

عنوان مقاله:

Studying the Effects of Fasting during Ramadan on Pulmonary Functioning Test and Asthma Severity

محل انتشار:

فصلنامه سلامت، معنویت و اخلاق پزشکی، دوره 2، شماره 1 (سال: 1393)

تعداد صفحات اصل مقاله: 4

نویسندگان:

Seyyed Hassan Adeli - Religion and Medicine Research Center, Qom University of Medical Sciences, Qom, Iran

Mohammad Aghaali - Qom University of Medical Sciences, Qom, Iran

jaffar motahari nasab - Qom Branch, Islamic Azad University, Qom, Iran

خلاصه مقاله:

**Background and Objectives:** Studies have shown that fasting can have an impact on the course and severity of chronic diseases. There are a few studies on the association of fasting and asthma. Therefore, this study has been conducted with the purpose of examining the effects of fasting on asthma severity and pulmonary functioning tests. **Methods:** 30 patients with asthma who attended a pulmonology clinic in Qom were enrolled in this study. The severity of patients' asthma has been studied by questionnaire and spirometry of pulmonary functioning in the month of Shaban, Ramadan and Shawwal. The results of Asthma Control Questionnaire and the pulmonary functioning tests in three months have been compared. **Results:** The average age of patients was 43.42 years and 43.3% of patients were males. The Average score for asthma severity questionnaire in three months were 20.4, 21 and 20.17 respectively. Statistically, there haven't been any significant differences between the results of pulmonary functioning test and asthma severity before Ramadan (Shaban), during Ramadan and after that (Shawwal). **Conclusion:** The findings of this study showed that fasting in patients with asthma has no effect on pulmonary function and asthma severity.

کلمات کلیدی:

Asthma, Fasting, Ramadan, Spirometry

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1522524>

