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## Cost Effective Prevention and Treatment of Asthma through Yoga

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According to WHO estimates, 235 million people suffer from asthma. Asthma is the most common chronic disease among children and older people. Asthma is not just a public health problem for high income countries: it occurs in all countries regardless of level of development. Over 80% of asthma deaths occur in low and lower-middle income countries. Asthma is under-diagnosed and under-treated, creating a substantial burden to individuals and families and possibly restricting individuals' activities for a lifetime. Asthma is a universal chronic airway inflammatory disease of the air passage characterized by recurring symptoms, excessive air sensitiveness and airflow obstruction. Asthma can be managed, controlled and cured by alternative medicine like Yoga. Some of the Yoga Exercises like Micro Yoga, Pranayam and Meditation have been found very useful for the prevention and treatment of asthma and can be practiced easily by common people. In populous countries including India, yoga practice can be a very cost effective alternative medicine for the prevention and treatment of asthma.