

A method for intermittent hypoxic exposures in the combined treatment of bronchial asthma patients

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The method of intermittent increasing normobaric isocapnic hypoxia was used for the treatment of bronchial asthma. The parameters of respiration, metabolism, free-radical processes and immune system were monitored before and after training. The therapeutic diagnostic complex "Hypotron" (Ukraine), which allowed to determine the individual reactivity of the patient's respiratory system, tolerance to hypoxia, and to choose an optimal program of treatment, was used. The hypoxic training resulted in considerable increase of lung vital capacity, maximal ventilation and forced expired velocity. Normalization of initially increased free radical processes, accompanied by a decrease in the lipid peroxidation products was observed. The hypoxic training positively influenced specific and nonspecific immunological status, and appeared to be associated with a far better stimulation of lymphocytes and neutrophils.