

Yoga- A Remedy for Asthma

Dr. Saraswati Kala¹ and Rahul Bhandari²

DEAN, Department of Yogic Sciences¹

Student (M.A. Yogic Sciences)²

Shri Guru Ram Rai University, Dehradun, Uttarakhand, India

Abstract: *Earlier it was said that Asthma is a disease which can never be cured completely. It is primarily a disease of the respiratory system and one of the most disconcerting of respiratory bug. Asthma affects 5-10% of the world's population or an estimated 23.4 million persons, including 7 million children and caused 461000 deaths. The prevalence of Asthma in India is about 30 million patients which is 3% of total population, with a prevalence of 2.4% in adults aged >15 years and about 27% children are asthmatic. There are more than 4,000 deaths occurred due to asthma each year. Not only standard medical treatment but now yoga is also a powerful weapon in defeating asthma. The healing and therapeutic aspects of yoga provide relief in asthma. This analysis furnished some data that yoga may be an effective method in management of asthma.*

Keywords: Asthma

I. INTRODUCTION

Asthma is a deep- rooted demagogic respiratory infection by intermittent attacks of snore or wheezing , shortness of breath and a tight feeling in the chest. A cough producing sticky mucous is a characteristic symptom. Wheezing while exhaling is a common sign of asthma in children.

The word “Asthma” originates from the Greek meaning “Panting”, “Gasping”, “Short of Breath”, or “Feeling tight in chest”.

Word “Asthma” has a long history. Derived from the Sanskrit “Vayu” “Wind”. It is very common in children, teens and adults. Asthma is a chronic lung disease which affects your airways make them narrow and swell and which may cause producing extra mucus. When you have asthma, your airways become inflamed and narrowed, the tubes that carry air in and out of your lungs.

The World Health organization (WHO) defined asthma as

“Asthma attacks all age groups but often starts in childhood. It is a disease characterized by recurrent attacks of breathlessness and wheezing, which vary in severity and frequency from person to person. In an individual, they may occur from hour to hour and day to day. This condition is due to inflammation of the air passages in the lungs and affects the sensitivity of the nerve endings in the airways so they become easily irritated. In an attack, the lining of the passages swell causing the airways to narrow and reducing the flow of air in and out of the lungs”.

Asthma is a major non communicable disease (NCD), affecting both children and adults. Most asthma-related deaths occur in low- and lower-middle income countries, where under-diagnosis and under-treatment is a challenge. WHO is committed to improving the diagnosis, treatment, and monitoring of asthma, to reduce the global burden of NCDs and make progress towards universal health coverage.

The attack of asthma may be last for a few minutes to few hours or even says where in the patient is exhausted . It is common to all ages, children and adolescents of both sexes, irrespective of socio – economic background.

II. ASTHMA TRIGGERS

Asthma symptoms frequently happen in response to a provocation –

Hypersensitivity – such as to ragweed, pollen dust mites, animal fur or feathers.

Smoke, exhaust fumes, impurities and pollution.

Infections like cold, chesty, flu.

Drugs – usually anti- inflammatory, painkillers like naproxen, ketoprofen, and ingredients in medicines like Advil and Bufferin.

Strong emotions counting stress, anxiety or anger.
Mildews, dampness and moisture.
Weather – Humid air, fluctuation in temperature, thunderstorms, cold air.
Exercises and workouts
Or Asthma may be hereditary.

III. ASTHMA MANAGEMENT BY YOGIC TREATMENT

Main concentration is on the rejuvenation of collapsed and impassable pranic energy avenues with the help of shuddhi kriyas, asanas and pranayamas in assault free conditions. Yogic treatment reduces the intensity of attack and increases the gap between two attacks. It enhances the stamina, endurance and reduces hyperacidity. Treatment of asthma normally involves medication, which gives relaxation to the muscles of airways and decreases the mucus and swelling. Few researches says that yoga can be a very useful correspondent treatment for asthma. Yoga is a natural alternate which can help the asthmatic patients.

A 2016 assessment of clinical testing in which around 1,048 participants found that practicing yoga improves their quality of life and symptoms in people with asthma.

Breathing exercises helps you in gaining the control over your breathes. If it practiced in a correct way than these techniques of breathing exercises will increase more effective breathing.

3.1 Diaphragmatic Breathing

If you are asthmatic then your body have to do extra work to breathe. Diaphragmatic breathing cut- down this extra hard effort by opening the airways and it also increases your lung and heart functions.

3.2 Pursed Lip Breathing

It is a breathing exercises which helps to give relieves in shortness of breath. This breathing exercise deliver more oxygen to your lungs, through this the rate of breathing slows down.

Asanas- some yoga poses can relieve asthma by help in opening your chest muscles.

Viparitkarani, halasana, matsyasana, pavanmuktasana, bhujangasana, vakrasana, bridge pose, seated spinal twist, chakarasana, tadasana, parvatasan, camel pose, gomukhasana, salabhasana, etc., According to the flexibility of the spine and physical capacity of the asthmatic patients.

These poses stretch your respiratory muscles and also stretches back muscles and reduces tension in the torso.

Poses like bridge and cobra pose extends your chest muscles and it also bolster blood circulation which helps in taking better and deeper breathing.

Pranayamas like anuloma-viloma or alternate nostrils breathing is a well- liked yoga techniques for lighten the stress. It also helpful in lighten the stress. It also helpful in decreasing the shortness of breath which caused by asthma.

Bhastrika pranayama is done along with kapalbhati to cleanse the airways of the body.

Bhramari and ujjai pranayama can also performed to cure asthma symptoms.

Kriyas like Neti, dhauti specially vama and vastra dhauti and kapalbhati.

Mudras like brahmamudra and simhamudra .

Bandhas like uddiyan, and mild agnisara .

OM narration.

IV. CONCLUSION

Do not neglect the attack .take necessary medicines and don't perform yoga pactices during attack. Yoga ia an natural remedy to cure asthma symptoms . Performing yoga on daily basis improves your immunity and your breathing capabilities . Yoga is very beneficial for our body. Performing pranayama daily gives very positive results on your asthma . Always keep your inhaler near you while practicing yoga .

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- (1) Research Associate (ICMR), Department of Pulmonary Medicine, King George's Medical University, Lucknow, UP, India.
 - (2) Professor & Head, Department of Pulmonary Medicine, King George's Medical University, Lucknow, UP, India.
 - (3) Naturopath, Institute of Human Consciousness & Yogic Sciences, Lucknow University, Lucknow., UP, India.
 - (4) Research Scholar, Department of Pulmonary Medicine, King George's Medical University, Lucknow, UP, India.
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