



Training Impact with Inspiratory Muscle Trainer Versus Pranayama On Pulmonary Functions Of Hemodialysis Patients

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Abstract:Background: Exercise is often recommended for patients with chronic diseases to improve physical conditioning and reduce complications of diseases. **Aims:** The purpose of this study was to evaluate the effect of inspiratory muscle trainer (IMT) versus pranayama on pulmonary functions in hemodialysis patients(HD) This study examined the effect of 12week of exercise training pulmonary functions includes (Forced vital capacity(FVC), forced expiratory volume in one second (FEV1), Forced expiratory flow (FEF) 25-75%, and peak expiratory flow(PEF) and in HD patients. **Subjects and methods:**Forty HD men and woman participated in the study, their ages ranged from 45-55years. They were divided randomly into two groups; 20 patients each: Group (A) received IMT and resistance exercises for 12 weeks, 3 sessions per week. Group (B) received pranayama and resistance exercises 12 weeks, 3 sessions per week with. **Results:** IMT had a significant improvement in pulmonary function increase in (FVC, FEV1, PEF) (p was 0.0001*) (FEF 25-75%, P was 0.034*) in pranayama had significant improvement in pulmonary functions (p was 0.0001*). **Conclusions:** supervised program of IMT, Pranayama, and resistance exercises 12 weeks in hemodialysis men and woman results in a significant improvement of pulmonary functions.

Key word :hemodialysis; inspiratory muscle trainer; pranayama; pulmonary function;; resistance exercises.