

Home Page

Logo



URL

<http://www.medinewsdigest.com/>

Subjects

Medicine – Digests
Medical – Digests

Accessibility

Free

Language

English

Publisher

Yves Eljas

Brief History

Mr. Yves Eljas (Master In Physics, PhD in Engineering; University Of Paris, 1975) is publisher and author of the Medical News Digest since 2008.

Scope and Coverage

The Medical News Digest provides news about medical conditions as well as alternative medicine and medical aspects of nutrition. It also provides medical news on (a) Major Health Issues: Autoimmune Diseases, Multiple Sclerosis, Diabetes, Spinal Cord Injury, Fibromyalgia, Tinnitus, (b) Natural Health: Complementary and Alternative Medicine, Nutrition, Pollution.

Kind of Information

Each entry (news article) available with its complete title and publishing date. Articles are present briefly point wise with photographs and technical terms. Sometimes translation of technical terms also attached. After each entry sources are included. An example is given below.

IN DEPTH: Natural Remedies Against Asthma: Ginger And Vitamin D

0

May 27, 2013

by Yves Eljas

Recent research, mostly in the past two years, supports the idea that two naturally available ingredients have come up as potential help against Asthma: Ginger and Vitamin D

- *About Vitamin D:*

Why would it work?

The mechanisms by which vitamin D acts to control Asthma symptoms are not yet well understood [1], and most study are of the epidemiology type: It is observed that in locations where there is increased intake of vitamin D [2], the pulmonary functions are better.

However, one research [3] targeted the specific action mechanisms of vitamin D on asthma, and the results were interesting.

Quoting them:

“...We summarize the evidence that 1,25(OH)D has receptors in multiple lung cell types and acts to abrogate asthma by several mechanisms: promoting lung immunity, decreasing inflammation, slowing cell cycling, reducing hyperplasia... Put together, there is compelling evidence for the role of vitamin D in asthma...”

Translating the technical quote: There are many vitamin D receptors in the lungs' cells, and they promote lung health by regulating absorption and synthesis of vitamin D. This means that the lungs could be sensitive to vitamin D balance in the body (homeostasis)

This the most direct research results we have found on the protective role of vitamin D for lung health and against asthma:

Many studies are also concerned about the impact of vitamin D on food allergies, the positive action of vitamin D for infants was documented in a more specific study.

Quoting the Journal of Allergy and Clinical Immunology [4]: “Infants of Australian-born parents, but not of parents born overseas, with vitamin D insufficiency (≤ 50 nmol/L) were more likely to be peanut [allergic]...infants with vitamin D insufficiency were more likely to have multiple food allergies rather than a single food allergy”

Since there is a definite connection between allergies and Asthma, as outlined in papers such as [5,6], *the vitamin D connection is further suspected.*

So, should we rush to large doses of vitamin D?

A word of caution:

I have written extensively on vitamin D in this blog, particularly about its impact on Heart Disease and Multiple Sclerosis. The dosage of vitamin D supplementation is not without controversy, and too much could result in vascular calcification [7]. How much is considered too much varies between 4000 and 10000 IU /day, some even claim 40,000 is ok. This variability demands caution.

So vitamin D supplementation for people with Allergies/Asthma issues, but talk to your health practitioner about dosages for you.

- *About Ginger:*

Ginger is the rhizome [core of the root] of the plant *Zingiber officinale*, and has been used by many Asian cultures as food and medicine. It has many entries in the LiveStrong health Website [8].



The Ginger Root

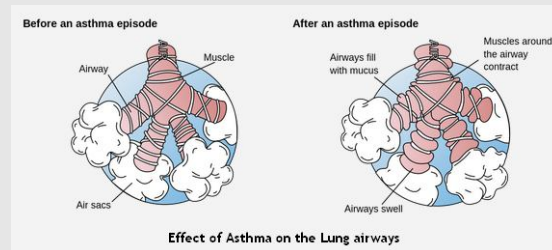
Why would it help against asthma and allergies?

Quoting the American Journal of Respiratory cells and molecular biology [10]:

“... ginger and its active components induce bronchodilation by modulating intracellular calcium ($[Ca^{2+}]_i$) in

airway smooth muscle (ASM)...”

Bronchodilatation is the opposite effect of asthma which is the result of chronic inflammation of the airways, and, subsequently results in increased contractility of the smooth muscles surrounding the lung pathways.



Translating this highly technical language:

*The **Ginger components help** free calcium concentration, and communication between cells. Such communication is involved in pulmonary vasoconstriction and **asthma**.*

So, here you have it, Ginger was shown to help asthma.

There are always people who will have a reaction to a type of food. However, ginger is on the FDA “generally recognized as safe” list [12]

So Livestrong recommend Asthmatic patients use it as a tea [13]. But the most complete discussion about Ginger can be found at the NCBI Library [14]

Sources:

1. [Dermatoendocrinology](#) ; “Vitamin D and Asthma” ; 2012
2. [Pulmonology](#), Diet and vitamin D as risk factors for lung impairment and COPD ; may 2013
3. [Journal of Investigative Medicine](#) ; “Mechanism of action of vitamin D in the asthmatic lung.”
4. [Current Opinion Allergy and Clinical immunology](#) ; “Food allergy: the perspectives of prevention using vitamin D.” ;2013
5. [Journal of Allergy and Clinical Immunology](#) ; “Vitamin D insufficiency is associated with challenge-proven food allergy in infants.” ; Feb. 2013

(Not complete list)

Special Features

- Contact and feedback option available with proper form.
- Links to social networking sites like Facebook, Twitter, Google+ and so on.
- One can share and bookmark any kind of entry.
- User can follow this digest via RSS.

Arrangement Pattern

The archives are arranged firstly year wise then month wise. One can search their information according to month.

December 2012 (2)
November 2012 (5)
October 2012 (5)
September 2012 (2)
August 2012 (5)
July 2012 (8)
June 2012 (6)
May 2012 (5)
April 2012 (9)
March 2012 (14)
February 2012 (8)
January 2012 (10)

Remarks

The goal of this digest is to provide the public with the necessary information to have educated discussions with their health practitioners. The Medical News Digest and its posts are to bring user's attention to topics that could benefit users and they should discuss with their doctor or other medical professional. The staff is not medically trained and posts are of a journalistic nature and not in lieu of medical advice.

Comparable Tools

- Open Medicine Digest (<https://blogs.biomedcentral.com/on-medicine/tag/open-medicine-digest/>)
-

Date of Access

March 14, 2017