

YOGA & COPD

American Thoracic Society (ATS)

San Diego

May 2009

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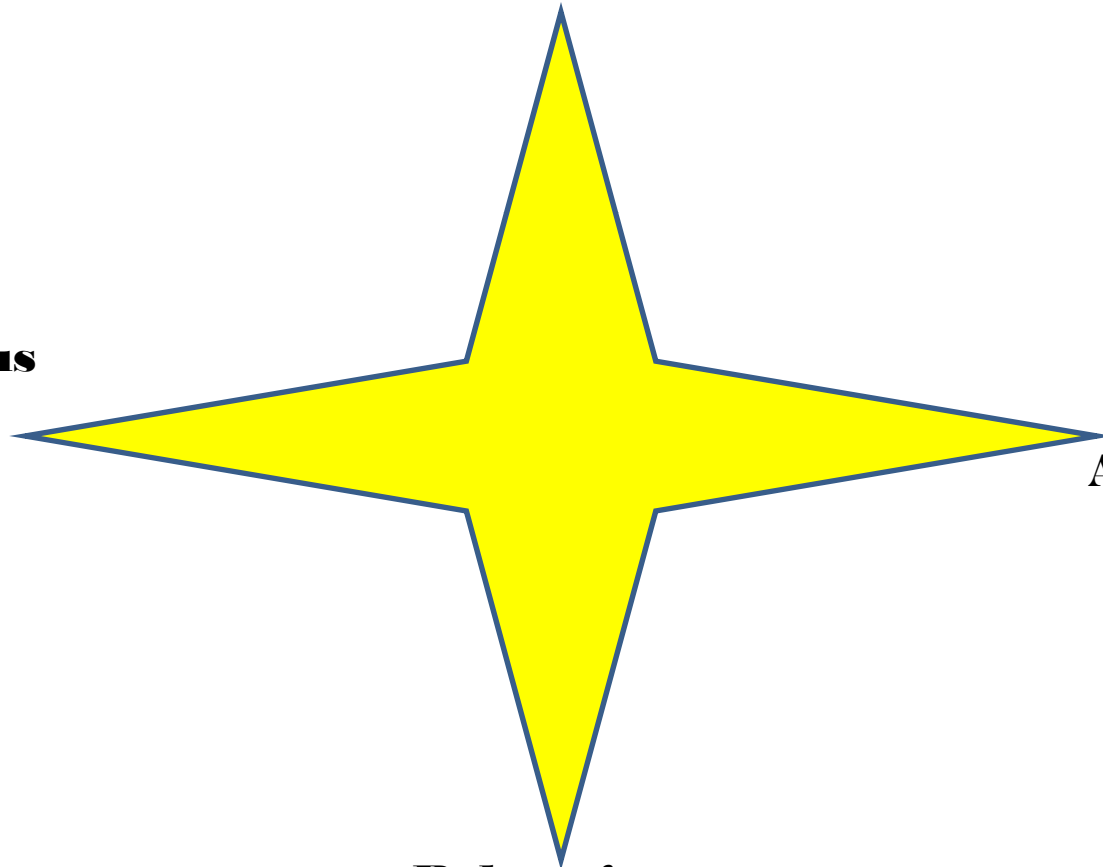
Chronic Pulmonary Obstructive Disease (COPD)

- “Takes my breath away!”
- Walking up a flight of stairs or making my bed
- Wheezing
- Coughing
- Short of breath

The “Four corners” of Vijai’s ABS (Adaptive Breathing Strategy)

Multi-component yoga daily routine

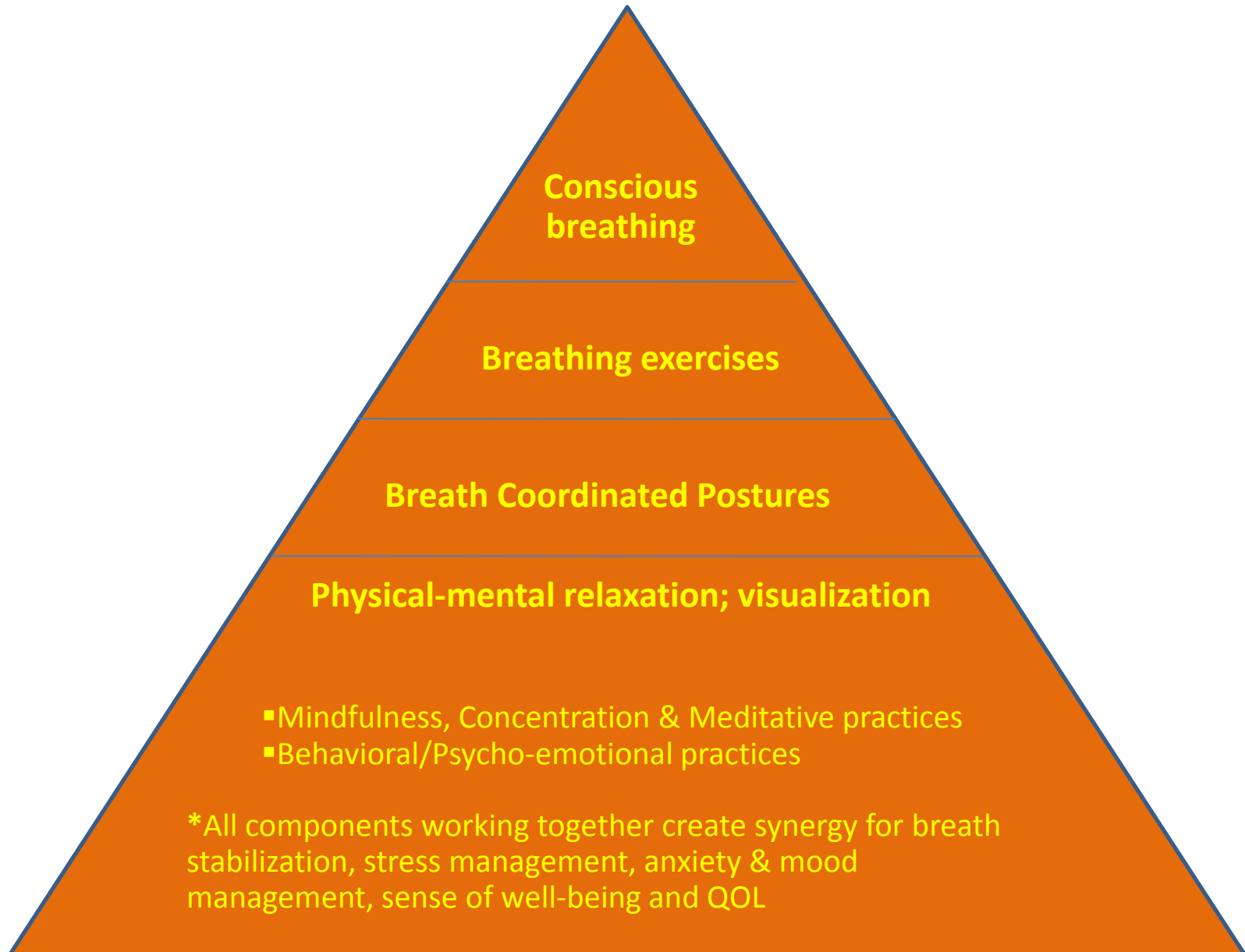
**Exhalation focus
throughout
the day**



**24-7
Breath
Awareness**

**Relaxation
focus throughout
the day**

Multi-Component Daily Yoga Routine



24/7 Breath Awareness & Breath Management

Observe  breath

Standing

Walking

Sitting

Exercising

lying down

performing activities

Intervene early! **Control anxiety!**

*Crucial for modifying breathing patterns; Dyspnea control

Daily Breath Coordinated Spinal Movements (20-30 m.)

- Gentle postures which facilitate exhalation
- Move spine in five directions
 - (elongate, forward, backward, side bend and twist)
- Progressively slow and lengthen exhalation by slowing and lengthening movements in postures
- Breathing into and out of postures modified for COPD
- Conscious, controlled breath flow in stationary position

Relaxation focus throughout the day

Breath-mediated physical & mental relaxation



- Mini relaxations:
1-2 m. or 5-10 m.
- Full relaxation:
15-20 minutes
- Overall relaxation
alongside muscular tension
required for exercise/
activity

Expiration Focus

- Daily Breathing Exercises for expiration prolongation
- Expiration focus throughout the day
- Expiration focus during activity/ exercise



Daily Breathing Exercises for Expiration Prolongation (10-30 m)

Through breath-coordinated asana movements

- Through relaxation
- Direct breath Manipulation
(e.g. $\frac{3}{4}$ inhalation and 2-segment exhalation)
- Vocalization of simple sounds
(e.g. humming breath; vowel singing)

** For I.M.T: backbends: spinal elongation; resistance training*

Expiration focus throughout the day

- Conscious exhalation and inhalation; being mindful
- During active expiration gently contract abdominal muscles (pull them towards the back) nearing end of expiration
- At times, during PLB gently contract abdominal muscles near $\frac{1}{2}$ or $\frac{3}{4}$ th of expiration
- Attempt slowing and lengthening of exhalation while maintaining relaxation

Expiration focus during activity/exercise

Active expiration as “fuel” for exercise and activity

- Prolong expiration
- Gentle contraction of abdominal muscles
- Overall relaxation
- Keep breath in the lower chest



Behavioral/Psycho-emotional (Life Philosophy)

Examples

- “You are More Than Your Body”
- “Be an Observer, Not a Sufferer”
- “Love and Compassion for All”
- “Happiness (or peace, contentment) is within, you can access it despite pain, loss and grief
- Pain is unavoidable but suffering is optional”

Stress and Mood Management

- Frequent mini relaxations through out the day
- Be a “witness” to negative thoughts & emotions
- Utilize breathing and postures for calming body, breath and mind
- Reflect on relevant psycho-emotional guideline/s; counter with positive emotions, words and images

Concentration, Mindfulness & Meditative Practices

- Stabilize, relax and deepen the breath
- Mental calm, clarity and focus
- Emotional anchoring

Examples of techniques

Concentration on single object

Meditation on breath

Compassion, loving kindness meditation

Mindfulness while sitting, standing, walking, etc.



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