

[10]. According to Bhagwad Gita - Yoga is skilled action [10]. *Pranayama* is generally defined as breath control. The word *Pranayama* is encompassed of two roots: *Prana* and *Ayama*. *Prana* means 'vital energy' or 'life force', closely related to the air we breathe and *Ayama* is 'extension' or 'expansion'. Thus, the word *Pranayama* means 'extension or expansion of the dimension of Prana' (life, oxygen). The techniques of *Pranayama* provide the methods whereby the life force is able to be activated and regulated to go beyond one's regular boundaries and attain a higher circumstance of vibratory energy. *Pranayama* well thought-out breathing exercises aimed at introducing more oxygen into the lungs. These practices influence the flow of *Prana* in the *Nadis* and purifying, regulating and activating them, thereby inducing physical and mental stability [11].

(i) To implement yogic techniques as drugless, substitute methods to prevent and cure asthma amid pediatrics age groups 7 the`

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