

Alternative System of Medicine (AYUSH) as an Alternative in Preventing the Progression of COPD- A Review

Khyati Prakash^{*1}, Kumar Chandan^{*1}, Hardik Gupta^{*1}, Pranshu Roy^{*1},
Mehak Segan¹ Shazina Saeed¹, Rajiv Janardhanan¹

¹Amity Institute of Public Health, Amity University, Noida, UP
E-mail: *denotes equal contribution

ABSTRACT—WHO has estimated more than 3 million died due to COPD which is 6% of total global population being more prevalent and contributing to high mortality and morbidity rates in low and middle income countries (2012). Exposure to indoor air pollution primarily due to solid fuel usage and increased tobacco use among both men as well as women has put a larger population at risk. India not only needs a “National COPD Prevention and Control Program” but also needs to recruit AYUSH in conjunction with the modern medicine. Many remedies like herbal steroid preparation containing “Tulsi” and first line rational polytherapy, protective therapy and adjuvant therapy can be utilized to drop down the COPD prevalence rate.

Aims and objectives: To understand how the alternative system of medicine (AYUSH) can be helpful in managing COPD.

Materials and Method: An extensive literature search was done on various search engines such as PubMed and Google scholar with specified keywords. Both Indian and International Journals were looked at

Results: The inflammation of air pathway in COPD poorly responds to anti-inflammatory agents available at global market, major objective of COPD management continues to have sustained Broncho-dilation. Growing results suggests that implementing AYUSH strategies at an early stage of the disease can make an effective barrier in disease progression and enhance the patient’s quality of life. Also developing the efficacy through AYUSH practice will also reduce the socioeconomic burden of COPD.

Conclusion: We need a well decentralized system for COPD and need to train the professionals of alternative medicine to help fight COPD prevalence in India.