

Many patients seek advice on the role of complementary therapies in asthma; however, with the exception of weight reduction, there is very little good evidence either way.

- Weight reduction in obese patients is recommended with clear evidence of improved lung function
- Buteyko: based on doubtful physiological arguments but widely popularised; little good evidence provided.
- Yoga: small studies reporting improvement but limited amount of evidence on which to base recommendations
- Herbal and traditional Chinese medicine: no evidence of benefit or harm
- Acupuncture: conflicting results but no clear evidence of benefit or harm
- Air Ionisers: no evidence of benefit and concern re: increased nocturnal cough
- Homeopathy: insufficient evidence but no clear evidence of either benefit or harm
- Hypnosis: insufficient evidence but no clear evidence of either benefit or harm
- Massage Therapy: insufficient evidence
- Spinal Manipulation: no evidence of benefit
- Physical Exercise Training: advised as general approach to lifestyle
- Dietary Manipulation: insufficient evidence on which to base recommendation; certain food stuffs, wine and beer may be factors in aspirin sensitive asthmatics
- High altitude no reliable evidence of long term benefit
- Speleotherapy: no reliable evidence available.

IMMUNOTHERAPY

Not recommended for patients with persistent asthma.