

Global Summit on
Traditional & Restorative Medicine**JOINT EVENT**10th World Congress on
Neuropharmacology

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The effect of complementary medicine (yoga and diet based therapy) on the elderly population in Scranton, Pennsylvania**Anwaar Anbrali**
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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 being 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 including yoga, physical therapy, diet and aromatherapy as viable alternatives to address to their health problems. 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. On the other hand, diet and nutritional therapy has shown solid evidence as an alternative medicine to reduce the symptoms of chronic diseases in elderly population.

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