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A Short Review On Alternative Medicine

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ABSTRACT

The purpose of this study is to increase knowledge of the health risks related to complementary and alternative medicine (CAM) in Pakistan. 470 patients in clinical settings and hospitals in Lahore were given a thorough questionnaire. With 78.1% of the population using CAM, the response rate was 81.7%. With liver illnesses being the most common, Hakeem (a natural therapist) provides the most alternative medication. Instead of being dissatisfied with traditional therapy, respondents were drawn to complementary and alternative medicine (CAM) because of its advertised bogus advantages. According to the study's findings, a sizable portion of Pakistan's population uses complementary and alternative medicine (CAM) treatments from different practitioners, despite a lack of knowledge about their illnesses and the long-term consequences of receiving the wrong care. Although CAM-related adverse effects are not unusual, delays in Treatment may result in life loss or other severe repercussions. The term "alternative medicine" describes therapeutic approaches that deviate from conventional medical treatments and have no scientific backing, such as chiropractic adjustments, herbal homeopathic remedies, and healthcare naturopathy. Traditional care, which is given by physicians, osteopathic practitioners, and allied health professionals, does not contain these unconventional treatments. Patients can obtain alternative care without requiring traditional therapies by using complementary medicines, which are nonstandard treatments given in addition to typical treatments.

KEYWORDS:- Modern medicine, complementary and alternative medicine, liver diseases, and conventional therapy

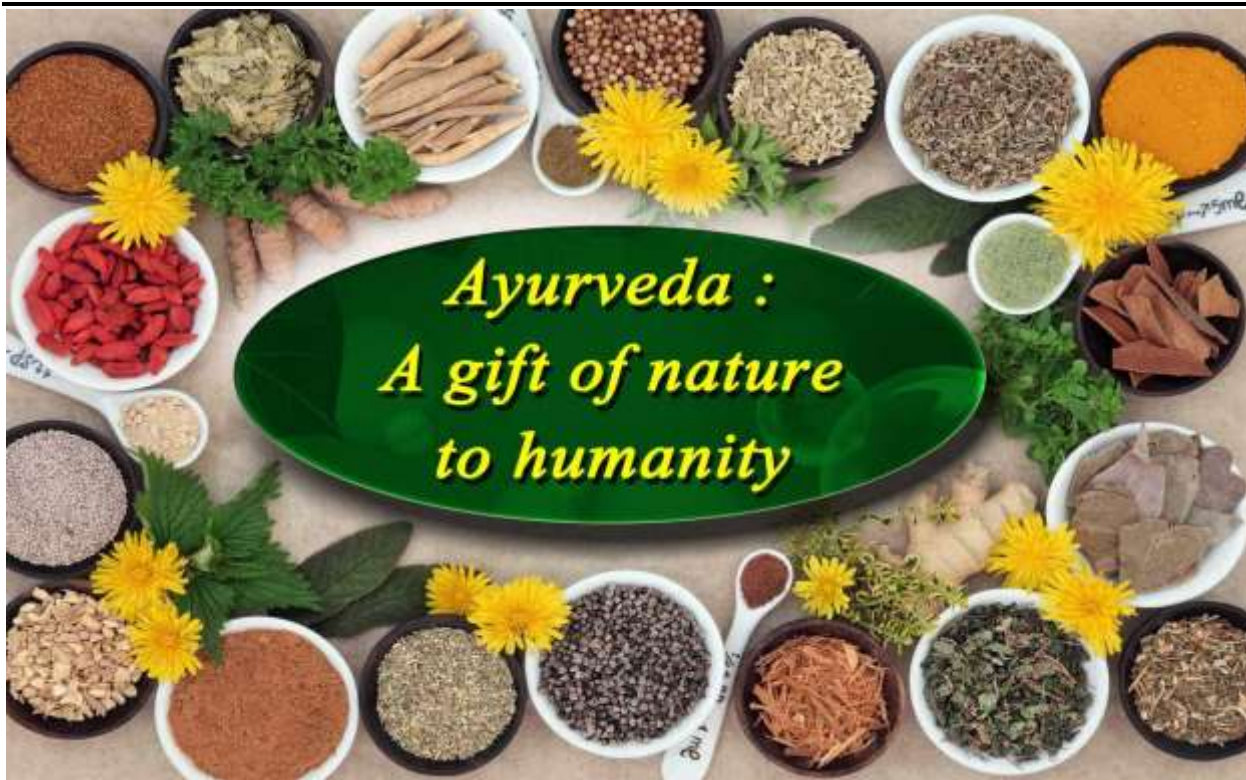
INTRODUCTION

A popular approach in healthcare, alternative medicine is used to cure, prevent, and advance health. It encompasses preventative or therapeutic medical practices that differ from standard medical practices and may not have a scientific foundation for their effectiveness, such as homeopathy, naturopathy, chiropractic adjustments, and herbal remedies. Medical practices and supplies that are not part of regular treatment are referred to as complementary and alternative medicine. Alternative medicine practitioners include doctors, osteopathic doctors, and allied health professionals. While alternative medicine emphasizes the use of non-traditional therapies in addition to conventional ones, complementary medicine complements traditional medical procedures. Megadose vitamins, herbal medicines, massage therapy, magnet therapy, and spiritual healings are a few examples of alternative medicine. Numerous factors, such as high expectations for recovery, low expectations for treatment, deceptive media advertisements, unethical counseling, fear of surgery, side effects, psychological fears, positive word-of-mouth, religious beliefs, and influence from hospital staff, lead people to seek alternative medicines and treatments. Failure of empirical therapy, mistreatment, prolonged treatment, internalized dread of surgery as a result of inadequate counseling, and the availability of female practitioners for illnesses affecting women are additional problems. Despite possible drawbacks for the administration and healthcare system, these aspects help people choose alternative therapies.



AYURVEDIC SYSTEM OF MEDICINE

The earliest medical science is said to be Ayurveda, which is the Sanskrit word for the science of life. It has been transmitted orally from masters to their disciplines for hundreds of years, dating back to ancient Vedic mankind. Modern natural treatment approaches employed in the west, such as homeopathy and polarity therapy, have their roots in Ayurveda. Some of this information was published a long time ago, but most of it is unavailable. India is well known for its ancient medical systems, which include Siddha, Unani, and Ayurveda. Originating between 2500 and 500 BC, Ayurveda is regarded as the "science of life" because of its emphasis on both good health and human sickness. It is also referred to as the "science of longevity" since it provides a thorough method for leading a long, healthy life. The main goals of Ayurvedic nutrition programs are to heal common illnesses like food allergies and to revitalize the body via diet and nutrition. But rather than being a panacea, Ayurvedic diet is a dynamic, approachable, and instructive method that promotes accountability and self-determination. It is a strategy for empowerment, independence, and long life rather than a means of avoiding or encouraging physical or mental abuse.



TRIDOSHA

The tridosha concept—the relationship between the body, sense organs, mind, and soul—is central to the medical system of Ayurveda. The three fundamental components of the physiological system, referred to as doshas, are the final, irreducible components of metabolism. A living being's body and awareness are composed of these elements, which are primarily associated with fire, water, and air. Ayurveda uses one of the three substances that are said to be present in a person's body to identify the growing and dying processes in life. The three doshas hypothesis, which originated in 20th-century literature, describes how dietary habits, time of day, and season all affect the body's levels of these substances. Despite being a distinct doctrine, the idea of doshas is intimately associated with humanism in Latin. By harmonizing the body, mind, and spirit, the ancient Indian medical system known as Ayurveda promotes holistic treatment. Diet, herbal medicines, yoga, meditation, exercise, lifestyle, and bodily cleaning are all part of this 5,000-year-old discipline. The 'tridosha tatwa' hypothesis, upon which the Ayurvedic approach is founded, says that vitiating substances or pollutants are important in preserving health and averting illness. The Sanskrit word "tridosha" means "three pollutants" or "tri-pollutant," while "tatwa" refers to the hypothesis. Essentially, when these three contaminants work together, health is preserved.

ROLE OF TRIDOSHA

In balance, the cardiovascular, lung, gastrointestinal, reproductive, neurological, memory, endocrine, menstrual, joint motions, muscular flexibility, and tridosha regulate the creation of tissues, sense organs, perception, motor function, removal of waste, courage, and decision-making. Although psychology is a discipline that focuses on enhancing mental health, it is frequently linked to mentally ill people. Instead of focusing just on the lack of illness or disability, positive psychology highlights the significance of whole physical, mental, and social welfare. Economics, psychology, sociology, and philosophy are just a few of the disciplines that have made well-being a major area of study. Three approaches are used to study psychological well-being: social well-being, psychological well-being, and subjective well-being. While eudaimonic well-being addresses events and difficulties encountered in private life, subjective well-being describes difficulties and experiences associated with private life. Theoretical and empirical research has demonstrated that social well-being is different from

hedonic and eudemonic well-being. Potential human elements like flourishing and psychological well-being are intimately related to each other.

VATA DOSHA (AIR +SPACE) THE MOVEMENTS OF VITALITY

Light, ancient, and dry, vata is a biological air humor that is essential to life in general. It controls tissue equilibrium, impulse release, respiration, bodily excretion, and sensory coordination. Malnutrition, weakness, tremors, distensions, constipation, insomnia, sensory disorientation, and stopping of speech can all be symptoms of an overactive vata. The colon, thighs, hips, ears, and other organs are all home to vata. It generates vital motion for bodily processes and is necessary for general health. Seasonal changes and times of fullness are when vata is most visible, thus diet and lifestyle choices should be carefully evaluated. Maintaining vata energy levels is aided by routines. Ayurveda is based on the Tri-Doshas, which stand for bodily and mental health: Vata, Pitta, and Kapha. This month, we'll concentrate on the Vata dosha, which is very prevalent in the fall. Vata, the energy of movement and change, rises when the days become shorter and the air gets crisper. It improves vigor, flexibility, and clarity when it is in balance. However, physical pain, anxiety, or restlessness might result from an unbalanced Vata. This article provides crucial techniques to support warmth, stability, and grounding during this time of change by balancing Vata.

MAKEUP OF VATA

Air and other components combine to form vata, a mental quality that is derived from the rajas quality and which pushes and mobilizes bodily elements. Vata, a mental quality derived from Rajas quality, is a combination of air and other elements that propels and mobilizes things in the body. In order to contact Indriyas and form Dhatu, Vayu conducts Dharana of Sharira and Sharira Avayava. It stimulates Pachakagni, performs Shoshana of Dosha, initiates speech, and is in charge of Shabda and Sparsha, Harsha and Utsaha. It develops the shape of Garbha, expels Mala, produces Sthula and Sukshma Srotas, and represents the continuation of life. All living things exist and are destroyed because of Vayu, also called Bhagavan, who is also in charge of Sukha and Dukha. The Dharana of Sharira is a Vayu, and Vayu is characterized in Charaka Chikitsasthana as Ayu, a Bala, and Prabhu. Vayu is Avyahata Gati in its own Sthana and Prakruta Avastha, guaranteeing a long lifespan of up to 100 years.

QUALITY OF VATA

The ancient Indian medical system known as Ayurveda, which is based on the ideas of harmony and balance, provides a comprehensive approach to health and wellbeing. It has been used for ages as a source of healing and offers a wealth of information on therapeutic herbs, formulations, and therapies. The "prakriti," or individualized approach, of Ayurveda ensures a balance between body, mind, and spirit by customizing remedies to each person's distinct constitution.

LOCATION OF VATA

With the colon serving as its primary seat, vata, which is found in the lower belly and pelvis, is in charge of regulating all bodily processes as well as its subtypes. According to Ayurveda, vata, which is found in all living cells and the body as a whole, is mostly seen in certain regions under the navel, which are also where it acts and manifests itself.

HOW TO BALANCE VATA

The body's energy power, or vata dosha, controls movement, including breathing, circulation, and perception. It is the most prevalent and simplest dosha to become unbalanced or exalted. Common illnesses that indicate an elevated level of Vata in the system are among the many ways that a Vata imbalance might appear. The first step in treating a Vata imbalance is to eliminate the underlying cause, which can be done in a number of ways. However, if the original cause—which may be found using a non-exhaustive list of frequent instigators—is not removed, the imbalance will continue.

PITTA DOSA

(FIRE + SPACE)

Bile, or pitta, is a physiological fire humor that regulates the body's chemical and metabolic processes. Primarily dry and airy, it regulates intelligence, bravery, softness, luster, complexion, appetite, heat perception, and digestion. An overabundance of pitta can cause yellow urine, eyes, skin, hunger, burning, trouble sleeping, and trouble comprehending. Fever, inflammation, and infection can result from an elevated pitta. The pitta can be found in the small intestine, blood, and lymph.

(FIRE + WATER)

Pitta, the element of fire and water, represents transformative energy. It is hot, piercing, and swift, like steam or wild fire.

WHAT IS PITTA

The Sanskrit word dhatu is the root of the word pitta, which means "something that burns or produces heat in the body." According to Ayurveda, pitta is a system or process that affects everything and, depending on the input, produces many outputs while keeping the same mechanism.

MAKEUP OF PITTA

An inflamed pitta is comparable to a satva mindset, whereas pitta, which is a mixture of fire and water, may be balanced similarly to a satva mentality.

LOCATION OF PITTA

The stomach, duodenum, small intestine, and pancreas are among the digestive organs that make up the pitta, which is situated in the center of the body.

HOW TO BALANCE PITTA

In addition to herbal therapies like aloe vera and coriander, Ayurveda recommends cooling techniques like yoga, meditation, and eating cooling foods like cucumber, coconut, and leafy greens to balance Pitta Dosha.

KAPPA (EARTH WATER) THE ENERGY OF LUBRICATION

Kapha, which is sometimes translated as "phlegm," is a biological water humor that holds things together and gives bodily tissues stability and shape. Emotional traits like love, compassion, patience, forgiveness, and humility are also under its influence. Kapha gives joints patience, stability, and lubrication since it is chilly, moist, and heavy. In addition to stabilizing emotional character, it can cause a decrease in digestive fire, nausea, lethargy, chills, loose limbs, coughing, breathing problems, and excessive sleep.

MAKEUP OF KAPPA

The three main characteristics of kapha, which is created when water and earth combine, are sattva quality when it is in a normal condition and tamas quality when it is made.

QUALITIES OF KAPPA

Common symptoms of chilly, heavy, sluggish, smooth, sensitive, and stable skin include oiliness and unctuousness.

LOCATION OF KAPPA

The heart, brain, and sense organs are placed in the watery kapha region of the upper body, which includes the head and chest.

HOW TO BALANCE KAPPA

Earth and Water components combine to form Kapha Dosha, a gentle yet potent energy force in the body. Support, lubrication, sustenance, strength, endurance, and physical development are among its primary roles. When Kapha is balanced, it gives serenity, compassion, stability, and groundedness. On the other hand, if Kapha is elevated, it may result in sadness, attachment, avarice, poor metabolism, lethargy, and low motivation. Symptoms of common illnesses that indicate an elevated Kapha state in the system can take many different forms.

METHODS OF TREATMENT

In addition to assessing urine, feces, and speech, Ayurvedic therapies concentrate on physical attributes such as weight, complexion, eyes, teeth, tongue, and voice.

CHAINIES SYSTEM OF MEDICINE

The qi, yin, and yang forces—three essential components of the human body—are balanced by Chinese herbal medicine, a natural remedy. Whereas yin and yang exhibit passive, sluggish, and frigid strength, qi is a vital force energy that travels through the body's meridians. Chinese herbal remedies are beneficial for regulating the body. For qi deficiency syndrome, certain herbs increase qi; for yin deficiency syndrome, they increase yin; and for phlegm syndrome, they decrease phlegm. These drugs come in a variety of formats, including pills, powders, and teas. Chinese herbal medicine is frequently used as preventative treatment and enhances health by boosting immunity before illnesses develop.



ACUPUNCTURE

Hair-thin needles are inserted into the skin at particular locations on the body to relieve pain or tension in acupuncture, an alternative medicine practice that has its roots in China and dates back more than 2000 years. This method uses the Yin and Yang concept to balance the flow of energy. According to acupuncturists, the human body has more than 2,000 acupuncture sites that are connected by 12 meridians, or routes, that interact with organs such as the kidneys, liver, and heart. Acupuncture has several beneficial impacts on modern lives,

including reducing inflammation, metabolic illnesses, digestive difficulties, respiratory and nervous system problems, and regulating neurochemistry to affect sensory and cognitive abilities.

T'AI CHI

The 13th century saw the introduction of t'ai chi, a kind of traditional Chinese medicine. It is a method of movement that uses breathing and slow, deliberate body motions to promote healing. It eases stress and anxiety while enhancing balance and agility. It has been shown to enhance quality of life, particularly for people with long-term illnesses. Research has demonstrated its impact on fall prevention, functional mobility, anxiety, sleeplessness, diabetes, osteoarthritis, and cardiovascular problems. The advantages are greatest prior to the onset of long-term conditions or functional restrictions. Tai chi doesn't require any costly equipment and is safe.

NATUROPATHY

Originating in Europe in the 19th century, naturopathy is a medical strategy that blends conventional methods with healthcare techniques. It emphasizes preserving the homeostatic principle of the body, determining the cause of illnesses, and treating them by allowing the body to recover itself via better nutrition, diet, and lifestyle choices. In order to alleviate mental and emotional stress, popular remedies include hormone therapy, homeopathy, nutritional supplements, physical treatments, and medical counseling.



SIDDHA SYSTEM OF MEDICINE

Ancient Tamils and Dravidians regarded Siddha, one of India's earliest medicinal systems, as their mother medicine. The system contains a wealth of hidden science that dates back 12,000 years, to B.C. The ancient Tamil medical system was known as maranthu (medicine) till the year 2000. Mystics and moral beings with magical talents are known as siddhas. The attainment of complete identification with truth or spiritual perfection is referred to as siddha in its purest form. Saint Francis of Assisi is considered a siddha, and the idea of a siddha is one of the fundamental concepts of Jainism. Saiva siddhantan is the cornerstone of siddha. Siddha is still relatively obscure and uninformed in the west, nonetheless, for a number of reasons. First, the majority of Siddha's works are still in Tamil, and there has been no effort to promote Tamil literature to western academics like Max Müller, who was given translated Sanskrit texts, including the Ayurvedic texts. One of the oldest systems of traditional Indian medicine, Siddha medicine has its roots in southern India. About 400,000 traditional healers who believe in the five elements—earth, water, fire, air, and sky—practice it. Food, human bodily humors, and inorganic, herbal, or animal-based chemical substances used to cure illnesses all include these components. However, because of their lack of scientific training, the Indian Medical Association views the practices of untrained siddhas as quackery. The

Indian Supreme Court has also denounced unqualified fake doctors, saying that their lack of education and training puts society and people's lives at serious danger.



UNANI SYSTEM OF MEDICINE

An important component of India's healthcare and transportation systems is the unani system, a traditional South Asian therapy derived from Greek medicine. The four humors—blood, phlegm, yellow, and black bile—are the basis for the treatment and prevention of a number of medical conditions. Over time, unani medicine has lost its attractiveness, even though Indian government bodies still support it. Up to 80% of people in Africa and 65% of people in India depend on conventional medicine, which is extensively utilized in both developed and developing countries. Influenced by Indian teachings and the medical traditions of medieval Islam, Unani medicine and Indian Buddhist medicine shared information during Alexander's invasion of India. The medical tradition was brought to India in the 12th century by the Delhi Sultanate, and it flourished throughout the Mughal Empire under the royal patronage of Alauddin Khalji, which resulted in the development of Unani literature and medicine. The conceptual frameworks of the two systems are comparable.



PREVENTION

It is difficult to prevent disease, but it is important to recognize how it affects ecological conditions and the environment. In order to promote health and sickness prevention, six requirements have been created, and the need of keeping the air, water, and food free of contaminants is highlighted.

HOMEOPATHY

An estimated 4.1% of Italians seek treatment occasionally or frequently using homeopathy, making it a popular medical approach. The most common complementary and alternative medicine among Italians is homeopathy; research from other wealthy countries has shown comparable outcomes. Homeopathy, which relies on providing remedies with diluted active elements extracted from the final product, is ascribed to German physician Samuel Hahnemann. Hahnemann established the new medical discipline of homeopathy when he discovered that self-administration of a common ant malarial medicinal plant resulted in malaria symptoms.

Homeopathic therapies are still covered by public health insurance plans in several European countries, such Luxembourg. Although homeopathic treatments in Italy are paid for out of pocket by individual patients, there aren't many outpatient clinics where the The cost of homeopathic consultations may be covered entirely or in part by the public health system. In 2009, a national referendum in Switzerland restored homeopathy as a basic health insurance supported practice. Even outside of scientific discussion, homeopathy is regulated in large part by popular support. Homeopathy is useful in medicine and other biological science fields relating to plant health, especially when personalized. Its effects are more profound than those of a placebo.

CONCLUSION

Prior to contemporary medical research, alternative medicine was practiced in China and India. It is based on innovative therapeutic concepts, traditional medicine, mythology, and spiritual beliefs. Because there aren't enough research or evidence-based safety testing, the medical establishment frequently rejects these assertions. Complementary and alternative therapies, including Ayurveda, yoga, and meditation, which have been founded on body healing methods since ancient times, are beneficial to many people. These treatments can aid in the treatment of conditions that conventional medicine is unable to treat. Alternative therapies are frequently disregarded or perceived as conventional in the western world because of ignorance about them.

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