

“The present study which concluded that the Buteyko breathing exercise which is highly significant efficacy for the management of COPD among the athletes.”

Keyan T, Karthi. (2017). Quantify therapeutic efficacy of buteyko breathing technique on pulmonary functions in chronic obstructive pulmonary disease athletes. International Journal of pharma and Bio Sciences. 8. 10.22376/ijpbs.2017.8.4.p103-108.

"Our study demonstrated the hypothesised physiology of BBT, improving hyperventilation induced hypocapnoea and breathlessness, following maximal exercise. By teaching patients to reduce hypernoea of breathing (the rate & depth), BBT may reduce asthma symptoms and improve exercise tolerance and control."

Austin, Gillian & Brown, C & Watson, T & Chakravorty, I. (2009). Buteyko Breathing Technique Reduces Hyperventilation-Induced Hypocaponea and Dyspnoea after Exercise in Asthma.. A3409. 10.1164/ajrccm-conference.2009.179.1 MeetingAbstracts.A3409.