**Evidence Table 3b. Description of intervention groups: yoga breathing techniques versus control**

| **Study** | **Intervention group** | **Description** | **Intervention session** | **Homework** | **Additional components** |
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| Khare 199160 | IG (yoga breathing) | Pts underwent yoga asana training (once) taught by a yogasana instructor. Practices included Surya Namaskar (2min), Sarvang asana (3min), Halasana (3min), Matsyasana (3min), Bhujang asana (2min), Shalabasana (2min), Dhanurasana Vajrasana (5min), Meditation (15min), Pranayama (15min), Shavasana (20min). Practices performed daily from to 7 AM. Any error in learning were rectified; weekly followup of most pts possible. All pts hospitalized initially to facilitate training. | 180 70-min sessions over 6m.  (210 hours total of yoga practice) | Perform daily at home. | NR |
| CG | Pts received only bronchodilators, antibiotics and expectorants as indicated. Pts did not perform yoga. | NR | NR | NR |
| Kligler 201161 | IG (yoga) | Pts attended two yoga and prayanama breathing classes with a certified yoga instructor. Yoga included (1) brief centering focused on breath and body awareness, (2) diaphragmatic abdominal breathing while lying on back, (3) mountain brook pose followed by gentle yoga stretch pulling the knees towards the chest while lying supine to release tension in the lower back, (4) legs up the wall (modified inversion) followed by modified fish pose (counterpose for inversion), (5) guided deep relaxation with imagery (20min). During second yoga session, deerga swasaam breathing replaced diaphragmatic breathing. Pts also attended two sessions on healthy eating with a nutritionist, focused on eliminating inflammation-promoting foods and common causes of food sensitivity (e.g., eggs, dairy, soy, wheat, corn, citrus, nuts, shellfish, pork, chocolate) (2-4w) followed by a testing phase in which each excluded food group is singly introduced and eat regularly for 3-5d with close monitoring for asthma sx. Food groups that provoke asthma are removed from the diet during the study period. Pts also took fish oil (2800mg/d containing EPA 860mg/DHA 580mg), vitamin C supplements (100 mg/d) and on a standardized hops extract with natural anti-inflammatory products and pts provided w/ 6m supply. Pts also attended one guided journaling session (facilitated by a social worker) to write about the most traumatic or stressful experience to date (30min). Pts also attended one information session to ask questions regarding their asthma or specific treatments delivered during the study. | Six 60 to 90-min sessions over 6w.  (9 hours maximum of direct instruction) | Perform at home, frequency NR. | Also include dietary modification and restrictions, supplement use and stress management |
| CG | Usual care | NR | NR | NR |
| Sabina 200562 | IG (yoga breathing) | The principles of Iyengar yoga including 15 asana (postures), pranayma (breathing), and dhyana (meditation) were taught to pts in 90min classes two times/w. The experience Iyengar yoga instructor individually tailored advice to improve each pt's technique. Classes concluded with relaxation and meditation. Pts provided handouts and cassettes to practice at home. At end of 4w, pts asked to continue home practice for 20min/d, 3 times/w for additional 3m. | Eight 90-min sessions with instructor over 4w, then 36 20-min sessions at home sessions over 12w.  (12 hours direct instruction) | Encouraged to practice at home during 4w instruction period, 2m homework-only phase. | NR |
| CG | Sham intervention of basic muscle stretching exercises during a 1hr class, two times/w. Classes taught by a certified exercise physiologist or graduate studies in exercise physiology. Instruction based on ACSM published guidelines. Pts provided handouts and cassettes to practice at home. At end of 4w, pts asked to continue home practice for 20min/d, 3 times/w for additional 3m. | Eight 90-min sessions with instructor over 4w, then 36 20-min sessions at home sessions over 12w.  (12 hours direct instruction) | Encouraged to practice at home during 4w instruction period, 2m homework-only phase. | NR |
| Saxena 200963 | IG (yoga breathing) | Pts practiced yoga breathing exercises/pranyama for 20min bid for 12w. Breathing exercises included: (1) deep breathing (sit in sukhasana, breathing through nostrils), (2) sasankasana breathing, (3) Anumloma viloma (alternate nostrils), (4) Bhramari chanting (breathing through nostrils, hum like a bee), and (5) Omkara (modified, exhalation exercise). First three exercises normalize breathing, last two are expiratory muscles. | 168 20-min sessions over 12w (unclear how many supervised versus at home).  (56 hours of practice) | 168 20-min sessions over 12w (unclear how many supervised versus at home). | NR |
| CG | Pts practiced meditation (closed eyes, sitting posture) for 20min bid for 12w. Pts advised to confirm the side of nostril from wherein the air is coming maximum, then to concentrate on the same nostril, to appreciate the sound of the air along the inward/outward movement of outer wall of nostril. | 168 20-min sessions over 12w (unclear how many supervised versus at home).  (56 hours of practice) | 168 20-min sessions over 12w (unclear how many supervised versus at home). | NR |
| Vempati 200964,74,83-87 | IG (yoga breathing) | Conventional care in addition to yoga (raja-based) as taught by a qualified yoga instructor. Yoga-based lifestyle modification and stress management program for 4hrs/d for 2w. Sessions conducted btwn 8 AM and noon. Program consisted of lectures (on yoga, stress management, nutrition, health education), practice session on asanas (postures), pranayama (breathing techniques), kriyas (cleansing techniques), meditation and shavasna (relaxation). Session included 1hr of asanas/pranayama, breakfast and group support (30min), lecture/discussion (2hrs); meditation (30min). Pts received at least one individualized counseling session by physicians with special interest in yoga. Yoga practice sessions about 1.5hrs during 2w training period, followed by 6w home practice (1hr asana/pranayama, 10min relaxation, 20min meditation). Pts provided audiocassettes and printed materials to reference; telephonic support as provided. Predominantly vegetarian diet (unrefined cereals and pulses, moderate amounts of judiciously chosen fats, mild, milk products, spices; vegetables/fruits 500g/d predominantly leafy greens/raw). Predominantly vegetarian diet (unrefined cereals and pulses, moderate amounts of judiciously chosen fats, mild, milk products, spices; vegetables/fruits 500g/d predominantly leafy greens/raw). | 14 240-min program sessions over 2w; 30 90-min home practice sessions (5 times/w to be compliant) over 6w.  (56 hours direct instruction) | Practice at home for additional 6w at least five times/w to be compliant. | Also included dietary advice, instruction on cleansing techniques, meditation, and relaxation. |
| CG | Conventional care, a session on health education relevant to their illness. At end of 8w study period, pts offered the intervention based on yoga (wait-list). | One session. | NR | NR |

Abbreviations: ACSM: American College of Sports Medicine; addtl: additional; bid: twice daily; btwn: between; d: day; g: grams; hr(s): hour(s); IG: intervention group; m: month(s); mg: milligram; min: minute(s); NR: not reported; pts: participants; sx: symptoms; w: weeks; w/: with.