

## CASE STUDY

# Prayer is the Best Method to Control of Allergic Asthma without Medication or Drug

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### ABSTRACT

*Asthma is a multifaceted chronic respiratory disease that some Environmental and genetical factors are effective in this disease. High prevalence of asthma has significant health costs and is one of important public health and reduces life quality. Used chemical and herbal asthma drugs can also have systemic side effects. In our pervious publication, it was mentioned that meditation technique is an innately therapeutic process which is beneficial for control of allergic asthma and the best still of yoga meditation for control of asthma was reported. Now, Prostration prayer just likes a state of meditation that has the best effect on control of asthma. Therefore, praying is the best way to control asthma and addition of a state of meditation, peace of mind as well. It also reduces stress and has thousands benefit effects.*

**Key words:** Allergic Asthma, Drug, Medication, Prayer

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## INTRODUCTION

Asthma is a multifaceted chronic respiratory disease that occurs in all age groups and characterized by impaired breathing, bronchoconstriction, symptoms, airway inflammation, and airway hyper-responsiveness. Infiltration of inflammatory leukocytes including eosinophils, enhanced expression of proinflammatory cytokines and chemokines in lung has associations with allergic asthma pathophysiology. Some Environmental and genetical factors are effective in this disease. There is a high genetic potential for evolution the allergy immediate hypersensitivity reaction. Allergic asthma has a genetic predisposition to produce immunoglobulin E, type-2 cytokines, mucus secretion and airway smooth muscle spasm. Therefore, persistent of allergic asthma can be beginning remodeling of bronchial tissue and lead to transformation of cells in long time and may be lead to loss of tissue function (1-3).

Asthma is a cause of substantial mortality and morbidity and high prevalence of asthma has significant health costs and is one of important public health that involved specially children and reduces life quality [4,5].

Used chemical asthma drugs for example inhaled corticosteroids and herbal medicine can also have systemic side effects. Therefore, natural methods for example meditation, body relaxation, mental relaxation and etcetera are necessary to avoidance of allergic asthma and continuously using of these methods could be helpful in the management of asthma and prevention of drug using and hospitalization [5-7].

### Report:

In our pervious publication, it was mentioned that meditation technique is an innately therapeutic process which is beneficial for allergic asthma and patients with this practice, had better condition and without of drug, they could control asthma attack in many of their daily time in year. We reported the best still of yoga meditation for control of asthma only showed exercise (Fig. A) has very powerful effect on control and cure attack of allergic asthma [8].

Muslims pray 17 units every day and in each unit has twice prostrate which are 34 times a day. Prostration prayer just like a state of meditation (was introduced previously) that has the best effect on control of asthma (Fig. B). Therefore, praying is the best way to control asthma and addition of a state of meditation, peace of mind as well. It also reduces stress and has meditation effect and prayer has thousands benefit effects that are not included in this article.

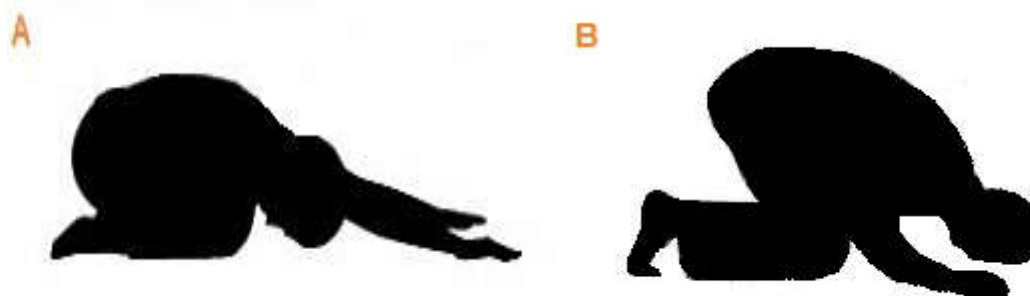


Fig 1: the effective exercises and prayer to control of allergic asthma

## DISCUSSION AND CONCLUSION

There is not cure for asthma and control of asthma is main way to management of this disease [9]. The nature of the relationship between the mind and the body has preoccupied philosophers and physicians for centuries. Yoga seems to stabilize and reduce the excitability of the nervous system [10, 11]. Prayer has been clearly associated with reduced metabolic rate. Studies showed a significant reduction in the level of catecholamine concentration after the prayer. Prayer clearly relaxes the muscles, and this deep physical and mental relaxation associated with the physiological changes seen in patients after daily prayer seems to have a stabilizing effect on bronchial reactivity, thus making the vagal efferent less excitable. When prayer is employed for control of allergic asthma, it is based mind body intervention to the conventional treatment improves several measures of pulmonary function in subjects having mild to moderate bronchial asthma.

Stress can induce attacks of asthma and meditation could reduce stress meaningful and give relaxation to patients [10, 12, 13]. Prayer is the best meditation in all time and additionally has body exercise. At least, prayer could be very benefit to control of asthma attack. Therefore, using of prayer for control of asthma could prevent of asthma attack, drug using, hospitalization and increase of life quality and gives spiritual state to the person.

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