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Title: Complementary and alternative therapy in bronchial asthma – A study from India

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Body: Introduction Various complementary and alternative therapies (CAT) are being studied in Asthma management, with reports of varying effects. CAT includes a variety of breathing and relaxation exercises including Yoga, diaphragmatic breathing, progressive relaxation etc. If these can facilitate easy disease control, they can be utilized in bringing down the cost of Asthma treatment, a major issue in resource limited countries like ours. Aim 1. Compare the effect of 2 CATs i.e, Buteyko Breathing Technique(BBT) and Diaphragmatic Breathing Exercises (DBE) in asthma treatment 2. Compare the effect of each to conventional treatment alone. Materials & Methods Prospective, case-control study conducted in an allergy clinic at Alappuzha. Patients with persistent asthma aged 25-65 years were randomly grouped into 3. A-Receiving conventional therapy alone B-Above+BBT C-Above+DBE Disease control assessed by spirometry, Mini Asthma Quality of Life Questionnaire, Asthma Control Test and β-agonist use during first week of study and end of third month. Statistical analysis by 2 way ANOVA technique Result Total of 30 patients, 10 in each group studied. No significant difference in FEV1 among 3 groups; statistically significant improvement in quality of life (QOL) among groups B & C, with reduction in β-agonist use. Conclusion: CAT can be useful in improving QOL among asthmatics.