EFFECT OF COLD CHEST PACK ON PULMONARY FUNCTIONS OF PATIENTS WITH BRONCHIAL ASTHMA

ABSTRACT

Introduction: Many studies reported that the practice of Naturopathy, especially with hydrotherapy treatment, influences in improving pulmonary function. The current study was conducted to determine the effect of using Cold Chest Pack for improving pulmonary functions.

Objective: The intended research work aims at assessing the efficacy of Cold Chest Pack in improving the Pulmonary functions of Bronchial Asthma patients.

Study Design: Randomized Control Trial.

Method: A total of 71 study subjects belonging within the age group of 20-44 years, participated in the study. The study participants were randomized into intervention and control group. The intervention group participants will be given cold chest pack for 30 minutes for 25 days (5 days/week for 5 weeks) along with conventional medicine. Control group will be only under conventional medicine. After 5 weeks again PEFR will be recorded for both groups.

Result: The study showed significant improvement in the PEFR values of the study participants. The pulmonary function observed to be significantly improved with cold chest pack among study participants.

Conclusion: The practice of hydrotherapy mediated Cold Chest Pack facilitates in improving the PEFR and strengthening the pulmonary function significantly.

Keywords: Peak Expiratory Flow Rate, Cold Chest Pack, Pulmonary Function, Hydrotherapy