

Immediate Effect of Buteyko Breathing Exercise and Coherent Breathing Exercise on Subjects with Primary Dysmenorrhoea: A Randomised Clinical Trial

Bulbuli. A, Joshi.I, Jadhav. A and Porwal. J

Abstract

Aim: To compare the effect of Buteyko breathing exercise and Coherent breathing exercise in subjects with primary dysmenorrhoea. **Method:** Fifteen (N=15) subjects participated in the present study which were further divided into two groups and their age ranged from 18 to 24 years. The outcome measure used were Numeric pain rating scale and Moos menstrual distress questionnaire. The pre and post intervention measurements were obtained and analyzed. **Results:** Statistically both Group A (Buteyko breathing exercise) and Group B (Coherent breathing exercise) showed significant 5% reduction in pain intensity but Coherent breathing exercise showed better results than Buteyko breathing exercise. **Conclusion:** The result of the present study showed that Coherent breathing exercise was better than Buteyko breathing exercise in subject's with primary dysmenorrhoea.

Bulbuli. A

Assistant Professor
Kaher Institute of Physiotherapy
Belgavi 590010 Karnataka

Joshi.I

BPT Intern
Kaher Institute of Physiotherapy
Belgavi 590010 Karnataka
E-mail: ishajoshi48@gmail.com

Jadhav.A

BPT Intern
Kaher Institute of Physiotherapy
Belgavi 590010 Karnataka

Porwal.J

BPT Intern
Kaher Institute of Physiotherapy
Belgavi 590010 Karnataka

Key Words: NPRS, MMDQ,
Menstrual Pain

DOI: 10.18376/jesp/2019/v15/i1/111322

Introduction

Menstruation is the noticeable uterine bleeding due to periodic physiological shedding of the endometrium caused due to interaction of hormones. The time span between two consecutive menstruations is termed as one menstrual cycle. Uterine bleeding occurs for about 4-5 days with an average blood loss of 35ml, out of which 70% of blood loss occurs in first two days of menstruation (Dutta 2008). Dysmenorrhoea is painful menstrual bleeding of high intensity which hampers daily routine of an individual (Dutta 2008). It is one of the most common gynaecological condition which causes absenteeism from work and school during the menstrual event (Proctor and Farquhar 2006). Menstrual cramps mean perception of pain during menstruation whereas dysmenorrhoea means high intensity pain which renders individual incapable of