**Evidence Table 3d. Change in asthma medication use: yoga breathing techniques versus control**

| **Study** | **Reliever medication outcome (unit)** | **Follow-up** | **Group** | **N random-ized** | **Follow-up N** | **Baseline mean (SD)** | **Mean change (SD) from baseline** | **p-value for difference between groups at followup** | **Standardized Effect Size Hedges’ d (95% CI)** | **Controller and additional medication outcomes** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Khare 199160 | None | 26w | IG (yoga breathing) | 17 | 17 | NA | NA | NA | Insufficient data to calculate | **More in IG than CG reduced drug dose by 50% or more at 26w. More IG (53%) than CG (18%) reduced medication use at 26w p-value NR but likely <0.05.\*** |
| CG | 17 | 17 | NA | NA |
| Kliger 201161 | None | 26w | IG (yoga) | 77 | 67 | NA | NA | NA | NA |  |
| CG | 77 | 62 | NA | NA |
| Sabina 200562 | Rescue inhaler use (times/d) | 4w | IG (yoga breathing) | 29 | 23 | 1.13 (2.15) | -0.06 (0.77) | NR | 0.28(-0.31, 0.86) |  |
| CG | 33 | 22 | 0.79 (1.15) | -0.47 (1.92) |
| 16w | IG | 29 | 23 | 1.13 (2.15) | -0.31 (1.92) | NR | -0.48(-1.08, 0.11) |
| CG | 33 | 22 | 0.79 (1.15) | 0.45 (1.03) |
| Saxena 200963 | None | 12w | IG (yoga breathing) | 25 | NR | NA | NA | NA | NA |  |
| CG | 25 | NR | NA | NA |
| Vempati 200964,74,83-87 | Rescue medication use (puffs/d) | 2w | IG (yoga breathing) | 30 | 28 | 2.27 (1.5) | -1.14 (0.92) | **<0.05\*** | **-1.14****(-1.71, -0.58)\*** |  |
| CG | 30 | 29 | 1.98 (2.09) | 0.21 (1.36) |
| 4w | IG | 30 | 28 | 2.27 (1.5) | -1.64 (0.96) | **<0.01\*** | **-1.36****(-1.94, -0.78)\*** |
| CG | 30 | 29 | 1.98 (2.09) | -0.04 (1.33) |
| 6w | IG | 30 | 28 | 2.27 (1.5) | -1.39 (0.90) | NR | **-0.78****(-1.32, -0.24)\*** |
| CG | 30 | 29 | 1.98 (2.09) | -0.48 (1.36) |
| 8w | IG | 30 | 28 | 2.27 (1.5) | **-1.46 (0.90)\*** | NR | **-0.84****(-1.38, -0.29)\*** |
| CG | 30 | 29 | 1.98 (2.09) | **-0.48 (1.36)\*** |

\*Statistically significant change from baseline or between groups (p<0.05)

†Median or median change from baseline (IQR)

Abbreviations: CG: control group; CI: confidence interval; d: day(s); ICS: inhaled corticosteroids; IG: intervention group; IQR: inter-quartile range; NA: not applicable; NR: not reported; NSD: no significant difference; SD: standard deviation; w: week(s)