

Title of Intervention: Holistic Non-Pharmacological Treatment for Asthma

Intervention Strategies: Group Education

Purpose of the Intervention: To improve the quality of life for people with asthma

Population: People with asthma

Setting: Institute of Naturopathy and Yogic Sciences in Bangalore, India; health care facility-based

Partners: None mentioned

Intervention Description:

- Group Education: Participants received educational sessions on diet therapy, nature cure therapy and yoga therapy. Diet therapy consisted of 3 phases: eliminative phase, soothing phase and constructive phase. During eliminative phase, which is about 3-5 days, patients were given lime juice with honey, tender coconut water and plenty of water. During soothing phase the fast was broken with seasonal fruit juice and fruits, salads and sprouts for 8-12 days, depending upon patients. During constructive phase, the patients were brought back to normal diet with few modifications, like avoiding milk and milk products. Patients were given nature cure treatment like a chest pack for 45 minutes, hot foot and arm bath for 10-12 minutes, message steam and sauna baths for 30 minute at regular intervals. Yoga therapy was administered everyday.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Educators
- Training: Not mentioned
- Technology: Not mentioned
- Space: Meeting space for each kind of therapy
- Budget: Not mentioned
- Intervention: Yoga mats, sauna, healthy foods
- Evaluation: Tools to assess lung function

Evaluation:

- Design: Pre- and Post-test
- Methods and Measures:
 - Lung function was assessed, including Vital capacity (VC), Forced Expiratory Volume (FEV1), Maximum Voluntary Ventilation (MVV), and Peak Expiratory Flow Rate (PEFR).

Outcomes:

- Short Term Impact: There were significant improvements in PEFR, VC, FEV1 and absolute eosinophil count. The patients reported a feeling of well-being, freshness and comfortable breathing.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: Naturopathy and yoga helps in inducing positive health and alleviating the symptoms of asthma by acting at physical and mental levels.

Citation(s):

Sathyaprabha, T. N., H. Murthy, et al. (2001). "Efficacy of naturopathy and yoga in bronchial asthma--a self controlled matched scientific study." *Indian J Physiol Pharmacol* 45(1): 80-6.