

## **ASTHMA SYMPTOM REDUCTION WITH THE PASSION FRUIT PEEL EXTRACT**

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**BACKGROUND:** Asthma affects as many as 400 million individuals worldwide and is one of the most important modifiable respiratory diseases.

**METHODS:** This study aimed to evaluate the efficacy of passion fruit in a randomized, double-blind, placebo-controlled study in adult patients between 12 –to 40 years of age with moderate to severe asthma. The passion fruit group received oral PFP extract 150 mg/day while the placebo group received placebo extract daily. Duration of treatment was 4 weeks.

**RESULTS:** Most clinical symptoms of asthma and spirometry values of subjects supplemented with PFP extract moderately but significantly improved compared with those taking placebo. The proportion of patients with wheezing, cough, and shortness of breath was reduced significantly by PFP while placebo caused no significant reduction (improvements in wheezing, cough and shortness of breath 80%, 85% and 90%, respectively, in the PFP group and 20%, 45% and 10%, respectively, in the placebo group). The FVC, FEV1 and PEFr were improved in the PFP group (2/2 to 2/8 L, ¼ to 1/7 L and 120 to 180 L/min, respectively) but not in the placebo group (2/5 to 2/6 L, 1/6 to 1/7 L and 220 to 250 L/min, respectively). Patients in both groups reported no significant adverse events.

**CONCLUSION:** The purple passion fruit peel extract may be safely offered to asthmatics as an alternative treatment to reduce clinical symptoms and improve lung function.

**Keywords:** passion fruit, asthma