

Evaluating the Role of the Buteyko Breathing Technique in Asthma Management: A Narrative Review

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ABSTRACT

Asthma is a chronic respiratory condition characterised by airway inflammation, hyperresponsiveness, and recurring symptoms. The Buteyko Breathing Technique (BBT) is an eminent technique that helps to improve asthma control. This narrative review aims to consolidate existing evidence on the efficacy and safety of BBT in managing asthma symptoms, focussing on its impact on symptom severity, asthma control, pulmonary function, and medication use. A comprehensive literature search was conducted in PubMed, Google Scholar, and other relevant databases to identify studies investigating the effects of BBT on asthma. Studies included randomised controlled trials, observational studies, and case reports. The

evidence consistently demonstrated that BBT significantly improves asthma symptoms and control. Pulmonary function improvements, such as increased FEV1 and PEF, were noted in some studies, while others showed no significant changes. Comparative studies highlighted the superiority of BBT over other techniques in improving asthma control and quality of life. Methodological limitations, such as small sample sizes and short durations, were noted across several studies. BBT shows promise as an adjunct therapy for asthma, improving symptoms and reducing medication use. Larger, long-term trials are needed to confirm its efficacy and uncover its mechanisms.

Keywords: Asthma control, Breathing exercises, Pulmonary function