

Abstract:

The article examines the physiological mechanisms underlying the use of *Garcinia kola* (GK) Heckel plant as an alternative medicine in the treatment of asthma. It discusses about asthma and the plant, which is popular in southern Nigeria and used in herbal medicine and as food. It examines the anti-asthmatic activity of xanthones and flavonoids. It concludes that GK is very promising in the treatment of asthma.