

Aromatherapy and Asthma 芳香療法和哮喘 / 芳香疗法和哮喘

What is Asthma?

什麼是哮喘? / 什么是哮喘?

Asthma UK reports that:

哮喘英國報告說： / 哮喘英国报告说：

“Asthma is a long-term condition that affects your airways - the tubes that carry air in and out of your lungs. You could say that someone with asthma has 'sensitive' airways that are inflamed and ready to react when they come into contact with something they don't like.

“哮喘是一種影響氣道的長期病症 - 將氣體輸入和輸出肺部的導管。你可以說患有哮喘的人有“敏感”的氣道，當他們接觸到他們不喜歡的東西時會發炎並準備好做出反應。 / “哮喘是一種影响气道的长期病症 - 将气体输入和输出肺部的导管。你可以说患有哮喘的人有“敏感”的气道，当他们接触到他们不喜欢的东西时会发炎并准备好做出反应。

Asthma tends to run in families, especially when there's also a history of allergies and/or smoking.

哮喘傾向於在家庭中運行，特別是當有過敏史和/或吸煙史時。 / 哮喘倾向于在家庭中运行，特别是当有过敏史和/或吸烟史时。

How does asthma affect the airways?

哮喘如何影響氣道? / 哮喘如何影响气道?

When a person with asthma comes into contact with something that irritates their sensitive airways even more (an asthma trigger), it causes their body to react in three ways:

當患有哮喘的人接觸到更刺激敏感氣道的事物（哮喘引發）時，它會導致身體以三種方式作出反應： / 当患有哮喘的人接触到更刺激敏感气道的事物（哮喘引发）时，它会导致身体以三种方式作出反应：

1. the muscles around the walls of the airways tighten so that the airways become narrower
呼吸道壁周圍的肌肉收緊，使呼吸道變窄 / 呼吸道壁周围的肌肉收紧，使呼吸道变窄
2. the lining of the airways becomes inflamed and starts to swell
呼吸道內壁發炎並開始腫脹 / 呼吸道内壁发炎并开始肿胀
3. sticky mucus or phlegm sometimes builds up, which can narrow the airways even more.
粘稠的粘液或痰有時會積聚，這可以使氣道更加狹窄。 / 粘稠的粘液或痰有时会积聚，这可以使气道更加狭窄。

These reactions cause the airways to become narrower and irritated - making it difficult to breathe and leading to asthma symptoms, such as chest tightness, wheezing, or coughing.

這些反應導致呼吸道變窄和刺激 - 使呼吸困難並導致哮喘症狀，如胸悶，喘息或咳嗽。 / 这些反应导致呼吸道变窄和刺激 - 使呼吸困难并导致哮喘症状，如胸闷，喘息或咳嗽。

Who gets asthma?

誰得了哮喘? / 谁得了哮喘?

In the UK, around 5.4 million people are currently receiving treatment for asthma. That's one in every 12 adults and one in every 11 children. Asthma affects more boys than girls. Asthma in adults is more common in women than men. Asthma can sometimes be defined as a type, such as 'occupational'. Approximately five per cent of people with asthma have severe asthma.

在英國，目前約有 540 萬人接受哮喘治療。這是每 12 個成年人中就有一個，每 11 個孩子中就有一個。哮喘影響的男孩多於女孩。成人哮喘在女性中比男性更常見。哮喘有時可以定義為一種類型，例如“職業”。大約 5% 的哮喘患者患有嚴重的哮喘。 / 在英国，目前约有 540 万人接受哮喘治疗。这是每 12 个成年人中就有一个，每 11 个孩子中就有一个。哮喘影响的男孩多于女孩。成人哮喘在女性中比男性更常见。哮喘有时可以定义为一种类型，例如“职业”。大约 5% 的哮喘患者患有严重的哮喘。

Can asthma be cured?

哮喘可以治愈嗎? / 哮喘可以治愈吗?

Here at Asthma UK we're striving to find a cure, but currently there is no cure for asthma. The good news, though, is that there are lots of safe and effective treatments available to manage the symptoms. You just need to work with your GP or asthma nurse to find the ones that work well for you, and get into good habits so you take them exactly as prescribed, so you can get the benefits.

在英國，我們正在努力尋找治愈哮喘方法，但目前尚無治愈哮喘的方法。然而，好消息是，有許多安全有效的治療方法可用於控制症狀。你只需要與你的全科醫生或哮喘護士一起找到適合你的那些，並養成良好的習慣，這樣你就可以按照規定服用，這樣你就可以獲得好處。 / 在英国，我们正在努力寻找治愈哮喘方法，但目前尚无治愈哮喘的方法。然而，好消息是，有许多安全有效的治疗方法可用于控制症状。你只需要与你的全科医生或哮喘护士一起找到适合你的那些，并养成良好的习惯，这样你就可以按照规定服用，这样你就可以获得好处。

Is asthma a serious condition?

哮喘病情嚴重嗎? / 哮喘病情严重吗?

Tragically, three people die every day because of asthma attacks and research shows that two thirds of asthma deaths are preventable. The reassuring fact is that most people with asthma who get the right treatment - and take it correctly - can manage their symptoms and get on with what they want to do in life."

可悲的是，由於哮喘發作，每天有三人死亡，研究顯示三分之二的哮喘死亡是可以預防的。令人欣慰的事實是，大多數哮喘患者得到正確的治療 - 並且正確使用 - 可以控制他們的症狀並繼續他們想要做的生活。" / 可悲的是，由于哮喘发作，每天有三人死亡，研究显示三分之二的哮喘死亡是可以预防的。令人欣慰的事实是，大多数哮喘患者得到正确的治疗 - 并且正确使用 - 可以控制他们的症状并继续他们想要做的生活。"

How Can Aromatherapy Help with Asthma?

芳香療法如何幫助哮喘? / 芳香疗法如何帮助哮喘?

Certain essential oils may help to reduce the occurrence and severity of asthma attacks by helping to open the airways and reduce inflammation. Potential essential oils include:

某些精油可能有助於通過幫助打開呼吸道和減少炎症來減少哮喘發作的發生和嚴重程度。潛在的精油包括： / 某些精油可能有助于通过帮助打开呼吸道和减少炎症来减少哮喘发作的严重程度。潜在的精油包括：

- Clary Sage
鼠尾草 / 鼠尾草
(*Salvia sclarea*)
- Eucalyptus
桉樹 / 桉树
(*Eucalyptus globulus, E. smithii, E. radiata, E. dives*)
- Peppermint
薄荷 / 薄荷
(*Mentha piperita*)
- Cypress
柏樹 / 薄荷
(*Cupressus sempervirens*)
- Lavender
薰衣草 / 薰衣草
(*Lavandula angustifolia, L.spica*)

- Marjoram
馬鬱蘭 / 马郁兰
(*Origanum majorana*)
- Melissa
梅麗莎 / 梅丽莎
(*Melissa officinalis*)
- Rosemary
迷迭香 / 迷迭香
(*Rosmarinus officinalis*)
- Frankincense
乳香 / 乳香
(*Boswellia sacra*)
- Myrtle
桃金娘 / 桃金娘
(*Myrtus communis*)
- Tea Tree
茶樹 / 茶树
(*Melaleuca alternifolia*)

Always contact a qualified Aromatherapist who will guide you on the oils that are suitable for your individual needs.

請務必聯繫合格的芳香療法師，他將為您提供適合您個人需求的潤滑油。 / 请务必联系合格的芳香疗法师，他将为您提供适合您个人需求的润滑油。

References:

參考文獻： / 参考文献：

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The Art of Aromatherapy by Robert Tisserand

Robert Tisserand 的芳香療法藝術 / Robert Tisserand 的芳香疗法艺术

Aromatherapy – An A-Z by Patricia Davies

芳香疗法 - Patricia Davies 的 A-Z / 芳香疗法 - Patricia Davies 的 A-Z

The Complete Guide to Aromatherapy by Salvatore Battaglia

Salvatore Battaglia 完整的芳香疗法指南 / Salvatore Battaglia 完整的芳香疗法指南

The Encyclopedia of Essential Oils by Julia Lawless

朱莉婭勞里斯的精油百科全書 / 朱莉婭勞里斯的精油百科全书

Encyclopedia of Aromatherapy by Chrissie Wildwood

Chrissie Wildwood 的芳香療法百科全書 / Chrissie Wildwood 的芳香疗法百科全书

Essential Oils in Colour by Rosemary Caddy



Rosemary Caddy 的顏色精油 / Rosemary Caddy 的颜色精油

Aromatherapy Workbook by Marcel Lavabre

Marcel Lavabre 的芳香療法工作手冊 / Marcel Lavabre 的芳香療法工作手冊

Aromatherapy for Health Professionals by Shirley and Len Price

Shirley 和 Len Price 為衛生專業人員提供芳香療法 / Shirley 和 Len Price 为卫生专业人员提供芳香療法

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