

APPLICATION OF WHITE WOOD OIL STEAM THERAPY (EUCALYPTUS OIL) AGAINST BLOWTH OF BREATHIN PATIENTS WITH BRONCHIAL ASTHMA

Olyviana Yuni Pratama¹, Eska Dwi Prajayanti², Sutarwi³
Olyvianapratama009@gmail.com
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Shortness of breath and wheezing is a sign that someone has asthma. The prevalence of asthma is estimated at more than 260 million people and causes 461,000 deaths worldwide. Bronchial asthma is a disorder in the form of chronic inflammation of the airways which causes bronchial hyperactivity to various stimuli characterized by recurrent episodic symptoms in the form of wheezing, coughing, shortness of breath and a feeling of heaviness in the chest, especially at night and or early in the morning which are generally reversible either with or without treatment. **Purpose:** This study aims to determine changes in the degree of asthma in patients with shortness of breath with bronchial asthma by giving Eucalyptus Oil Inhalation therapy. **Method:** Descriptive research using a case study design. **Results:** There was a change in the degree of asthma after the eucalyptus oil Inhalation therapy was carried out in the respondents. **Conclusion:** There are differences in the development of changes in the degree of asthma in both patients with shortness of breath with bronchial asthma before and after the application of eucalyptus oil Inhalation therapy.

Keywords: Shortness of Breath, Bronchial Asthma, Eucalyptus Oil Inhalation