

## Yoga for Bronchial Asthma

# Yoga For ASTHMA



It is defined as a chronic inflammatory disorder of the airways, characterized by reversible airflow obstruction causing cough, wheeze, chest tightness and shortness of breath.

### Causes

- Allergens
- Infection
- Exercise
- Environment
- Occupation
- Drugs
- Emotion

### Clinical Features

It may be either episodic or chronic

### **Episodic Asthma**

- In this form of the disease the patient has no respiratory symptoms or signs between episodes of asthma.
- Paroxysms of wheeze and dyspnoea occur at any time and can be of sudden onset.
- It can be triggered by allergens, exercise or viral infections.
- Attacks may be mild or severe and may last for hours, days or even weeks

### **Chronic Asthma**

- Chest tightness
- Wheeze
- Breathlessness on exertion
- Spontaneous cough and wheeze during the night and early morning

### **Yogic Practices**

- Surya namaskara
- Shashakasana
- Pranamanasana
- Sarvangasana
- Suptavajrasana – Ushtrasana
- Hasta Uttanasana
- Utthita lolasana
- Dwikonasana

- Matsyasana
- Backward bending asanas
- Pada hastasana
- Baddha padmasana.

### **Pranayama**

- Nadishodhana
- Bhastrika
- Kapalabhati
- Deep abdominal breathing at all times.

### **Shatkarma**

- Vastra dhauti
- Shankhprakhshalana
- Kunjal
- Jalneti.

### **Other**

- Yoga nidra
- Meditation