

Yogic Management of Bronchial Asthma

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Abstract: *The nerve system's autonomic functions (ANS). A lot of research has looked into the benefits of yoga for asthma management. People who used a holistic program like yoga, which includes meditation, asana (posture), and pranayama (breathing), had fewer weekly asthma attacks, improved breathing, and responded better to medicine. (Miles 1964) was one of the first to investigate how breathing modifications during pranayama can minimize oxygen usage and boost productivity. He concluded that a yoga practice like this would be effective in many hypoxic situations. Yogic practices help you lose weight, enhance lung function, lower your heart rate, boost your vital capacity, and hold your breath longer. Additionally, yoga has a profound effect on the autonomic nervous system (ANS). Several studies examine the benefits of yoga practice which help to manage asthma. People incorporating a holistic program such as yoga that helps with meditation, asana (posture), and pranayama (breathing), had fewer weekly asthma attacks, improved breathing, and responded better to their medication. (Miles 1964) was one of the first people to study the respiratory changes during pranayama which could reduce oxygen consumption and increase working efficiency. He inferred such a practice of yoga would be beneficial in many hypoxic conditions. Yogic practices help you lose weight, enhance lung function, lower your heart rate, boost your vital capacity, and hold your breath longer.*

Keywords: Asthma, Yoga, Paenayam, Shatkarma

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