

Abstract

Background

Psychological comorbidities such as anxiety are prevalent in patients with asthma and contribute to the severity of the disease reducing their health status. Beneficial effects of different yoga practices have been reported effective in patient with asthma, but the immediate effect of cyclic meditation has not been investigated.

Objective

This study aimed to evaluate “The immediate effect of cyclic meditation on PEFR, Blood Pressure, Pulse Rate and Anxiety in patients with asthma.”

Method

This was a single group pre-post study, which enrolled 32 participants, ranging from 36 to 60 years. The intervention consisted of 45 minutes session of cyclic meditation. Data were collected for anxiety by using a standardized questionnaire, pulse rate, Blood Pressure and PEFR at the beginning and the end of the practice.

Result

The result showed statistically significant ($p < 0.05$) change in all scales which include (BP, pulse, PEFR and anxiety) except Pulse rate ($p = 0.09015$). The mean score of pulse rate decreased from 83.21 to 81.79 but the changes could not reach to a significant level.

Conclusion

The results of this study showed positive impact of cyclic meditation in all the variables except pulse rate. Cyclic meditation seems to be a safe, feasible and effective treatment modality that clinicians could consider recommending to patients with asthma. There is a need to conduct more comprehensive high-quality, evidence-based studies with larger sample sizes and longer follows ups to shed light on the current understanding of efficacy of yoga in patient with asthma and identify unanswered questions.

Keywords: Anxiety, asthma, yoga, cyclic meditation