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Asthma attacks are very painful for those who suffer them and also for those who take care of such patients. Sometimes the identification of the symptoms of asthma get delayed and as a result the situation becomes worsen for the patients so it is better to know more about the symptoms of asthma so that when it is in the milder stages one can prevent it from becoming a grave situation which might need admission to the hospitals. The early symptoms could be-

- # Cough increases at night
- # With almost any physical activity cough or wheezing is felt
- # Excessive tiredness is felt while you do any physical activity such as doing exercises
- # There will be less of peak expiratory flow
- # Sleep is restless
- # Some symptoms of allergy such as continuous runny nose, itchy skin, dark circles under the eyes

Once you are able to recognize these above symptoms of asthma, it might be possible to prevent the severity of asthma. It is better to consult with the healthcare so that proper action could be taken. When the asthma attack worsens, the air ways become narrow and it become inflamed. The passage fills up with mucus so certain other symptoms could be recognized which are-

- # Tightness in chest
- # Continuous coughing
- # Difficulty in breathing
- # Wheezing
- # The patient does not respond to medicines well

All these above symptoms hamper the daily activities of the patient and treatment also takes prolonged time. As the asthma symptoms worsen, the normal activities of a person get hampered to a great extent. Then immediate medical help is needed. One must know these emergency symptoms of asthma well-

- # While one breathes out and in there is severe wheezing
- # The rate of breathing is very fast
- # Difficulty in talking
- # Short of breath
- # Excessive sweating

- # The color of the fingertips change
- # Pressure in the chest or pain in the chest
- # Exhalation becomes very difficult
- # The patient has the feeling of anxiety or pain

There are certain ways to control the asthma symptoms. One must follow the advice of the doctor and continue taking the medicines as long as the doctors' advice. It is better to keep a notebook where one can write the activities one was doing before the onset of the asthma attack. It is better to avoid any kind of allergen such as smoke, perfume, pollution, aftershave etc.

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