

**LIST OF DISEASES OF DEEP BREATHING that can be treated by the VEDB (Volitional Elimination of Deep Breathing) also know as the Buteyko Breathing Technique.**

- Pre-asthmatic conditions:
  - allergic respiratory disease
  - polyvalent allergy
  - laryngospasm (voice loss)
  - allergic conjunctivitis
  - food allergies
  - drug allergies
  - pseudocroup
  - pharyngitis
  - laryngitis
  - tracheitis
- Asthmatic bronchitis
- Bronchial asthma
- CNSLD (chronic nonspecific lung disease)
  - chronic bronchitis, including obstructive bronchitis
  - chronic pneumonia
  - bronchiectasis
  - pneumosclerosis
  - emphysema
  - silicosis, anthracosis, etc.
- Chronic cold
- Vasomotor rhinitis
- Frontal sinusitis
- Maxillary sinusitis
- Sinusitis
- Adenoids and polyps
- Chronic rhinosinusitis
- Pollinoses (hay fever)
- Quincke's oedema
- Hives
- Eczema, including:
  - neurodermatitis
  - psoriasis
  - diathesis
  - vitiligo
  - ichytosis
  - acne
- Raynaud's disease (spasms of the vessels of the upper extremities) 2
- Obliterating endarteritis
- Varicose veins

- Thrombophlebitis
- Haemorrhoids
- Hypotension
- Hypertension
- Autonomic neuropathy
- Congenital heart disease
- Rheumatism of the joints
- Rheumatic heart disease
- Diencephalic syndrome
- Ischemic heart disease (IHD)
- Chronic IHD (CIHD)
  - rest and effort angina
  - postinfarction cardiosclerosis
- Cardiac arrhythmia:
  - tachycardia
  - extrasystole
  - paroxysmal tachycardia
  - atrial fibrillation
- Generalised atherosclerosis
- Arachnoiditis (post-traumatic, influenzal, etc.)
- Post-stroke conditions:
  - paralysis
  - paresis
- Parkinson's disease (early stage)
- Hypothyroidism
- Hyperthyroidism
- Graves' disease
- Diabetes
- Irregular menstruation
- Toxaemia of pregnancy<sup>3</sup>
- Menopausal problems
- Cervical erosion
- Fibromyoma
- Fibrocystic breast changes
- Infertility
- Impotence
- Threatened miscarriage
- Radiculitis
- Osteochondrosis
- Metabolic polyarthropathy
- Rheumatoid polyarthropathy
- Dupuytren's contracture (contracture of the palmar fascia)
- Gout
- Pyelonephritis
- Glomerulonephritis

- Nocturia (need to urinate at night)
- Cystitis
- Kidney stone disease
- Obesity of all degrees
- Lipomatosis
- Chronic gastritis
- Chronic cholecystitis
- Biliary dyskinesia
- Chronic pancreatitis
- Gallstone disease
- Duodenal ulcer
- Irritable bowel syndrome
- Peptic ulcers
- Multiple sclerosis
- Epileptic syndrome, (epilepsy)-convulsive syndrome
- Schizophrenia (early stage)
- Systemic autoimmune disease (scleroderma, systemic lupus erythematosus, dermatomyositis)
- Glaucoma
- Cataracts
- Temporary squinting
- Long sightedness
- Radiation sickness
- Acute and chronic hepatitis
- Cirrhosis of the liver
- HIV (AIDS)

*2 Translator's note: Raynaud's disease affects all the extremities, but Buteyko specifies the upper extremities.*

*3 Translator's note: It is not clear here if Buteyko means early toxemia of pregnancy (morning sickness) or late toxemia of pregnancy (pre-eclampsia) or both.*

## **What diseases can be cured by the Buteyko Method?**

**List of symptoms of the deep breathing (Hyperventilation) disease, which is eliminated when the Buteyko Method is applied.**

[www.doctorbuteykodiscoverytrilogy.com](http://www.doctorbuteykodiscoverytrilogy.com)

Doctor Buteyko's Discovery Trilogy by Sergey Altukhov Forward to Volume 1, The destruction of the laboratory Two-Volume Russian Edition published in 1993 & English translation ebook published May 2nd 2009

*This classification was written by Dr. K. Buteyko*

- Nervous System:
  - Headaches; Migraines

- Vertigo
- Fainting (sometimes with epileptic spasms)
- Insomnia, drowsiness and other sleep difficulties
- Tinnitus
- Memory loss
- Rapid fatigue
- Irritability
- Short temper
- Poor concentration
- Unsubstantiated fear
- Apathy
- Hearing loss
- Paresthesia (including total loss of all forms of sensitivity, more frequent than extremities)
- Spasm during sleeping, tremor and tick
- Vision loss
- Age related far sightedness
- Different flashings in eyes, grid before eyes, etc
- Increase in the intraocular pressure
- Pain during the motion of eyes upward and to sides, glaucoma, cataract, the transient squint
- Radiculites, osteochondroses, etc.
- Parkinson's Disease (initial forms)
- Perplexed sclerosis
- Episindrom (epilepsy)
- Schizophrenia (initial stage)
- Vegetative Nervous System:
  - Crises of the type of diencephalic and vegetative, including: sweating, body temperature irregularity, casting into cold or into the heat, groundless chills
  - Instability of body temperature of the thermo-neuroses type, etc.
- Endocrinal System:
  - Hyperthyroidism, dysthyreosis, exophthalmic goitre (AKA Basedow's disease), diabetes mellitus, obesity or exhaustion, sometimes according to the type of endocrine
  - Occurrence of pathologic menopause, the disturbance of menstrual cycle, the toxicoses of pregnancy (morning sickness)
  - Fibromyomas
  - Mastopathy
  - Impotence
  - Frigidity, infertility, miscarriage
  - Erosion and polyps in the neck of uterus, etc.
- Breathing System:
  - Spasm of larynx and bronchial tubes (bronchial asthma)
  - Preasthmatic conditions including: respiratory allergosis, polyvalent

- allergy, laryngospasm (loss of voice)
- Allergic conjunctivitis, food allergy, medicinal allergy, pseudocroup, pharyngitis, laryngitis, tracheitis, pollinoses
- Hypersensitivity to kitchen smells, paint, perfumes, tobacco, flowers, etc.
- Asthmatic bronchitis, obstructive bronchitis, exercise induced shortness of breath and during inactivity, mouth breathing, frequent deep breathing with participation of additional respiratory musculature
- Absence of pause after exhalation during resting
- Breathing arrhythmia or the periodic sensation of air deficiency
- Sensation of insufficiency during inhalation
- Sensation of limitation of chest mobility (constraint in the chest)
- Discomfort related to stuffy air
- Difficult nose breathing during rest with the light physical load
- Nasal congestion, rhinitis according to the type of vasomotor
- Predisposition to cold and chills, including: frequent bronchitis, influenzas, etc.
- Cough (dry or with phlegm,) dryness in the mouth and sinuses, chronic maxillary sinusitis
- Frontal sinusitis, sinusitis, adenoids, polyps in the trachea, the bronchi, acute emphysema of lungs, pneumosclerosis, interstitial pneumonia, chronic pneumonia, bronchiectasis and spontaneous pneumothorax, loss of sense of smell, chest pains
- Incorrect posture, deformation of chest
- Inflation of subclavian regions (emphysema of tops of lungs, etc.)
- Cardiovascular System:
  - Tachycardia, extrasystole, paroxysmal tachycardia
  - Cardiac fibrillation, spasm of blood vessel in the extremities, brain, heart, kidneys; chills, sensitiveness to cold of extremities and other regions, pain in region of heart, ischemic disease of heart, stenocardia, hypertonia, hypotonia, the disease of Reynaud (spasm of vessel of upper extremities)
  - Obliterating endarteritis, telangiectasia, varicose veins, including hemorrhoids
  - Marbling of skin, fragile blood vessels, gingivitis, frequent nose bleeds, etc.; sensation of the palpitations in different regions
  - Pulsatory noise in ears
  - Vascular crises, arachnoiditis (post-traumatic, influenza); myocardial infarction, postmyocardial infarction cardiosclerosis, stroke, parotiditis, pareses, an increase in the coagulability of the blood, thromboses (thrombophlebitis), decrease of the alkaline reserves of blood, electrolyte balance, hypercholesterolemia, eosinophilia, hyper- and hypoglobulia, change of PH in blood, decrease of partial oxygen pressure in arterial blood in initial stage of disease and opposite changes on final stages of disease, etc.
- Digestion System:

- Increase, decrease or other distortion of appetite, salivation or dryness in the mouth
- Distortion or loss of taste, spasm of gullet, stomach (pain in the epigastric region, etc)
- Colitis (constipation, diarrhea), pain in right subcostal area, dyskinesia of bile tracts, heartburn, frequent eructation, nausea, vomiting, meteorism (flatulence), some forms of gastritis and ulcer, disease of stomach and of duodenum, etc.
- Chronic cholecystitis, chronic pancreatitis, the cholelithic disease
- Kidneys and Urinary System:
  - Protein in the urine, oxalates, urates in urine, urolithic disease: pyelonephritis, glomerulonephritis
  - Frequent urination, especially at night
  - Nycturia (involuntary urination at night), cystitis, diuretic symptoms, etc.
- Osteomuscular Apparatus:
  - Muscular weakness, rapid physical fatigue
  - Aches in muscles, more frequent in legs (calf muscles), twitching of groups of muscles, strengthening or weakening of muscles tone, atrophy of muscles, pain in tubular bones etc.
  - Collagenases (scleroderma), postoperative scars, etc.
  - Contracture of wrist tendons
- Skin and Mucosae
  - Dryness of the skin (ichthyosis), pustulous rashes, skin itch, hives, eczema (neurodermatitis, diathesis), psoriasis, tendency toward fungus diseases, pale gray skin, acrocyanosis, Quincke's edema, vitiligo (focus depigmentation of the skin), adolescent acne, pastiness of face, eczematous blepharitis, cyanosis, etc.
- Metabolic Dysfunctions:
  - Lipoma (fatty tumours), injection infiltrations
  - Osteophytes and deposit of salts in region of joints according to the type of gout, metabolic and rheumatoid polyarthritis, deposits of cholesterol on the skin (more frequent on eyelids), tissue hypoxia, concealed edemas, the abnormalities of tissue metabolism (according to the type of allergic reactions), etc.