

ABSTRACT

Background: Asthma is one of the most chronic childhood illnesses, characterized by chronic inflammation of the airways. This inflammation causes narrowing of the airways and an increased sensitivity to inhaled irritants and allergens. Asthma is a leading cause of school absences. From 1980-1994, the rate of asthma in children under the age of five increased more than 150%. The root cause of asthma is still unknown. Asthma can begin at any age. With proper management and education, children's with asthma can lead normal, active lives. Thus, the present study was conducted to evaluate the effect of pranayama on serum IgE, eosinophilia and pulmonary function on childhood asthma

Methods: A total of 74 subjects with childhood asthma were included in the study. SC subjects were asked to undergo a single session (20 minutes) of pranayama and CG (rest in sitting pose) with conventional medication .Baseline and post-test assessments of Serum IgE, Eosinophil's,PEFR and PAQLQ levels were measured on Day1 and Day 28 of intervention. Statistical analysis was performed using statistical package for the social sciences, version 16. P value <0.05 was considered as significant.

Results: Pranayama showed statistically significant improvement, however no significant difference in IgE and Eosinophil between group participants on childhood asthma was observed.

Conclusion: The present study suggests that, pranayama practice was effective in improving childhood asthma by improving the pulmonary functions and quality of life.

Keywords: Childhood asthma, Eosinophilia, Pranayama, Serum IgE