were 77 participants in the study, and they were divided into two groups. Group A was treated with typical medicinal drugs normally used for bronchial asthma. Group B, on the other hand, had both pharmaceutical drugs and curcumin.

The researchers measured certain symptoms, such as cough, wheezing, labored breathing, nocturnal symptoms, chest tightness, improvement in blood, and bronchodilator results.

It was found that curcumin aided in the improvement of airway obstruction. In the study, it was further found that there was a significant improvement in the blood parameters.

What makes the study even more interesting is that there were no clinically significant adverse effects observed in the use of curcumin.

Today, more studies are underway to validate the effects of curcumin in asthma. This natural remedy has been thought to offer a myriad of health benefits.

While pharmaceutical drugs are available nowadays, there are those who turn to the use of natural remedies such as curcumin. The therapeutic properties contained in curcumin are believed to be as effective as those found in pharmaceutical drugs.

Thus, it is easy to assume this bioactive agent has a high potential to offer some significant health benefits. In addition to fighting bronchial asthma, consumers would be able to obtain various therapeutic benefits through the use of this spice.

Ever since the late 1990’s, research studies have been conducted to see the effects of turmeric and curcumin in asthma sufferers. It was even found that turmeric has successfully removed sputum, prevented asthma, and relieved coughing.

Since then, many researchers conducted studies to explore more of the healing effects of curcumin. It is worth mentioning that inflammation could produce asthma. However, when inflammation is tamed, asthma could also be
regulated or prevented.

In another research, scientists revealed that curcumin has successfully attenuated the allergic airway inflammation in mice.

Curcumin supplements could be incorporated in one’s diet to increase protection against a variety of diseases and disorders. There are actually many curcumin supplements available in the market to choose from.

Consumers are advised to take advantage of the curcumin supplements that contain black pepper extract. Black pepper is a bioavailability-enhancing ingredient, which could increase curcumin absorption inside the body.

(https://www.amazon.com/Turmeric-Curcumin-Complex-BioPerine-Bio-availability/dp/B00JA4TLTI/)

About VitaBreeze

VitaBreeze is a nutraceutical brand that manufactures high-quality natural supplements to help people live a healthy, enjoyable, and longer life. All of the company’s products are manufactured in the United States using the finest-quality ingredients that have been carefully selected, tested, and crafted into the firm’s winning formulas. Visit http://www.VitaBreeze.com to learn more.

VitaBreeze

4700 Millenia Blvd
Suite 175 F
Orlando, FL 32839
United States
(407) 545-2239
media@vitabreeze.com
http://www.VitaBreeze.com