

<b>CHAPTER NO.</b>	<b>CONTENTS</b>	<b>PAGE NO.</b>
<b>1.0</b>	<b>INTRODUCTION</b>	<b>1-12</b>
1.1	DEFINITION OF COPD	1
1.2	BURDEN OF COPD	2
1.2.1	Global prevalence	2
1.2.2	Indian prevalence	2
1.2.3	Economic burden of COPD	2
1.2.4	COPD as social burden	3
1.3	DIAGNOSIS OF COPD	3
1.3.1	Clinical feature	3
1.3.2	Spiro metric diagnosis	3
1.3.3	Differential diagnosis	5
1.4	CLASSIFICATION OF COPD	5
1.4.1	Four stage classification	5
1.4.2	BODE Index	6
1.5	PATHOPHYSIOLOGY OF COPD	7
1.6	CONVENTIONAL MANAGEMENT OF COPD	9
1.7	YOGA AS A SOLUTION	9
1.8	YOGA FOR COPD	11
1.9	THE INTEGRATED APPROACH OF YOGA THERAPY	11
1.10	NEED OF THE STUDY	12
<b>2.0</b>	<b>LITERARY RESEARCH</b>	<b>13-39</b>
2.1	INTRODUCTION	14
2.2	AIM AND OBJECTIVES	15
2.3	MATERIALS AND METHODS	15
2.4	DEFFINITION OF <i>KASAROGA</i>	16

2.5	<b>TYPES OF KASA</b>	<b>16</b>
2.6	<b><i>PURVARUPA/PREMONITARY SIGNS OF KASA</i></b>	<b>17</b>
2.7	<b><i>NIDANA/ETIOLOGY OF KAPHAJA KASA</i></b>	<b>17</b>
2.8	<b><i>PURVARUPA/PREMONITARY SIGNS OF KAPHAJA KASA</i></b>	<b>18</b>
2.9	<b><i>SAMPRAPTI OF KAPHAJA KASA</i></b>	<b>19</b>
2.10	<b><i>KAPHA VARDHAKA AHARA AND VIHARA</i></b>	<b>20</b>
2.11	<b><i>PATHOLOGICAL FACTOR INVOLVED IN KAPHAJA KASA</i></b>	<b>21</b>
2.12	<b><i>CHIKITSA/MANAGEMENT OF KAPHAJA KASA</i></b>	<b>22</b>
2.12.1	<b><i>Langhana</i></b>	<b>24</b>
2.12.1.1	<b><i>Diet for Kaphaja Kasa</i></b>	<b>24</b>
2.12.1.2	<b><i>Pathya and Apathya in Kaphaja Kasa</i></b>	<b>25</b>
2.12.2	<b><i>Vamana</i></b>	<b>26</b>
2.12.3	<b><i>Virechana</i></b>	<b>26</b>
2.12.4	<b><i>Anuvasana vasti</i></b>	<b>27</b>
2.12.5	<b><i>Shiro Virechana or Nasya</i></b>	<b>27</b>
2.12.5.1	<b><i>Dhumapana</i></b>	<b>27</b>
2.12.5.2	<b><i>Drugs used for Dhumapana</i></b>	<b>28</b>
2.12.6	<b><i>Churna used in Kaphaja Kasa</i></b>	<b>29</b>
2.12.7	<b><i>Kwatha used in Kaphaja Kasa</i></b>	<b>29</b>
2.12.8	<b><i>Leha used in Kaphaja Kasa</i></b>	<b>31</b>
2.12.9	<b><i>Ghrita used in Kaphaja Kasa</i></b>	<b>33</b>
2.13	<b>MANAGEMENT OF ASSOCIATED COMPLICATIONS</b>	<b>36</b>
2.14	<b><i>AYURVEDA SIDDHA YOGA FOR KAPHAJA KASA</i></b>	<b>37</b>
2.15	<b>DISCUSSION</b>	<b>37</b>
2.16	<b>CONCLUSION</b>	<b>39</b>
<b>3.0</b>	<b>LITERATURE SURVEY OF SCIENTIFIC INVESTIGATIONS</b>	<b>40-50</b>

<b>3.1</b>	<b>EPIDEMIOLOGY OF COPD</b>	<b>40</b>
<b>3.2</b>	<b>CAUSE AND RISK FACTORS OF COPD</b>	<b>40</b>
<b>3.3</b>	<b>OCCUPATION AND COPD</b>	<b>41</b>
<b>3.4</b>	<b>COALMINING AND COPD</b>	<b>41</b>
<b>3.5</b>	<b>LUNG FUNCTION AND COPD</b>	<b>42</b>
<b>3.6</b>	<b>HEALTH STATUS IN COPD</b>	<b>43</b>
<b>3.7</b>	<b>FUNTIONAL EXERCISE CAPACITY IN COPD</b>	<b>43</b>
<b>3.8</b>	<b>DYSPNOEA AND FATIGUE IN COPD</b>	<b>43</b>
<b>3.9</b>	<b>ANXIETY AND DEPRESSION IN COPD</b>	<b>44</b>
<b>3.10</b>	<b>PSYCHOLOGICAL STRESS AND COPD</b>	<b>44</b>
<b>3.11</b>	<b>SLEEP QUALITY AND COPD</b>	<b>45</b>
<b>3.12</b>	<b>PAIN IN COPD</b>	<b>45</b>
<b>3.13</b>	<b>PULMONARY REHABILITATION (PR) IN COPD</b>	<b>46</b>
<b>3.14</b>	<b>COMPLIMENTARY ALTERNATIVE MEDICINE IN COPD</b>	<b>46</b>
<b>3.15</b>	<b>YOGA STUDIES IN COPD</b>	<b>47</b>
<b>4.0</b>	<b>AIM AND OBJECTIVES</b>	<b>51-52</b>
<b>4.1</b>	<b>AIM OF THE RESEARCH</b>	<b>51</b>
<b>4.2</b>	<b>OBJECTIVES</b>	<b>51</b>
<b>4.3</b>	<b>RESEARCH QUESTIONS</b>	<b>51</b>
<b>4.4</b>	<b>RESEARCH HYPOTHESIS</b>	<b>52</b>
<b>4.5</b>	<b>NULL HYPOTHESIS</b>	<b>52</b>
<b>4.6</b>	<b>STUDY RATIONALE</b>	<b>52</b>
<b>5.0</b>	<b>METHODOLOGY</b>	<b>53-71</b>
<b>5.1</b>	<b>PARTICIPANTS</b>	<b>53</b>
<b>5.1.1</b>	<b>Sample Size</b>	<b>53</b>
<b>5.1.2</b>	<b>Inclusion Criteria</b>	<b>53</b>
<b>5.1.3</b>	<b>Exclusion Criteria</b>	<b>53</b>
<b>5.1.4</b>	<b>Source of the Participants</b>	<b>54</b>

<b>5.1.5</b>	<b>Setting</b>	<b>54</b>
<b>5.1.6</b>	<b>Signed Informed Consent</b>	<b>54</b>
<b>5.1.7</b>	<b>Ethical Considerations</b>	<b>54</b>
<b>5.2</b>	<b>STUDY DESIGN</b>	<b>54</b>
<b>5.3</b>	<b>STUDY PROTOCOL</b>	<b>55</b>
<b>5.4</b>	<b>RANDOMIZATION</b>	<b>55</b>
<b>5.5</b>	<b>BLINDING AND MASKING</b>	<b>55</b>
<b>5.6</b>	<b>INTERVENTION</b>	<b>56</b>
<b>5.7</b>	<b>ASSESSMENTS</b>	<b>65</b>
<b>5.7.1</b>	<b>PRIMARY VARIABLES</b>	<b>65</b>
<b>5.7.1.1</b>	<b>Pulmonary Function Test (PFT)</b>	<b>65</b>
<b>5.7.1.2</b>	<b>COPD Assessment Test (CAT)</b>	<b>67</b>
<b>5.7.1.3</b>	<b>Peak Expiratory Flow Rate (PEFR)</b>	<b>67</b>
<b>5.7.1.4</b>	<b>Six Minute Walk Test (6MWT)</b>	<b>67</b>
<b>5.7.1.5</b>	<b>Dyspnoea</b>	<b>68</b>
<b>5.7.1.6</b>	<b>Fatigue</b>	<b>68</b>
<b>5.7.1.7</b>	<b>Pulse oximetry</b>	<b>69</b>
<b>5.7.2</b>	<b>SECONDARY VARIABLES</b>	<b>69</b>
<b>5.7.2.1</b>	<b>Beck Depression Inventory II (BDI-II)</b>	<b>69</b>
<b>5.7.2.2</b>	<b>State Trait Anxiety Inventory (STAI)</b>	<b>69</b>
<b>5.7.2.3</b>	<b>Pittsburgh Sleep Quality Index (PSQI)</b>	<b>70</b>
<b>5.7.2.4</b>	<b>Numerical Rating Scale (NRS)</b>	<b>71</b>
<b>5.7.2.5</b>	<b>Autonomic variables</b>	<b>71</b>
<b>6.0</b>	<b>DATA EXTRACTION AND ANALYSIS</b>	<b>72</b>
<b>6.1</b>	<b>DATA COLLECTION</b>	<b>72</b>
<b>6.2</b>	<b>DATA EXTRACTION</b>	<b>72</b>
<b>6.3</b>	<b>DATA ANALYSIS</b>	<b>72</b>
<b>7.0</b>	<b>RESULTS</b>	<b>73-98</b>
<b>7.1</b>	<b>STUDY PROFILE</b>	<b>73</b>

<b>7.2</b>	<b>DEMOGRAPHIC CHARACTERISTICS</b>	<b>75</b>
<b>7.3</b>	<b>PULMONARY ASSESSMENTS</b>	<b>77</b>
<b>7.3.1</b>	<b>Spirometric Variables</b>	<b>77</b>
<b>7.3.2</b>	<b>CAT</b>	<b>80</b>
<b>7.3.3</b>	<b>PEFR</b>	<b>81</b>
<b>7.4.</b>	<b>AUTONOMIC ASSESSMENTS</b>	<b>83</b>
<b>7.5.</b>	<b>PHYSICAL ASSESSMENTS</b>	<b>86</b>
<b>7.5.1</b>	<b>6MWT</b>	<b>86</b>
<b>7.5.2</b>	<b>Dyspnoea</b>	<b>87</b>
<b>7.5.3</b>	<b>Fatigue</b>	<b>88</b>
<b>7.5.4</b>	<b>Peripheral Capillary Oxygen Saturation</b>	<b>89</b>
<b>7.5.5</b>	<b>NRS</b>	<b>90</b>
<b>7.6</b>	<b>PSYCHOLOGICAL ASSESSMENTS</b>	<b>92</b>
<b>7.6.1</b>	<b>BDI</b>	<b>92</b>
<b>7.6.2</b>	<b>STAI</b>	<b>93</b>
<b>7.6.2</b>	<b>PSQI</b>	<b>96</b>
<b>8.0</b>	<b>DISCUSSIONS</b>	<b>99-107</b>
<b>8.1</b>	<b>SUMMARY</b>	<b>99</b>
<b>8.2</b>	<b>COMPARISION WITH OTHER STUDIES</b>	<b>99</b>
<b>8.2.1</b>	<b>Similarities</b>	<b>99</b>
<b>8.2.2</b>	<b>Differences</b>	<b>101</b>
<b>8.3</b>	<b>MECHANISM</b>	<b>102</b>
<b>9.0</b>	<b>APPRAISAL</b>	<b>108-111</b>
<b>9.1</b>	<b>CONCLUSION</b>	<b>108</b>
<b>9.2</b>	<b>UNIQUENESS OF THE STUDY</b>	<b>108</b>
<b>9.3</b>	<b>THE STRENGTHS OF THE STUDY</b>	<b>109</b>
<b>9.4</b>	<b>LIMITATIONS OF THE STUDY</b>	<b>109</b>
<b>9.5</b>	<b>IMPLICATIONS OF THE STUDY</b>	<b>110</b>
<b>9.6</b>	<b>SUGGESTIONS FOR FUTURE RESEARCH</b>	<b>111</b>

	<b>REFERENCES</b>	<b>112 -128</b>
	<b>APPENDIX</b>	<b>129 -149</b>
<b>I</b>	<b>INSTITUTIONAL ETHICS COMMITTEE APPROVAL</b>	<b>129</b>
<b>II</b>	<b>INFORMED CONSENT FORM</b>	<b>131</b>
<b>III</b>	<b>SOCIO-DEMOGRAPHIC DATA FORM</b>	<b>133</b>
<b>IV</b>	<b>SIX MINUTE WALK TEST</b>	<b>134</b>
<b>V</b>	<b>MODIFIED BORG SCALE</b>	<b>135</b>
<b>VI</b>	<b>COPD ASSESSMENT TEST</b>	<b>136</b>
<b>VII</b>	<b>BECK DEPRESSION INVENTORY</b>	<b>137</b>
<b>VIII</b>	<b>STATE TRAIT ANXIETY INVENTORY</b>	<b>139</b>
<b>IX</b>	<b>DETAILS OF IAYT PRACTICES FOR COPD</b>	<b>140</b>
<b>X</b>	<b>PLATES</b>	<b>145</b>
<b>XI</b>	<b>PUBLICATIONS FROM THIS THESIS</b>	<b>149</b>

### LIST OF TABLES

Table No	Name	Chapter No	Page No
1	<b>Four-stage classification of COPD</b>	1	5
2	<b>Description of pathological factors</b>	2	21
3	<b>List of <i>pathya</i> and <i>apathya</i></b>	2	25
4	<b>List of drugs used in <i>kaphaja kasa</i></b>	2	28
5	<b>List of <i>churnas</i> used in <i>kaphaja kasa</i></b>	2	29
6	<b>Yoga studies in COPD</b>	3	49
7	<b>IAYT for COPD used in the study</b>	5	57
8	<b>Demographic characteristics of the population</b>	7	76
9	<b>Comparison of pulmonary variables in yoga and control</b>	7	79
10	<b>Comparison of health status and PEFr in yoga and control</b>	7	82
11	<b>Comparison of autonomic variables in yoga and control</b>	7	85

	<b>control</b>		
<b>12</b>	<b>Comparison of physical variables in yoga and control</b>	<b>7</b>	<b>91</b>
<b>13</b>	<b>Comparison of psychological variables in yoga and control</b>	<b>7</b>	<b>95</b>
<b>14</b>	<b>Comparison of sleep quality in yoga and control</b>	<b>7</b>	<b>98</b>
<b>LIST OF FIGURES</b>			
<b>Figure No</b>	<b>Name</b>	<b>Chapter No</b>	<b>Page No</b>
<b>1</b>	<b>Flow chart of pathogenesis of COPD</b>	<b>1</b>	<b>8</b>
<b>2</b>	<b>Role of Yoga in the amelioration of COPD</b>	<b>1</b>	<b>10</b>
<b>3</b>	<b>Flow of participants in the study</b>	<b>7</b>	<b>74</b>
<b>4</b>	<b>Comparison of absolute values of PFT</b>	<b>7</b>	<b>78</b>
<b>5</b>	<b>Comparison of percentage predicted values of PFT</b>	<b>7</b>	<b>78</b>
<b>6</b>	<b>Comparison of CAT scores between the groups</b>	<b>7</b>	<b>80</b>
<b>7</b>	<b>Comparison of PEFr scores between the groups</b>	<b>7</b>	<b>81</b>
<b>8</b>	<b>Comparison SBP between the groups</b>	<b>7</b>	<b>83</b>
<b>9</b>	<b>Comparison DBP between the groups</b>	<b>7</b>	<b>83</b>
<b>10</b>	<b>Comparison of RR between the groups</b>	<b>7</b>	<b>84</b>
<b>11</b>	<b>Comparison of HR between the groups</b>	<b>7</b>	<b>84</b>
<b>12</b>	<b>Comparison of 6MWT between the groups</b>	<b>7</b>	<b>86</b>
<b>13</b>	<b>Comparison of dyspnoea score between the groups</b>	<b>7</b>	<b>87</b>
<b>14</b>	<b>Comparison of fatigue score between the groups</b>	<b>7</b>	<b>88</b>
<b>15</b>	<b>Comparison of SPO2 between the groups</b>	<b>7</b>	<b>89</b>
<b>16</b>	<b>Comparison of pain score between the groups</b>	<b>7</b>	<b>90</b>
<b>17</b>	<b>Comparison of depression score between the groups</b>	<b>7</b>	<b>92</b>
<b>18</b>	<b>Comparison of STAI-S between the groups</b>	<b>7</b>	<b>93</b>
<b>19</b>	<b>Comparison of STAI-S between the groups</b>	<b>7</b>	<b>94</b>
<b>20</b>	<b>Comparison of STAI-Total between the groups</b>	<b>7</b>	<b>94</b>
<b>21</b>	<b>Comparison of global PSQI</b>	<b>7</b>	<b>97</b>
<b>22</b>	<b>Comparison of components of sleep score</b>	<b>7</b>	<b>97</b>