

## Chapter 4

# THE ROLE OF YOGA AND THE NURSE IN SYMPTOM MANAGEMENT OF ASTHMA PATIENTS\*

Gülcan BAHÇECİOĞLU TURAN<sup>1</sup>  
Mehtap TAN<sup>2</sup>

### INTRODUCTION

Asthma is a chronic inflammatory disease with respiratory symptoms such as wheezing, cough, shortness of breath and chest tightness. Asthma, which is one of the most commonly seen chest diseases with an increasing rate of morbidity and mortality affecting about 300 million in the world, is a disease that can be seen in all age groups and in both genders. As a result of life shifting from rural area to the urban area and individuals preferring a more modern life, it is thought that this prevalence will gradually increase and it is estimated that four hundred million more people will have asthma by the year 2025.<sup>1, 2</sup> The prevalence of asthma is known to vary between 2.0-6.0% among adults in Turkey and it is estimated that there are about 3.5 million asthma patients.<sup>2-4</sup>

Non-pharmacological treatment is as important as a pharmacological treatment in taking asthma disease under control.<sup>5</sup> The use of complementary and alternative medicine (CAM), which is a non-pharmacological treatment method, is gradually increasing in asthma patients.<sup>6-10</sup>

CAM methods asthma patients mostly refer to can be listed as yoga, acupuncture, acupressure, breathing techniques, chiropractic, aromatherapy, food supplements and herbal therapies.<sup>7, 11-13</sup> There are various studies in the world stating that yoga, which is one of these CAM methods, provides symptom control and increases respiratory functions and quality of life in asthma patients.<sup>5, 14-18</sup>

---

\* Turan,GB.Yoganın Astım Hastalarının Solunum Fonksiyonlarına, Semptom Kontrolüne ve Yaşam Kalitesine Etkisi.Atatürk üniversitesi.Sağlık Bilimleri Enstitüsü. İç Hastalıkları Hemşireliği Anabilim Dalı.Doktora Tezi. Erzurum.2019.[çıkartılan derleme]

<sup>1</sup> Dr. Arş. Gör, Atatürk Üniversitesi Hemşirelik Fakültesi İç Hastalıkları Hemşireliği ABD glcnbah@hotmail.com

<sup>2</sup> Prof.Dr.Atatürk Üniversitesi Hemşirelik Fakültesi İç Hastalıkları Hemşireliği ABD mtan@atauni.edu.tr

**KeyWords:** Asthma, patient, nursing, yoga

## REFERENCES

1. GINA. Global Strategy for Asthma Management and Prevention NHLBI/WHO work-shop report. National Heart, Lung and Blood Institute update 2017. 2018 [cited 2018 01.05.2018]; Available from: file:///C:/Users/kullan%C4%B1c%C4%B1/Downloads/wms-GINA-2018-report-V1.3-002.pdf.
2. Türk Toraks Derneği Astım Tanı ve Tedavi Rehberi. Turkish Thoracic J. 2016; 17:1-96.
3. Türkiye Kronik Hava Yolu Hastalıklarının (Astım-KOAH) Önleme ve Kontrol Programı (2014-2017) Ankara: Anıl Matbaacılık; 2014 [cited 2018 01.05.2018]; 1-131]. Available from: https://dosyaism.saglik.gov.tr/Eklenti/11306,turkiye-kronik-hava-yolu-hastaliklari-onleme-ve-kontrol-programipdf.pdf?
4. Sağlık Bakanlığı Türkiye Halk Sağlığı Kurumu Kronik Hastalıklar ve Risk Faktörleri sıklığı çalışması. Ankara: Anıl Matbaa Ltd. Şti.; 2013 [cited 2018 01.05.2018]; Available from: https://sbu.saglik.gov.tr/ekutuphane/kitaplar/khrfat.pdf.
5. Papp ME, Wandell PE, Lindfors P, Nygren-Bonnier M. Effects of yogic exercises on functional capacity, lung function and quality of life in participants with obstructive pulmonary disease: a randomized controlled study. Eur J Phys Rehabil Med. 2017; 53:447-61.
6. Tokem Y, Aytumur Z, Yildirim Y, Fadiloğlu Ç. Investigation into the use of complementary and alternative medicine and affecting factors in turkish asthmatic patients. J Clin Nurs. 2012; 21:698-707.
7. Tokem Y. Astımlı hastalarda tamamlayıcı ve alternatif tedavi kullanımı. . Tüberk ve Toraks 2006; 54:189-96.
8. Sodhi C, Singh S, Dandona PK. A study of the effect of yoga training on pulmonary functions in patients with bronchial asthma. Indian J Physiol Pharmacol. 2009; 53:169-74.
9. Pretorius E. The role of alternative and complementary treatments of asthma. Acupunct Electrother Res. 2009; 34:15-26.
10. Hassed C. An integrative approach to asthma. Aust Fam Physician. 2005; 34:573.
11. Huo N, Ray GE, Mehta S, LoBello SG. Complementary and Alternative Medicine Use Among People with Asthma and Health-Related Quality of Life. J Asthma. 2015; 52:308-13.
12. Ng T, Wong M, Hong C, Koh K, Goh L. The use of complementary and alternative medicine by asthma patients. Qjm. 2003; 96:747-54.
13. Chen W, FitzGerald JM, Rousseau R, Lynd LD, Tan WC, Sadatsafavi M. Complementary and alternative asthma treatments and their association with asthma control: a population-based study. BMJ open. 2013; 3:e003360.
14. Agarwal SK. Evidence based medical benefits of yoga. Indian J Sci. 2013; 2:1-4.
15. Agnihotri S, Kant S, Mishra S, Singh R. Efficacy of yoga in mild to moderate persistent chronic bronchial asthma. Indian J Tradit Knowle. 2016; 15:337-40.
16. Dojjad VP, Surdi AD. Effect of short term yoga practice on pulmonary function tests. IJBAMR. 2012; 1:226-30.
17. Karmur KA, Jani HA, Vala NH, Bhandari PC. Effect of Yoga on pulmonary function tests. Int J Res Med Sci 2015; 3:2357-61.
18. Singh S, Soni R, Singh K, Tandon O. Effect of yoga practices on pulmonary function tests including transfer factor of lung for carbon monoxide (TLCO) in asthma patients. Indian J Physiol Pharmacol. 2012; 56:63-8.
19. Altuntuğ K, Ege E. Zihin Beden Temelli Uygulamalar. In: Başer M, Taşçı S, editors. Kanıtla Dayalı Rehberleriyle Tamamlayıcı ve Destekleyici Uygulamalar. Yenişehir/Ankara: Akademisyen kitapevi; 2015. p. 25-35.
20. Gürelman A. Yoga. In: Gürelman A, editor. Pregnancy and Yoga. İstanbul: Purnam Yayınları; 2014. p. 131-45.
21. Manaf A. Yoga Nedir, Ne Değildir? . 6 ed. İstanbul: Şan Ofset; 2013.

22. Raftich G. Gebelikten Anneliğe Yoga. İstanbul: Nobel Tıp Kitap evleri 2015.
23. Manaf A. Paranamaya Nefes Sanatı 3ed. İstanbul, : Şan Ofset; 2013.
24. Bhavanani A. Yoga for Health and Healing. South Indian2008.
25. Haaz S, Bartlett SJ. Yoga for arthritis: a scoping review. Rheum Dis Clin. 2011; 37:33-46.
26. Singh S, Malhotra V, Singh KP, Madhu SV, Tandon OP. Role of yoga in modifying certain cardiovascular functions in type 2 diabetic patients. J Assoc Physicians India. 2004; 52:203-6.
27. Sathyaprabha TN, Satishchandra P, Pradhan C, Sinha S, Kaveri B, Thennarasu K, et al. Modulation of cardiac autonomic balance with adjuvant yoga therapy in patients with refractory epilepsy. Epilepsy Behav. 2008; 12:245-52.
28. Kavak F, Ekinçi M. The effect of yoga on functional recovery level in schizophrenic patients. Arch Psychiatr Nurs. 2016; 30:761-7.
29. Isherwood C. Konsantrasyonun Gücü- Patanjalinin Yoga Sutraları İstanbul: Okyanus Yayınları; 2006.
30. Manaf A. Asana Vücut Çalıştırma Sanatı. 3 ed. İstanbul: Şan Ofset; 2012.
31. Papi A, Brightling C, Pedersen S, Reddel H. Asthma. LANCET. 2018; 391.
32. Mekonnen D, Mossie A. Clinical effects of yoga on asthmatic patients: A preliminary clinical trial. Ethiop J Health Sci. 2010; 20:107-12.
33. Sodhi C, Singh S, Bery A. Assessment of the quality of life in patients with bronchial asthma, before and after yoga: a randomised trial. Iran J Allergy Asthma and Immunol. 2014; 13:55-60.
34. Vempati R, Bijlani RL, Deepak KK. The efficacy of a comprehensive lifestyle modification programme based on yoga in the management of bronchial asthma: a randomized controlled trial. BMC Pulm Med. 2009; 9:37-.
35. Agnihotri S, Kant S, Mishra S, Tripathi P. Role of Yoga in Asthma Management. Dynamics Human Health. 2015; 2.
36. Kant S, Agnihotri S. Asthma diagnosis and treatment–1029. Yoga as an adjuvant therapy in asthma management. World Allergy Organization Journal. 2013; 6:28.
37. Bhatt A, Rampallivar S. Effect of Pranayam on ventilatory functions in patients of bronchial asthma. JEMDS. 2016; 5:1453-5.
38. Cooper S, Osborne J, Newton S, Harrison V, Coon JT, Lewis S, et al. Effect of two breathing exercises (Buteyko and pranayama) in asthma: a randomised controlled trial. Thorax. 2003; 58:674-9.
39. Sabina AB, Williams AL, Wall HK, Bansal S, Chupp G, Katz DL. Yoga intervention for adults with mild-to-moderate asthma: a pilot study. Ann Allergy Asthma Immunol. 2005; 94:543-8.
40. Jaber R. Respiratory and allergic diseases: from upper respiratory tract infections to asthma. Prim Care. 2002; 29:231-61.
41. Turan N, Öztürk A, Kaya N. Hemşirelikte yeni bir sorumluluk alanı: Tamamlayıcı terapi. 2010; 3:93-8.
42. Akarsu RH. Gebelik Yogasının Gebenin Psikososyal Sağlık Düzeyi ve Prenatal Bağlanmaya Etkisi İstanbul: İstanbul Üniversitesi Sağlık Bilimleri Enstitüsü; 2016.
43. Khorshid L, Yapucu Ü. Tamamlayıcı tedavilerde hemşilerin rolü. Journal of Anatolia Nursing and Health Sciences. 2005; 8.
44. Breen K. Ethical issues in the use of complementary medicines. Climacteric. 2003; 6:268-72.