

Preventive and curative aspect of Yoga in management of asthma in children

Vishvender Singh, Shailaja U, Prasanna N. Rao, Archana Singh, and Amit Verma

Rajiv Gandhi University of Health Sciences, India

Introduction: In India, prevalence of asthma in school going children has been reported between 4-20% in different geographical region. The prevalence has increased by two folds in last two decades. It is the commonest chronic illness during childhood. Asthma is characterized by an increased responsiveness of trachea and bronchi to various stimuli. Clinically, it produces symptoms and signs like dyspnoea, cough and wheezing. Pathologically, there is mucosal inflammation, collection of inflammatory mediators, bronchial constriction, air trapping, later on remodelling of airway. In spite of all the recent advancement in the field of the management, prevalence is on uphill. People approaching alternative system of medicine, increasing now-a-days, among them Asana and Pranayama are two main techniques of Yoga practised in India.

Aim of work: 1) To implement yogic techniques as drugless, alternative treatment method to prevent and cure asthma among paediatrics age groups 7-12 years. 2) To reduce burden of escalating cost of medicine of asthma therapy. 3- To avail the additional health benefits of yogic techniques.

Findings: Standardized Yoga modules are suggested for children of age groups 7-12 years suffering from asthma for curative and preventive effects of yogic techniques. Many researches show that asthma can be cured by Asana and Pranayama by improving lung function.

Conclusion: Yoga modules comprising of simple and effective Yogic techniques are most suitable modality for the management of asthma among the children age groups 7-12 years.

Keywords: Asthma, pranayama, asana, Yoga modules, and children

Biography

Vishvender Singh has completed his B.A.M.S. from Kurukshetra University, Haryana (2004-09). Currently, he is pursuing post graduation in Kaumarabhritya from SDM College of Ayurveda and Hospital, Hassan, Karnataka, affiliated to Rajiv Gandhi University of Health Sciences, Bangalore. He also holds P.G. diploma in Panchakarma & Yoga from Patanjali University, Haridwar. He has published two papers in national and international journals and presented 5 papers in different national and international seminars. Currently, he is working on the topic, "An observational study to assess the combined effect of Mahatikta Ghrita and Marichadi Taila in the management of Svitra".

vishvendersingh9@gmail.com