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Management of Bronchial Asthma Through Yogam

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Abstract: Common people often suffer with recurrent symptoms of reversible airflow restriction and bronchospasm due to bronchial asthma, a chronic inflammatory disease of the airways of the lungs. Asthma of the bronchi is called "Iraippu irumal" in the Siddha medical tradition. Today more than ever, yoga is being used as a form of treatment for a wide range of illnesses. In its current state, yoga is one of the most reliable and effective medical practises available. Regular yoga practise has becoming more commonplace across the world. This method is well-known for its ability to keep people healthy and disease-free without the need of pharmaceuticals. Yoga's efficacy in treating a wide range of illnesses has now been recognised by the conventional medical establishment. Increasingly, people are looking to yoga's holistic approach as a potential treatment. There have been several scientific studies confirming the healing power of yoga for a wide range of conditions. The doctor may wisely and efficiently prescribe the combination of different yoga practises based on the scientific assessments of Asanas, Pranayama techniques, and meditation.

Keywords: Bronchial asthma, Iraippu irumal, Yogam, Respiratory disorder, Siddha

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Introduction

The Siddha medical system is one of India's oldest. The ancient Tamilians and Dravidians of southern India developed what is now known as Siddha as their primary medical system (Thas, 2008). Because of its focus on the whole person, Yoga Therapy (which includes physical, mental, and spiritual components) is considered a holistic practise. Several yogic techniques are designed to methodically improve health in a wide range of bodily systems, from the circulatory and

respiratory to the muscular and neurological. Doing yoga has been shown to enhance digestion, promote mental health, and increase tissue oxygenation. Waste products, carcinogens, and cellular poisons are all things that yoga may aid the body in flushing out.

Asthma of the bronchi is a respiratory illness that causes the airways to constrict, usually in reaction to an allergen, cold air, physical exertion, or even just mental stress. In addition to being a

severe health issue in India, asthma is a worldwide epidemic among children. In the last ten years, reports have shown that the prevalence of bronchial asthma has increased dramatically (Pal *et al.*, 2009). The industrialisation of city centres is largely responsible for this rise in environmental smoke and air pollution. Asthma strikes at a young age in the vast majority of youngsters. A wide range of estimates, from 2% to as high as 22%, has been recorded for the prevalence of asthma in India. Such a large discrepancy arises from a number of factors, including diverse geographical and climatic conditions throughout India as well as differences in study methodologies. Asthma is characterised by heightened reactivity of the trachea-bronchial tree to diverse stimuli, which causes episodic, reversible broncho-constriction (Lai *et al.*, 2009). Asthma may be classified clinically in a number of ways, such as steroid-dependent, steroid-resistant, difficult, and fragile. Asthma of the bronchi is called "Iraippu irumal" in the Siddha medical system. Yoga as a therapeutic practise has evolved in recent decades. In its current state, yoga is one of the most reliable and effective medical practises available. Yoga has become a regular part of life for people all around the world (Paramesh, 2008). This method is well-known for its ability to prevent illness and improve health without the use of pharmaceuticals. The yoga's benefits in treating numerous disorders are now being recognised by the contemporary medical community. The purpose of this research is to determine whether or not yoga is helpful for bronchial asthma patients.

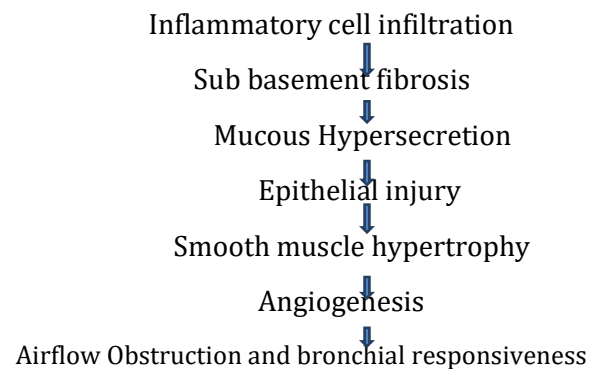
Signs and Symptoms:

Bronchial Asthma is characterized by difficulty in breathing, wheezing and cough at night. The symptoms are:

- Expiration is a struggle.
- Chest pain or discomfort, a feeling of tightness in the chest.
- One to several hours is the typical duration of a bronchial asthma episode.

- There is evidence that assaults of this magnitude may have adverse effects on the cardiovascular system.
- A "status asthmaticus" is a medical emergency characterised by a severe attack that does not respond to standard treatment. (Kumar *et al.*, 2014)

Pathophysiology:



Triggers of Bronchial Asthma:

- Habitual use of tobacco products
- Allergens found inside include dust mites, mould, and animal dander or hair.
- Pollen and mould spores, two common allergies found outdoors
- Mental or emotional strain, such as from really strong emotions like anger, sadness, or comedy.
- Exercising or engaging in other forms of physical activity
- The common cold, the flu, and the COVID-19 virus are all examples of infections.
- Aspirin is one medication that might cause significant breathing difficulties in persons with severe asthma.
- Monosodium glutamate and other food additives.
- Very low temperatures or stale air. (Jindal *et al.*, 2009)

Yogic Management of Bronchial Asthma:

The purpose of yoga therapy for managing

bronchial asthma is to ease any tightness in the airways and to attack any underlying causes of the condition.

Shatkriyas: Jalaneti, kapalabhati, kunjla, vastra dhouti.

Pranayamam: Full yogic breathing

Yogasanams:

- Trikonasanam
- Tadasanam
- Sethu bandhasanam
- Ardha chakrasanam
- Gomukhasanam
- Marjariasanam
- Ushtrasanam
- Makarasanam
- Bhujangasanam
- Savasanam

Meditation: Om chanting

Shatkriyas:

Jalaneti:

Neti is intended for the purification of the nostrils. Neti are in four types namely; Jala Neti (Fig. 1), Sutra Neti, Dugdha Neti (milk is used) and in Ghrita Neti (ghee) is used instead of water. It is effective in asthmatic condition and increases the mental clarity.

Kapalabhati:

Kapala in Sanskrit means skull; and “Bhati” means shine. So the term “kapalabhati” means an exercise that makes the skull shine. This kriya cleanse the skull. Kapalabhati (Fig. 1) is a breathing technique for purifying the frontal region of the brain. Kapalabhati cleanses the respiratory system and the nasal passage and removes the spasm in bronchial tubes.

Dhouti (Cleansing the intestine):

Dhouti Kriyas are meant for cleansing the upper

intestinal tract up to the stomach. There are two types of Dhouti; vaman dhouti and vastra dhouti. Jala Dhouti or Vaman Dhouti (kunjla) is cleansing the stomach with water. In this kriya the lukewarm salt water will be drinking and vomiting. In Vastra Dhouti cloth will be using for cloth.

The Yogic Breath : Pranayama:

Know breath:Know Life

- ❖ It has great effects on Obstructive lung disorders as it reduces and relaxes bronchospasm, it facilitates diaphragmatic relaxation and aids in regulated rhythmic breathing.
- ❖ Regulating the breath regulates the mind, relaxes the physique, as the breath is the connecting link between mind and body.
- ❖ It leads to decreased adreno-cortical activity therefore increases ability to resist stress.
- ❖ Use of full lung capacity, therefore cardiac functions also improve due to improved gas exchange thereby increasing physiological resistance too.
- ❖ Improves expiratory capacity hence said to be “Relaxing component of body”.
- ❖ Ujjayi and Anulom-Vilom Pranayama are beneficial for these conditions.

Trikonasana:

There is a notable increase in spinal energy. The lungs also benefit from this asana. Helps keep you from becoming backed up. Heals arthritis in the hips and back, as well as malignancies of the body, neck, and glands. (Fig. 2)

Tadasanam:

It enhances breathing and encourages spinal equilibrium, both of which might assist inefficient breathing. In addition to relieving bronchial asthma symptoms, full-body stretches help clear kapha congestion by stimulating the lungs' upper regions. By taking use of gravity, full-body stretches assist alleviate bronchial asthma



Jalanethi



Kapalapathi

Fig. 1: Jalanethi and Kapalapathi.

Vaman Dhauti & Vastra Dhauti



Fig. 2: Tirkonasana.

symptoms by clearing kapha congestion from the lungs (Fig. 3).



Fig.3: Tadasanam.

Setubandhasanam:

It helps to fortify the spine while also increasing spinal mobility. By strengthening the lower back and hip extensors, the lumbar curvature is enhanced, the lumbosacral etc. is stabilised, and the LOG is brought into better alignment. If you can get your chest to open up, you will be able to breathe easier. Since this Asana influences the Manipoor, Anahat, and Vishuddhi Chakras, it may aid those with bronchial asthma by balancing their doshas (Vata and Kapha) and correcting Agni Dushti (Fig. 4).



Fig. 4: Setubandhasanam.



Fig. 5: Gomukhasanam.



Fig. 6: Arda sakrasanam.

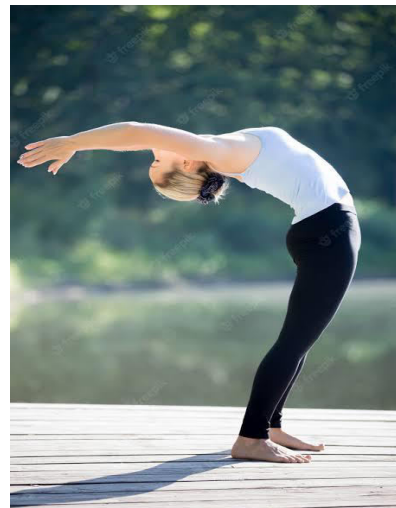


Fig. 7: Marjarasana.



Fig.8: Ushtrasana.



Fig. 9: Bhujangasanam.

Gomukasanam:

With regular practise of Gomukasanam, your upper back, upper arm, chest, hips, and thighs will gain strength and flexibility. Facilitates better lung function and aids in recovery from respiratory issues. Chest expansion aids in the treatment of bronchial asthma by increasing airflow to the lung's base. (Fig. 5).

Ardha chakrasanam:

Muscles in the chest, back, and arms are all worked on and strengthened by the Ardha chakrasanam pose. breathing is facilitated by rib cage expansion. Easy access to prana as with bronchial asthma, directing pranic energy from the manipoor chakram to the visuthi chakram will assist relax the bronchioles and provide comfort to the sufferer (Fig. 6).

Marjarasana:

It strengthens the lungs and opens up the chest and shoulders via the practise of marjarasana. It helps you move from a central point and synchronise your breathing with your body's motions. Breathing exercises that emphasise spinal relaxation have been shown to increase Pranic flow to each Chakra, and adjusting one's breathing has been shown to alleviate bronchial asthma symptoms (Fig. 7).

Ushtrasana:

Via stimulating the face tissues, nasal tube, throat, lungs, and all of the respiratory organs and nerves, it enables the lungs to expand to their full potential and the ribcage to grow. Bronchial asthma may be cured by increasing airflow to the alveoli, which is achieved by expansion. Adequate functioning of the respiratory system is expected. (Fig. 8)

Bhujangasanam:

It tightens the buttocks, stimulates the digestive system, and stretches the chest, shoulders, and belly. Also, it aids in the correct functioning of the cardiovascular and respiratory systems while relieving tension and weariness. Capacity in the

lungs is increased. Ischemic neck due to inadequate blood flow. Ailment of the spinal cord. (Fig. 9)

Savasana:

The body's energy is balanced and the front portion of all chakras are opened due to the asana's effect on the centre of gravity. Rajas and Tamas are purposefully eliminated when the body relaxes. All of the Nadis became more functional, which aids in the treatment of psychosomatic conditions like bronchial asthma. (Fig. 10).



Fig. 10: Savasana.

The Yogic Life Style for Asthmatics:

Yama and Niyama: "Prevention is better than cure".

Yogic practice has better effect on modifiable functional disorders. Asthma is a reversible disorder and the steps can be followed by all:

- ❖ Positive Health: The attitude needs to be positive for better results.
- ❖ Avoid Smoking.
- ❖ Avoid Dampness and dust, both for mind anybody.
- ❖ Avoid stress and anxiety and hot confrontations whenever and wherever possible.
- ❖ Avoid jerky quick movements and impulsive acts.
- ❖ Use cotton and synthetic mattresses rather than feather and fur.

Table 1: The Yogic diet in Asthma

Food to avoid	Food recommended
Sweets and dairy products	Fresh Vegetarian diet
Vegetables like Pumbkin, Cauliflower	Grains like Wheat, Pulses beans
Bakery items like bread burgers, Pizzas	Baked, roasted and raw food good
Stale, refined, preservatives	Hot, warm, fresh soups and food
Fried items and refrigerated food items	Salt very useful if no associated problems

- ❖ Sensible eating habits. Avoid cold, refrigerated and tinned food.
- ❖ Improve communication abilities and skills
- ❖ Group therapy is very beneficial as one can have positive outlets, “Satsang”.
- ❖ Aerobic activity like swimming and cycling can be encouraged
- ❖ Regularity, sincerity and dedication in Yogic practice, be recommended.
- ❖ A transparent, flexible, approachable, pleasant personality development

“Strengthen stress coping mechanism-mental and physical at all levels of function” (Table 1).

Conclusion

The core of the yoga therapy is that it is highly beneficial in the management of bronchial asthma. In a word, yoga is an effective method of treatment for bronchial asthma. The regular practise of yoga postures (asanas), breathing exercises (pranayama), and meditation will strengthen the whole body and enhance lung function. The practise of yoga is scientifically proven to increase one's physical capabilities.

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