

Yogic Practices for Management of Bronchial Asthma

S.No.	Name of the Practice	Duration
1	Yogic Prayer	1 min
2	Shodhana-Kriyas <ul style="list-style-type: none"> ✓ Jal Neti (Weekly Twice) ✓ Kapalbhata Followed by Deep Breathing 	7 mins
3	Sthula Vyayama <ul style="list-style-type: none"> ✓ Yoga Sthula HRD Gati 	2 mins
4	Sukshma Vyayama (3 rounds each) <ul style="list-style-type: none"> ✓ Uchcharana-sthala ttha Vishuddh-chakra- shuddhi ✓ Buddhi totha Dhurtti-shakti-vikasaka ✓ Medha Shakti Vikasaka 	8 mins
5	Yogasanas <ul style="list-style-type: none"> ✓ Tadasana ✓ Ardha chakrasana ✓ Trikonasana ✓ Gomukhasana ✓ Marjariasana ✓ Ushtrasana ✓ Makarasana ✓ Bhujangasana ✓ Sethu Bandhasana ✓ Matsyasana ✓ Shavasana 	12 mins
6	Pranayama <ul style="list-style-type: none"> ✓ Bhastrika (3 rounds) ✓ Suryabhedana (3 rounds) ✓ Nadishodhana (3 rounds) 	5 mins
7	Relaxation <ul style="list-style-type: none"> ✓ Quick Relaxation Technique 	5 mins
8	Dhyana (Meditation) <ul style="list-style-type: none"> ✓ Om Meditation 	5 mins
TOTAL DURATION		45 MINUTES