Aims & Objectives
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Aim of the Study:

Effect of Pranayama or respiratory physiotherapy breathing exercises on chronic bronchial asthma.

Primary Objective:

1) Effect of Pranayama or respiratory physiotherapy breathing exercises on Pulmonary functions and Peak expiratory flow rate (PEFR) in chronic bronchial asthma.
2) Effect of Pranayama or respiratory physiotherapy breathing exercises on prevention of acute exacerbation in chronic bronchial asthma.
3) Effect of Pranayama or respiratory physiotherapy breathing exercises on improvement of six minute walk test and Breath holding time in chronic bronchial asthma.

Secondary Objective:

1) Effect of Pranayama or respiratory physiotherapy breathing exercises on IgE, Absolute Eosinophil count (AEC) and C - reactive protein (CRP) in chronic bronchial asthma.
2) Effect of Pranayama or respiratory breathing exercises on the drug dosage of Inhaled corticosteroid and bronchodilators in chronic bronchial asthma.
3) Effect of Pranayama or respiratory physiotherapy breathing exercises on Dyspnoea grade and Asthma symptom score in chronic bronchial asthma.
HYPOTHESIS:

This study was designed to test the hypothesis that Pranayama was superior to respiratory physiotherapy breathing exercises in the improvement of pulmonary functions, allergy and inflammation in chronic bronchial asthma.