



Salbutamol in Modern Asthma Management: A Concise Review

Simranjeet Kaur*, Shikha Rani

Department of Pharmaceutical Chemistry, Rayat Bahra University, Mohali, Punjab

Abstract: Asthma usually develops early in life due to sensitivity to inhalable pollutants such as pollen, viruses, pets, cockroaches, and house dust. Inhaled allergens stimulate the proliferation of type 2 T helper cells (Th2), which in turn stimulate the production and release of Th2 cytokines, interleukin (IL)-4, IL-5, and IL-13. Salbutamol, a selective short-acting beta-agonist (SABA), has become the mainstay of treatment for acute bronchospasm. It uses its treatment mainly by activating β_2 -adrenergic receptors, causing rapid contraction of muscles. The physiological effects of salbutamol are not limited to bronchodilation but also affect the cardiovascular, metabolic and neurological systems, but are generally safe at recommended doses. Self-healing strategies. This article highlights the effectiveness of salbutamol in treating asthma.

Keywords: Bronchodilation, Salbutamol, Inflammation,

Introduction:

Salbutamol is the oldest selective short-acting β_2 -agonist (SABA) and has been widely used in clinical practice since its introduction in 1968 [1], replacing the treatment of bronchospasm associated with asthma and other bronchopulmonary diseases [2]. Its selectivity towards β_2 -adrenergic receptors contributes to its effectiveness in rapid respiration of muscle cells [3,4], making it important for symptom relief and resistance preventing bronchospasm. The World Health Organization (WHO) considers salbutamol as one of the most important and safe drugs for global health.[5] Asthma is a chronic respiratory disease caused by narrowing of the airways, bronchoconstriction and airflow restriction. As a result of the interaction of genetic predispositions and environmental factors, asthma causes symptoms such as cough, chest tightness and shortness of breath. The pathophysiology of asthma involves airway inflammation, remodeling, and hypersensitivity associated with the immune system, cytokines, and mediators such as IgE. Allergens such as allergies, pollution, respiratory infections, and exercise can make symptoms worse. Treatment strategies include inhaled corticosteroids, bronchodilators, leukotriene modulators, and immunomodulatory therapy. Understanding the molecular and cellular mechanisms of asthma is important for developing treatment plans and improving patient outcomes.[6]

Review of literature:

Benjamin Sinyor et. Al (2023):- Since the early 1990s, asthma has increasingly become a disease. Bronchial asthma in children is mostly seen in older men before the age of 20, and this disease also occurs during this period. The difference between teenagers may be due to atrophy or to the fact that boys' oesophagus is longer than women's. Bronchial asthma also has a family history. However, the genes responsible for atopic allergies are still unknown. The body of the allergy is the lungs.

Dharmage S.C et.al (2019):- Bronchial asthma is a serious non-communicable disease worldwide, with public health implications for all children and adults, with severe prognosis and death in severe cases. Juvenile bronchial asthma is more common in men, while adult asthma is more common in women; This suggests that sex hormones may play a role in causing allergies.

Papi Alberto et.al (2020):- Since the Global Initiative for Allergy Alerts (GINA) was first published in 1995, national and international guidelines have recommended SABA as first-line treatment for patients with asthma; use methods designed to manage symptoms based primarily on the underlying condition; They are encouraged to seek medical attention as soon as possible. This approach is based on the idea that asthma signs and symptoms are related to bronchoconstriction rather than the accompanying pain due to airway obstruction.

Marques.l et.al (2022):- Salbutamol, the main choice for SABA in clinical use, was developed in 1968. It is a selective 2-adrenoceptor agonist indicated for the treatment of severe cases of bronchospasm caused by allergies and other persistent bronchopulmonary diseases. Due to its muscle strengthening properties, it is widely used to relieve symptoms and prevent bronchospasm.

Effectiveness of Salbutamol in Asthma Management:- Salbutamol is a selective beta2-adrenoceptor agonist that has long been considered a mainstay in the treatment of asthma. This study was carried out by Rodrigo et al. (2019) reported its rapid bronchodilator effect, which can provide rapid relief of asthma symptoms.

Role of Salbutamol in Preventing Asthma:- Exacerbations Salbutamol plays an important role in preventing exacerbations as well as reducing the severity of symptoms. Levy et al. (2020) highlighted its effectiveness in controlling asthma, reducing attacks, and improving patients' quality of life.

Safety Profile of Salbutamol:- Safety concerns often arise in asthma treatment. However, Papi et al. (2018) highlighted the excellent safety profile of salbutamol when used at recommended doses, making it a reliable choice for long-term asthma treatment.

Emerging Trends in Salbutamol:- Delivery recent advances in inhalers have made the distribution of salbutamol even more widespread. Usmani et al. (2021) discuss the impact of new inhaler devices on improving medication delivery, improving patient compliance, and ultimately improving outcomes in asthma patients receiving salbutamol packs..

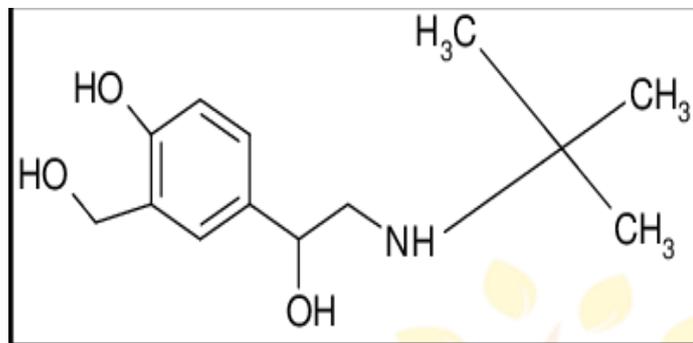
Adverse Drug Effects of Salbutamol:- Although salbutamol is effective, it has potential side effects. Zorzetto et al. (2020) reported side effects such as tachycardia, tremor, and hypokalemia, especially with high doses or frequent use. It is important to monitor these effects during treatment.

Chemistry:-

Salbutamol (Salbutamol) has chirality between (R)- and (S)-isomers [17]. Its pharmacological effects are mainly due to its (R)-enantiomer, which binds to human β 2-adrenergic receptors. Although the (S)-enantiomer is assumed to be inert in humans, its activity remains controversial [18,19,20]. Patel et al. [6] reported significant clinical potential in their

experimental studies. Additionally, non-racemic (R)-salbutamol may provide positive results. Gumhir Shah et al. [21] demonstrated similar pharmacokinetic (PK), pharmacodynamic (PD) and safety profiles of this isomer in minor asthmatic patients, whether used by inhalation alone or as part of a racemic mixture. However, conflicting results from several well-designed studies indicate that this isomer does not show better efficacy than racemic salbutamol [22, 23, 24].

IUPAC Name - RS)-4-[2-(tert-Butylamino)-1-hydroxyethyl]-2-(hydroxymethyl)phenol.



Structure Activity Relationship:-

- Primary or secondary aliphatic amine separated by two carbons from a substituted benzene ring is essential for the high agonist activity.
- The hydroxyl substituted carbon must be in the R configuration for the maximal direct activity.

R¹ substitution:

- When R¹ is increased in size, activity of alpha receptors decreases and activity of the beta receptors increases
- Activity of both alpha and beta receptors is maximum when R¹ is methyl group.
- Alpha agonist activity decreases when R¹ is larger than methyl, and went negligible when R¹ is isopropyl.
- Large lipophilic groups can afford compounds with alpha blocking activity.
- N-substituent provides selectivity for different receptors.
- Arylalkyl group can provide beta selectivity, increased cell penetration and increased lipophilicity for the longer duration of action.

R² substitution:

- Ethyl group can eliminate the alpha activity of the drug.
- Erythro-stereo-isomers have maximal activity.
- The additional methyl group makes the drug more selective for the alpha₂

R³ substitution on the aromatic ring:

- 3',4'-dihydroxy substituted benzene ring has poor oral activity.

- 3', 5'-dihydroxy compounds are orally active.
- At least one of the groups is required which can form hydrogen bonds. And if only one group is present then it is preferred at 4' position to retain the beta₂
- If phenyl group has no phenolic substituent, then it may act directly or indirectly[25,26].

Conclusion:- From the above article it is concluded that the use of salbutamol has better effect in the managing acute asthma, emphasizing personalized treatment strategies. It is indicated for symptomatic relief & prevention of bronchospasm due to bronchial Asthma, chronic bronchitis, reversible obstructive airway diseases.

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