Breathing Exercises shown to be Beneficial for Adults with Asthma

Clinical Question	How effective are breathing exercises in the management of people with asthma?
Bottom Line	This Cochrane review found that breathing exercises showed some probable improvements in quality of life and hyperventilation symptoms for adults with asthma. However, there were no apparent differences in asthma symptoms as measured by the Asthma Control Questionnaire. This evidence came from studies looking at breathing exercises based on the Papworth method, Buteyko, diaphragmatic breathing, yoga and breathing retraining exercises. Exercises were delivered either by face to face or by audio visual media.
Caveat	Due to some methodological differences among included studies the certainty of evidence for the measured outcomes ranged from moderate to very low according to GRADE criteria. In addition, asthma severity of participants from the included studies ranged from mild to moderate, so it was not possible to assess the effects of breathing exercises on participants with severe asthma.
Context	Breathing exercises have been widely used worldwide as a non-pharmacological therapy to treat people with asthma. Breathing exercises aim to control the symptoms of asthma and can be performed as the Papworth Method, the Buteyko breathing technique, yogic breathing, deep diaphragmatic breathing or any other similar intervention that manipulates the breathing pattern. The training of breathing usually focuses on tidal and minute volume and encourages relaxation, exercise at home, the modification of breathing pattern, nasal breathing, holding of breath, lower rib cage and abdominal breathing.
Cochrane Systematic Review	Santino TA, Chaves GSS, Freitas DA, Fregonezi GAF, Mendonça KMPP. Breathing exercises for adults with asthma. Cochrane Database of Systematic Reviews 2020, Issue 3. Art. No.: CD001277. DOI: 10.1002/14651858.CD001277.pub4.This review contains 22 studies involving 2880 participants.

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Systematic review link:
https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001277.pub4/full#CD001277-sec1-0007