

Астма и йога



За един по-добър живот

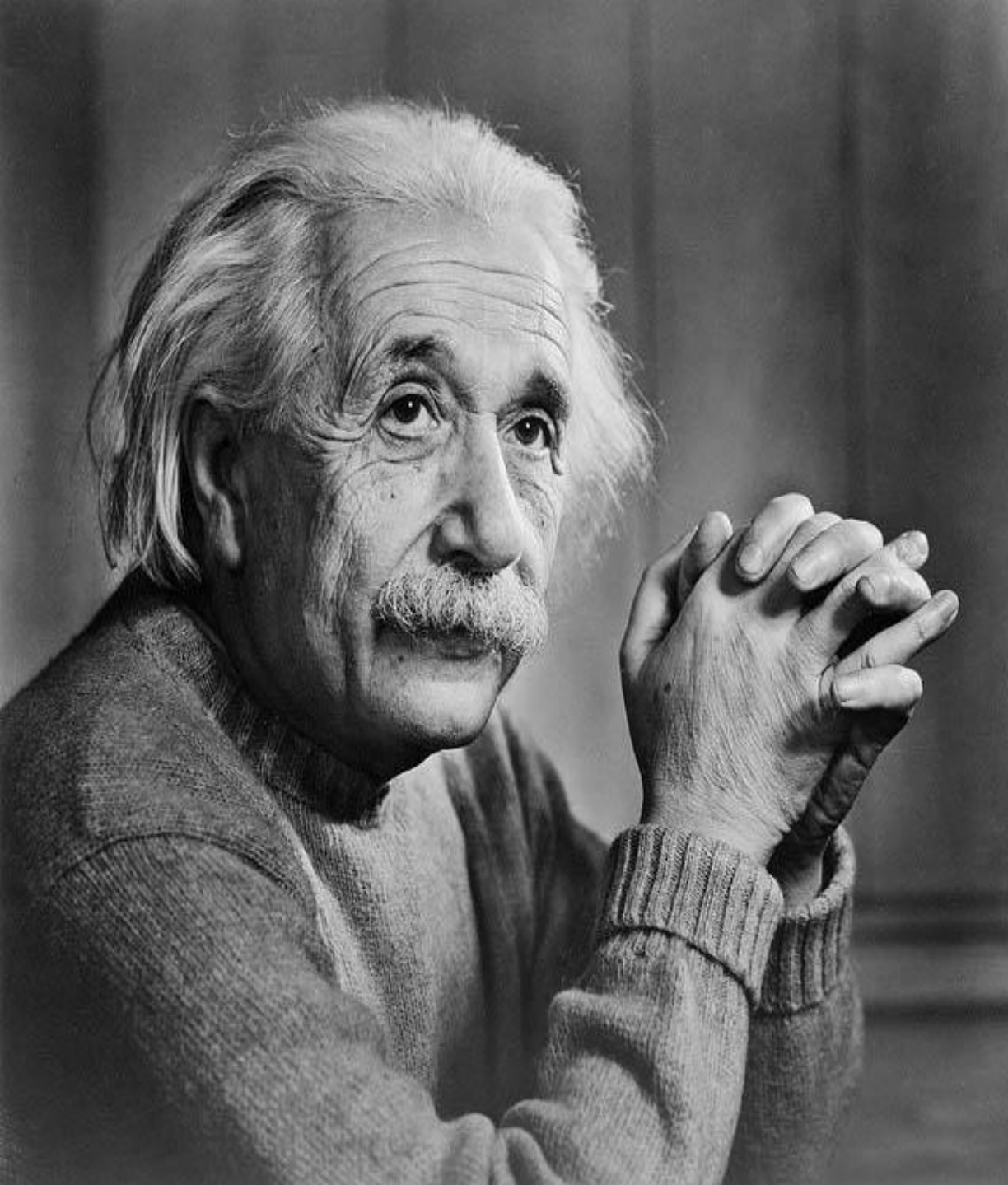




Всяка минута е вечност,
защото вечността може да
се преживее в тази минута.
Всеки ден, минута и час е
прозорец, през който вие
можете да видите вечността.
Животът е кратък, все пак
той е безкраен. Душата е
вечно съществуваща, но в
краткия сезон на този
живот, вие трябва да
пожънете в най-голяма
степен това, което можете
от безсмъртието.

Парамаханса Йогананда





Единственото
наистина ценно
нещо е
интуицията...

Алберт Айнщайн



Craig Mello



Andrew Fire



БИХАР ЙОГА
БХАРАТИ



Ако искате да
разберете истината зад
проявлението ѝ, ако
целта на вашето
духовно пътуване е
велика, тогава не
съществува нещо,
което да ви попречи...

*Свами
Ниранджанананда
Сарасвати*



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Relaxation Therapy in Adult Asthma Is There New Evidence for Its Effectiveness?

Thomas Ritz

Stanford University

Studies of relaxation training for adult asthma patients were reviewed for the period between 1980 and 2000. Six controlled and three uncontrolled studies were identified, employing a variety of methods, such as progressive relaxation, functional relaxation, autogenic training, or yoga. Most studies had low sample sizes and suffered from one or more methodological deficiencies, such as suboptimal data analysis, high dropout rates, problematic measurement procedures, or insufficient descriptions of methodology and results. Overall effects on parameters of lung function, symptoms, medication consumption, and health care use were generally negligible. Problems with the underlying rationale of relaxation therapy in asthma are discussed from a psychophysiological viewpoint. Examples are given of potential beneficial and detrimental effects of these techniques on lung function with respect to emotional processes, the musculoskeletal system, and ventilation as targets of a relaxation intervention. It remains to be demonstrated that relaxation training can significantly contribute to the standard treatment of asthma in adult patients.

August 2001

Yoga As Adjunctive Therapy For Lung Disease

RCPs have the opportunity to introduce the benefits of yoga as respiratory patients consider the benefits of a more healthy lifestyle including integrating natural techniques to manage their conditions.

John Wolfe, RRT

As respiratory therapists, we know that breathing is an essential function and our daily activities persistently revolve around the breath and breathing. However, our focus on administering aerosolized nebulizer treatments, ventilator management, emergency procedures, and other tasks often distracts from the ability to stop and consider the breath. The discipline of yoga, however, has focused on the essential nature of the breath, and refining breathing techniques.

We can better assist patients in their quest to assume a more active role in their plan of care by learning about the adjunctive therapies they may choose. “The increasing popularity of complementary and alternative medicine (now used by more than 40% of the public) reflects changing needs and values in modern society in general. As the public’s use of healing practices outside conventional medicine accelerates, ignorance about these practices by physicians and scientists risks broadening the communication gap between the public and the profession that serves them.”¹ For patients who want to consider taking more responsibility for their health and well-being, yoga stretches and breathing techniques offer a natural and healthy choice.

Br Med J (Clin Res Ed). 1985 October 19; 291(6502): 1077–1079.

Yoga for bronchial asthma: a controlled study.

R Nagarathna and H R Nagendra

Abstract

Fifty three patients with asthma underwent training for two weeks in an integrated set of yoga exercises, including breathing exercises, suryanamaskar, yogasana (physical postures), pranayama (breath slowing techniques), dhyana (meditation), and a devotional session, and were told to practice these exercises for 65 minutes daily. They were then compared with a control group of 53 patients with asthma matched for age, sex, and type and severity of asthma, who continued to take their usual drugs. There was a significantly greater improvement in the group who practiced yoga in the weekly number of attacks of asthma, scores for drug treatment, and peak flow rate. This study shows the efficacy of yoga in the long term management of bronchial asthma, but the physiological basis for this beneficial effect needs to be examined in more detail.

Allergy Asthma Proc. 1998 Jan-Feb;19(1):3-9.

Clinical study of yoga techniques in university students with asthma: a controlled study.

Vedanthan PK,

Kesavalu LN,

Murthy KC,

Duvall K,

Hall MJ,

Baker S,

Nagarathna S.

Northern Colorado Allergy Asthma Clinic, Fort Collins 80524, USA.

Adult asthmatics, ranging from 19 to 52 years from an asthma and allergy clinic in a university setting volunteered to participate in the study. The 17 students were randomly divided into yoga (9 subjects) and nonyoga control (8 subjects) groups. The yoga group was taught a set of breathing and relaxation techniques including breath slowing exercises (pranayama), physical postures (yogasanas), and meditation. Yoga techniques were taught at the university health center, three times a week for 16 weeks. All the subjects in both groups maintained daily symptom and medication diaries, collected A.M. and P.M. peak flow readings, and completed weekly questionnaires. Spirometry was performed on each subject every week. Analysis of the data showed that the subjects in the yoga group reported a significant degree of relaxation, positive attitude, and better yoga exercise tolerance. There was also a tendency toward lesser usage of beta adrenergic inhalers. The pulmonary functions did not vary significantly between yoga and control groups. Yoga techniques seem beneficial as an adjunct to the medical management of asthma.

PMID: 9532318 [PubMed - indexed for MEDLINE]

Altern Ther Health Med. 2000 Nov;6(6):55-63.

Hatha yoga: improved vital capacity of college students.

Birkel DA,

Edgren L.

School of Physical Education, Ball State University, Muncie, USA.

CONTEXT: The vital capacity of the lungs is a critical component of good health. Vital capacity is an important concern for those with asthma, heart conditions, and lung ailments; those who smoke; and those who have no known lung problems.

OBJECTIVE: To determine the effects of yoga postures and breathing exercises on vital capacity. **DESIGN:** Using the Spiropet spirometer, researchers measured vital capacity. Vital capacity determinants were taken near the beginning and end of two 17-week semesters. No control group was used. **SETTING:** Midwestern university yoga classes taken for college credit. **PARTICIPANTS:** A total of 287 college students, 89 men and 198 women. **INTERVENTION:** Subjects were taught yoga poses, breathing techniques, and relaxation in two 50-minute class meetings for 15 weeks. **MAIN OUTCOME MEASURES:** Vital capacity over time for smokers, asthmatics, and those with no known lung disease. **RESULTS:** The study showed a statistically significant ($P < .001$) improvement in vital capacity across all categories over time. **CONCLUSIONS:** It is not known whether these findings were the result of yoga poses, breathing techniques, relaxation, or other aspects of exercise in the subjects' life. The subjects' adherence to attending class was 99.96%. The large number of 287 subjects is considered to be a valid number for a study of this type. These findings are consistent with other research studies reporting the positive effect of yoga on the vital capacity of the lungs.

PMID: 11076447 [PubMed - indexed for MEDLINE]



БЪЛГАРИЯ

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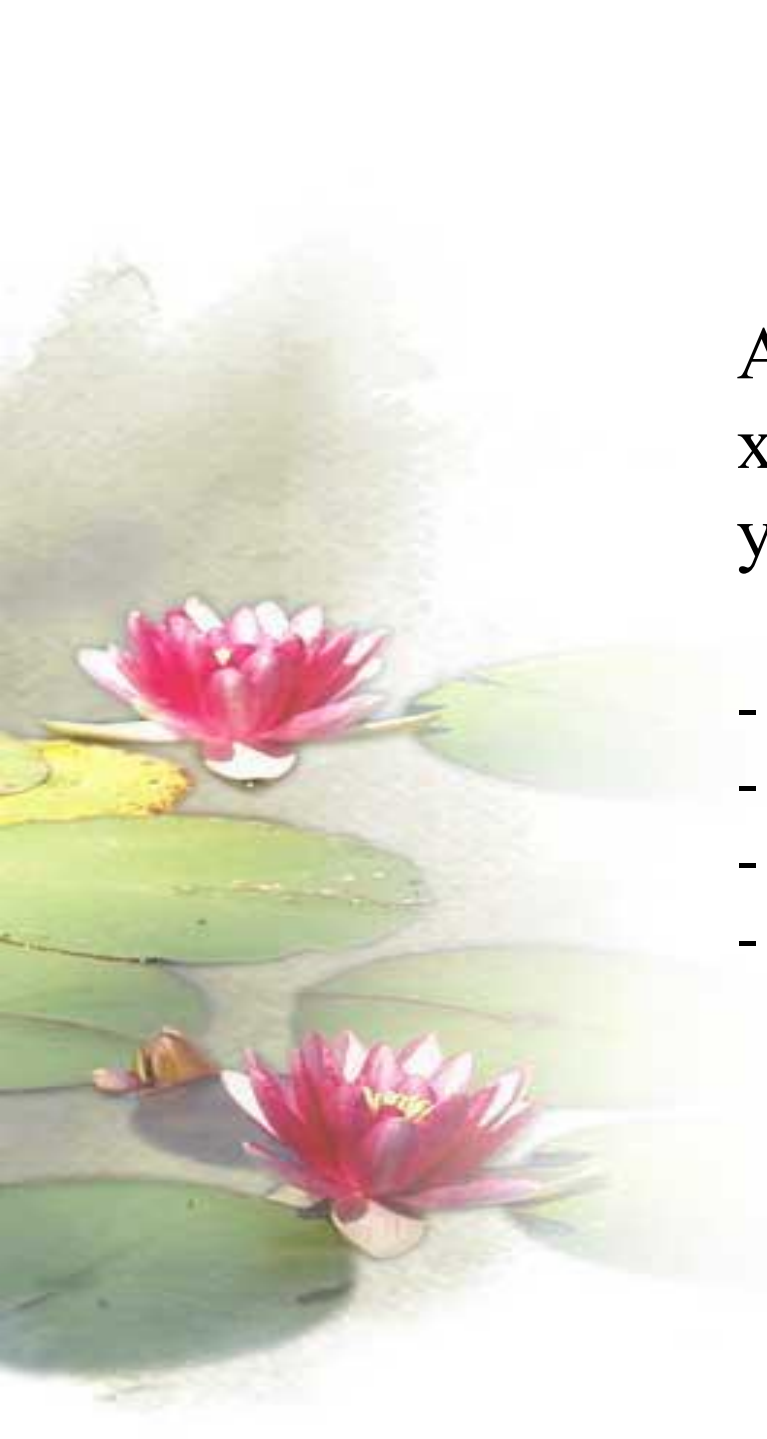
Очистващи практики на носа и храносмилателния тракт

– помагат за изчистването на
носната и чревна лигавица от
алергени, иританти, токсини,
вирусни и бактериални агенти

A soft-focus photograph of a pond with several pink water lilies and large green lily pads. The scene is peaceful and natural, with a light, airy atmosphere.

Дихателни практики:

- помагат за оптималното инхалиране на лекарството
- подобряват циркулацията на белите дробове
- подобряват вентилацията и оксигенацията на кръвта
- тонизират дихателната мускулатура
- подобряват стойката на пациента, която е важна при дихателния процес

A soft-focus photograph of a pond with several pink water lilies and large green lily pads. The scene is misty and serene, with a light, ethereal atmosphere. The water lilies are in various stages of bloom, with some fully open and others as buds. The lily pads are large and round, floating on the water's surface. The overall color palette is dominated by soft pinks, greens, and whites, creating a peaceful and calming visual.


Асани-позы и упражнения за хармонично физическо и умствено развитие:

- развиват гъвкавост на тялото
- усилват мускулатурата
- тонизират вътрешните органи
- водят до релаксация на тялото



Практики за релаксация и концентрация:

- успокояват ума
- усилват умствената дейност
- дават контрол над емоциите



Йога допринася за комплексното лечение на Бронхиална астма и за по-бързото достигане на нейния контрол!

- Намаляване на симптомите
- Предотвратяване на екзацербациите
- Достигане на нормална дихателна функция
- Нормална физическа активност
- Предотвратяване на необратимите промени в дихателните пътища
- По-добро инхалиране на лекарствата и намаляване на дозите им
- Баланс на емоциите и психиката
- Увереност в собствените сили за преодоляване на болестта





Астма и йога



За един по-добър живот



Дишам свободно

НИЕ РАБОТИМ ЗАЕДНО –
ЛЕКАР И ПАЦИЕНТ



ЗА НАШИЯ ДОСТОЕН И
ПЪЛНОЦЕНЕН ЖИВОТ



Ако в битка някой
победи хиляди пъти
по хиляда врагове, а
друг победи самия
себе си, то – между
дватама, вторият е
най-великият
завоевател...

Гуатама Буда

**СПЕЦИАЛИЗИЛАНА БОЛНИЦА ЗА ДОЛЕКУВАНЕ И ПРОДЪЛЖИТЕЛНО
ЛЕЧЕНИЕ НА БЕЛОДРОБНИ БОЛЕСТИ
ВЕЛИНГРАД**



**СПЕЦИАЛИЗИРАНА БОЛНИЦА ЗА ДОЛЕКУВАНЕ И ПРОДЪЛЖИТЕЛНО
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ЛЕЧЕНИЕ НА БЕЛОДРОБНИ БОЛЕСТИ
ВЕЛИНГРАД**



Поздрав от участниците в програмата от София







Прави така, че всеки,
който дойде
при теб, когато си тръгва,
да е по-добре и да е
по-щастлив...

Майка Тереза

