



Respiratory Problem, A Severe Threat To World

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Abstract:

Relevance: A large sector of people affected by Covid 19 had lost their life or were affected greatly due to pulmonary and respiratory diseases, and the main reason that has to be come out is only lack of immunity within these people's. This is the reason this article is relevant to prove the cause and reasons for such problems within the public responsible for the cardio vascular or cardio pulmonary diseases.

Purpose Of Work: is to find out, according to a review of scientific information, the reasons for the decrease in immunity, and the increased worldwide patients with cardiorespiratory diseases.

Material and research methods: I have talked with 2 corona virus patient just for their review on our research ,and I also read a report and compared some stats of the previous years , and it was clearly noted that due to their weak lifestyle and bad addiction in their daily life like smoking citrates, alcohol abuse, they also directly affect there respiratory system.

Conclusion: concluded that there are several ways by which we can prevent us from these respiratory upcoming diseases these ways can be like , we can do a lot of yoga ,exercise as this will surely increase blood flow in our body, also we can take a High nutrition diet rich in proteins, and we can increase lot of liquid diet in our food this will also help us to reduce some harmfulness, and we can do at least one time the thing in a day what we love to do, like singing, dancing, yoga, playing, this will surely bear or take up some stress from us, because some cases were reported where stress can also lead to Heart Attack so this is all we can do for proper functioning of our respiratory system.



Biography:

Hritik Bhardwaj is student of second course of Karaganda Medical University, Karaganda, Kazakhstan.

Publication of speakers:

1. Hernandez, G.; Garin, O.; Dima, A.L.; Pont, A.; Marti-Pastor, M.; Alonso, J.; Van Ganse, E.; Laforest, L.; De Bruin, M.; Mayoral, K.; et al. EuroQol (EQ-5D-5L) Validity in Assessing the Quality of Life in Adults with Asthma: Cross-Sectional Study.
2. Szentes, B.; Schultz, K.; Nowak, D.; Schuler, M.; Schwarzkopf, L. How does the EQ-5D-5L perform in asthma patients compared with an asthma-specific quality of life questionnaire?
3. Boland, M.R.S.; Van Boven, J.F.M.; Kocks, J.W.; Van Der Molen, T.; Goossens, L.M.; Chavannes, N.H.; Mólken, M.P.R.-V. Mapping the Clinical Chronic Obstructive Pulmonary Disease Questionnaire onto Generic Preference-Based EQ-5D Values.
4. Tsiligianni, I.G.; Van Der Molen, T.; Moraitaki, D.; Lopez, I.; Kocks, J.W.H.; Karagiannis, K.; Siafakas, N.; Tzanakis, N. Assessing health status in COPD. A head-to-head comparison between the COPD assessment test (CAT) and the clinical COPD questionnaire

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