



Are you doing Deep Breathing Exercise Preventing from COVID? – Well you are Not Truly Safe!!

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Letter to Editor

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Sir,

As we know the Novel Corona Virus also known as COVID-19 has spread all over the world. It has been described that the COVID-19 virus affects mainly respiratory system. The origin of Yoga is from India. Certain exercises in Yoga are related to the respiratory system. Various names are given to the different exercise involves respiratory system. The practice of Yoga has become popular in recent days [1] as many Indians are interested to improve the respiratory system. It is theoretically possible to say that certain exercises which include deep inspiration are dangerous. The reason behind this is the colonization of novel coronavirus is in the throat or nasopharynx. It is possible that deep inspiration

causes the movement of virus from upper respiratory tract to lower respiratory tract which is dangerous. This is due to the pressure difference between the upper and lower respiratory tract. One should not practice deep inspiration exercise after being labeled as suspected or affected with covid-19 infection. This awareness is very important as the people getting infected may themselves spread the infection to lower respiratory tract system.

Reference

1. Nagarathna R, Nagendra HR, Majumdar VA (2020) Perspective on Yoga as a Preventive Strategy for Coronavirus Disease 2019. Int J Yoga 13(2): 89-98.

