Prevalence of Asthma and Its Association with Daily Habits in Jimma Town, Ethiopia

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Background: Many studies showed a low risk of asthma in sub-Saharan countries. However, due to indoor pollutions and environmental hazards, developing countries are always the prior victims of all types of respiratory illnesses including asthma. Jimma, south-western Ethiopia, is known by its wide range of vegetations including khat and coffee. Together with high...
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Introduction: Asthma is a common chronic inflammatory disorder affecting about 300 million people worldwide. As a holistic therapy, yoga has the potential to relieve both the physical and psychological suffering of people with asthma, and its popularity has expanded globally. Yoga includes several techniques: physical postures (asanas), voluntarily regulated breathing ...