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To Study On Alternative And Complementary Medicine.

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ABSTRACT

We use alternative and complementary medicine a lot in the medicinal field, such as for the treatment of a specialized disease. It provides care for our health in many ways. Doctors use it to treat cancer. We commonly use alternative and complimentary drugs. There are many medicines that fall under the category of alternative and complementary medicine like Yoga, Ayurveda, Homeopathic, Neuron stimulation etc. There are two types of doctors in that standard and in other non-standard. In non-standard those doctors come who are specialised in the treatment of any disease. This includes osteopathy and registered nurse and physical therapy. In ancient time Ayurveda was discovered to Trigger a disease in which unit is not treated with herbs. Later came Chinese herbal medicine in which we used to give pills are powder to the patient in which the medicine was mixed. Like Ayurveda it is a similar system of homeopathic medicine in which the patient is situated in which cinchona was used in which malaria had no symptom.

Keywords: Alternative, Magnetic field therapy, Unani medicine, Homeopathic, Ayurveda etc.

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INTRODUCTION

Alternative Medicine is a name which is commonly used in all the healing practice that is not covered under medical. It is defined as a difference Therapeutic or preventive health care field, such as homeopathy, chiropractic, and herbal medicine which are not follow general accept medical methods and may not have a scientific explanation for their efficacy. Alternative and Complementary medicine is word for medical product and practice and which is not part of normal parenting. Normal parenting care is what medical doctor, doctor of osteopathy and allied health occupational [1]. Complementary medicine means unusual treatment which you use along with usual specific. complementary medicine is define from Alternative medicine which is mean to supporting, no longer usable, standard medical practice. Alternative no longer usable, standard medical practice. Alternative medical practices are normally not realized by the medical group as standard or standard medical perspective. Alternative and complementary medicine is a universal estate of healing method which includes all health system. As many systems as there are in Alternative Medicine as many of this members are used [2]. It is used to treat disease like cancer and its side effects and also use for pain and fatigue. Alternative and complementary medicine is commonly used in the medical field and its effect is also an annoying but its use can not be considered in general [3].

Ayurveda

Ayurveda is an ancient medical system in the world today. It is part of science which prevention and durability. It was discovered 5000 years ago in India and it is still used today. Accommodate the fact of medicinal herbs known to cure various diseases in humans [4]. The ancient healing techniques as part of the Santana Dharma (universal religion group) or Vedic religion. Veda Vaasa, the famous sage, invest a lot of time into writing the complete knowledge of Ayurveda, as well as the more directly divine understanding of self-recognition into a body of Scripture information called the Vedas and the Vedic kinds of literature. where originally four important books of pioussness, which contain among other topics, health, astrology, spiritual profession, government, army, poetry, and spiritual life and manner There are four such ancient main books which are known as Vedas; RIGVED, SAMVED, YAJURVED, and ATHARVAVED. The Rig-Veda contains rhyme on natural health and disease. Atreya Samhita is the world's oldest medical book. Ayurveda makes application of herbs, food, aroma, gem, color, yoga, mantra, and also lifestyle and surgery. Even today there are three main ayurvedic books that are used in Charaka Samhita, Sushruta Samhita, and ashtanga hriday Samhita. Ayurveda is a portion of the Indian organization of Yoga. The Indian Medical Relationship defines Ayurvedic specialists who claim to preparation medicine as frauds. Ayurveda specialists had settled different medicinal arrangements and surgical actions from at least the opening of the common area [5].



Figure 1: Ayurveda medicine

The evidence

Most of the studies done so far are very small. They cannot able to give undeniable evidence that Ayurvedic herbal medicine role, some precautions must be taken when we produce and use Ayurvedic according to scientific research, Ayurvedic herbal medicine is used to provide a lot of toxicity in South Asia.

- Lead
- Mercury

- Arsenic

Ayurveda is a portion of the Indian network of Yoga. The ancient science that was meant for the treatment of the human body was made only for the treatment of the human body. The system which was used to heal in many ways as the body becomes unbalanced then used Herbs and natural and also produce for the treatment of the body which combined with the yoga system in ancient India gave this good result [8]. Science and exercise we are also studying to achieve. Ayurvedic fundamentals state that our body is made up of five principles which are – Air (Akasa), Vital Force (Vayu), Minerals, Acids, Alkalies, etc (Tejas), Water (Jal), and Organic substance. Air is the first combination which is for life and energy and the second is mineral acid and alkali which is the third is a combination of water and organic [6].

Impurities in Ayurveda

There are two types of impurities in Ayurveda

- Vata – exceedingly annihilate gas
- Pitta – Fluids of gall bladder and assemble waste

Preparatory procedures

We use various internal oils and herbal oil taken orally like gargling oil for external massage are applying oil in the ear etc. it is used to remove all the impurities through sweat gland and sweat caused by heat it is also used to inspire [7].

Main Treatment

Some important things come in the treatment. Like –

EMISES – (This means that the alimentary canal in our body clean medically).

ENEMA – (There is a large intestine in it needs to be cleaned somewhere medically).

Chinese Herbal Medicines

Chinese herbal medicine contains ginkgo and ginseng. Ginseng medicine is used for a specific treatment. It is used to restore balance to the body as a whole. This medicine can be taken in some form like pills, powder, and tea can also be taken along with it [8].



Figure 2: Chinese herbal medicines

Unani Medicine

Unani medicine is a very old ancient remedy for the disease. Unani system of medicine was first originated in Greece. Aesculapius is said to be the knower of this system. Hippocrates (460-377 BC), a

Greek philosopher the physician explained this principle well or as such medicine. Based on scientific principles, Aesculapius Unani medicine is known as the father of medicine. Unani medicine is an alternative field that is very popular in India for the treatment of Ayurvedic medicine. It is said that the theory Hippocrates is based on group escalation from vein wall. Henchmen, examine IPEH. When there is a hyperplastic reaction in our body as well as perivascular inflammation with the bloodstream it is called endovasculitis. IPEH is said to be abnormal. If the pseudotumoral injury occurs according to the declaration of thrombus it is called intravascular [9].

Treatment

It is treated in many ways –

- Regimental Therapy – In regimental therapy It contains surgical incision, cupping, Turkish bath, purging, emits
- Diet therapy - this includes certain diseases such as maintaining a specific diet and constant amount of food.

Homeopathy

Homeopathy also comes under medicine it was discovered by Samuel Hahnemann from (1755 to 1843). He was a general physician. The word homeopathy is derived from the Greek word 'homoion' with 'patheia' to which tells us that it is the same or like a look and it also displays the spirit of illness. The disease is treated with homeopathic medicine when the symptom of any disease appears in the body naturally Samuel Hahnemann experimented with “Cinchona bark” for the treatment of Malaria. When he experimented on Cinchona found that is no symptom of malaria. When he give medicine to patients suffering from malaria, so it was effective in fighting the disease. Homeopathic usually started when there was a problem related to a disease such as physical mental or emotional condition are about an emotional illness, then homeopathic was used. Homeopathy also comes under medicine it was discovered by Samuel Hahnemann in (1755 to 1843). He was a General physician. The word homeopathy is derived from the Greek word 'homoios' with 'patheia' to which tells us that it is the same or like a look and it is also display the displays the spirit of illness [10]. The disease is treated with homeopathic medicine when symptom of any disease appears in the body naturally Samuel Hahnemann experimented with “Cinchona bark” for the treatment of Malaria. When he experimented on Cinchona found that is no symptom of malaria. When he give medicine to patients suffering from malaria, so it was effective in fighting the disease. Homeopathic usually started when there was a problem related to a disease such as physical mental or emotional condition are about an emotional illness, then homeopathic was used.

- Acupuncture
- Aromatherapy
- Naturopathy



Figure 3: Homeopathy Medicine

Homeopathy remedies

Some of the principles are produced after Homeopathic remedies. Whenever any remedies are made in homeopathic it is made again and again so as to provide a good result. We can adulterate remedies with matter 1000 times. We can dilute remedies from 1000 to 10000 times. Homeopathic has been told from the beginning to detail all the experiments that were done on the patient. There is something in it like physical question also from like mentally, emotional or is there an emotional illness [11].



Figure 4: Homeopathy remedies

Magnetic field therapy

In ancient time scientist believe that magnets had the ability to heal wounds. A few centuries ago, people used to believe that it was possible to cure people as small as big as they are with magnets. But in today's time, everyone wears brackets, shoes, and other similar magnets but nothing happened with that. The magnets used in magnetic therapy are several guidelines of magnitude too weak to have every determinate result on the plasma stream. This is not to be disorderly with Tran's cranial magnetic stimulus, a methodically legal method of therapy [12].

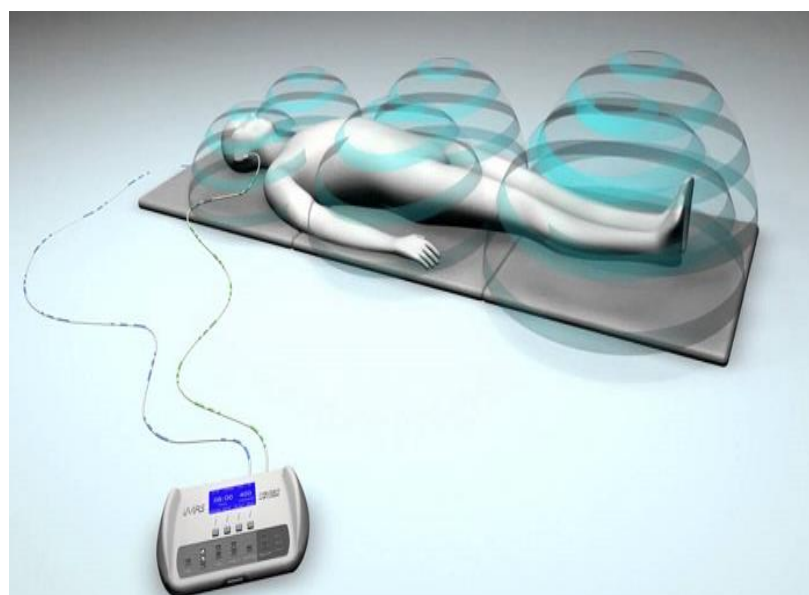


Figure 5: Magnetic Field Therapy

The evidence

So far it has not been decided that if there is the pain of any disease with the help of a magnet then it can be relieved. Some scientists did a small study, so they saw that in magnetic therapy, which we usually call electromyography, this magnetic stimulation in a certain way helps people [13]. Scientists need to study whether magnetic therapy is really effective if it is then there is a need for the study. Food drug advisory (FDA) agreed that depression that occurs it should be treated primarily [14].

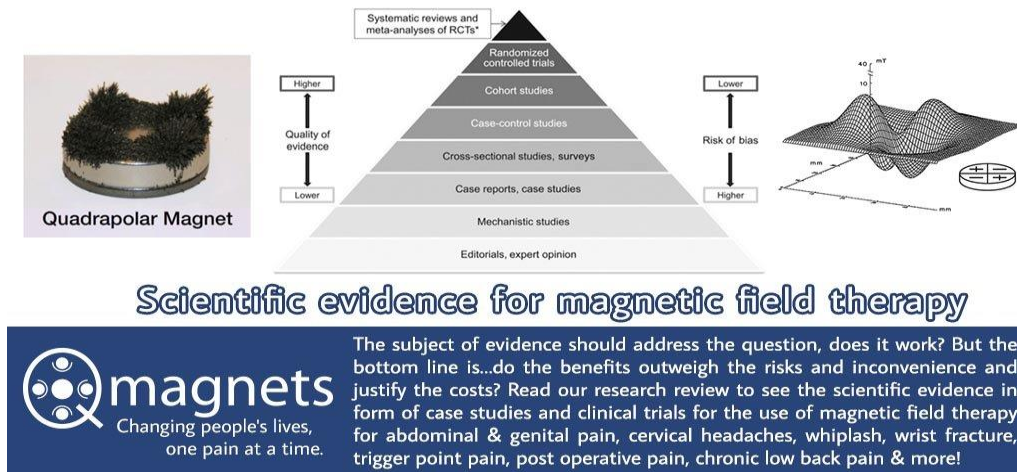


Figure 6: Evidence of magnetic field therapy

CONCLUSION

In the olden days, any patient was treated in ayurvedic natural but now the time has changed now technological and new discoveries have been made in the world of medicine, in which treatment of every type of disease has been possible earlier. There was also superstitious such as sweeping when a disease become a disease and by doing so a sick person was also cured, but in this century people have got information about medicine, whether it becomes Ayurvedic or allopathic [15].

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