



# Management Asthma through yoga

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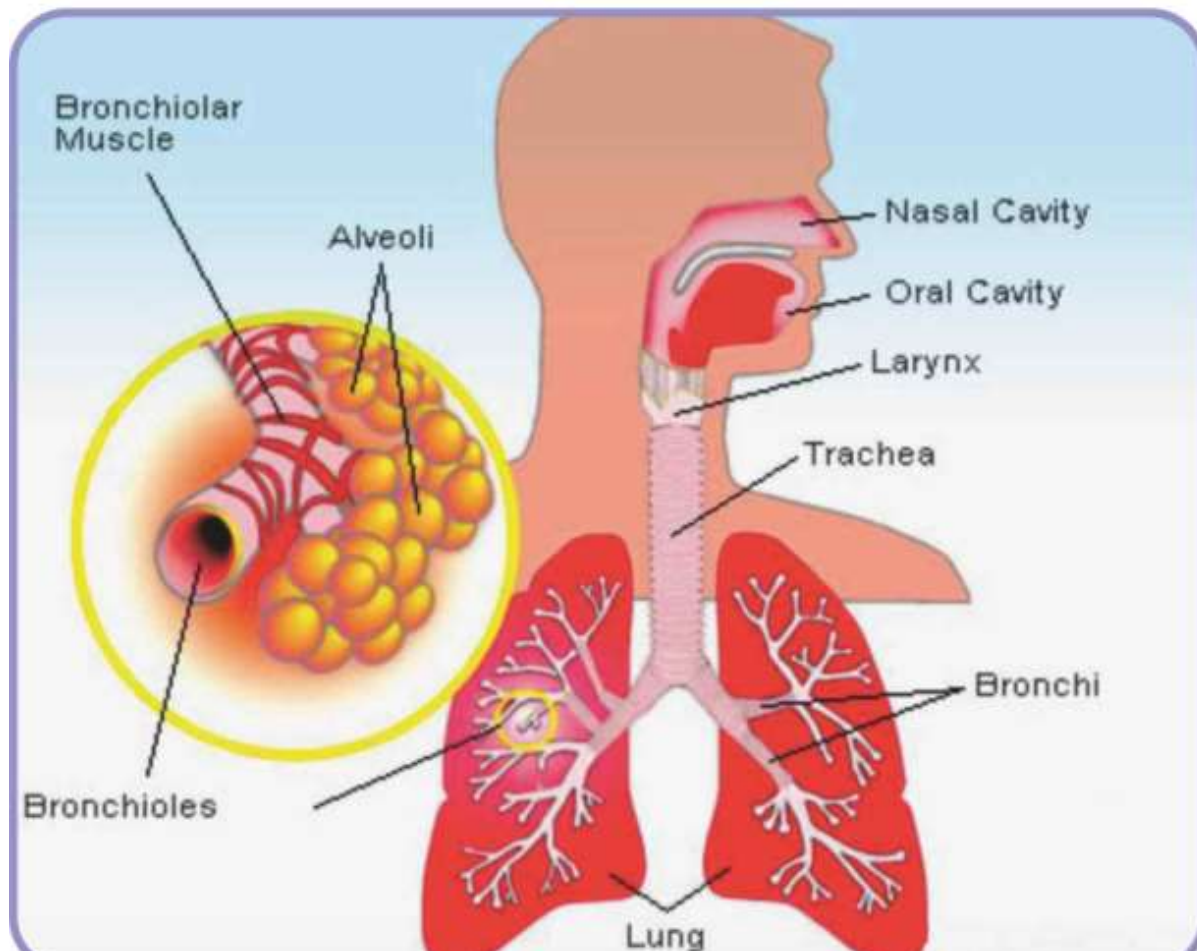
## Abstract:

Asthma is a common chronic inflammatory disorder affecting about 300 million people worldwide. As a holistic therapy, yoga has the potential to relieve both the physical and psychological suffering of people with asthma, and its popularity has expanded globally. This research is to know the effect of yoga techniques specially kriyas in the management of Asthma.

## Introduction :

Asthma is a chronic obstructive pulmonary disorders. Asthma often occurs periodically called Asthma attack .usually cussed by trigges included changes in environment .there triggers include changes in the environment Infection ,allergies .The effect the airways in the lungs which carries the air.

During the Asthma attack the walls of air ways will swell and harrowers the air passage .due to this less air reaches the lungs and causes hypoxemia and oxygen demand in the body and the person will palpitate. In yoga certain Asana (Postures) , Pranayama (Breath exercise) and Naturopathy technique some ancient Special cleansing technique called Kriyas helps in the management of Asthma.



**Methodology :**

In ancient Indian classical Hatha Yoga text called Gheranda samhitha explained the importance of kriyas .

As Shatkarma purifies the internal organs of the body , our external organs system also started working well. Thus, it balances the internal & external organ systems.

The series of these kriyas **helps to balance the Tri Doshas** of a human being. There are Three Doshas in every human being i.e vata, pitta and kapha, if there is any kind of imbalance in any of these Doshas then the body will not function properly. So Shat Kriya helps the Doshas to be in a perfect ratio.

Shatkarma is helpful to **channelize the flow of Prana** in *Nadis*. It helps to clean the blockages of *Nadis* and thus Prana move without any obstacle inside the body.

The kriyas are helpful for the **connectivity of the mind, soul, and body**. As all the channels are cleansed by these kriyas then all the pathways are open and then all those yogic activities connect your mind body and soul.

Shatkarma is helpful in the **development of the immune system**. If our Immune system is strong and healthy then it helps fight many diseases. So when a being is cleansed from its core then all the illness will be cured . Hence in this manner, the immune system is cleansed as well.

Physical aging and Biological aging are two different aspects. When our body is not clean , then it brings physical aging that is pretty earlier from the Biological aging. Shatkriya helps to **retarded Physical aging** and helps to maintain biological aging.

It helps to increase **awareness of a human being** at different levels, at the physical level, psychological level, emotional level, , intellectual level and spiritual level.

## **1.Kriya**

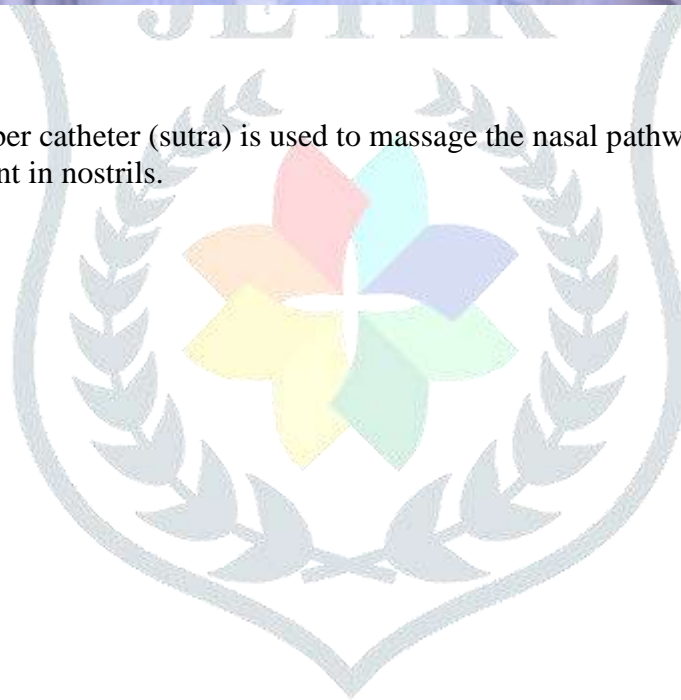
### **1-1.Neti kriya**

Types of Neti; *Neti is basically of 2 types, based on their procedure.*

**Jala Neti** – In this, lukewarm salt water (jala) is used as a cleaning tool to remove the impurities of nostrils. Using the neti pot, water is poured in through one nostril & then under the effect of gravity, it comes out through the other nostril. This removes impurities from nasal pathways



**Sutra Neti** – In this, a rubber catheter (sutra) is used to massage the nasal pathways in such a manner that it opens any blockages present in nostrils.





## 2-2. Dhauti

Dhauti is the first Shatkarma that literally translates as ‘**washing**’. In this kriya, **different techniques** are used to flush out toxic & undigested food particles from internal organs.

Some common types of Dhauti are:

**Vamana Dhauti** – Drinking a large quantity of lukewarm salt water and then vomit it out to removes extra mucus from the food pipe. Also called Kunjal kriya.





**Vastra Dhauti** – In this kriya, a clean muslin wet cloth is swallowed & held in the stomach for a few minutes. Then it's pulled out from mouth end that cleans stomach walls and brings out impurities .



Some other simples techniques to perform Dhauti are Danta (teeth) dhauti, Jihva (tongue) Dhauti & Karna (ear) Dhauti.

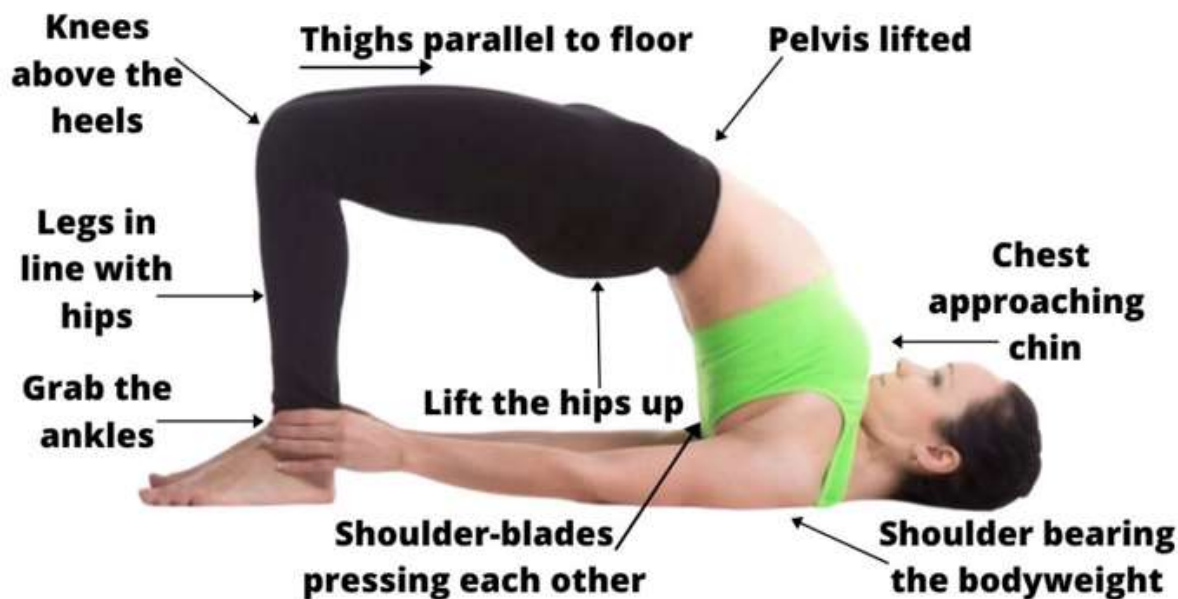
The mechanism of Dhauti helps the internal organ system to work efficiently & remove excess mucus from the body. Other than this, consistent practice of dhauti kriya balances the Kapha, Pitta & Vata dosha in our body.

## 2.Asanas

According to Hatha yoga text recommended Asanas for Asthma

### 2-1 Kandarasana

#### Kandharasana Steps



'Kandharasana' known as '**Shoulder Pose**' in English is a spine lifting posture. The name of this asana bears its origin from the Sanskrit language and is derived from 2 words, 'Kandha' and 'asana' where 'Kandha' stands for 'shoulder' and 'asana' means 'pose' or 'posture'.

Practicing kandharasana tones up the lower body internal organs. Normally backbends improve the **functioning of the gall bladder, liver, pancreas, kidneys, intestines, and digestive system**. Similarly this asana will increase lung capacity and strengthen the thoracic region.

Regular practice of Kandarasana along with other yoga practices helps in the **regulation of heart rate, blood pressure, and BMI of the practitioner**.

### 2-2Ustrasana

Ustrasana or Camel Pose is a kneeling back-bending asana in modern yoga as exercise.

The main physical benefits of Ustrasana include:

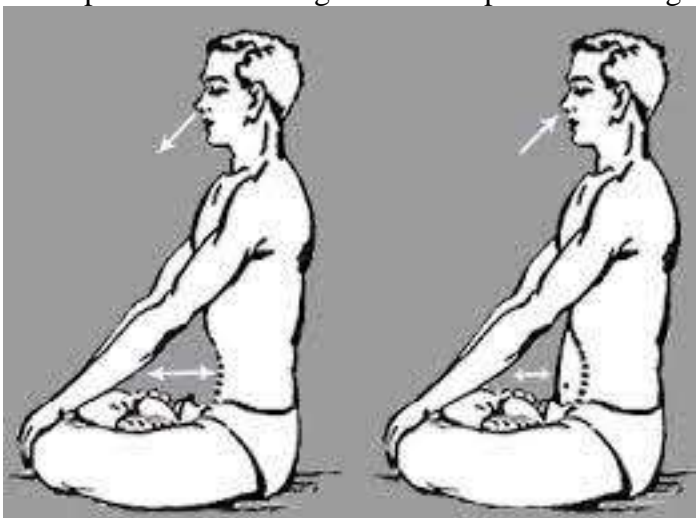
Helps with mobility in the shoulders and upper back. Stretches the front of the body. Strengthens the legs and back. Strengthens erector spinae (back extensors). Stretches the chest and opens up the hips, stretches hip flexors. Strengthens arms. When done with proper engagement, will help tone deep core muscles. This asana will increase lung capacity and strengthen the thoracic region too.



### **3.Pranayama**

#### **3-1.kapalabhathi**

Kapalabhati, is an important Shatkarma, a purification in hatha yoga. The word kapalabhati is made up of two Sanskrit words: kapāla meaning 'skull', and bhāti meaning 'shining, illuminating'. This kriya cleans all the impurities in head region. And improves the lung capacity.



#### **Conclusion:**

**Yogic techniques and Kriyas helps in managing Asthma. With these techniques Asthmatic people gets relief physically and psychologically**