

QUESTIONS & ANSWERS FOR ASTHMA

QUESTIONS		ANSWERS
nlu.yml		domain.yml
## intent: asthma_intro		response: utter_intro
	<ul style="list-style-type: none"> - what is asthma - what does asthma mean - tell me about asthma - asthma means what 	Asthma is a chronic respiratory condition characterized by inflammation and narrowing of the airways, which can make it difficult to breathe. It is a common condition that affects people of all ages, but it is more common in children.
## intent: asthma_inflammation		response: utter_inflammation
	<ul style="list-style-type: none"> - what is inflammation in the airways - what is inflammation in asthma 	Inflammation is a reaction to infections and other triggers in the lining of the airways and the underlying tissue. The inflammation makes the airways in the lungs become red, swollen, narrower and extra-sensitive.
## intent: asthma_inflammation_affect		response: utter_inflammation_affect
	<ul style="list-style-type: none"> - how does inflammation of the airways affect my asthma? - how inflammation can affect the airways of the lungs 	<p>Inflammation of the airways causes asthma symptoms such as wheezing, breathlessness, chest tightness and coughing by restricting and/or limiting the airflow to and from the lungs. It does this by causing:</p> <ol style="list-style-type: none"> 1) swelling of the airways, which make them narrower. 2) tightening of the muscles that surround the airways, which make them even narrower. 3) increasing the production of too much mucus, which can plug up or block the airways. <p>As such, when the airways have been inflamed for a long time, they become extra-sensitive. This means that they react faster and more strongly to various triggers, such as allergens, viruses, dust, smoke and stress.</p>
## intent: asthma_cure		response: utter_cure
	<ul style="list-style-type: none"> - can asthma be cured - is there cure for asthma - is asthma curable - how do you cure asthma 	No, unfortunately there is no permanent cure for it but it can be controlled or managed.
## intent: asthma_likelihood		response: utter_likelihood
	<ul style="list-style-type: none"> - who gets asthma - who are liable to get asthma - who are vulnerable to asthma 	Asthma tends to run in families, which means that you are more likely to develop asthma if someone in your family already has it. Children with eczema or food allergy are more likely than other children to develop asthma. Allergy to pollen, house dust mites or pets also increases your chance of developing asthma. Exposure to tobacco smoke, air pollution or

		other inhaled irritants can also cause asthma symptoms in those with an underlying tendency to asthma.
## intent: asthma_causes		response: utter_causes
	<ul style="list-style-type: none"> - what causes asthma - what are the causes of asthma 	Causes of asthma are not fully understood. Asthma is probably usually caused by a mixture of hereditary factors and environmental factors, but how these factors work together is still largely unknown. Allergens from house dust, mites and pets are the most common causes, but many other allergens, such as pollen and moulds, can cause asthma. Some patients with asthma have no obvious allergies.
## intent: asthma_symptoms		response: utter_symptoms
	<ul style="list-style-type: none"> - what are the symptoms of asthma - what are the signs of asthma 	Asthma causes symptoms such as wheezing, shortness of breath, chest tightness, and cough that vary over time in their occurrence, frequency and intensity.
## intent: asthma_trigger_factors		response: utter_trigger_factors
	<ul style="list-style-type: none"> - what factors trigger asthma - what can trigger asthma - what can trigger asthma symptoms - what can worsen asthma - what can worsen asthma symptoms 	Factors that may trigger or worsen asthma symptoms include viral infections, domestic or occupational allergens (e.g., house dust mite, pollens, cockroach etc), tobacco smoke, exercise and stress. These responses are more likely when asthma is uncontrolled. Some drugs can also trigger asthma, e.g., beta-blockers, and (in some patients) aspirin.
## intent: asthma_triggers		response: utter_triggers
	<ul style="list-style-type: none"> - what are asthma triggers - what are asthma triggering factors 	<p>Asthma triggers are factors that start asthma symptoms by irritating the airways or worsening the inflammation in the airways. These triggers can provoke attacks in individuals who already have a tendency to asthma, but they are not necessarily part of the cause of that tendency. The following triggers can cause asthma symptoms or start an asthma attack:</p> <ol style="list-style-type: none"> 1) infections, usually those caused by a virus (e.g. colds or flu) 2) allergens, most commonly from house dust, mites, pets or pollen 3) exercise, especially in cold weather 4) emotions, such as excitement, fear or anger 5) irritants, such as air pollution 6) active or passive smoking 7) changes in the weather 8) pressure on chest

		<p>9) food additives, such as tartrazine (an artificial food colouring), or food allergens, such as peanuts (allergic individuals can have a very severe allergic reaction).</p> <p>10) certain medications some people may be allergic to some drugs (e.g. aspirin).</p>
## intent: asthma_medication_trigger		response: utter_medication_trigger
	<ul style="list-style-type: none"> - can medication trigger asthma - can medication worsen asthma 	<p>Only a few medications can trigger asthma. Check with your doctor or pharmacist before starting any new medicine. And if your asthma symptoms are worse after starting a new medication, you should see your doctor immediately. The most common medicines that can trigger asthma are:</p> <p>1) aspirin (acetylsalicylic acid) and certain other NSAID (non-steroidal anti-inflammatory) drugs, which are used as pain relievers, and to treat inflammatory conditions.</p> <p>2) beta-blockers, which are used to treat high blood pressure, heart conditions, migraine or anxiety.</p>
## intent: asthma_whether_change		response: utter_whether_change
	<ul style="list-style-type: none"> - can whether changes trigger asthma - can whether changes worsen asthma - can whether changes effect asthma - can whether changes have adverse effects on asthma 	<p>Yes, sudden weather changes (e.g. cold winds, humidity and storms) can trigger asthma in some people. Some of these sudden changes can cause the release of allergens, such as pollen, that can make asthma worse in people whose asthma is allergy-related. Cold air can also have a direct irritant effect on inflamed airways.</p>
## intent: asthma_attack		response: utter_attack
	<ul style="list-style-type: none"> - what causes an asthma attack - what are the causes of an asthma attack 	<p>A number of different triggers can cause asthma symptoms or start an asthma attack:</p> <p>1) infections, usually those caused by a virus (e.g. colds or flu)</p> <p>2) allergens, most commonly from house dust mites, pets or pollen</p> <p>3) exercise, especially in cold weather</p> <p>4) emotions, such as excitement, fear or anger</p> <p>5) irritants, such as air pollution</p> <p>6) smoking people with asthma and the parents of asthmatic children should avoid smoking</p> <p>7) changes in the weather (e.g. a cold spell)</p> <p>8) food additives, such as tartrazine (an artificial food colouring), or food allergens, such as peanuts (sensitized or allergic individuals can have a very severe allergic reaction).</p> <p>9) certain medications some people may be allergic to some drugs (e.g. aspirin).</p>

## intent: asthma_deadly		response: utter_deadly
	<ul style="list-style-type: none"> - can a person die from asthma - can i die if i get asthma - can asthma be deadly 	Unfortunately, deaths still occur in acute, severe asthma. But this is unusual and can be prevented by proper prevention, and medication.
## intent: asthma_medication		response: utter_medication
	<ul style="list-style-type: none"> - can asthma medication help prevent asthma symptoms - is asthma medication effective 	Yes. Asthma medications include very effective airway openers. Even more importantly, they include very effective controllers (inhaled steroids), which can prevent most asthma attacks when used regularly.
## intent: asthma_pets		response: utter_pets
	<ul style="list-style-type: none"> - i am allergic to pets what can i do - i am allergic to dogs what can i do - i am allergic to cats what can i do 	If you have allergic asthma, it is especially important to avoid or at least reduce your exposure to the relevant allergens. So, if you are allergic to pets, such as cats and dogs, you should not keep them indoors. You should also reduce your contact with other peoples' pets, especially indoors.
## intent: asthma_controllers		response: utter_controllers
	<ul style="list-style-type: none"> - what are asthma controllers - why controllers are used against asthma - what type of controllers can be used against asthma - what type of controllers are used against asthma 	<p>Controllers are medicines that prevent asthma attacks from starting. There are two types of controllers, anti-inflammatory medicines and airway openers.</p> <p>Anti-inflammatory medicines work by reducing the inflammation in the airways that occurs in asthma. The most effective and most commonly used anti-inflammatory medicines are inhaled glucocorticosteroids. These medicines help to prevent periods of greater severity of asthma if you take them regularly as instructed by your doctor, and they may relieve you of your symptoms completely for most of the time.</p> <p>Airway openers are medicines that help to prevent attacks progressing by quickly opening up the narrowed airways. They do this by relaxing the muscles surrounding the airways. Most airway openers only have a short-term effect and should not be used regularly as controllers. Long-acting airway openers, including formoterol and salmeterol, are effective as controllers when they are used regularly with an inhaled glucocorticosteroid. However, they should not be used regularly on their own as they do not treat the underlying inflammation and their effect on the symptoms of asthma could even hide the fact that it is getting worse.</p>

## intent: asthma_relievers		response: utter_relievers
	<ul style="list-style-type: none"> - what are asthma relievers - what are airway openers - why relievers are used against asthma - why airway openers are used against asthma - what type of relievers are used in asthma - what type of airway openers are used in asthma 	<p>Relievers or airway openers are medicines that provide rapid relief from an asthma attack by quickly opening up the narrowed airways (dilating the bronchi). They do this by relaxing the muscles surrounding the airways, and are known to doctors and other asthma professionals as bronchodilators.</p> <p>There are two types of airway openers short-acting bronchodilators and long-acting bronchodilators. The most widely used short- and quick-acting airway openers are salbutamol (also known as albuterol) and terbutaline. Salmeterol is a long-acting airway opener that has a slower action, so it is used for longer-term control, but not for the quick relief of symptoms. Formoterol is a long-acting airway opener that is also quick-acting, so it can be used both for the immediate relief of symptoms and for longer-term control.</p>
## intent: asthma_anti-inflammatory		response: utter_anti-inflammatory
	<ul style="list-style-type: none"> - what effects do anti-inflammatory medications have - why anti inflammatory medications are used against asthma - why anti inflammatory medications are important in asthma treatment - what role anti inflammatory medications play in asthma treatment 	<p>Asthma is caused by inflammation of the airways, which makes them become red, swollen, narrower and extra-sensitive to irritants. Anti-inflammatory medicines relieve this inflammation, so that the swelling goes down and further swelling is prevented, the narrowing due to muscle tightening is reduced, and the airways become less sensitive to asthma triggers.</p>
## intent: asthma_airway_opener		response: utter_airway_opener
	<ul style="list-style-type: none"> - what effects do airway opener medications have on asthma - what effects do reliever medications have on asthma - why airway opener medications are used against asthma - why reliever medications are used against asthma - what effects do relievers have on asthma - what effects do airway openers have on asthma 	<p>Airway openers work by opening up the narrowed airways. They do this by relaxing the muscles surrounding the airways. This makes it easier to get air in and out of the lungs. Most airway openers work quickly and can be used to treat an asthma attack. They are sometimes called relievers or rescue bronchodilators.</p>
## intent: asthma_side_effects		response: utter_side_effects
	<ul style="list-style-type: none"> - can asthma itself cause side affects - what are the side effects of asthma - what side effects can asthma have on your body - are there any side effects of asthma 	<p>Many people focus on the side effects of treatment so much that they forget that poorly treated asthma can also cause side effects. Apart from the (fortunately low) risk of dying from asthma, there is also a risk that lung function will deteriorate over</p>

		the years and that you will become disabled by chronic asthma as you age. Children with poorly treated asthma do not grow properly and pregnant women with poorly controlled asthma have a higher risk of complications, for example poor growth or death of the unborn baby.
## intent: asthma_spreadable		response: utter_spreadable
	<ul style="list-style-type: none"> - is asthma contagious - is asthma spreadable - can asthma spread from person to person 	No, asthma is not contagious so it can't spread from person to person.
## intent: asthma_garlic		response: utter_garlic
	<ul style="list-style-type: none"> - how garlic can help asthma patients - is garlic helpful against asthma - is garlic useful against asthma - how garlic can be effective 	Garlic has several health benefits, including anti-inflammatory properties. Because asthma is an inflammatory disease, garlic may be able to help relieve your symptoms. However, there is still not enough evidence to claim this fact.
## intent: asthma_ginger		response: utter_ginger
	<ul style="list-style-type: none"> - how ginger can help asthma patients - is ginger helpful against asthma - is ginger useful against asthma - how ginger can be effective 	Ginger is another herb that contains anti-inflammatory properties and may help with severe asthma. Oral ginger supplements are linked to an improvement in asthma symptoms. However, there is still not enough evidence to claim this fact.
## intent: asthma_honey		response: utter_honey
	<ul style="list-style-type: none"> - how honey can help asthma patients - is honey helpful against asthma - is honey useful against asthma - how honey can be effective 	Honey is frequently used in cold remedies to help soothe the throat and reduce coughing. You can mix honey with a hot beverage like herbal tea to provide relief for your symptoms.
## intent: asthma_fish		response: utter_fish
	<ul style="list-style-type: none"> - how fish can help asthma patients - how omega 3 can help asthma patients - is fish helpful against asthma - is omega 3 helpful against asthma - is fish useful against asthma - is omega 3 useful against asthma - how fish can be effective - how omega 3 can be effective 	Omega-3 oils found in fish are shown to have many health benefits. They may also work to decrease airway inflammation and improve lung function in people with severe asthma.
## intent: asthma_caffeine		response: utter_caffeine
	<ul style="list-style-type: none"> - how caffeine can help - is caffeine useful against asthma - is caffeine helpful against asthma - how caffeine can be effective 	Caffeine can be effective for people with asthma. It may be able to improve the function of airways for up to four hours after consumption. It can also reduce respiratory muscle fatigue.
## intent: asthma_mulethi		response: utter_mulethi
	<ul style="list-style-type: none"> - how mulethi can help - is mulethi useful against asthma - is mulethi helpful against asthma - how mulethi can be effective 	Mulethi is also known as yashtimadhu or liquorice root. A tea made from the root of mulethi might be recommended by your Ayurvedic physician. To make the tea, you should take the root and boil it in

		water. Drinking this tea might be helpful for asthma. However, more studies are required to prove the potential effects of mulethi on asthma.
## intent: asthma_lavanga		response: utter_lavanga
	<ul style="list-style-type: none"> - how lavanga can help - how clove can help - is lavanga useful against asthma - is clove useful against asthma - is lavanga helpful against asthma - is clove helpful against asthma - how lavanga can be effective - how clove can be effective 	Clove or lavanga is commonly used in Indian kitchens. It might help with asthma as well. It is used to make a decoction. To make the decoction, you should take the coarse powder of clove, a few tulsi (basil) leaves and black pepper and boil them in some water. Drinking this preparation might be recommended by your Ayurvedic physician. However, more research is required to back up such claims. Therefore, please consult a doctor before using it.
## intent: asthma_steaming		response: utter_steaming
	<ul style="list-style-type: none"> - can steaming be used for asthma - is steaming effective against asthma 	Steaming can clear nasal and chest congestion. Steam treatment is not specifically for asthma but it can provide moisture to your respiratory system and clear accumulated mucus.
## intent: asthma_onion		response: utter_onion
	<ul style="list-style-type: none"> - can onion be used for asthma - how onion can help against asthma 	Yes, those suffering from asthma can benefit from onions. This vegetable that makes many cry can be a boon to asthmatics. It has anti-inflammatory properties and helps clear the airways
## intent: asthma_home_remedies		response: utter_home_remedies
	<ul style="list-style-type: none"> - what are the home remedies for asthma - are there home remedies for asthma - can asthma be treated at home 	Garlic, ginger, clove, mulethi, honey, caffeine, omega 3, onion, steaming etc are considered effective home remedies for asthma. However, more research is required to prove their potential use. Moreover, a doctor must be consulted before using these herbs for asthma.
## intent: asthma_precautions		response: utter_precautions
	<ul style="list-style-type: none"> - what precautions can be taken to prevent asthma - what are the precautions I can take for asthma 	<p>People with asthma need to be careful of their surroundings and must take the following precautions for their well-being:</p> <ol style="list-style-type: none"> 1) Know your triggers and avoid them 2) Avoid smoke of any type 3) Take your prescribed medications 4) Keep yourself warm during winters