

# Review Article on Pursed Lip Breathing Exercise

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## ABSTRACT

Mortality rate of Chronic Obstructive Pulmonary Disease (COPD) is more than 3 million people every year, making it 3<sup>rd</sup> largest cause of death in the world. It has been estimated that by the year 2030 chronic obstructive pulmonary disease will become the third biggest cause of death. Pursed Lip Breathing (PLB) is an important component of respiratory exercise preparation that is used by Chronic Obstructive Pulmonary Disease (COPD) patients to relieve dyspnea symptoms. According to the results of this study, patients with Chronic Obstructive Pulmonary disease patients who practiced pursed lip breathing exercise 20 minutes, 2 times a day for 15 days had improvement of the breathing pattern which was statistically proved. Hence pursed lip breathing exercise was cost effective, non-invasive, and highly feasible. Hence the researcher concluded that pursed lip breathing exercise can be practice as an effective intervention on improving breathing pattern among chronic obstructive pulmonary disease patients.

**Key words:** Breathing exercise, Borg scale, Chronic obstructive pulmonary disease

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## INTRODUCTION

Pursed lip breathing is a breathing method designed to make breathing easier by making breathing lent and deliberate. Does this after you inhale by slowly and purposefully pocking lips and exhaling through them, always to a count?

Respiration of the pursed lip provides greater breathing control that is especially important for people with lung conditions such as COPD.

## DESCRIPTION

### Other breathing exercises

There are other types of breathing exercises, in addition to the pursed lip breathing. Some are designed to calm the central nervous system to soothe anxiety or panic disorders while others have the primary objective of increasing lung function and respiratory efficiency.

The other exercise that is most commonly used to treat lung conditions that make breathing more difficult is diaphragmatic breathing. This exercise is sometimes referred to as abdominal breathing or belly breathing. Sit or lie on back, with one hand on abdomen and one on

chest. Sit or lie on back, with one hand on abdomen and one on chest. Inhale through nose, then gently press abdomen and slowly exhale to push diaphragm up and push the air out [7].

### Other types of breathing exercises include

- Breathing tube, inhaling and holding breath, then exhaling and holding breath for similar numbers .
- Sama Vritti, or equal breathing, where you inhale and exhale on equal counts to help in relax [8].

### Takeaway

Breathing with pursed lips should be practiced until a second habit is created. If have it mastered, it will help boost breath control and make exercise more tolerable, particularly if have conditions like COPD in lungs. If necessary, use it during the most difficult parts of an exercise [9].

### Risks and complications of pursed lip breathing exercise

Pursed lip respiration has no associated risks or complications. But make sure let doctor know right away if experience a significant decline in lung function. May need to change the diagnosis [10].

## CONCLUSION

According to the results of this study, patients with Chronic Obstructive Pulmonary disease patients who practiced pursed lip breathing exercise 20 minutes, 2

times a day for 15 days had improvement of the breathing pattern which was statistically proved. Hence pursed lip breathing exercise was cost effective, non-invasive, and highly feasible. Hence the researcher concluded that pursed lip breathing exercise can be practice as an effective intervention on improving breathing pattern among chronic obstructive pulmonary disease patients.

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