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 pl...

Effects of Khat (Catha Edulis) on Bronchial Asthma

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Introduction: Asthma is a chronic inflammatory disorder of the airways. It is always being a health burden across the globe. The active chemical present in Khat could have a bronchodilator effect like that of catecholamine. ...

Assessment of the Severity of Disease in Patients with Bronchial Asthma, Before and After Yoga: A Randomised Trial

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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 ...