

Title of Intervention: Yoga Training for Adolescents with Asthma

Intervention Strategies: Group Education

Purpose of the Intervention: To improve lung function and decrease exercise-induced asthma

Population: Adolescents ages 11-18 with asthma

Setting: Hospital; health care facility-based

Partners: None mentioned

Intervention Description:

- Group Education: Participants were admitted for 40 days to the hospital. They received daily yoga training for 90 minutes in the morning and one hour in the evening. The training was led by a team of yoga instructors. The schedule of training consisted of yogic cleansing procedures (kriyas), maintenance of yogic body postures (asanas) and yogic breathing practices (Pranayama). The cleansing procedures and breathing practices were common for all participants, while the postures occasionally were changed according to individual's exercise capacity.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Yoga instructors
- Training: Not mentioned
- Technology: Not mentioned
- Space: Open area
- Budget: Not mentioned
- Intervention: Yoga mats
- Evaluation: Spirometers, questionnaire

Evaluation:

- Design: Pre- and post-test
- Methods and Measures:
 - Spirometers and peak flow meters assessed lung function.
 - Physical Fitness Index (PFI) was administered.
 - Exercise Lability Index (ELI) was administered.
 - Questionnaires assessed frequency and severity of asthma, the medication used and the eventual disability

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Yoga training resulted in a significant improvement in pulmonary function measurements. Physical fitness index scores increased significantly. Females did not have as much decrease in scores for the exercise lability index as males.

Maintenance: Not mentioned

Lessons Learned: Yoga can be very beneficial to people with asthma and exercise-induced bronchoconstriction. It improves lung functions and decreases exercise-induced bronchoconstriction.

Citation(s):

Jain SC, Rai L, Valecha A, Jha UK, Bhatnagar SO, Ram K. Effect of yoga training on exercise tolerance in adolescents with childhood asthma. J Asthma. 1991;28(6):437-442.