



Unblocking the Breath : Yoga's role in Pulmonary Rehabilitation.

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ॐ सह नाववतु । सह नौ भुनक्तु
सह वीर्यं करवावहै । तेजस्विनौ अधीतम् अस्तु
मा विद्विषावहे । ॐ शांतिः शांतिः शांतिः ।

Om, May God protect us together.
May he accepts & nourish us together.
May we work together with great vigour.
Let our learning shine brightly.
Let there be no discord among us.
Om peace peace peace.

YAMA (Social Conduct)

- 1) अहिंसा Nonviolence
- 2) सत्य Truthfulness
- 3) अस्तेय Non stealing
- 4) ब्रह्मचर्य Pure conduct
- 5) अपरिग्रह Non accumulation

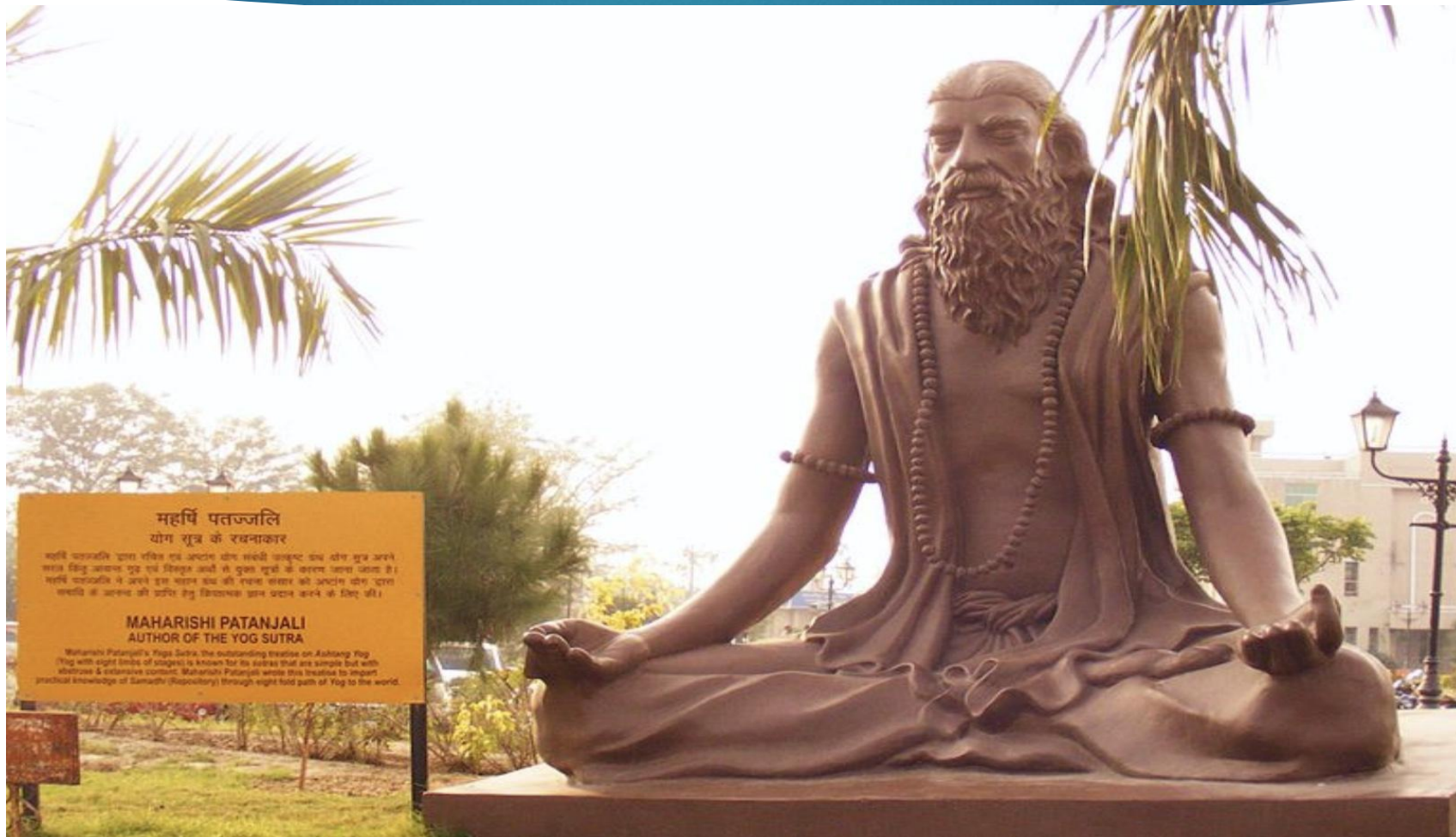
NIYAM (Personal Conduct)

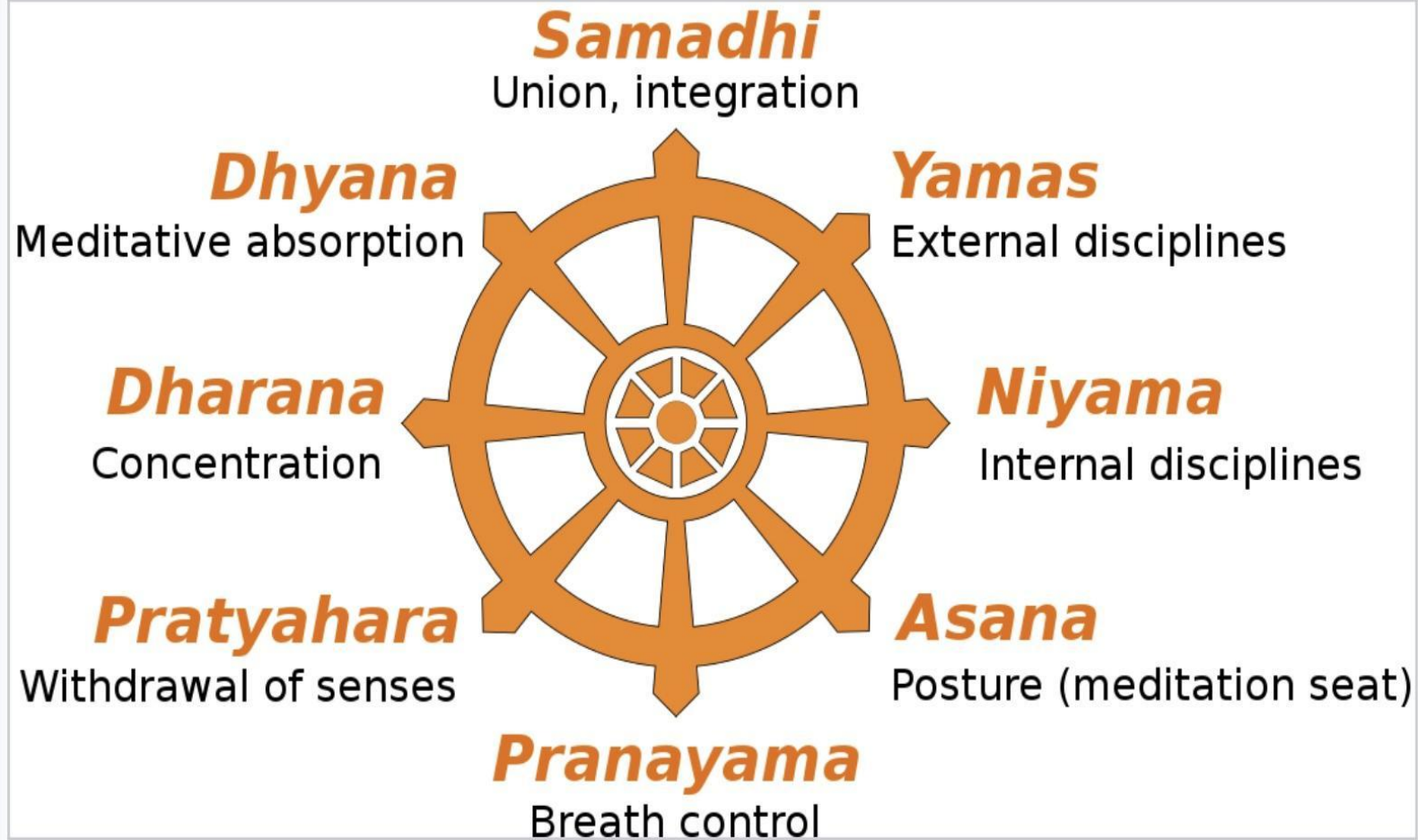
- 1) शौच Cleanliness
- 2) संतोष Contentment
- 3) तप Austerity
- 4) स्वाध्याय Study of self
- 5) ईश्वर प्रणिधान Surrender to Almighty

मनःप्रशमन उपायःयोग इत्यभिधीयते ॥

"मन के प्रशमन के उपाय को योग कहते हैं। "

(The recourse to pacify the mind is called yoga)





Yoga Therapy As an Adjunct to Rehab

Mode	offline/online
Number of sessions per week	3
Duration of session	1 hour

Technique		Repetition	Time
Asanas (Any 4)	• Prayer	-----7-----	2 mins
	• Sandhichalan kriya/ Face yoga/ Brahma mudra	-----	10 mins
	• Parvatasana	Each asana 2 times	10 mins
	• Marjarasana A, B (Modified)		
Shuddhi kriya	• Tadasana (Variations)		
	• Purva Parivartit Chakrasana		
	• Hasta Parshwasana	7 counts* 3 rounds 25 counts * 3 rounds	3 mins
	• Tiryak chakrasana		
Pranayama:	• Uttana Mandukasana	7-11 counts* 2 rounds	5 mins
	• Chair Suryanamaskar		
	Shwasana Marg	7-11 counts* 2 rounds	5 mins
	Kalpabharti shudhi kriya		
Meditation:	Anulom Vilom	7-11 counts* 2 rounds	5 mins
	Bhramari	7-11 counts* 2 rounds	5 mins
	Chandrabhyas	7-11 counts* 2 rounds	5 mins
	Surya Bhedan	7-11 counts* 2 rounds	5 mins
	Soham japa sadhana	11 counts* 1 round	5 mins
	Aum chanting	7-11 counts* 2 rounds	5 mins

What Research Says:

October 2015, Vol 148, No. 4_MeetingAbstracts

Pulmonary Rehabilitation | October 2015

Yoga Is as Effective as Standard Pulmonary Rehabilitation in Improving Dyspnea, Inflammatory Markers, and Quality of Life in Patients With COPD

Randeep Guleria, DM; Sneh Arora, PhD; Anant Mohan, MD; Guresh Kumar, PhD; Ajit Kumar
All India Institute of Medical Sciences, New Delhi, India

Chest. 2015;148(4_MeetingAbstracts):907A. doi:10.1378/chest.2266469

Abstract

SESSION TITLE: Pulmonary Rehabilitation

SESSION TYPE: Original Investigation Slide

PRESENTED ON: Monday, October 26, 2015 at 07:30 AM - 08:30 AM

PURPOSE: The effectiveness of yoga as a form of rehabilitation therapy as compared to pulmonary rehabilitation in COPD is unclear. We investigated to see whether yoga was as effective as standard pulmonary rehabilitation on inflammatory markers, dyspnoea and quality of life in patients with COPD.

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ORIGINAL ARTICLES

Effect of Yoga Breathing (Pranayama) on Exercise Tolerance in Patients with Chronic Obstructive Pulmonary Disease: A Randomized, Controlled Trial

David A. Kaminsky, MD,^{1,2} Kalpalatha K. Guntupalli, MD,³ Joan Lippmann, BS,² Stephanie M. Burns, BA,² Melissa A. Brock, RN,³ Joan Skelly, MS,⁴ Michael DeSarno, MS,⁴ Heidi Pecott-Grimm, RN,² Ali Mohsin, MD,³ Catherine LaRock-McMahon, RN,² Penney Warren,⁵ Martha C. Whitney, BA,⁶ and Nicola A. Hanania, MD, MS³

Abstract

Objective: Pulmonary rehabilitation improves exercise tolerance in patients with chronic obstructive pulmonary disease (COPD). However, many patients do not have access to pulmonary rehabilitation programs. We hypothesized that an alternative to pulmonary rehabilitation to improve exercise tolerance is the practice of pranayama, or yoga breathing, which could be done independently at home. We also sought to determine whether yoga nonprofessionals could adequately teach pranayama to patients.

Design: Proof-of-concept, randomized, double-blind, controlled pilot trial.

Sandhichalan Kriyas

Contraindication

Acute stiffness in the Joints

Arms:

1. Anguli Chalan Kriya (figure joint movement)
2. Manibandha Chalan Kriya (Wrist Joint Movement)
3. Koorpara Chalan Kriya (Elbow Joint Movement)
4. Skandha Chalan kriya (Shoulder Joint Movement)
5. Hasta Vistaran Kriya (Horizontal Stretching of arms)

Legs:

1. Padangushta Chalan kriya (Toes Joint Movement)
2. Goolf Chalan kriya (Ankle Joint Movement)
3. Janu Chalan kriya (Knee Joint Movement)
4. Katibandha Chalan kriya (Hip Joint Movement)
5. Kati Chalan kriya (Pelvic rotation)

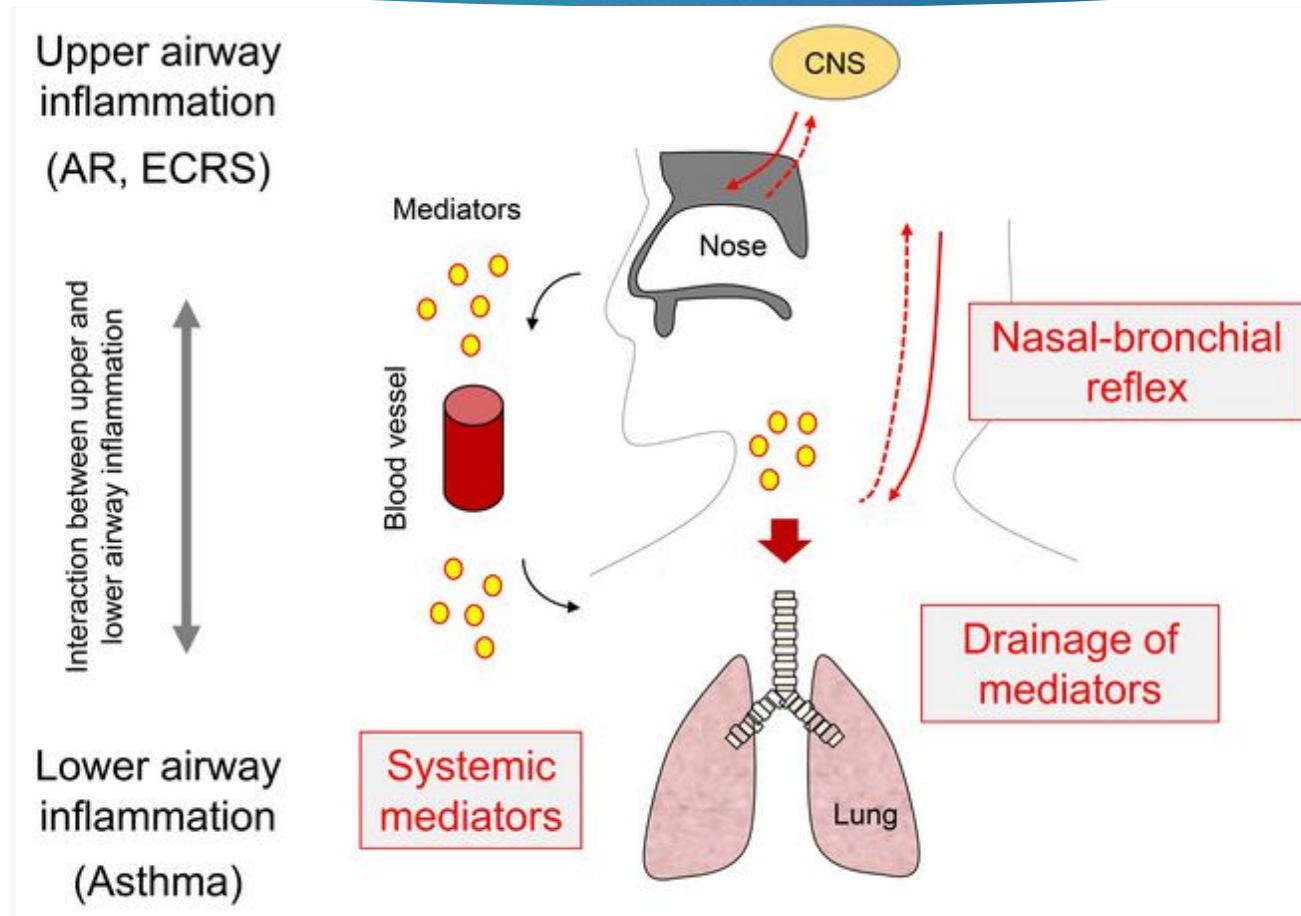
Benefits :

Makes Joints Flexible
Improve blood circulation
Strengthen the joints
Improve neuromuscular coordination

Oropharyngeal Exercise

1. Pushing cheek with tongue
2. Ah sound
3. Roll & suck the tip of tongue
4. Push 2 teeth with the tongue and then swallow saliva at the same time
5. Pronounce AEIOU
6. Jivabandha
7. Simha Mudra

One Airway One Diseases



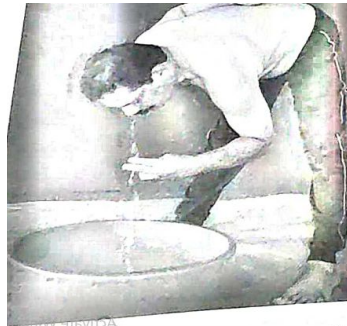
Benefits of Shuddhi Kriya

Jalneti



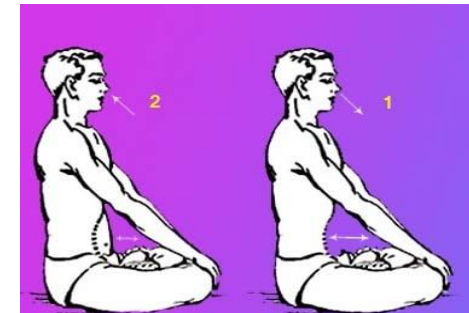
- Cleans nasal passage
- Increases resistance capacity of nasal mucous membrane
- Prevents disorders such as polyp, DNS

Vaman



- Cleans esophagus and stomach
- Remove extra mucous secretion from the respiratory system.
- Acidity in the stomach quickly gets relieved
- Heaviness and gases in the stomach are reduced

Kapalbhati



- Active exhalation forces the air into the sinuses
- Washes out dust, mucous, virus, bacteria thus cleans sinuses
- Improves tone of abdomen and diaphragm



Different Types of Pranayama

- Anulom-vilom Pranayama
- Bhramari Pranayama
- Surya Bhedana Pranayama
- Ujjayi Pranayama
- Chandrabhyas pranayama
- Bhastrika pranayama
- Shitali pranayama
- Sitkari pranayama

Meditative Practices

- 1) Prana Dharana
- 2) Sakshi Bhavana
- 3) Jagrut Vismarana
- 4) Paradukha sahvedana
- 5) Omkar Japa
- 6) Manas chintan, Ishta chintan
- 7) Ajapajapa so Aham



