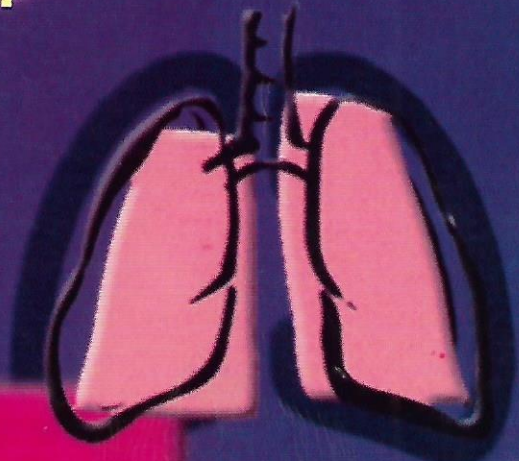


Yoga

for

Bronchial

Asthma



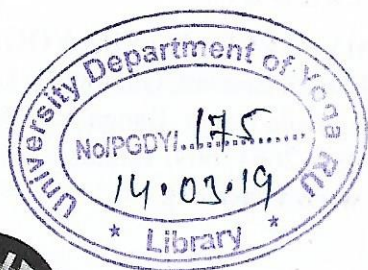
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YOGA
for
ASTHMA

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CONTENTS

Page No.

- 1. Introduction** 1-4
 - What is Asthma?
 - What is Nasal Allergy?
 - What is Nasal Allergy?
 - How common is asthma and Nasal allergy?
 - Why is asthma increasing?
- 2. Anatomy and Physiology of Respiratory System** 5-18
 - Introduction
 - Anatomical Features
 - Mechanics of Breathing
 - Lung Function Tests
 - Control of breathing
- 3. Causes of Asthma & Nasal Allergy** 19-34
 - How does the narrowing of bronchial airways occur?
 - What is the cause of Asthma?
 - What is the role of immune system in asthma?
 - What is the role of nervous system in asthma?
 - What triggers asthma attack?
 - How does stress lead to asthmatic attack?
- 4. Management of Asthma** 35 - 54
 - What are the preventive measures?
 - Drug Therapy
- 5. Health and Disease - A Yogic Prospective** 55 - 72
 - Concept of Health & Yoga
 - Understanding Yoga
 - Definition of Yoga
 - The five Sheaths of Existence
 - The Science of Illness

6. Breathing Practices

Standing

Hands In and Out Breathing	79
Hands Stretch Breathing	80
Ankles Stress Breathing	82

Sitting

Dog Breathing	84
Rabbit Breathing	85
Tiger Breathing	85
Śaśānkāsana Breathing	87

Supine

Straight Leg Raise Breathing	88
<i>Instant Relaxation Technique (I.R.T.)</i>	89

Śithilīkaraṇa Vyāyāma (Loosening Yourself)

Forward and Backward bending	90
Side bending	91
Pavanamuktāsana Kriyā	92
<i>Quick Relaxation Technique (Q.R.T.)</i>	96
Sūryanamaskāra	98

7. Yogāsanas

Standing Postures

Ardhakaṭi Cakrāsana	108
Ardha Cakrāsana	109
Pāda Hastāsana	110

Sitting Postures

Vajrāsana	111
Vakrāsana	112
Ardha Matsyendrāsana	113
Paścimottānāsana	114

<i>Prone Postures</i>		
Bhujaṅgāsan	115
Śalabhāsana	116
<i>Supine Posture</i>		
Sarvāṅgāsana	117
Matsyāsana	118
Halāsana	120
<i>D R T (Deep Relaxation Technique)</i>	122
8. Prāṇāyāma		
Sūrya Anuloma Viloma Prāṇāyāma	130
Candra Anuloma Viloma Prāṇāyāma	131
Nāḍīśuddhi Prāṇāyāma	132
Cooling Prāṇāyāma	134
Bhrāmarī Prāṇāyāma	136
9. Meditation		
Nādānusandhāna (A-kāra, U-kāra, M-kāra, A-U-M)	139
OM-Dhyāna (Meditation)	141
Cyclic Meditation	142
10. Kriyās		
Trāṭaka	155
Jala Neti	162
Sūtra Neti	163
Vamana Dhouti	164
Vastra Dhouti	165
11. Meditation & the Science of Emotion Culture...		167
12. Yoga - Chair Breathing	175
13. Research on Yoga for Asthma - a review	181
References		

YOGA FOR ASTHMA

This book is one of the series on "Integrated Approach of Yoga Therapy for modern ailments" published by Swami Vivekananda Yoga Prakashana. The authors of this book are both scientists who have carried out systematic research and developed these integrated yoga therapy modules in tune with both the traditional yoga texts and the modern medical understanding of the ailments. Research by these authors since 1980 has validated the efficacy of these techniques through scientific observations published in Indexed Medical Journals.

VYASA has wide experience in healing asthmatics through yoga. Over a million asthmatics have been treated round the globe with consistent results. Long term (54 months) follow up data published in British Medical Journal and Journal of Asthma showed 80% reduction in need for medication with improved lung function and quality of life. Yoga trains asthmatics to overcome the hyper-reactivity of the nasal and air passages through the regular practice of asana, pranayama, meditation, and cleansing techniques apart from changes of life style.

The first part of this book gives the understanding of what, how and why of asthma based on the latest knowledge in modern medicine. The second part deals with the theoretical background of yoga therapy followed by the description of the practices.

The list for one hour daily practices and that for chair breathing during acute episode are given in Integrated Yoga Module for asthma.



प्रज्ञानं ब्रह्म

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