

A Survey on Efficacy of B.K.S Iyenger Yoga for Cough

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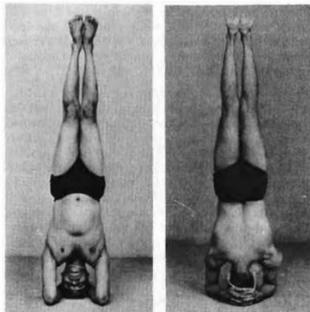
Abstract: Yoga is performed by many individuals now, the benefits of yoga are known to everyone and so people perform yoga to get benefits from it. Performing yoga for long term health benefits is known to everyone but no study has been conducted to show the effectiveness of performing yoga specific yoga postures for specific medical conditions. Current study puts light on the effect of performing specific yoga poses for specific problems and results obtained after performing yoga.

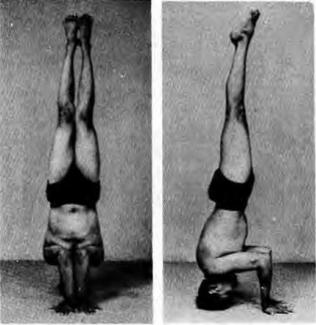
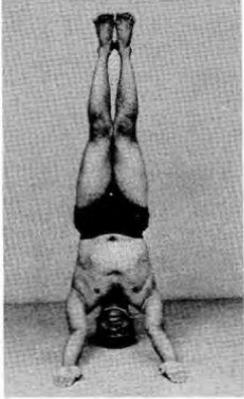
Keywords: Yoga, Cough, Breathing, B.K.S Iyenger, Cough, Asana.

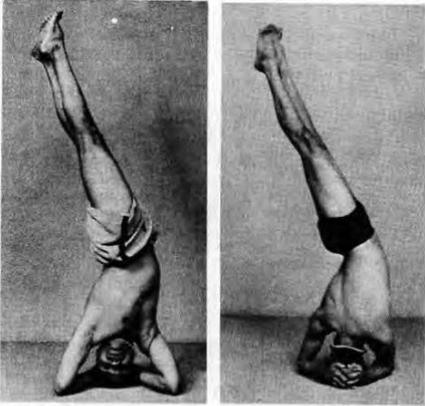
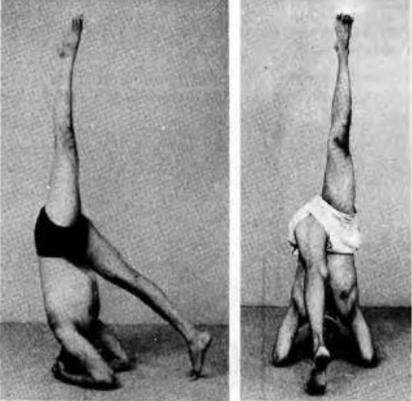
1. INTRODUCTION:

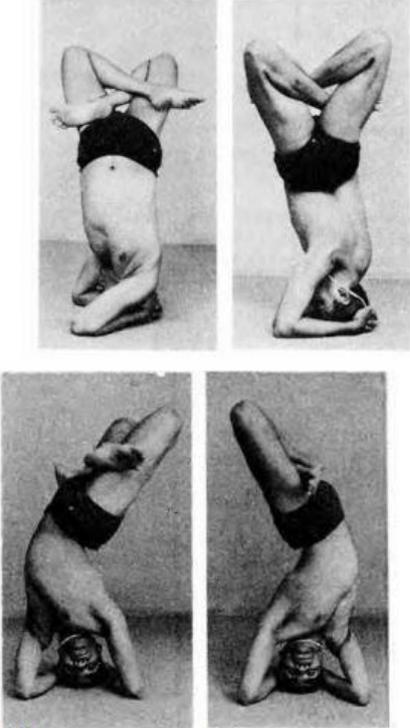
In today's world, yoga is a way of life. Popularity of yoga is spreading everywhere. People perform yoga to stay fit and healthy in the long run. Benefits of performing specific yoga postures for healing specific medical ailments is not much known. Current study focuses on effects of performing specific yoga postures for cough. Cough or tussis, is an involuntary or a voluntary act, coughing clears the throat and breathing passage of microbes, foreign particles, fluids, irritants, fluids, and mucus. Coughing is a rapid expulsion of air from the lungs. Coughing can be done deliberately or as a part of a reflex. Bellur Krishnamachar Sundararaja Iyenger or B.K.S Iyenger is the foremost teacher of yoga, he is being followed all over the world. B.K.S Iyenger is the founder of Iyenger yoga focuses on precision and alignment. Quality of movement is given priority over quantity. Yoga practitioners learn to move with ease in the body while working within the limitations, making the yoga postures (asana) safe to perform. Table 1, 2, 3 shows the yoga sequence mentioned by B.K.S Iyenger for cough. Current study suggest the efficacy of performing yoga mentioned by B.K.S Iyenger for cough. [1]–[3]

Table 1: Sirsasana Cycle [4]

Yoga Asana	Yoga posture
Salamba sirsasana I	

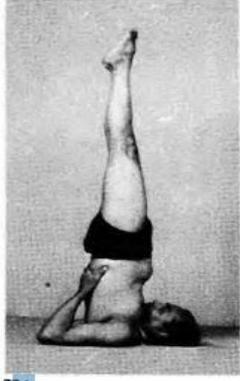
<p>Salamba sirsasana II</p>	
<p>Salamba sirsasana III</p>	
<p>Baddha hasta sirsasana</p>	
<p>Mukta hasta sirsasana</p>	

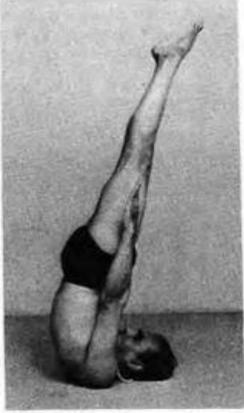
<p>Parsva sirsasana</p>	
<p>Parivrttaikapada sirsasana</p>	
<p>Eka pada sirsasana</p>	
<p>Parsvaika pada sirsasana</p>	

<p>Urdhv padmasana in sirsasana</p>	
<p>Parsva urdhv padmasana in sirsasana</p>	
<p>Pindasana in sirsasana</p>	

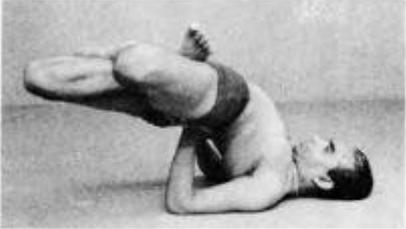
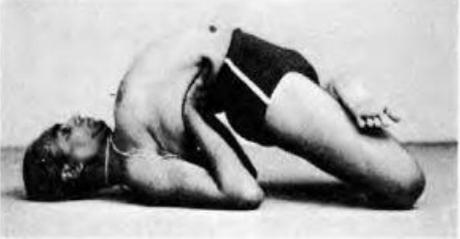
Sarvangasana Cycle:

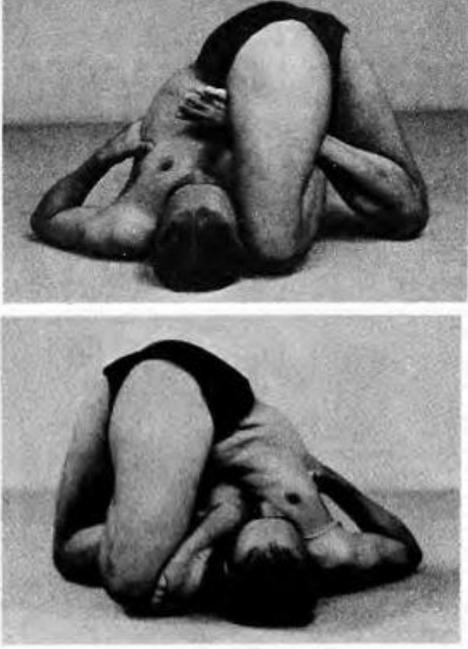
Table 2: Yoga Asanas Involved in Sarvangasana Cycle and Postures Describing Yoga Pose [5]

Yoga Asan	Yoga posture
Salamba Sarvangasana I	
Salamba Sarvangasana II	
Niralamba Sarvangasana I	

<p>Niralamba Sarvangasana II</p>	 A black and white photograph of a person performing Niralamba Sarvangasana II. The person is lying on their back with their legs raised vertically, feet together, and arms extended upwards. Their head is resting on the floor.
<p>Halasana</p>	 A black and white photograph of a person performing Halasana. The person is lying on their back with their knees bent and feet flat on the floor. Their arms are extended forward, and their head is resting on the floor.
<p>Karnapidasana</p>	 A black and white photograph of a person performing Karnapidasana. The person is lying on their back with their knees bent and feet flat on the floor. Their arms are extended forward, and their head is resting on the floor.
<p>Suptkonasana</p>	 A black and white photograph of a person performing Suptkonasana. The person is lying on their back with their knees bent and feet flat on the floor. Their arms are extended forward, and their head is resting on the floor.
<p>Parsva Halasana</p>	 A black and white photograph of a person performing Parsva Halasana. The person is lying on their back with their knees bent and feet flat on the floor. Their arms are extended forward, and their head is resting on the floor.

<p>Eka Pada Sarvangasana</p>	
<p>Parsvaikapada Sarvangasana</p>	
<p>Parsva Sarvangasana</p>	
<p>Setu Bandh Sarvangasana/Uttana Mayurasana</p>	
<p>Ek Pada Setu Bandh Sarvangasana/ Ek Pada Uttana Mayurasana</p>	

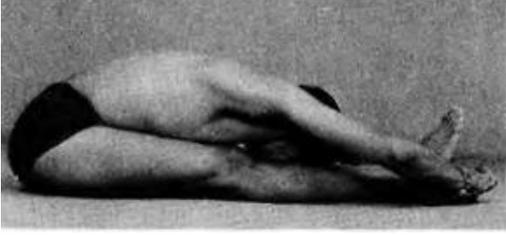
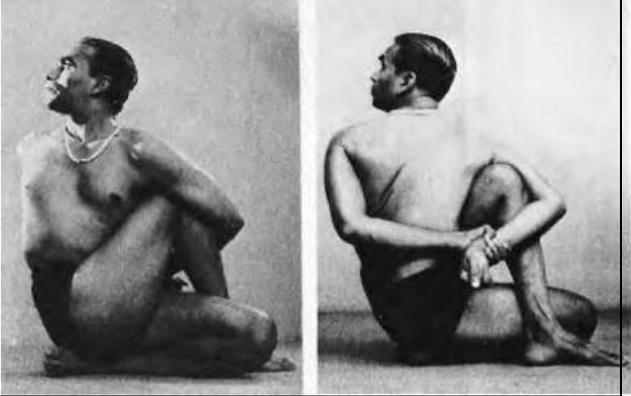
<p>Urdhva Padmasana in Sarvangasana</p>	<p>Figure 262, 263</p> 
<p>Parsva Urdhva Padmasana in Sarvangasana</p>	 <p>262</p>  <p>263</p>  
<p>Uttana Padma Mayurasana</p>	

<p>Pindasana in Sarvangasana</p>	
<p>Parsva Pindasana in Sarvangasana</p>	

Other yoga asanas include:

Table 3: Other Yoga Asana Mentioned By B.K.S

Yoga asana	Posture describing yoga asana
<p>Uttanasana</p>	

<p>Paschimottanasana</p>	
<p>Ardh-Matsyendrasana</p>	
<p>Urdhva Dhanurasana</p>	
<p>Pasasana</p>	
<p>Ujjayi Pranayam</p>	<p>Take a deep, slow steady breath through both nostrils, passage of the incoming air is felt on the roof of the palate and makes a</p>

	<p>sound (Sa), sound should be heard. Lungs are filled up to the brim, filling is called <i>Puraka</i> (inhalation), abdomen should not bloat in the process of inhalation. The entire abdominal area from the pubes up to the breast-bone should be pulled back towards the spine, hold the breath for a second or two, internal retention is called <i>tara kumbhaka</i>, exhale slowly, steadily and deeply, until the lungs are empty completely, exhale and keep your grip on the abdomen, After two or three seconds, relax the diaphragm gradually, air should be felt on the roof of the palate and brushing on the palate should make an aspirate sound (ha), exhalation is called <i>rechaka</i>, wait for a second before drawing a fresh breath, waiting period is called <i>bahya kumbhaka</i></p>
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2. RESEARCH QUESTION

1. What is the effect of B.K.S Iyenger yoga for cough?

3. REVIEW OF LITERATURE

Parikh et al. conducted a study on effect of yoga practice for 4 weeks on lungs, study included first year medical students and an overall effect of yoga on respiratory parameters is provided as a result. Current study focuses on the effect of yoga practices on cough for different age groups [6]

Upadhyay P.S and Sahu Amber conducted study and evaluated Clinical efficacy of Drakshadi Yoga in children suffering from cough, drakshadi yoga is a plant preparation which contains *Draksha (Vitis vinifera)*, *Pippali (Piper longum)*, *Haritaki (Terminalia chebula)* and *Vasa (Adhatoda vasica)*, all the drugs showed anti cough and antimicrobial properties but the study lack in giving the brief idea of efficacy of B.K.S Iyenger yoga for cough [7]

D Kumar studied the effects of selected yogic practices on psycho-physiological variables on students, the study does not covers the study on the effectiveness of B.K.S Iyenger yoga for cough [8]

4. METHODOLOGY

The current survey is conducted by distributing a questionnaire form (Table 4) in people coming for morning walk in the park, people having cough because of season change are taken as candidates for the survey. The survey is conducted by letting all the candidates do all the yoga poses as mentioned by B.K.S Iyenger for cough for 10 to 15 days and observing the changes made by performing yoga specifically mentioned for cough. The candidates taken for the survey are categorised into A, B, C, and D groups. A group involves 15 to 30 years old candidates. B group includes 30 to 45 years old candidates. C group is for 45 to 60 years old people and D group represents candidates more than 60 years of age.[9][10][2]

Table 4: Questionnaire Form for Candidates

Name:	
Age:	
Sex:	
Do you have a cough problem?	Yes: No:
Is the cough problem because of season change?	Yes: No:
If your cough is not seasonal, mention the reason for it	
Do you perform yoga or any other breathing exercise?	Yes: Mention name No:
Are you facing any kind of breathing problem?	Yes: No:

Almost 100 candidates filled the questionnaire form, out of all 100 candidates 80 people were selected from different age groups A, B, C and D for the survey. All the candidates having cough problems were selected for the survey, few candidates had cough because of season change and few had cough because of some other reasons. But all the candidates selected for the survey had cough problems. The reason behind selecting all candidates for the survey is to check the efficacy of B.K.S Iyenger yoga for cough in all age groups of candidates.

5. RESULT & DISCUSSION

A survey is conducted on different age groups of people A group 15 to 30 years of candidates, B group 30 to 45 years of candidates, C group people are from 45 to 60 years of age and D group includes 60 to 75 years of people. A questionnaire form is distributed in almost 120 candidates, around 100 candidates, out of those who filled the questionnaire form were selected for the survey. The survey involved practicing yoga asanas mentioned by B.K.S Iyenger on the lines of Patanjali Yoga for cough problems. Candidates were subjected to perform specific yoga postures for 15 days starting from 0:10 second duration to gradually increasing the duration of each pose to 3:00 to 4:00 minutes according to performance shown by each candidate. The result observed after performing specific yoga postures for cough for 15 days mentioned by B.K.S Iyenger by candidates suffering from cough problems. Table 5 shows the result of performing yoga for cough for 15 days and its effect on all candidates. An average result of all 25 candidates in all four age groups A, B, C, and D is considered.

Table 5: Effectiveness of Performing Yoga for Cough, As Mentioned By B.K.S Iyenger

Group (A, B, C and D)	Very effective	Effective	Not effective/very less effective
A (15 to 30 years)	7	3	-
B (30 to 45 years)	8	2	-
C (45 to 60 years)	7	2	1
D (60 to 75 years)	6	3	1

It is observed that in A, B, C and D group majority candidates showed positive response towards effectiveness of specific yoga poses as mentioned by B.K.S Iyenger for cough. Few candidates in C and D group observed less positive effect after performing specific yoga postures for cough for 15 days, after talking with them it is observed that their cough is not seasonal and these candidates were further subjected to perform specific yoga poses as mentioned by B.K.S Iyenger for cough for few more days. Candidates performed yoga for 10 days more and it is observed that they showed positive effect in cure of cough after performing specific yoga poses for 15 days and 10 days.

6. CONCLUSION

Yoga is a part of everyone's life nowadays, people perform yoga to remain fit and to get health benefits coming out of it. But performing specific yoga postures for specific ailments is not known to many people. Current study puts light on performing yoga for specific medical problems, cough, either seasonal or as a result of any other medical condition. The survey is conducted on 100 candidates belonging to different age groups, A group 15 to 30 years, B group 30 to 45 years, C group 45 to 60 years and D group 60 to 75 years. A and B group showed very effective responses after performing specific yoga poses for cough for 15 days. Group C and D effective response after performing specific yoga poses for cough, few candidates observed mild effect of yoga for their cough problem, these candidates were further subjected to additional 10 days of yoga sessions and they also showed very positive change for cough problem.

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