

## Yoga of some benefit for asthma

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<b>Clinical Question</b>	How effective is yoga in people with asthma?
<b>Bottom Line</b>	There was moderate-quality evidence that yoga probably leads to small improvements in quality of life and symptoms in people with asthma. There was more uncertainty about potential adverse effects of yoga and its impact on lung function and medication usage. The majority of participants were adults of both sexes with mild to moderate asthma for six months to more than 23 years. Interventions lasted from two weeks to 54 months and for no more than six months in the majority of studies.
<b>Caveat</b>	The mean difference for Asthma Quality of Life Questionnaire score exceeded the minimal clinically important difference (MCID) of 0.5, but whether the mean changes exceeded the MCID for asthma symptoms was uncertain due to the lack of an established MCID in the severity scores used in the included studies. The findings of this review are at best preliminary and suggestive and should be interpreted with caution.
<b>Context</b>	Asthma is a common chronic disease that affects about 300 million people worldwide. Yoga, the popularity of which has expanded globally, has the potential to relieve some asthma-related problems. However, the effects of yoga for asthma need to be confirmed due to the inconsistent findings of existing studies.
<b>Cochrane Systematic Review</b>	<a href="#">Yang Z-Y et al. Yoga for asthma. Cochrane Reviews, 2016, Issue 4. Art. No.: CD010346.DOI: 10.1002/14651858. CD013462.pub2.</a> This review contains 15 studies involving 1,048 participants.
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