

MINT LEAVES INHALATION THERAPY IN EFFORTS TO REDUCE BREATHING STRESS IN ASMA PATIENTS

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ABSTRACT

Introduction: *Asthma is a chronic inflammatory disorder of the airways characterized by repeated episodes of wheezing, shortness of breath, chest tightness, and coughing. Various inflammatory cells play a role, especially mast cells, eosinophils, T lymphocytes, macrophages, neutrophils and epithelial cells. Asthma is a disease that cannot be cured but can be controlled. Asthma sufferers can breathe normally if they control their asthma properly.*

Purpose: *to provide information to the public on how to loosen breathing in asthmatics non-pharmacologically with simple mint leaf inhalation therapy with the media booklet.*

Method: *educating the public about mint leaf inhalation therapy using booklet media. Booklet in the form of a small book that can be carried anywhere. Its complete content and attractive design can attract people to read and easily understand the material.*

Conclusion: *booklet media can be used as educational media in providing information about mint leaf inhalation therapy in reducing shortness of breath in asthma sufferers.*

Keywords: *Asthma, Mint Leaf Inhalation Therapy, Booklet*