

**A COMPARATIVE STUDY ON EFFECTIVENESS OF BUTEYKO
BREATHING TECHNIQUE AND ACTIVE CYCLE OF BREATHING
TECHNIQUE IN THE MANAGEMENT OF DYSPNOEA AMONG
ASTHMA PATIENTS**

By

Jinsabin.M.L

Selvarani.E

Jency thangasheela.G



**CHERAN GROUP OF
INSTITUTIONS**

COIMBATORE - KANGEYAM - TIRUPUR

Cherran's college of Physiotherapy

Coimbatore, Tamil Nadu,

India.

ABSTRACT

“A COMPARATIVE STUDY ON EFFECTIVENESS OF BUTEYKO BREATHING TECHNIQUE AND ACTIVE CYCLE OF BREATHING TECHNIQUE IN THE MANAGEMENT OF DYSPNOEA AMONG ASTHMA PATIENTS”

Jinsabin.M.L¹, Selvarani.E², Jency thangasheela.G³

1. Bachelor of Physiotherapy, Cherraan’s College of Physiotherapy, Coimbatore.
2. Principal & Professor, Department of Physiotherapy and Rehabilitation Centre, Faculty of Physiotherapy, Cherraan’s College of Physiotherapy, Coimbatore.
3. Professor, Department of Physiotherapy and Rehabilitation Centre, Faculty of Physiotherapy, Cherraan’s College of Physiotherapy, Coimbatore.

DESIGN: This study is a pre test and posttestexperimental design comparative in nature.

PARTICIPATIONS: Twenty subject were selected treated with course buteyko breathing and active cycle of breathing technique.

Materials and Methods: Thirty both gender subjects who has been diagnosed as asthma with mean age 20-40 years were taken as subjects in the study. Parameter Modified Borg’s dyspnoeascaleandPeak expiratory flow ratenoted prior to and following 6 session of intervention. All subjects were randomly divided in two group A and B with ten subject in each group GROUP A underwent Buteyko breathing. GROUP B underwent treatment of active cycle of breathing technique.

OUTCOME MEASURE: The outcome was measured by using Modified Borg’s dyspnoea scale and Peak expiratory flow rate.

RESULT: There was significant improvement in reduction of dyspnoea and improve breathing pattern.

CONCLUSION: Buteyko breathing technique is found to be effective in reduction dyspnoea and to improve breathing pattern.

KEY WORDS: Buteyko breathing, Active cycle of breathing technique.