

International Conference on

Complementary & Alternative Medicine

October 17-18, 2018 | Las Vegas, USA

The effect of complementary medicine (yoga and diet based therapy) on the elderly population in Scranton

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The approach of any medical system for elderly women and men needs to address to the physical, mental, intellectual and spiritual aspects of life. Not satisfied with allopathic medications and the threat of serious side effects ever looming large in their minds, the elderly women and men have begun to use the complementary medical systems as a viable alternative to address to their health problems. Including Yoga, physical therapy, diet, and aromatherapy. Research suggests that yoga therapy may be a viable gentle physical activity option with a variety of health-related quality of life, psychological and physical symptom management benefits. Diet and nutritional therapy, on the other hand, has shown solid evidence as an alternative medicine to reduce the symptoms of chronic diseases in an elderly population.

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