

## Anandaseva 300-Hour Yoga Therapy Program

### RESEARCH PAPER

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#### Introduction

**Chronic obstructive pulmonary disease (COPD)** is an umbrella term used to describe several lung diseases including emphysema and chronic bronchitis. "Obstruction" in COPD means that the flow of air in and out of the lungs is less than ideal, meaning less oxygen gets into the body tissues and it becomes harder to get rid of carbon dioxide (waste gas). With chronic bronchitis the lining of the breathing tubes (bronchi) are swollen and produce mucus that is coughed up. With emphysema the walls of the air sacs in the lung are broken down and the air spaces get larger and air gets trapped. Some people have both chronic bronchitis and emphysema. COPD is the 4<sup>th</sup> leading cause of death in the U.S. and causes serious long-term disability. There is no cure for COPD. More than 12 million people have COPD and up to 24 million may have the disease but not know it. Smoking, air pollution and on-the-job fumes and dust are the primary causes.

**Asthma** is a similar/related lung disease for which there is no cure. It affects nearly 23 million Americans (about 3 percent), including 7 million children, or about one in 10. With asthma, the airways are often swollen and red (or inflamed), making them sensitive to environmental "triggers" such as the weather, dust, chemicals, smoke and pet dander. When an attack occurs. The muscles surrounding the airways become tight and the lining of the air passages swell. This reduces the amount of air that can pass by, and can lead to wheezing sourballs. Sometimes, people have asthma when they are very young and as their lungs develop, the symptoms go away. Asthma tends to run in families, and certain allergies are linked to people who have asthma. Acute asthma attacks are medical emergencies that require immediate attention by a physician or at an ER. Most cases of asthma are caused by a combination of genetic and environmental factors. Asthma rates are rising due to increased stresses on the immune system from more pollution in air, water and food.

#### Western (allopathic) Medicine

Preventing attacks and severe episodes is key and recommendations include:

- 1) **Bronchodilator's & long-acting pharmaceuticals.** Most western treatments for asthma and COPD involve either (a) short-term, quick-relief bronchodilators that help reduce

sudden-onset symptoms, or (b) long-acting pharmaceuticals that reduce inflammation and case constriction of airways. Many medications are in the steroidal family and they help reduce airway inflammation. Those with mild or infrequent attacks typically use just quick-relief medications. While those with persistent problems take control medications.-----  
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