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Pursed lip breathing technique pdf



Original Article

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The Study to Compare the Effect of Buteyko Breathing Technique and Pursed Lip Breathing in COPD.

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Abstract

Introduction: Chronic Obstructive pulmonary disease (COPD) is characterized by airflow obstruction with breathing related symptoms such as chronic cough, exertion dyspnoea, expectoration, and wheeze [1]. The Buterko concept is a system of breathing exercises originally devised in the 1950s by Professor Konstantin Buterko, a Russian physician and academic personality [2].

Methodology: Fifty (50) subjects clinically diagnosed of chronic obstructive pulmonary disease (COPD). The subjects divided randomly into two groups; Group A (25) and Group B (25). Group A received Butekyo Breathing

Discussion: The Butyko method is a purported method of 'retraining' the body's breathing pattern to correct for the presumed chronic hyperventilation and hypocapnia, and thereby treat or cure the body of these medical problems. Butyko has been found to be effective in management of Asthma [10]. In our study daily Butyko breathing 20-30 minutes 3-5 times a day was effective in the management of the mentioned asthma, as the

Conclusion: In the present study both of the techniques are effective but the Butekyo breathing technique found more effective than pursed lip breathing for 4 weeks. There was significant improvement in Pulmonary Function Test in patients with COPD.

Keywords: Buteyko breathing technique, Pursed lip retraining, FEV1, FVC, Spiro meter (Koko peak pro 6), Stop watch and Tissue paper.

Chronic Obstructive pulmonary disease (COPD) is characterized by airflow obstruction with

breathing-related symptoms such as chronic cough, exertion dyspnoea, expectoration, and wheeze. These symptoms may occur in conjunction with

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4.2.02.22 - Pursed-Lip Breathing. Pursed-lip breathing is a simple breathing technique that will help make deep breaths slower and more intentional. This technique has been found to benefit people who have anxiety associated with lung conditions like emphysema and chronic obstructive pulmonary disease (COPD). 22.04.2020 · Breathing exercises can help ease the coughing that often accompanies COPD. Learn about techniques like pursed lip breathing with the help of these diagrams.

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