

Asthma

Also called: bronchial asthma

A condition in which a person's airways become inflamed, narrow and swell and produce extra mucus, which makes it difficult to breathe.

Common

More than 1 million cases per year (India)



Treatable by a medical professional



Requires a medical diagnosis



Lab tests or imaging often required



Chronic: can last for years or be lifelong

Asthma can be minor or it can interfere with daily activities. In some cases, it may lead to a life-threatening attack.

Asthma may cause difficulty breathing, chest pain, cough and wheezing. The symptoms may sometimes flare up.

Asthma can usually be managed with rescue inhalers to treat symptoms (salbutamol) and controller inhalers that prevent symptoms (steroids). Severe cases may require longer-acting inhalers that keep the airways open (formoterol, salmeterol, tiotropium), as well as inhalant steroids.

Ages affected



Symptoms

Requires a medical diagnosis

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People may experience:

Cough: can occur at night, during exercise, can be chronic, dry, with phlegm, mild, or severe

Respiratory: breathing through the mouth, difficulty breathing, fast breathing, frequent respiratory infections, rapid breathing, shortness of breath at night, or wheezing

Also common: anxiety, chest tightness, early awakening, fast heart rate, flare, or throat irritation

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure that you contact a health care provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

Sources: Apollo Hospitals and others. [Learn more](#)