

YOGA AND ASTHMATIC PATIENTS OF COVID-19

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Abstract: Asthma is an inflammatory disease of the airways to the lungs. It makes breathing difficult and can make some physical activities challenging or even impossible. The coronavirus pandemic is an ongoing pandemic of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Coronavirus disease (COVID-19) is a more serious and fatal disease caused by a coronavirus discovered in the year 2019 in Wuhan. There is no specific treatment available in the world but the risk of coronavirus disease may be reduce through enhancing the immunity system of the body. COVID-19 is a newly identified fatal disease and there is limited information regarding risk factors for are available in the globe. Asthma, is the common risk factors of Covid-19

Keywords: Diabetes , obesity, yoga, heart condition, chronic lung disease

INTRODUCTION

The practice of yoga reduces the risk of life-threatening non-communicable diseases such as hypertension, stroke, heart attack and diabetes but yoga also helps to reduce the risk of communicable disease such as like, Ebola, swine flu and coronavirus disease-2019 through improve the immunity system The coronavirus is an ongoing pandemic disease, 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The first work of a virus that enters our bodies is to invade target cells so that it can comfortably remove its coat and deploy its RNA (Stamatiki, 2020). The virus is primarily spread between people during close contact through coughing, sneezing, or talking (Reich, 2020; Loh et. al. 2020). Coronavirus disease (COVID-19) is an infectious disease caused by a newly detected coronavirus (WHO 2020). This Disease traced in Wuhan city of China, in December 2019 and declared coronavirus as a pandemic on 11 March of 2020 (Who 2020). At this time, there are no specific treatments for COVID-19 but regular practice of Yoga is able to eliminate infection in a couple of weeks (Stamatiki, 2020).

ASTHMA AND YOGA

COVID-19 is a newly discovered communicable disease and there is limited information regarding risk factors for are available in the globe. Asthma is one of the most common types of chronic disease. **Asthma** is a common long-term inflammatory **disease** of the airways of the lungs, in which airways narrow and swell and produce extra mucus attributed to difficult of breathing trigger coughing, wheezing and shortness of breath (Mayoclinic). Asthma may contribute people at greater risk for severe illness from Coronavirus -19 (COVID-19). Coronavirus -2019 can adversely affect respiratory tract cause an asthma attack, and possibly lead to pneumonia and illness. COVID-19 pandemic is dreadful for common people, but those who have **Asthma** will have a worse outcome. Currently there is no evidence available in our society of increased infection rates asthma. But Centers for Disease Control and Prevention states that patients with asthma could be at greater risk for more severe disease. One research also reported that asthma may increase the risk of hospitalization from COVID-19 in 18-49 year old adults (Garg 2020). The Covid-19 is a new virus, there is limited evidence available regarding heart condition and Covid-19. However, based on experience with this and other viral illnesses, patients with Asthma is the increased risk of becoming sick if infected with COVID-19 (Madsbad S (2020). Serious Asthmatic patient may be the serious illness from COVID-19 (CDS, 2020). COVID-19, like other viral illnesses such as the flu, can damage the respiratory system and make it harder for heart to work.

This is an evidence for the effect of yoga in helping the co-ordination of breath and movement associated with good posturing for best relaxation of breath muscles. It also helps in controlling the panic attacks which aggravate individual's further deterioration and shortness of breath by letting a way to control physical body, the mind (Psychosomatic) and the autonomic nature of breath control (Mekonnen & Mossie, 2010). The several studies have reported that yoga has significant importance in improving symptoms of asthmatics (Mekonnen & Mossie, 2010; Datey et. al. 1969; Swami & Varandani 1975; Bhole 1967; Honsberger & Wilson 1973; Jains et. al. 1991; Talukdar 1993; Nagarathna, 2002; Negendra & Nagarathna 1986). Breathing exercises and stretching postures are used to increase respiratory stamina, relaxation of the chest muscles, expansion of lungs, raising energy levels and calming the body (Jonas 1998). Behera (1998) studied the effect of yoga on COPD patients and showed that lung function parameters

(forced vital capacity (FVC), forced expiratory volume in first second (FEV₁) and peak expiratory flow rate (PEFR) improved after the practice of yoga. Yoga improves the blood circulation; which increases the strength of respiratory muscles. The further advantage of yogic breathing lies in the fact that it is more of a vertical breathing. By this vertical breathing, all the alveoli of both the lungs open up evenly. Due to the even expansion of all the alveoli, a vast expanse of alveolar membrane is available for exchange of gases. The purpose of yoga breathing exercises is to supply the body with oxygen and cleanse it of carbon dioxide and other toxins. Generally, a small portion of lung capacity is been utilized. (Soni et al. 2012).

DISCUSSION

Asthma is a chronic (long-term) condition that affects the airways in the lungs. The airways are tubes that carry air in and out of your lungs. If you have asthma, the airways can become inflamed and narrowed at times. People with **asthma** (PWA) generally are considered at higher **risk** from respiratory infections, as is seen annually with influenza. At the outset of the **COVID-19** pandemic, PWA were widely assumed to be at increased **risk** from **COVID-19**. Many people with **asthma** report feeling better by doing **yoga**. It's said that **yoga** may help by improving posture and opening the chest muscles, which encourages better breathing. It could also teach you to control breathing and reduce stress, a common trigger of **asthma** symptoms. Pranayama leads to healing of the mind and body which improves your well-being. Pranayama can also reduce the chances of getting an **asthma** attack and help you do physical activities with ease.

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