

SUPPORTING EVIDENCE FOR THE USE OF BREATHING TRAINING FOR ASTHMA

It has been long established that dysfunctional breathing patterns are characteristic in people with asthma. There is now a substantial body of evidence supporting the use of breathing training for asthma, with publications including clinical trials, studies and reviews. A reference list is included below.

In addition, there is an emerging increase in support of non-pharmaceutical efforts to reduce asthma: The British Guideline on the Management of Asthma 2008 granted permission for British health professionals to recommend Buteyko, stating that the method "may be considered to help patients control the symptoms of asthma". The Global Initiative for Asthma (GINA) guideline on asthma updated in 2014 gives Breathing Exercises an evidence level of "A", their highest rating. The Buteyko technique is listed specifically in the appendix.

Studies and clinical trials on the Buteyko Method of breathing retraining

Ruth, A. 2014. The Buteyko breathing technique in effective asthma management. *Nursing in General Practice*, 7(2), 14-16. [Full text](#)

Lina et al. 2014. Effectiveness of Buteyko Method in Asthma Control and Quality of Life of School-age Children. *academia.edu* [Full Text](#)

Adelola et al. 2013. Role of Buteyko Breathing Technique in asthmatics with nasal symptoms, *Clinical Otolaryngology*. 2013, April; 38(2):190-191 [Full text](#)

Ravinder et al. 2012. A Study of effects of Buteyko Breathing Technique on Asthmatic Patients. *Indian Journal of Physiotherapy and Occupational Therapy - An International Journal* 6(2), 224-228. [Abstract](#)

Hassan et al. 2012. Effect of Buteyko breathing technique on patients with bronchial asthma. *Egyptian Journal of Chest Diseases and Tuberculosis*, 61, 235–241. [Full text](#)

Burgess et al. 2011. Systematic review of the effectiveness of breathing retraining in asthma management. *Respiratory Medicine*; 5(6) <http://informahealthcare.com/doi/abs/10.1586/ers.11.69> [Abstract](#)

Austin et al. 2009. Buteyko Breathing Technique Reduces Hyperventilation Induced Hypocapnoea and Dyspnoea after Exercise in Asthma. *Pulmonary Rehabilitation* B58 A3409. [Abstract](#)

Cowie et al. 2008. A randomized controlled trial of the Buteyko technique as an adjunct to conventional management of asthma, *Respiratory Medicine*; May; 102(5):726-32. [Full text](#)

McHugh et al. 2006. Buteyko breathing technique and asthma in children: a case series, *The New Zealand Medical Journal*, May 19; 119(1234) [Full text PDF](#)

McHugh et al. 2003. Buteyko Breathing Technique (BBT) for asthma: an effective intervention, *The New Zealand Medical Journal*, Dec 12; 116(1187) [Full text PDF](#)

Opat et al. 2000. A clinical trial of the Buteyko Breathing Technique in asthma as taught by a video. *Journal Asthma*, 37(7):557-64. [Abstract](#)

Bowler et al. 1998. Buteyko breathing techniques in asthma: a blinded randomized controlled trial. *MJA*, Dec 7-21; 169 (11-12). [Full text PDF](#)

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