

# Bronchial Asthma



By

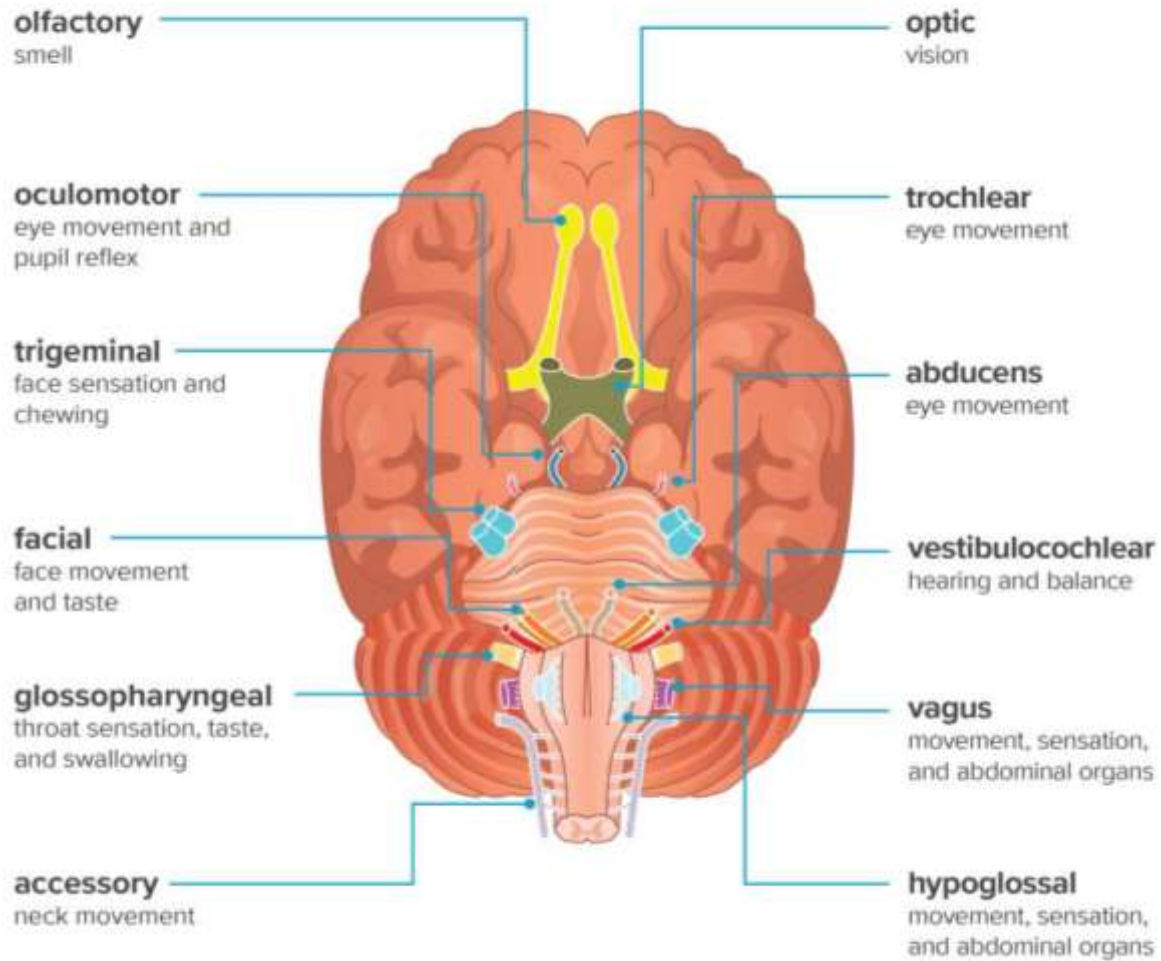
**Dr. UMA MAHESWARI D**

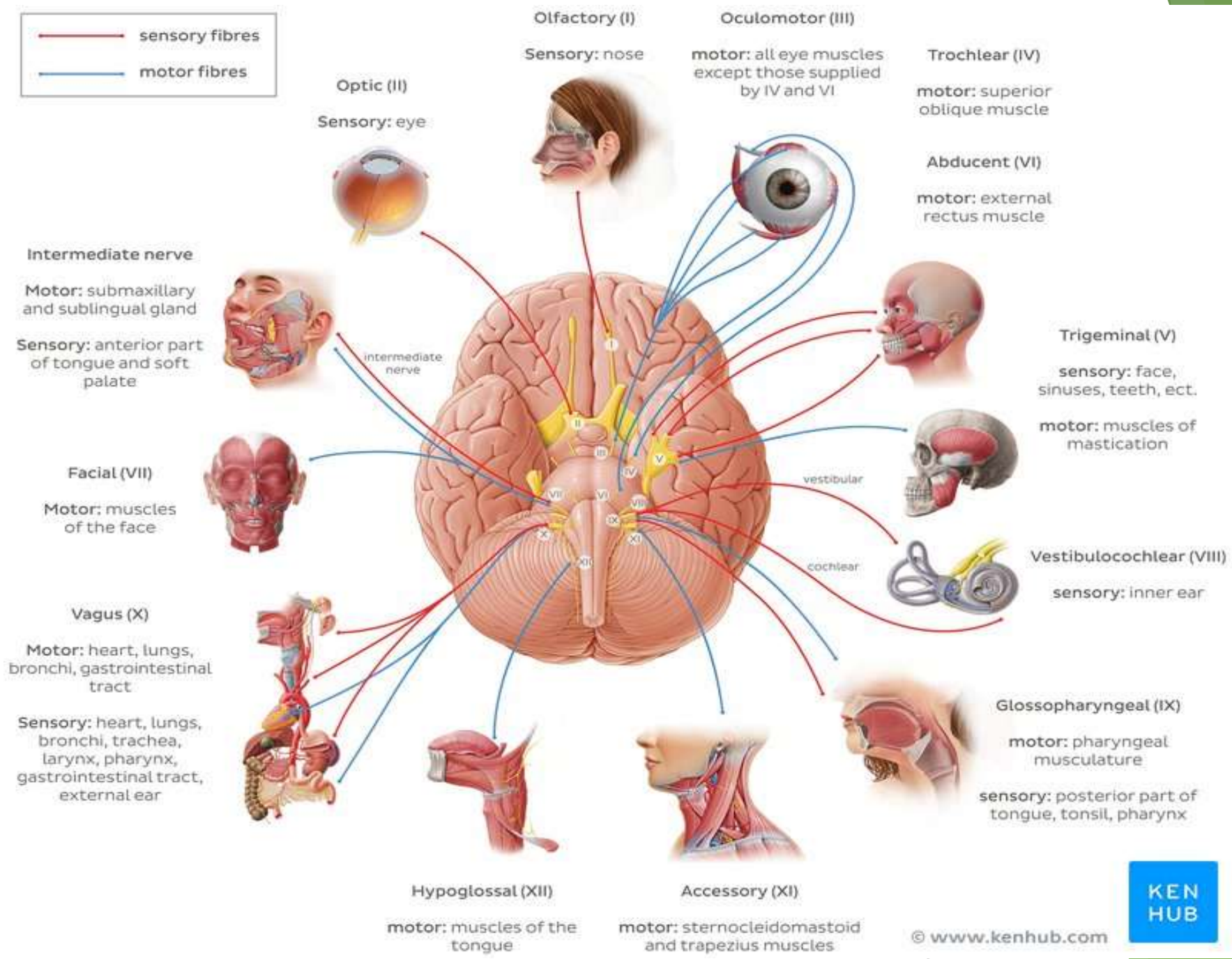
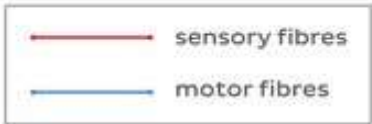
M.Sc (FSN), M.Phil (Yoga), Ph.D Yoga

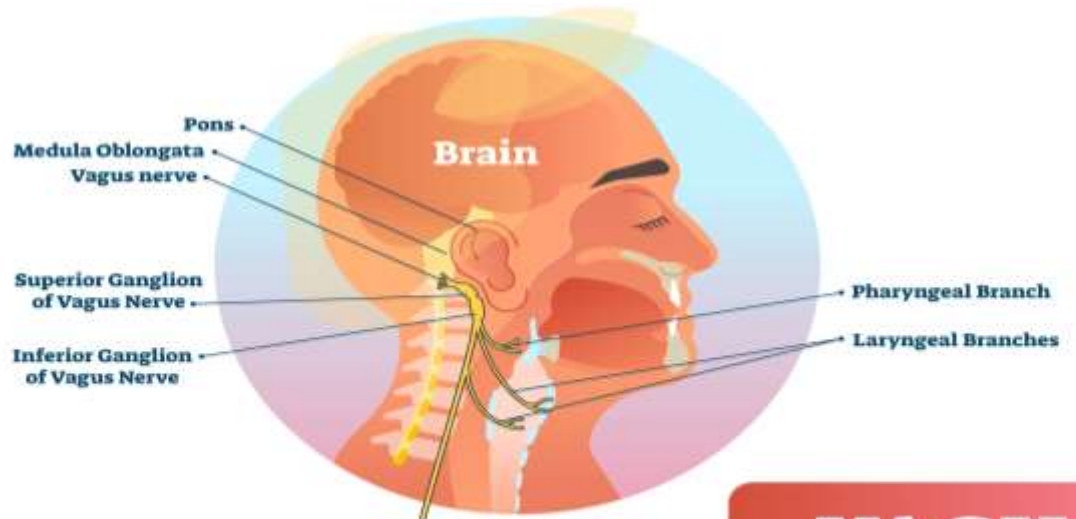
Guest Lecturer, TNPESU

# Vagus Nerve

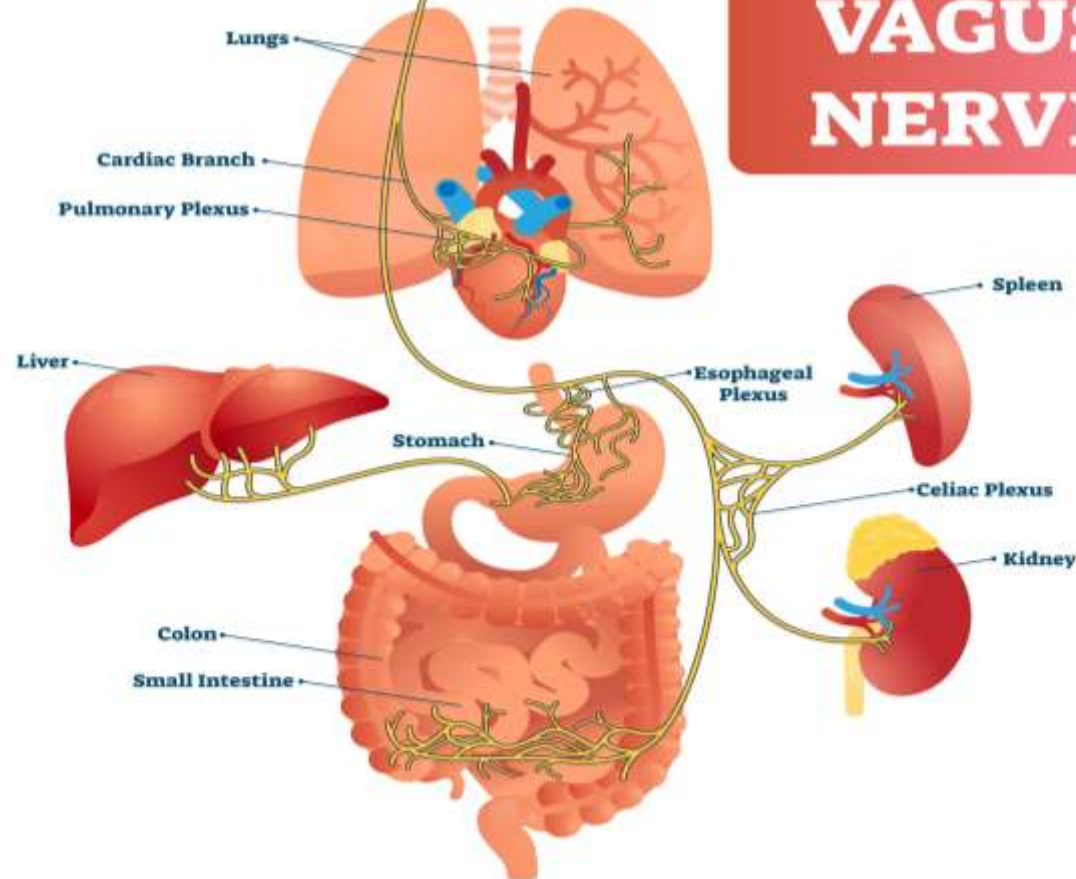
## 12 Cranial Nerves





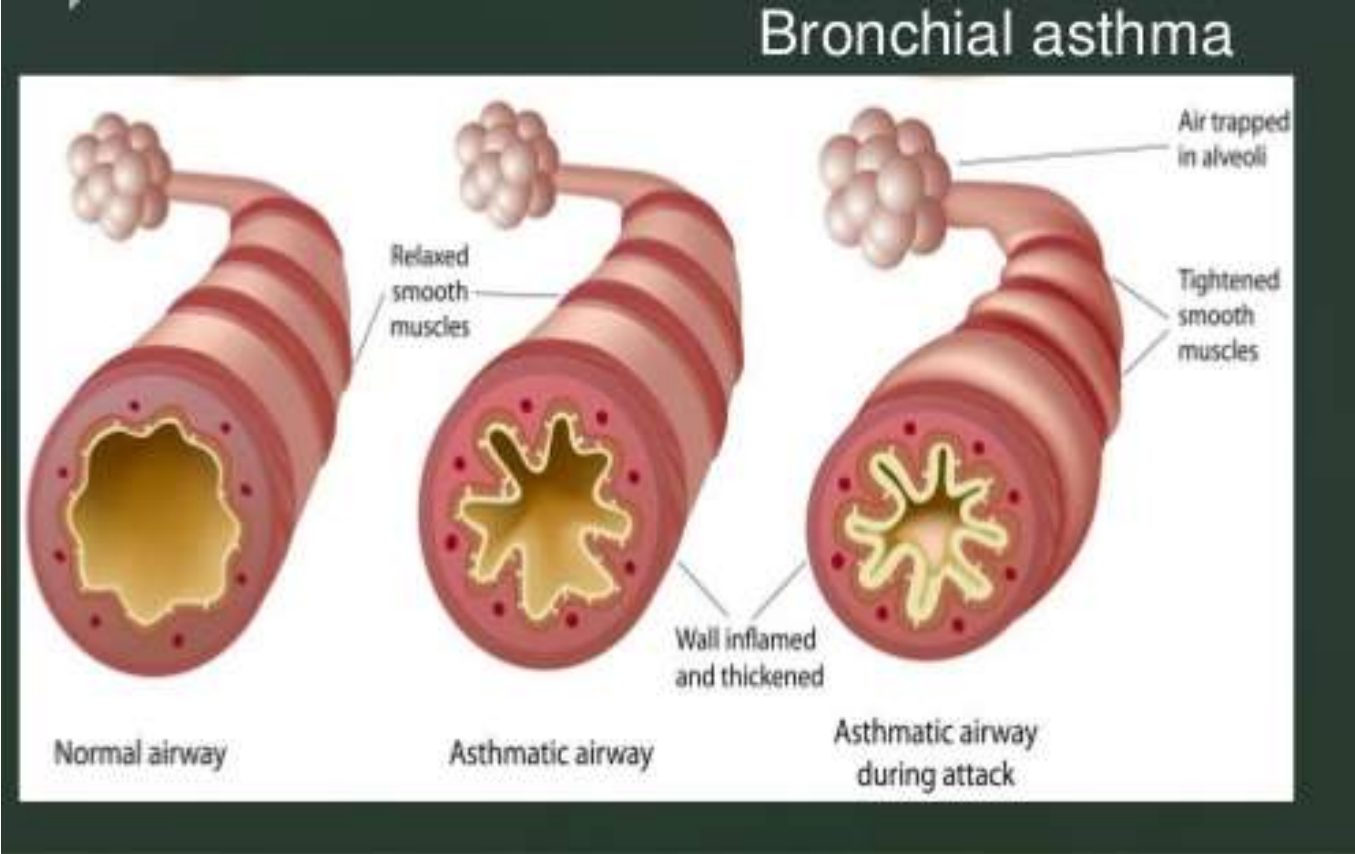
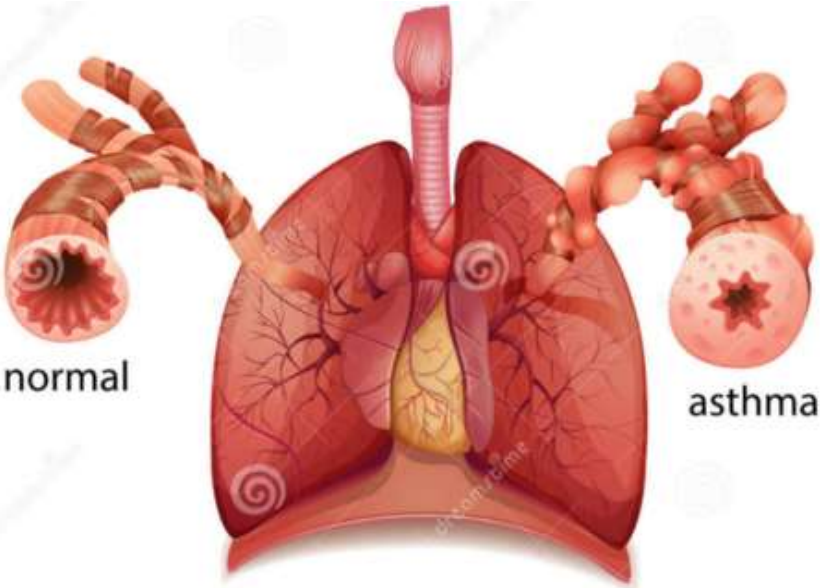


# VAGUS NERVE

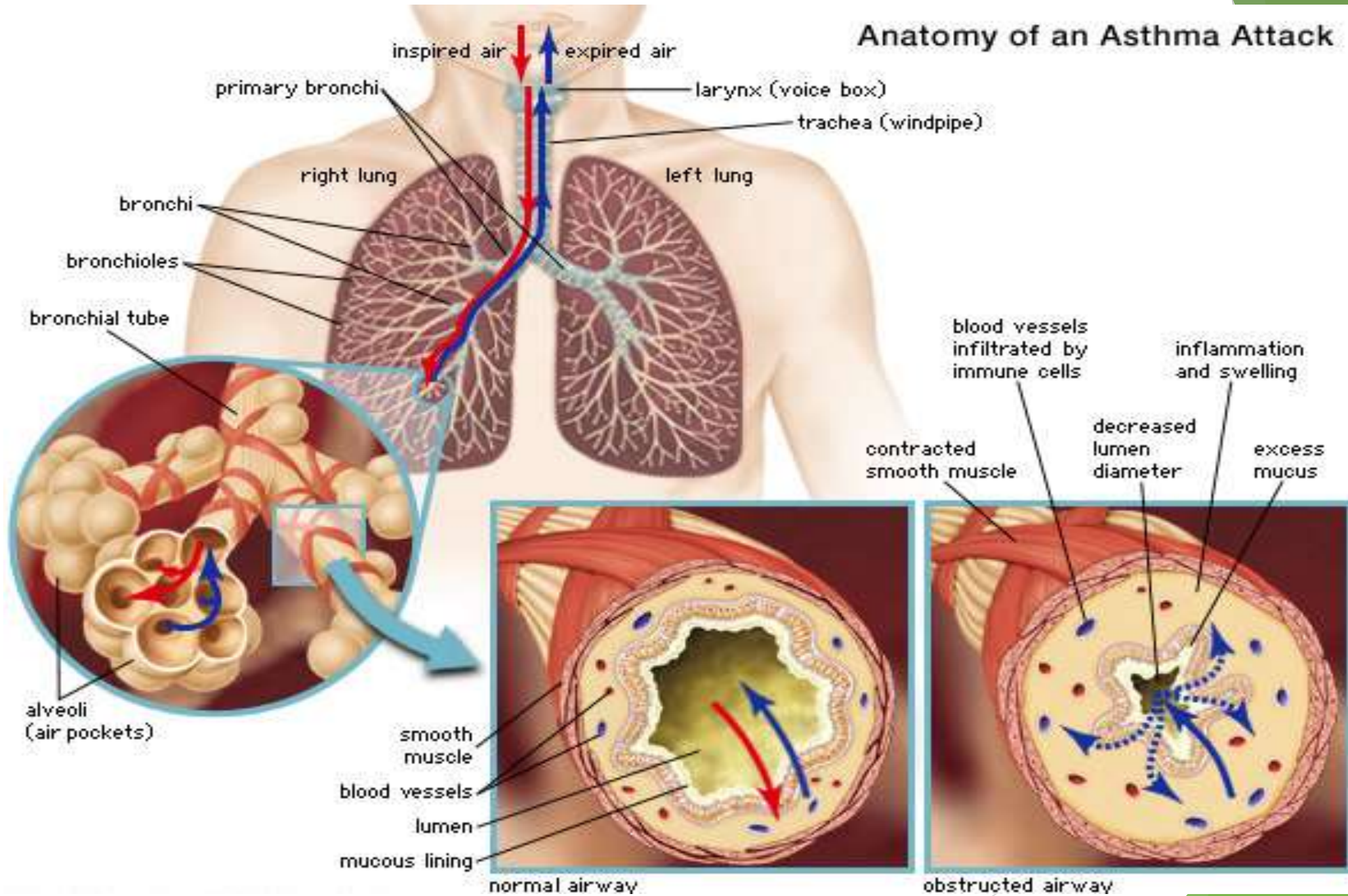




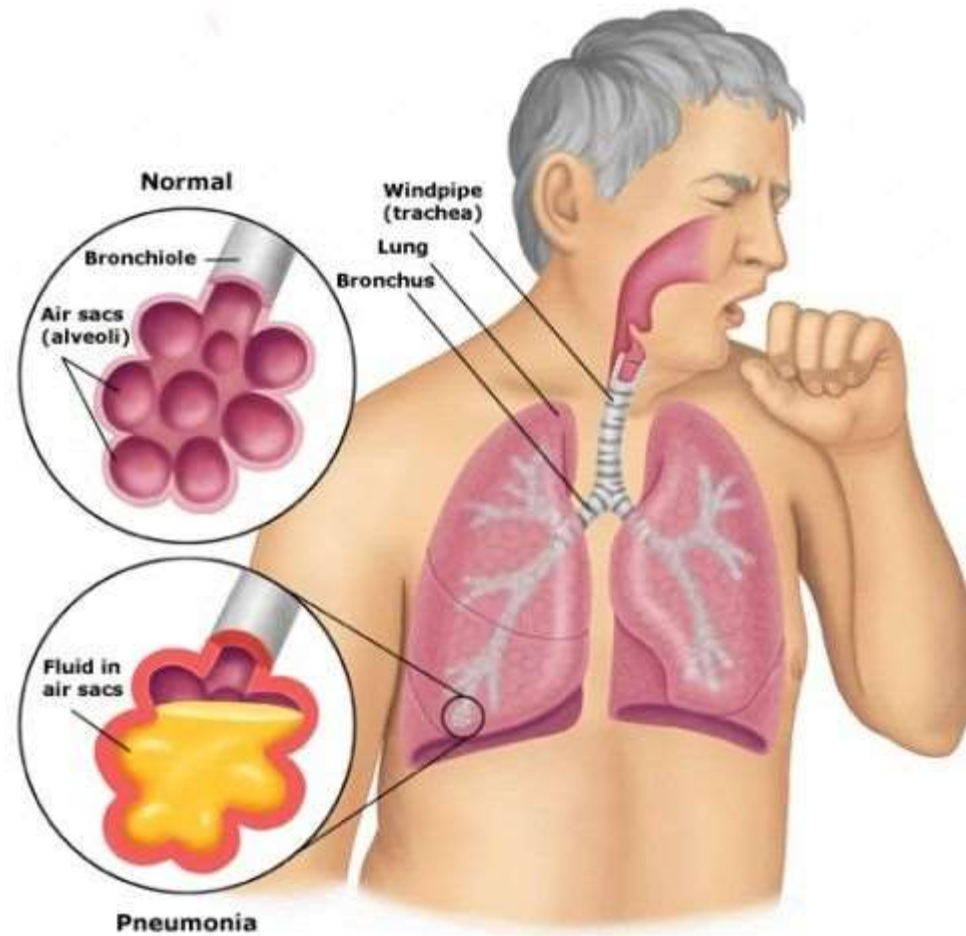
# Bronchial Asthma



# Anatomy of an Asthma Attack



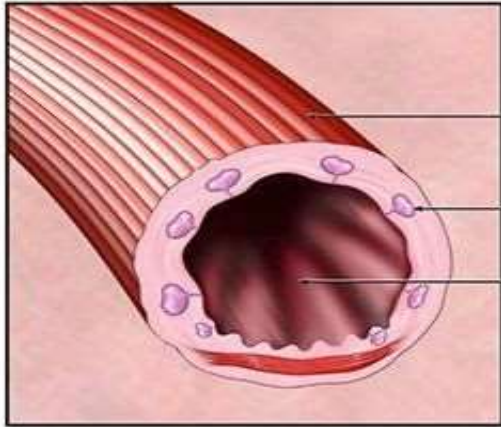
# Pneumonia





## Normal

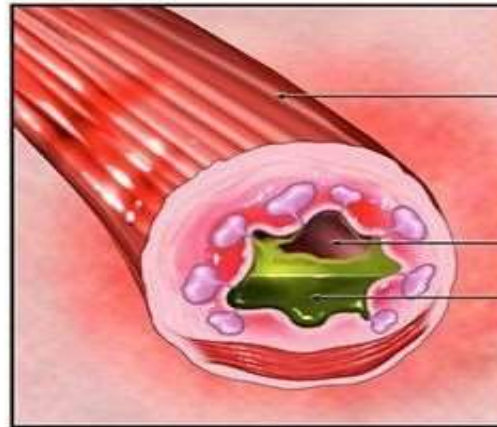
**Bronchiole (Airway)**



Smooth muscle  
Mucous glands  
Open clear airway

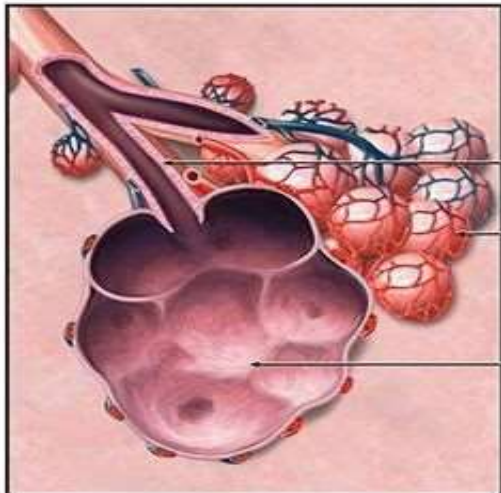
## Abnormal

**Bronchiolitis**



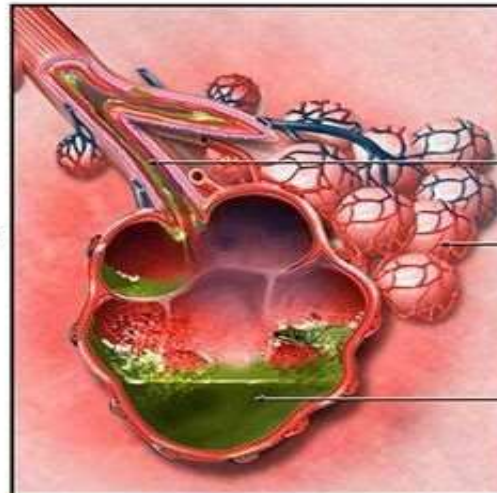
Smooth muscle  
Decreased airway  
Mucous

**Alveoli (Air sacs)**



Mucous gland  
Oxygenation through capillaries  
Alveolus

**Pneumonia**



Mucous  
Decreased oxygenation through capillaries  
Alveolus filled with mucous



# Causes (Hetu)



Allergy and Asthma



# Yoga Therapy

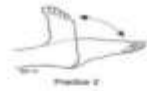


PRARAMEHIKSTHITI



# PAWANMUKTASANA 1

PADANGULI NAMAN & GOOLF NAMAN



GOOLF CHAKRA



GOOLF GHOORNAN



JANUFALAK AKARSHAN



JANU NAMAN



POORNA TITALI ASANA



SHRONI CHAKRA



ARDHA TITALI ASANA



MUSHTIKA BANDHANA



MANIBANDHA NAMAN



MANIBANDHA CHAKRA



GREVA SANGHALANA



KEHUNINAMAN



SKANDHA CHAKRA





# Diet



