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Alternative Medicine



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ABSTRACT

A variety of therapeutic or preventive health care techniques, including homeopathy, naturopathy, chiropractic, and herbal medicines, that vary from traditional medical treatments and cannot have scientific evidence for their effectiveness are commonly referred to as alternative medicine. The term complementary and alternative medicine refers to medical procedures and materials that are not included in traditional medical care. Standards care is provided by medical doctors, doctors of osteopathy and allied health workers like physical therapists and registered nurses. Treatments that you take in place of conventional ones are referred to as alternative medications. Complementary medicines refer to nonstandard treatments administered in addition to traditional treatments.



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INTRODUCTION

Alternative medicine is a large used method in the healthcare system. It is used to prevent, treating, illness, and promote health. The term alternative medicine is frequently used to refer to any form of healings that is not included in the scope of traditional medicine. It can be characterized as an assortment of therapeutic or prophylactic medical techniques, including homeopathy, naturopathy, chiropractic, and herbal medicines, that deviate from conventional medical procedures and may not have a scientific basis for their efficacy. The phrase complementary and alternative medicine refers to medical procedure and supplies that are not included in traditional medical care. Physicians of medicine, physicians of osteopathy and allied health specialist including physical therapist, registered nurse standard care. Complementary medicine refers to using unconventional therapies in addition to conventional ones. [1] Complementary medicines which is intended to support rather to replace conventional medical procedures, are different from alternative medicine. The medical world typically does not recognize alternative medical techniques as mainstream or conventional medical treatments, mega dose vitamins, herbal remedies, especially teas, massage therapy, magnet therapy, and spiritual healings are examples of alternative medicine. [2]

AYURVEDIC SYSTEM OF MEDICINE

Numerous scientists believe that Ayurveda is the oldest medical science. Ayurveda means the science of life in Sanskrit. The knowledge of Ayurveda began in India over 5,000 years ago, and it is frequently referred to as the mother of all healings, it originates from the ancient Vedic humanity and was passed by oral tradition from accomplished masters to their disciplines over many thousands' years. While much of this knowledge is inaccessible, some was published a long time ago. Ayurveda is the source of many modern natural therapeutic modalities, such as polarity therapy and homeopathy that are used in the west. [3]

TRIDOSHA

According to Ayurveda, tridosha life refers to a connection of the body, sensory organ, mind, and soul. It is a healthcare system that gives customized therapy, the Ayurveda principle of the tridosha concept. According to the concept, the physiological system comprises three basic parts. Scientist, define all these elements doshas. They are the ultimate, irreducible basic elements of metabolism that make up a living thing's body and consciousness. They fall into the vatapitta and kapha categories. They mostly relate to the elements fire, water and air.

They identified the growing and dying process in life. One of the three substances thought to exist in a person body is called a doshas in Ayurveda. [4] Thought to be a part of a person body. Beginning with literature from the 20 century, there existed an ideal known as the three doshas theory or tridosha. Reputable Ayurveda exist explain how the body levels of these three compounds change depending on the season, the time of day. The diet and several other variables. The concept of doshas in Ayurveda is akin to humanism in Latin, although it is a separate system. [5]

ROLE OF TRIDOSHA

The cardiovascular system, the lung system the gastrointestinal system, reproductive system, neurological system, memory, endocrine system, menstruation, fetal delivery, and ejaculation, joint movements, and muscle flexibility, tridosha control the formation of tissues, sense organ, perception, motor function, elimination of waste, courage, and decision making when they are in equilibrium.[6]

VATA DOSHA (AIR +SPACE) THE MOVEMENTS OF VITALITY

Scientist referred to the biological air humor as vata.it is mostly light, old, and dry. Of the three biological humors, it is the most significant or essential it regulates the two as well as is in responsible for all of the life as an entire entity. It maintains physical excretion, breathing movement, and the release of impulses; it also maintains tissues balance and sense coordination. When an overactive vata results in malnourishment debility, tremors, distensions, constipation, sleeplessness, sensory disorientation, and halting speech. The intestine thighs, hips, ears, and difficult organs are home to the vata. [7] Vata produces the essential motion for all body functions and it's vitally important for overall wellness. Vata is the most noticeable during periods of the full moons and seasonal transitions, therefore these are the times when diet and lifestyle choices should be carefully considered. Maintaining motion of the lifestyle considerations goals. Routines are really helpful in vata person ground all this meaning energy. [8]

MAKEUP OF VATA

Vata is a combination of air and other elements with mental qualities. Vata is made by rajas quality, it is together with the help of rajas quality. Vata propels and mobilizes things in the body.

QUALITY OF VATA

Rooksha - Dry

Laghu - Light

Sheeta - cold

Khara - Rough

Sooksha - Minute

Chala - Mobile

LOCATION OF VATA

Vata is located at the lower portion of the body, below navel region. These cover the part of the abdomen and pelvis. Chief seat of vata is colon. Being here vata are controls the sub types of vata and all functions of the body. [9]

HOW TO BALANCE VATA

- Favor warm beverages
- Avoid Alcohol
- Eat warm foods and spices
- Avoid raw of gas forming vegetables (Broccoli, cauliflower, cabbage, kale etc.)
- Keep a regular routine

PITTA DOSA (FIRE + SPACE)

Pitta is the term for the physiologically fire humor, it can also be occasionally be rendered as bile. It oversees all chemical and metabolic changes that occur within the body. Pitta cannot exist directly in the body without killing it; it leaves the body in the acid form as fire. pitta is predominantly dry and airy. It controls digestion, heat perception, hunger, luster, complexion, understanding, courage, and softness of the body. Excess pitta results in yellow coloration of the urine, eyes, and skin, as well as hunger, burning sensation in the pitta, difficulty falling asleep and understanding. Elevated pitta leads to an internal buildup of fever, inflammation, and infection. The pitta is situated in the lymph, blood and small intestine. [10]

MAKEUP OF PITTA

Pitta is composed of both fire and water. A balanced pitta is like having a satva mentality. Rajas mental state is comparable to an aggravated pitta.

QUALITIES OF PITTA

- Slight unctuousness, oiliness
- Intense, strong, deep penetrating
- Hot
- Light
- Foul smelling
- Flowing
- Liquid

LOCATION OF PITTA

Pitta is in middle portion of the body, between hearted and navel. It includes digestive organs such as stomach, duodenum, small intestine, and pancreas. [11]

HOW TO BALANCE PITTA

- Limit salt
- Avoid excessive heat
- Avoid excessive steam
- Eat cooling, non spicy foods
- Exercise during the cooler part of the day

KAPPA (EARTH WATER) THE ENERGY OF LUBRICATION

The term kapha which is frequently rendered as phlegm relates to the biological water humor. Its etymology refers to something which binds things together. It provides the majority of our body tissues with ingredients, supports, and structure. It also controls emotional qualities like forgiveness, patience, modesty, love, and compassion. In general, kapha is heavy, damp and cold .it provides them with patience as well as stability, lubrication and holding to their joints. In addition to providing the other two humors with support and material substrate, kapha also stabilizers the emotional character. A high kapha level result in a depressed digestive fire,

nausea, lethargy, heaviness, color changes, chills, limbs looseness, breathing difficulties, coughing and excessive sleep.[10]

MAKEUP OF KAPPA

The components of water and earth combine to form kapha. It is composed of three major qualities; Tamas, quality when kapha is generated and sattva quality when kapha is in regular state.

QUALITIES OF KAPPA

- Oiliness, unctuousness
- Cold
- Heavy
- Slow
- Smooth
- Tender
- Stable

LOCATION OF KAPPA

Kapha is in the upper portion of the body (chest and head). This is a water zone of the body, such as heart, brain, and sense organs are located.

HOW TO BALANCE KAPPA

- Keep active
- Avoid iced food or drinks
- Avoid fatty oil foods
- Eat light dry food
- Get plenty exercise [11]

TREATMENT

Ayurveda medicine has been modified for each individual constitution since many Ayurveda therapies require dietary; lifestyle, and behavioral modifications, practitioners expect that patients will take an active role in their care.

METHODS OF TREATMENT

the objectives of Ayurveda treatments include getting rid of contamination decreasing symptoms, and building resilience while giving attention to bodily qualities including weight, skin, eyes, teeth, and tongue. Checking the patient's voice, speech, urine and feces.

ELIMINATION OF IMPURITIES

The goal of panchkarma is to rid the body of Ama in order to purify it. Ama is defined as an undigested food that adheres to tissues, interferences with the body regular processes and cases illness.

REDUCING SYMPTOMS

The practitioners may recommend a variety of techniques, such as stretching, breathing exercises, massages, meditation, sunbathing and dietary changes.

IMPROVING DISEASE RESISTANCE

The practitioners may create tonics with a variety of herbs, proteins, minerals, and vitamins to enhance appetite, boost immunity and improve digestion.

SAFETY OF AYURVEDIC MEDICINES

Ayurveda medicines use a variety of tools and techniques. In an Ayurveda procedure known as rasa Shasta, Ayurveda goods can be created simply of plants or by combining herbs with metals, minerals or other things. Certain products could be dangerous if not used correctly or under the supervision of a qualified professional. [12]

TOXICITY

Products from the Ayurveda category may be harmful. Many of these materials they contain do not have regulated clinical testing to check their safety. Ayurveda items are classified as dietary supplements in the United States. They are therefore exempted from the same safety and efficacy requirements as traditional medications. [13]

UNANI SYSTEM OF MEDICINE

It is one of the earliest traditional medication systems, the unani system has long been used to treat and prevent a wide range of medical disorders. The word unani is Arabic for ion or Greek for which unani cure is also known as unani tibb or Greco-Arab medicine since Arabs have refined and subdued it through methodical testing, most notably via the work of Avicenna. The origins of unani medicine can be found in the Greek conception of perfect health, which was based entirely on the four humors. The traditional medical structure of south Asia has been supplemented by the relatively well known unani medical equipment for centuries. Both Ayurveda and unani scientific schools and hospitals are being supported and subsidized by Indian government agencies. However, whereas Ayurveda has had a remarkable rise in popularity, unani medicine stays behind in terms of recognition, perhaps because of its minority Islamic connections.[14] The unani drugs system is both a wonderful piece of scientific and artistic rehabilitation. It no longer views a person as a collection of character pieces, but rather as a whole. Its goal is to heal the body, mind, and spirit. This device is essentially based on the four humors- blood, phlegm, yellow and black bile as described by Hippocrates. Greek medicine is known as unani tibb or unani medicine, which is also spelled unani medicine and is a type of traditional treatment that is widely used in south Asia. As its name implies, the unani medicine system originated in Greece. Hippocrates provided the visualization for this system approximately development academics who are Persian and Arab put together fantastic handouts and steal a significant portion of what is uploaded, even surpassing the amount of contemporary literature. Since its inception in India by the mubhals paperwork has gained popularity and is now an essential component of the nation transportation and healthcare networks. The system electricity in its overall personal approach to the promotion, treatment, and prevention of fitness disorder. For specific, gastrointestinal, respiratory, genitor, urinary, musculoskeletal, neurological, cardiovascular, lifestyle, and metabolic disorder it provides a successful treatment.[15] Even though the government has provided outstanding support for the multifaceted development of this medical device to fully utilize its potential inside the Indian healthcare system, the unani drug device has lost a great deal of its appeal over time. Situation with relation to utilizing conventional medication. In both developing and advanced nations, traditional medications are widely and steadily used. Up to 80% of people in Africa and 65% of people in India rely on conventional medicine to help them with medical needs. In other parts of the world, such

as Asia and Latin America, traditional customs and beliefs suggest that people continue to use traditional medicine. [16]

FUNDAMENTALS OF UNANI SYSTEM OF MEDICINES

- Arkan
- The human frame carries 4 elements –
- Mizaj (Temperament)
- Akhlat (Humors)
- Aaza (Organs)
- Arwah (Spirits)
- Quwa (Faculties)
- Afaal (Functions)
- Regimental therapy (Ilaj-bil-tadbir)[17]

Arkan (Elements):-Man was always anxious to learn about the origins of the world, the basis of the self, the control of the cosmos, the meaning of any phenomenon that he saw for the first time, and the outcomes of natural events. The concept of Al-Arkan /Arkan / Anasir (an Arabic term meaning equal to detail) has been proposed for the evolution of the universe. Whenever detail justifications were deemed inadequate, a different principle was put out. Then, there was a time when the concept of the detail principle became dominant because it resolves the equal contradiction and gave rise to many other expansive concepts including the three elements. [18]

Mizaj (Temperature):- It is one of the most important requirements for unani medication is temperature. Any illness prognosis and courses of therapy and heavily reliant upon. Every individual is born with a unique mizaj that enables their body and organs to appropriately operate.[19] Both external and internal factors affected the human body, leading to summizaj (modified temperament), which ultimately, affects the entire body or a specific organ along with the symptoms of all illness. The perception of the disease to control on the change temperament is excessively precise. Therefore, mizaj is affected individual or organs must be examined before to beginning any treatment. [20]

Akhlat (Humors):- it is obvious, that digestion is a person produces that their humors changes in food or anything that could impact the body particulars country such as age,

season, level of exercise, climate etc, may therefore wish to have a major impact on the quantity of first class Akhlat. Furthermore, the unani health professional noted that people different in their personalities bodies and fashionable lifestyles, all of which had an effect on a person ability to maintain a healthy humeral balance because of this the affect on a person's ability to maintain a healthy humeral balance, because of this the affected persons profile was essential in addressing the fundamental cause of the illness or factors that led to an imbalance. A distinct sense of humor might occasionally transform into any other type of humor depending on factors like nutrition and age. The fundamental idea behind treating a disease in humeral pathways is that imbalance can be cured by opposites, or contraries. [21]

Aaza (Organs):- The liver is one of the body most important organs. One of the three specific organs in our body the liver is also responsible for all bodily processes and is referred to by the doctors as Aaza raise, executing three essential colleges of the body. That why doctors refers to those viscera as vital organs. These doctors were also aware that food that has been broken down in the stomach and intestines travels through the portahepatis to the liver, where it undergoes crucial processing. [22]

Arwah (Spirits):- Arwah "Ruh" stands for the elements that the frame absorbs from the atmosphere, without which it is impossible to envision a way of existence. These are regarded as lifestyle pressure and, as have an important role in the diagnosis and treatment of illness. [23]

Quwa (Facilities):- Three types of energy exist in the unani system; cognitive energy, metabolic energy, and reproductive energy. The mind contains a gift known as psychic and worried energy, which is composed of two distinct powers. Perception energy transmits perception and sensations while purpose energy brings about movements in response to the senses. [24]

Afaal (Functions):- This includes the motions and functionalities of the various body organs. Ensuring that various organs are not just in optimal shape but also displaying these different capacities is crucial for maintaining the body proper fitness. [25]

TREATMENT OF DISEASE AND DIAGNOSIS OF UNANI SYSTEM OF MEDICINE

According to the unani medicine the examination of disease is the first step towards controlling it. An accurate analysis depends on a description of the patient's behavior,

indicator, and symptoms. Like Ayurveda and unani essentially predicated on the idea that certain elements exist within the human body. Supporters of unani medicine claim that these elements are presents in fluids, and that an imbalance in them leads to illness and stability in them to fitness. The inability of the body potential to maintain its own fitness, or quwwat e mudabbira e bdan, is recognized by unani practitioners. The concepts postulate the presence of blood, phlegm, yellow bile, and black bile inside the human body. Each person precise aggregate to those materials determines his mijaz. A predominance of blood offers a sanguine temperament. A predominance of phlegm makes one phlegmatic. Yellow is bilious, black bile is melancholic; aberrant humors are thought to cause pathological modifications within the tissues on the affected site, growing the scientific manifestations of illness. [26]

PREVENTION

Preventing illness is just as a difficult to achieve as treating. Rights in its formative stages that impact the surroundings environment and ecological conditions at the country of human health have been acknowledged. The need to keep food, water, and air free from pollutants has been emphasized. Six prerequisites have been established for the promotion of health and illness prevention.

- Air
- Food and drinks
- Bodily motion responses
- Psychic motion and repose
- Sleep and wakefulness
- Evacuation and retention

Smooth and clean air is said to be the most crucial for physical wellbeing. The renewed Arab physician Avicenna claimed that a change in environment might alleviate the symptoms of certain illness. He also underlined the importance of having an open-air dwelling with proper ventilation. It is advised to consume fresh food free of mold and other disease causing substances. Unclean water is thought to be a contributing factor to many diseases. The gadget thus highlights how important it is to keep the water free of all kinds of contaminants. Maintaining proper fitness requires both leisure and exercise. Exercise promotes the growth of muscular groups and ensures that nourishment will improve blood flow and the proper operation of the excretory system. [27]

SIDDHA SYSTEM OF MEDICINE

One of the India's oldest medical systems, siddha is regarded as the mother medicine of the ancient Tamils and Dravidians of southern Indian. The definition of siddha is established truth.[28] The siddha system, which embodies the findings of the ancient siddhar diligent pursuit of it, is a treasure trove of secret science. The civilization began 12,000 years ago in B.C. according to historian's research and works on Tamil literacy such thiruvagam, and tholkapiam, there were three Tamil academies that contributed to the development of Tamil people 64 artist forms. Prior the years 2000, the ancient Tamil medical system was referred as maranthu (medicine).[29] One of the who has achieved a siddha is also referred to as a siddha. Rather than being classified as a siddha, who is established the pranav the AUM, the spiritual foundation of creation, siddha are considered emerging power of a person that is one of the path of siddhahood. The term siddhar refers to those who were involved in founding schools of thought like Siddha School. Siddhar were mystics and moral people who developed magical abilities. In its purest form, the siddha refers to the achievement of absolute identity with reality, or spiritual perfection. One of the basic ideas of Jainism is the concept of siddha. Saint Francis of assist, for example is referred to as a siddhar. The foundation of siddha is Saiva siddhanta.[30] Nevertheless, a French priest was a siddhar at poonaikannar. A siddhar was a Muslim named yakobu and Italian priest named Joseph Constantine beschi, who went by the Tamil name veeramunivar. There is several reasons why the siddha remains comparatively unknown and ignorant in the west. First, the most of the writings of siddha are still in Tamil. Second, no attempt appears to have been made to introduce Tamil works to western scholars, such as max muller, who received translated versions of Sanskrit literature, including that of the Ayurveda.[31]

BASICS OF SIDDHA MEDICINE

Ayurveda and siddha medicine are usually share similar fundamentals. The sole distinction that seems to exist between siddha and Ayurveda medicine is that the former acknowledge the supremacy of vatham, pitham, and kapam in childhood, adulthood, and old age, respectively while the latter completely reverses this recognition with kapam being prominent in childhood, vatham in old age and pitham in adulthood.

(1) Saram (Digestive juice). Saram means prana vayu (oxygen) responsible for growth, development and nourishment.

- (2) Cheneer (Blood) responsible for nourishing muscles, imparting color and improving intellect.
- (3) Ooun (Muscle) responsible for shape of the body;
- (4) Kollzppu (Fatty tissue) responsible for oil balance and lubricating joints.
- (5) Enbu (Bone) responsible for body structure and posture and movement ;
- (6) Moolai (Bone marrow) responsible to produce RBC, etc.
- (7) Sukila (Semen) responsible for reproduction.[32]

DIAGNOSIS AND TREATMENT

Eight items referred to as astasthanā parikṣā, must be examined in order to make a diagnosis these are:-

- (1) The tongue (Na) is ulcerated in anemia and is black in vāta, yellow and red in pitta, and white in kapha.
- (2) Color (Varna) pale in kapha, yellowish –red in pitta, and dark in vāta.
- (3) Vocal svara (pitta high pitched, vāta normal , kapha low pitched , slurred in alcoholism)
- (4) Kan (eye) whitish in kapha, yellowish –red or muddy conjunctiva in pitta
- (5) Dry in vāta, warm in pitta, cold in kapha and perspiration in various bodily parts is sparism (touch).
- (6) Dark in crimson in ulcers, shiny in terminal illness, and vāta in yellow pitta are all indicated by black stool (mala).
- (7) Early morning urine in straw examination shows crimson colored dyspepsia, intense heat, and elevated blood pressure, jaundice has a golden color and resembles meat washed water in the renal.
- (8) Nadi (Pulse) the confirmatory method recorded on the radial artery.[33]

The five components comprise the treatment of tridosha imbalance. The five components make up the medications, an example of a vāta imbalance is chilly and dry, and thus the therapy will be oily and warm. By substituting a drug that is primarily of the opposite kind, the imbalance is formed by substituting a drug that contains the same elements. Activity and massage are advised for limb inactivity. Pitta doshas is elevated either inside or externally due to their chilly attributes. The goal of siddha medical treatment is to maintain the balance of the three humors and the seven udal kattugal (seven components).[34]

APPLICATIONS

- Kattu is a process of applying herbal, pashana, or other plant-based medication to afflicted areas and then bandaging them.
- Patru application of paste made from plant extracts or the grinding of unprocessed or processed raw medications.
- Ottradam is the application of fomentation with materials such as lime, cereal husk, leaves, brick powders and pulses.
- Pochu is the application of medicinal oils or herbal drinks that have been gently warmed.
- Vedhu is the inhalation of fumes or steams, produced by burning raw pharmaceuticals as wicks in little earthen lamps that contain neem oil or by mixing powdered raw drugs with boiling water.
- Pottanam is a treatment whereby little cloth bags filled with raw ingredients and medications are soaked in warm neem oil or other oily substances and applied topically to the body's afflicted areas.
- Thokkanam this is the physical alteration of the body with or without the application of medicinal oil. This is comparable to modern physical therapy.
- Pugakl is the term for applying fumes to various bodily parts. The horns of the animals, snake skin, cumin seeds, peacock feathers and other materials are used to produce the fume. In addition, prepared medications like koushikar and agasthiyar, kuzahambu are utilized.
- Mai is the term applying thin paste of the eyes, collieries ocular the smoke or carbon created by burning dried wick that has been soaked in ecliptics alba in a small space and combined with cow butter.
- Using horse gram flour or turmeric powder, either with or without camphor, to rub the body is known as podi thimrdhal.
- Applying eye drops made by dissolving prescription medications in honey, breast milk, juices etc. are known as kallikam.
- Nasiya paranam; Raw materials are either ground into a powder or soaked in milk or herbal liquids before being rubbed into the nose while nasia, is a liquid form this is its powdered form.
- Kazhimbu pashanas – are combined with astringent medications such as quercus infectorious and terminally chebula, finely pulverized with butter and administered topically on wounds.

- Toxic medications are pulverized into water or herbal juices mixture called seelai which is then applied to wounds by soaking a piece of cloth in it.[35]

HOMEOPATHY

Although strongly debated that homeopathy is a widely used medical technique, for instance it is estimated that 4.1% of the total population in Italy seeks homeopathic treatment on occasion or on a regular basis, albeit with a slightly diminishing tendency. These statistics gathered in 2013, suggested that homeopathy is the most popular complementary and alternative medicine utilized by Italians.[36] Studies on epidermis intended to determine the global prevalence of homeopathy use have produced comparable results for other affluent nations. The German physician Samuel Hahnemann is credited with creating homeopathy, which is based on the administration of remedies which are diluted active ingredients that are eliminated from the finished product.[37] Hahnemann observed in his empirical research that self-administration of a common ant malarial medicinal plant caused the occurrence of malaria symptoms, albeit lesser ones. As a result he laid the groundwork for a brand new medical field known as homeopathy a phrase derived from the Greek words homeo and pathy.[38] However, in certain European nations including Luxembourg; state health insurance policies still cover homeopathic treatments. In Italy, although individual patients must pay for homeopathic remedies out of pocket, there are few outpatients' clinics where the public healthcare system may either totally or partially support the cost of homeopathic consultations, depending on the patient's budget. The case of Switzerland illustrates how, despite being removed from list of approved medications in 2005, homeopathy was reinstated as a basic health insurance subsidized practice in 2009 with a general referendum.[39] According to the whom popular support for homeopathy is a significant factor in regulating it, even outside of the realm of scientific debate. Homeopathy, particularly when customized, has results that go beyond placebo, as multiple patients and practitioners experience have attested to. Homeopathy is helpful not just in medicine but also in other biological science domains where it might be relevant to plant health. Homeopathy treatments are generally well tolerated by patients and are safe.[40] Homeopathy is taught at a few accredited institutions and colleges. Homeopathy has only been shown to be effective for self-limiting or placebo responsive medical illness, its effectiveness has not been scientifically established. When used as a substitute for conventional care, homeopathy can be harmful, particularly in cases of severe and potentially fatal illness. [41]

NATUROPATHY

Naturopathy, which holds that all healings' abilities are contained inside our bodies, deals with the natural healings forces of the world. This indicates that every human has healing forces of the world. This indicates that every human being has a healing energy that encompasses our immune system in its whole, both physically and psychologically and it oversees ensuring our wellbeing and capacity to recover and preserve health. Today, doctors and dieticians prescribe strictly vegetarian meals as a part of rehabilitation. [42] It is not permitted to use alcohol, smoke, chew tobacco, drink tea and coffee, or eat non vegetarian meals while receiving this medication. Many naturopathy centers may be found throughout India and other nations, and depending on the nature of the patients' ailments, the visitor (patient) may need to stay on campus for a certain amount of time. [43] Some naturopathy centers require patients to stay for a minimum of ten days since they claim that meaningful results can be seen in less time. India, rishikesh is dubbed the yoga capital of the world with many ashrams proving meditation instruction, yoga, and Hindu philosophy. [44]

NATUROPATHY AND LEMONS

Lemon is wonderful for fever, colds, and coughs. Drink repeatedly from a glass of water that has been squeezed with a lemon. All three of the illnesses will be cured by this. Boil the water through if the temperature is severe and making you queasy. This will lower the temperature and lessens the chill, it can be added to the necessary quantity of honey in the recipe above if the cold is exceptionally bad, and another extremely helpful technique is this one. After halves the lemon, mix in the powered molasses, ground black pepper, and salt. Squeeze the juice straight into your tongue after heating this. If you rub a piece of lemon on your freckles they will lighten up to a lot and disappear. For the best results with the complication sprinkle a little alum over the lemon. Applying the juice of half a lemon on your teeth will not only brighten and shine them, but it will also help eliminate four breaths. Add a little salt and a lemon to 350 ml of warm water, and drink it every day on an empty stomach to help lose weight. You can also use honey in place of salt.[45]

NATUROPATHY AND MILK

Since the sun's heat is said to aid in milk digestion, it is preferable to drink milk in the morning. It is extremely dangerous to add sugar to milk since it destroys the calcium content of the milk and causes phlegm. It ought to be consumed at room temperature. If someone has

a scratchy rash, apply some milk and water to the area using cotton wool, and then wash it off. It will heal the rash and put an end to the irritation. [46]

NATUROPATHY IN SALTS AND SOIL

Rock salt is superior to sea salt and should only be used in modest amounts. Consuming overindulgence in salts weakens firearms and contributes to body odor. Body cells that have consumed too many salts die, and when these dead cells emerge through the pores through perspiration, the stench is overpowering and unpleasant, on the other hand in mud is one of the five elements of nature that has a profound effect on the body in both health and illness is mud. Because of its ability to absorb and transmit all the hues of the sun to the body due to its dark color, it can be used normally as a medicinal agent in naturopathy treatments. [47]

AROMATHERAPY OR SCENT THERAPY

The use of plant-based essential oils for therapeutic reasons is known as aromatherapy. Essentials oils have been utilized medicinally for around 6,000 years. Essentials oils were employed in cosmetics, fragrances, and medications by the ancient Greeks, romans, Chinese, Indians, and Egyptians. Essential oils were also frequently employed for religious, medicinal, eugenic. And spiritual purposes. Concentrated extracts from a plant's roots, leaves or blooms are called essential oils. Every essential oil has a unique combination of active ingredients' that determines the oils therapeutic qualities. Although the exact mechanism of action of aromatherapy is yet unknown to researchers, many specialists think that smell plays a significant part. This seen has enormous power to take receive therapy that entails consuming essential oils orally from qualified specialists only. All essentials' oils should be avoided by patients with asthma or a history of allergies, as well as first trimester pregnant women's. People who have a history of seizures or who are pregnant should not use hyssop oil. Those who have high blood pressure should not use essential oils that are stimulating like as lavender and rosemary. Fennel, aniseed, and clay sage oils contain estrogen like chemicals which should not used by those with malignancies that are estrogen dependent.[48]

CHIROPRACTIC TREATMENTS

Chiropractors as experts in realigning the spine through adjustments so that the body is in better alignment. Usually, person who are experiencing pain in their neck, shoulders, or lower back go to the chiropractor. However, a lot of chiropractors assert that adjustments can also

enhance general health. There is evidence that chiropractic care can help with lower back discomfort, however it might be not be superior it back pain remedies. According to the studies these methods work well for joint disorders, neck discomfort, migraines and headache related to the neck. Whiplash, yet the efficacy of chiropractic treatments for several common medical disorders are not well documented. For instance, there is insufficient proof to support its ability to cure fibromyalgia, menstrual discomfort, high blood pressure or asthma. [49]

MAGNETIC FIELD THERAPY

Some people believe that magnets have therapeutic properties. Many formerly thought that magnets could cure anything from baldness to gout, centuries ago. These days they are tucked inside the shoes, bracelet and other items. There is not enough proof to say that magnets work well ease pain. Transcranial magnetic stimulation a type of magnet therapy may help certain stereos survivors recover, according to tiny research the main outcomes are to. To find that if they therapy works, more research is required. Another FDA approved non experimental treatments for serious depressions are repetitive TMS. Although, they can interfere with the operation of insulin pumps, defibrillators and pacemakers, magnets are generally safe. That renders them possibly hazardous for users of these devices. [50]

CONCLUSION

Before modern medical studies created alternative medicine was used in many countries, like India and China. These include techniques which may have derived from mythology, traditional medicine, spiritual beliefs, and new healing ideas. The medical community generally dismisses the claims made by practitioners of alternative medicine because many of these methods have evidence-based safety tests, or do not have them conducted. Conventional practitioners can embrace alternative treatments if research demonstrates their safety and effectiveness. A lot of people are finding complementary and alternative therapy to be equally helpful to traditional care. Many Indian therapies, like Ayurveda, yoga and meditation are based on bodily healing techniques since ancient. While yoga helps in recovering the physical and mental wellbeing, meditation helps mental stress. Maybe it can assist treat patients with ailments that traditional medicine is unable to address to the best of its abilities. In the western world, alternative treatments tend to be viewed as traditional or ridiculed because of a lack of knowledge about them.

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