MANAGING CHILDHOOD COPD THROUGH YOGA

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Scientific basis of using Yoga as an adjunct therapy in chronic obstructive pulmonary diseases (COPD) is well established \textsuperscript{(1, 2, 3, 4, 5)}.

Yoga therapy encompasses the use of asana, pranayama and relaxation techniques along with dietary advice and yogic counseling that attempts to address the root cause of the problem rather than merely providing a symptomatic relief \textsuperscript{(6)}.

A 4 year old female child, with complaints of respiratory difficulties since birth was on regular medical treatment with oral medication and inhaler at JIPMER, the Central Government hospital in Pondicherry, India.

She came for consultation to the Yoga OPD run by our Advanced Centre for Yoga Therapy, Education and Research (ACYTER) with complaints of repeated wheezing and breathlessness.

The mother was given appropriate yogic counseling and dietary advice including maintenance of good hydration and intake of foods rich in Vitamin A and C.

The child was taught in a playful manner a series of techniques including breath body co-ordination practices, suryanamaskar as well as asanas such as ushtra, gomukha, vakra, bhujanga and matsya.

She was also introduced to the jala neti nasal cleaning technique and taught sectional breathing and pranayamas such as vyaghra, mukha bhasrika and suryanadi.

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She continued the practices for a year and her complaints reduced slowly. She continued doing these practices at ACYTER as well as home and the frequency and severity of her wheezing attacks reduced.

After the practice of 4 months she was able to stop the oral medications and usage of inhaler was also lesser.

At the end of 7 months, the consulting pediatrician advised her to stop the inhaler too as she was comfortable without it.

There were no episodes of wheezing reported till the end of the year even though she was not taking any medicines.


