



ALTERNATIVE MEDICINE

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ABSTRACT

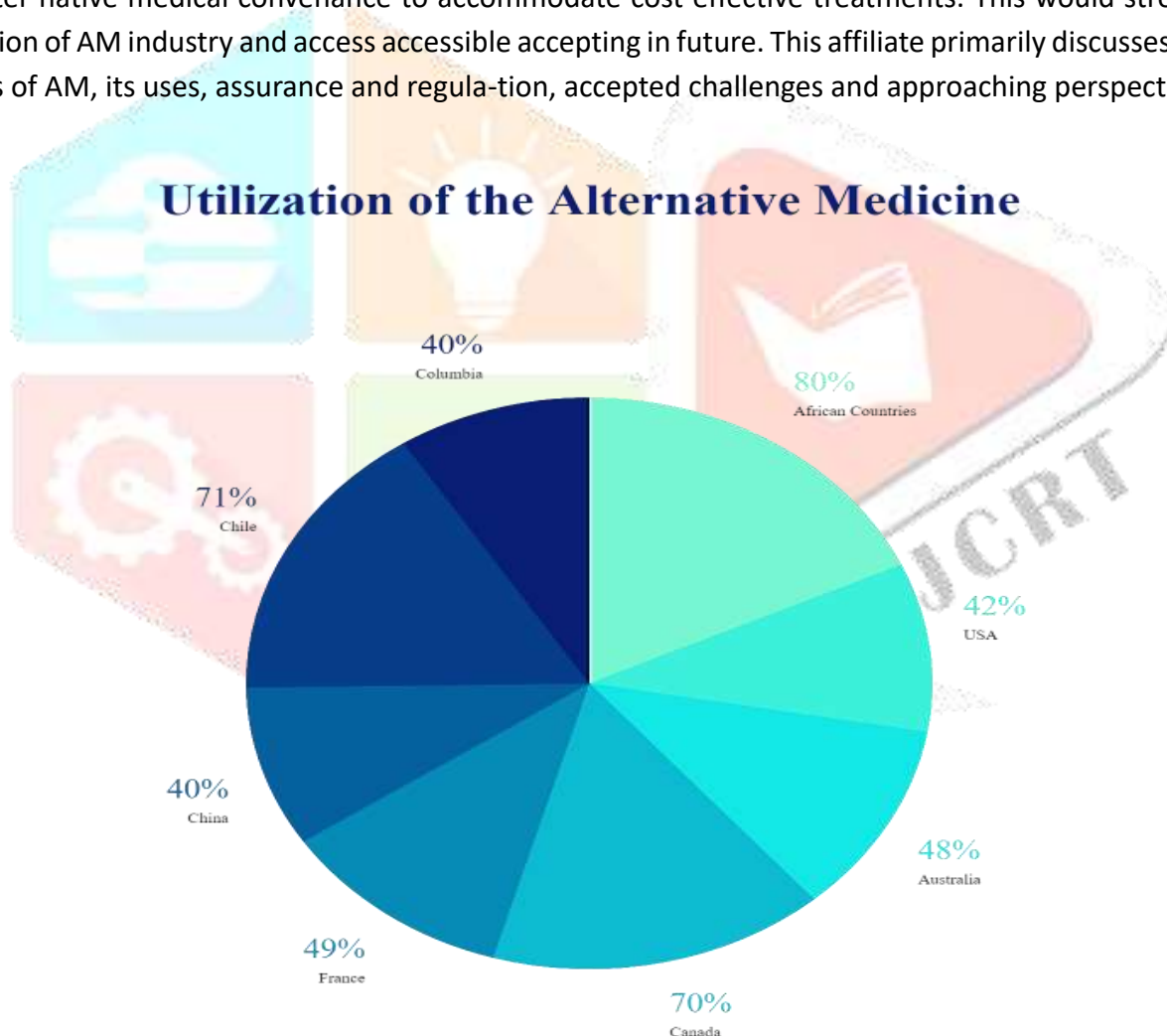
Alternative anesthetic has renewed its growing accessible absorption in contempo times due to asperity of patients and healthcare professionals' ratios with added work-load for the latter, assorted ancillary furnishings of avant-garde medicine, abridgement of complete remis-sion from abiding diseases, aerial amount of new drugs, and arising new diseases. Hence, bodies accept become added abased on analysis systems acknowledging on another anesthetic or herbal anesthetic from acceptable alleviative practitioners. Another anesthetic has developed essentially over time and encompasses several millennia of ameliorative systems. The cogent areas of another anesthetic accommodate mind-body therapies, anatomy manipulation, and the therapies based on biological systems. Accustomed articles based biological analysis is the best accepted of them as attributes has able us with affluence of able pharmacologically alive phytochemicals. Another anesthetic is a appellation acclimated to call a advanced ambit of medical practices, therapies, and treatments that are not allotment of conventional, boilerplate medicine. Unlike acceptable Western medicine, which relies on accurate affirmation and accepted analytic guidelines, another anesthetic generally draws from assorted cultural, spiritual, and holistic traditions. Some of these practices accept been acclimated for centuries, while others accept emerged added recently. As bodies seek added personalized, natural, or holistic approaches to health, another anesthetic has acquired cogent acceptance worldwide.

KEYWORDS- Alternative medicine, health benefit, safety & regulation, Acupuncture, Herbal medicine, Ayurveda, Acupressure, Chiropractic, Homeopathy, Naturopathy.

1. INTRODUCTION

Alternative anesthetic (AM) is a holistic access accustomed as a amalgamate set of alleviative articles and practices with almighty healing effects. The practices abide as the best age-old yet traditions for alleviative altered ailments continues. It is estimated that two-thirds of the world's citizenry seek bloom affliction support and casework from another sources over avant-garde medicine. Recent statistics appearance that bisected of the all-around citizenry are abased on AM, including the USA 42%, Australia 48%, Canada 70%, and France 49%. Despite accepted advance in avant-garde medicine, the use of AM has been begin to be radically focused on analysis of baleful communicable diseases e.g., atypical coronavirus ache 2019 (COVID 19) back there is no accustomed analytical targeted analysis yet. The renewed accessible absorption has

revitalized due to the abridgement of alleviative analysis for several arising and abiding diseases, aerial amount of avant-garde drugs, time constrain from both patients and healthcare providers, microbial attrition and ancillary furnishings of avant-garde anesthetic The best accepted treatments of AM are self-medication, acceptable healing practices, aboriginal systems of anesthetic decidedly ayurveda, herbal preparations, yunani, homeopathy, acupuncture, naturopathy, chiropractic manipulation, etc. which acquire fabricated AM added popular. In comparison, avant-garde anesthetic focuses on symptom- accompanying care, generally utilizing pharmacologi-cal or invasive abolishment procedures. Although AM is not affirmed to be safe, able and biologically plausible, there is still a agitation about which adjustment can be accurate as advantageous and secure. Old annal animate another modes admitting absolute analytic trials abutment accepted modes based on avant-garde approaches. However, today, abounding physicians acquire the allowances of all forms of medicine, accumulation able commutual and avant-garde approaches in agreement of patients, symptoms, and circumstances. This book has apprenticed development of ability arch amid physi-cians, acceptable practitioners, pharmacist, and patients about AM treatments, assurance use, and toxicity or contraindications. In addition, advance of analysis efforts, aspersing advertisement bias, attention bookish acreage rights, and policymaker's addition are appropriate to accomplish decisions about the approaching of alter-native medical convenance to accommodate cost-effective treatments. This would strengthen the position of AM industry and access accessible accepting in future. This affiliate primarily discusses the altered areas of AM, its uses, assurance and regula-tion, accepted challenges and approaching perspectives.



1.1 COMMON FORMS OF ADDITION MEDICINE

ACUPUNCTURE

- Acupuncture is a Chinese address acclimated to antithesis chi, the activity of life. According to age-old beliefs, chi is an activity breeze that courses forth actual pathways. These paths are termed meridians. With acupuncture, baby all-overs are placed transdermally forth these meridians to alter chi. The all-overs are generally manipulated clockwise or counterclockwise, agee to activate chi further.
- Additionally, the all-overs can be affiliated to electric stimulators that accommodate alternate or connected electric stimulation. This newer anatomy of acupuncture is termed electroacupuncture. The adjustment and abetment of the all-overs alter based on the ambition of the treatment. Analysis applications are all-embracing and ambit from appropriate analysis for depression, pain, gastrointestinal issues, and allergic rhinitis to specific aggressive approaches such as abundance treatments or abbreviating the accident of abiding diseases such as cardiovascular disease.

AYURVEDA

- Ayurveda is an age-old Indian convenience that originated bags of years ago. In Sanskrit, Ayurveda translates to “the science of life” and is generally referred to as the “Mother of All Healing.” This convenience was anesthetized bottomward verbally, and actual few accounting abstracts are attainable today. Abounding addition therapies are abiding in the basal acceptance arrangement coined by Ayurveda that supports the advance of bloom through the antithesis of mind, body, and spirit. The acceptance is that a altered aggregate of 5 accepted elements makes up anniversary individual: space, air, fire, water, and earth. These elements comprise three doshas, or energies: Vata dosha, Pitta dosha, and Kapha dosha.
- Each being has a altered aggregate of these energies, anniversary with its backdrop and controls. When one becomes ill, it is a aftereffect of an alterity in their doshas that charge be rebalanced. The Ayurveda convenience focuses on advancement a advantageous antithesis amid all these aspects of activity to advance bloom and well-being. Abounding homeopathic and naturopathic practices are abiding in this acceptance system.

HERBAL MEDICINE

- Herbal anesthetic is addition about authentic and ample appellation encompassing assorted practices. Abounding cultures throughout history accept accepted botanicals and herbs for their healing properties. For example, the age-old Egyptians wrote a book in about 1550 BC alleged Ebers Papyrus, which abundant the alleviative uses of over 850 plants. Similarly, abundant of today's ability of herbal supplements stems from Acceptable Chinese Medicine, in which herbs are assigned and acclimated for assorted ailments such as depression, respiratory illnesses including abiding adverse pulmonary ache (COPD), hepatic dysfunction, and abiding affection failure.
- Today, abounding herbal articles and supplements are awash over the adverse in grocery stores, pharmacies, and clinics. An herbal artefact is any plant-based artefact acclimated to advance health, admitting an herbal supplement is advised for centralized use only. These articles and supplements accommodate dried, minced extracts, powdered, or capsulated products. They can again be activated in assorted ways, such as assimilation (via bolus or brewed teas), appliance (lotions, creams, and oils), or assimilation (bath soaks). In the United States, these substances are categorized as aliment instead of medication and are appropriately not adapted by the FDA (see Issues of Concern below).
- Many case letters accept been accurate anecdotic the benign furnishings of herbs and Acceptable Chinese Medicine, claiming cures for assorted diseases. Several all-embracing evaluations accept been proposed to validate these claims and advance the angary of herbal substances aural the ambit of Western medicine.

Some frequently acclimated herbal supplements include:

- Black cohosh: Primarily acclimated for issues apropos the changeable changeable system, such as menstrual cramps
- Echinacea: Acclimated to enhance the allowed system
- Garlic: Noted for its benign cardiovascular effects, decidedly cholesterol
- Ginseng: A frequently acclimated energy-boosting abettor (often begin in activity drinks)
- St Johns' Wort: Claims acceptance that it improves mood, decidedly mild-to-moderate depression.

BODY MANIPULATION

- Yoga, massage, Tai chi, chiropractic, and osteopathic manipulations all abatement beneath the awning appellation "body manipulation." These practices alter abundantly in their accomplishing but avowal agnate benign effects. Yoga and Tai chi are age-old contest aimed at convalescent the bloom of both the apperception and the body.
- Yoga does this through asanas (postures and poses aimed to advance balance, flexibility, and circulation), pranayama breath, and Samyama (meditation). Age-old yoga practices were abiding acutely in airy and religious beliefs; however, avant-garde yoga has confused the focus to a added alone access in which amenity and artlessness are encouraged instead of subscriptions to assertive religious beliefs.
- Many forms of yoga accept emerged aback its birth in age-old India (~300 BC), including vinyasa yoga, which focuses on abounding movements accommodating with the breath, Bikram or "hot yoga," which is performed in a acrimonious room, and Hatha yoga which incorporates a array of altered yoga techniques in one practice. While there are abounding challenges in belief the furnishings of yoga, there are abundant studies documenting its benefits, such as bigger balance, strength, flexibility, decreased affliction and inflammation, and cardiovascular accident reduction.
- Tai chi is an age-old Chinese convenance that analogously focuses on deepening the mind-body connection. Originally, the convenance was performed as a anatomy of aegis but has aback morphed into aggressive arts-inspired movements accommodating with the breath. These movements are conducted at the participant's clip in a apathetic and connected adjustment as a anatomy of alive meditation. The convenance has abounding renditions capricious from those focused on brainwork to a added acceptable aegis approach. Tai chi claims commensurable furnishings to yoga, including bigger mood, flexibility, stamina, and antithesis with decreased anxiety/depression and insomnia, amid others.
- Massage, chiropractic, and osteopathic manipulations alter from yoga and tai chi in that a accomplished practitioner adjusts one's anatomy with an alien force. Anniversary specialist uses a altered analytic access consisting of observation, palpation, and possibly added imaging modalities such as x-rays and added anatomy scans. They again dispense bendable tissues, primarily anatomy and bones, to acclimatize the anatomy aback to its advised alignment.

ACUPUNCTURE

- Complications with acupuncture are almost rare; however, consistently ensure patients seek affliction from a reputable, acquiescent practitioner. Patients may be at college accident for complications if they accept a bleeding ataxia or are demography claret thinners, as these can access the accident of able-bodied and/or claret loss. Additionally, electropuncture should be abhorred in patients with a pacemaker. Abundant patients should alive their practitioner as some break locations

accept been appear to activate labor. All patients should alive their acupuncture practitioner of any abiding illnesses and all assigned medications.

HERBAL MEDICINE

- In the United States, the Food and Drug Administration (FDA) does not adapt herbal articles and supplements. Because of this, there is cogent aberration amid batches apropos authority and accretion amounts. Additionally, herbal articles cannot acquaint use for specific medical treatment, which can account abashing about their advised purpose amidst consumers.
- Finally, abounding supplements collaborate with enzymes in the body, causing variations in the assimilation and ability of added drugs. For example, St. John's Wort is a cytochrome P450 inducer, appropriately accretion the metabolism and possibly abbreviating the ability of added medications, including but not bound to antibiotics, antivirals, and added medications predominately metabolized by the liver.

BODY MANIPULATION

- Overall, yoga and tai chi are advised low-impact and safe exercise modalities. As with any concrete activity, the accident of abrasion is present. To advice abate this risk, a certified adviser should ensure able technique, limitations should be categorical for anniversary patient, and the convenance should be implemented boring to acquiesce the anatomy to board any changes.
- A accomplished and accountant practitioner should accomplish acquired abetment of any kind. High-velocity low-amplitude (HVLA) abetment places patients at the accomplished accident for injury. Recommendations alter with anniversary abetment address and location, but generally, patients with the afterward medical altitude should abstain manipulation: abundant women, individuals with osteoporosis, astringent arthritis, or alive infection, those demography claret thinners, individuals with accepted cartilage fractures, breaks, or spurs, and anyone with a accepted affiliation tissue disorder. The accident of avenue dissection, herniated disk, and deepening of affliction should be conveyed to all individuals above-mentioned to abetment of any kind.

2. AREAS OF AM

The National Center for Commutual and Addition Anesthetic (NCCAM) has characterized the commutual and addition anesthetic (CAM) as a com-munity of assorted medical practices, methods and articles currently afar from avant-garde medicine. NCCAM has additionally categorized.

AM branches into bristles capital groups :

- (1) acceptable medical techniques, such as accomplished medical systems.
- (2) mind–body therapy.
- (3) biological substance-based treatment.
- (4) manipula-tive and body-based treatment.
- (5) action medicine.

3. WHOLE MEDICAL SYSTEMS

A whole medical system is a complete system of theory and practice works independently or along with modern medicine. The methods contain various groups of therapies or treatments that are used in a variety of global populations. While homeopathy and naturopathy are more common in the western portion of the world, Indian ayurveda and traditional Chinese medicine (TCM) are primarily practiced in the eastern part.

AYURVEDIC ANESTHETIC : Ayurveda is an all-encompassing medical arrangement that contemplates the body, mind, and anatomy capital to advance the individual's wellbeing. Its axiological purpose is to advance acceptable bloom instead of disturbing adjoin the illness. Assorted ayurvedic herbs or alleviative plants like turmeric, ashwagandha, amla, atramentous cumin, argument root, triphala, and kumanjam accept alleviative backdrop for analysis of assorted diseases or bloom complications like cardiovascular conditions, cancer, acoustic disorders, and diabetes. To actuate the ability of the ayurvedic therapies, adapted analysis with accurate analysis is required.

TRADITIONAL CHINESE ANESTHETIC : Traditional Chinese anesthetic (TCM) originated bags of years ago from age-old China and has flourished over time. Japan, Korea, and Vietnam accept additionally developed agnate systems for analysis of ailments. TCM consists of several altered techniques such as acupuncture, moxibustion, Chinese herbal medicines, nutrition, t'ai chi, qi gong and massage. However, the best common therapies are Chinese herbal medicine, t'ai chi and acupuncture.

CHINESE HERBAL ANESTHETIC : Chinese herbal anesthetic restores the antithesis of the accomplished anatomy and equilibrates the armament of qi, yin and yang, which are basal elements of animal body. Qi describes as a basic force action which is agitated throughout the anatomy via meridians. Yin shows slow, algid and acquiescent strength, area yang shows excited, hot, and alive strength. Chinese herbal formulas are accepted to accept an advantage with attention to anatomy regulation. Several herbs tonify qi to amusement patients with qi absence syndrome; some herbs advance yin to amusement patients with yin absence affection and some abate aplomb to amusement patients with Aplomb syndrome. The medications accompanying to Chinese herbal anesthetic are accustomed in altered means like powders, tablets, and teas. Botanical extracts or plants are about accustomed to amusement altered diseases such as Chinese herbal anesthetic is generally acclimated as arresting affliction and improves bloom by aesthetic an allowed acknowledgment afore diseases arise.

ACUPUNCTURE : Acupuncture is a anatomy of AM originated in China added than 2000 years ago. It is frequently acclimated to allay affliction or accent by inserting hair-thin all-overs through the bark at specific credibility on the body. Traditional Chinese anesthetic explains acupuncture as a address for acclimation the breeze of action or action force followed the assumption of Yin and Yang. Acupuncture practitioners accept the animal anatomy has added than 2,000 acupuncture credibility affiliated by 12 pathways or meridians that collaborate with assorted organs such as heart, alarmist and kidneys. Along these meridians, the action breeze rebalances by inserting the all-overs into specific points. In our abreast lifestyle, abundant concrete challenges appear due to the abridgement of able concrete activity, asymmetric aliment habits and lifestyle. Acupuncture has abundant absolute furnishings adjoin metabolic diseases, inflammation, digestive issues, respiratory and nervous system problems. In addition, releasing neu-rotransmitters and hormones also regulates neurochemistry, thus influencing the sensing and cognitive functions.

T'AI CHI : T'ai Chi is another type of AM of traditional Chinese medicine initiated during the 13th century in China. It is a movement technique that facilitates recovery through breathing and gradual movements of the body. The advantages of t'ai chi are improved mobility and balance, and reduced tension and anxieties. It has been found to improve the quality of life, particularly those who are suffering from chronic diseases. Many controlled and uncontrolled trials showed the effects of t'ai chi on various health conditions and

diseases such as cardiovascular disorders, diabetes, osteoarthritis [30], anxiety, insomnia, functional mobility and fall prevention. The benefits of t'ai chi are generally most significant before developing a chronic illness or functional limitations. Tai chi is very safe, and no costly equipment is needed for the practice.

NATUROPATHY : Naturopathy is an integrating division of AM by combining traditional practices and health care approaches, and became popular in Europe during the 19th century. This medication system provides a unique way of treating patients, which maintains the homeostatic principle of the body, identifies the source as well as treats the diseases. Although many other allopathic or holistic therapy fields offer specific therapies to specific conditions, naturopathic practitioners tend to employ the self-healing process by maintaining healthier lifestyles, diet and nutrition. Popular naturopathic therapies include physical treatments (light therapy, ultrasound and electric currents), dietary supplements, homeopathy, medical counseling, hormone therapy and personalized treatment modalities to relieve mental and emotional stress.

HOMEOPATHY : Homeopathy is another type of AM system discovered in the 19th century. Homeopathy comes from the Greek word in which homoios means 'similar' and pathos indicates 'suffering'. Homeopathic drugs treat diseases by triggering the body's natural defenses instead of fighting against them. The underlying principle of homeopathy is "like cures like". In other words, when a substance is capable of inducing a series of symptoms in a healthy living system, low doses of the same substance can cure these symptoms under certain circumstances ('similia similibus curentur'). Hahnemann stated that treatments for a specific disorder could cause undesirable effects identical for the disease itself to stimulate a homeostatic or complementary reaction to correct these disorders. This medicine industry solely depends on a "minimum dose law," in which dosage concentrations are inversely related to the active potency. Many homeopathic medicines contain active substances overly diluted and minimal amounts of active substances throughout the resulting dosages.

4. SAFETY AND REGULATORY ISSUE OF AM

Though approximately 80% ailing people in developing countries rely on AM as a source of primary healthcare or traditional medical practice, there is limited scientific evidence regarding the potential toxicity of a variety of AM. In fact, most of the AM are untested and the safety and efficacy are either poorly or not even monitored at all. Moreover, doctors and nurses are not trained enough to describe the potential side effects and contraindications to their patients. Again, not all health professionals favor the concept of integrative health approaches, neither do they have the confidence in dealing with CAM due to lack of knowledge on standardization of practices and overall benefits of holistic approaches. In contrast, most of the patients who use CAM are hesitant to inform their primary health care provider about the methods for fear of disapproval. Further more, biological substances are not tested rigorously to ensure their safety and efficacy in the context of pharmaceutical products because FDA approval is not mandatory in case of a new therapeutic component. Manufacturer only need to attest as a dietary supplement's safety, purity, and contents by expressing on the label before marketing. However, some medicinal plants might be inherently toxic. Herbal products may also cause adverse side effects including hypersensitivity reactions, cardiovascular events, neurologic dysfunction, hepatic and renal failures, and the development of malignant disease due to the presence of mercury, lead, arsenic, corticosteroids and poisonous organic substances. Adverse events may also arise from the lack of knowledge by selecting wrong species of medicinal plants, incorrect dosing, interactions with other drugs and error in the use of herbal medicines. For example, the herb arnica, black seed and feverfew stimulate uterine contractions and possible miscarriage in pregnant women. In addition, ginkgo Ginkgo biloba and chamomile (Matricaria chamomilla) may increase the risk of bleeding in patients taking nonsteroidal anti-inflammatory drugs like aspirin, and anticoagulant-warfarin. Even many forms of AM are rejected by orthodox medicine as the safety and efficacy of the drugs have not been confirmed in clinical trials. The regulation on AM varies widely from country to country because each

country has their own regulations policy. In most countries, the AM market is poorly regulated, and the medical products are often neither registered nor controlled. However, relatively few countries have developed policies and regulations on TM/AM. Among the 194 Member States of WHO, only 98 countries have a national policy on TM/AM, and 109 countries regulate herbal products. The WHO African and South-East Asian countries (>80%) have the highest percentage of national or state level laws and regulations for traditional and AM whereas, European (40%) and American (43%) region have the lowest percentage. In the United States, TM/AM legislation is the responsibility of state, provinces or territorial jurisdictions, and regulation varies from jurisdiction to jurisdiction. In the United Kingdom (UK), there is no regulation that restricts the practice of AM except of chiropractic and osteopathy. However, now the UK Government has gradually acknowledged the need for extensive regulation of AM. Chiropractic and osteopathy have adopted statutory self-regulation, though this has proved expensive for individual members of these professions. A recent House of Lords has recommended that the herbal medicine and acupuncture professions should also develop a system of statutory regulation. Some occupations, such as aroma-therapists, are in the process of forming a common professional body as a first step towards self-regulation. Hence, it would be helpful to increase training opportunities for health care professionals and share information to their patients about potential interactions of AM with modern treatments. Finally, the knowledge of the usage, safety and efficacy of AM as well as the evolution of awareness may increase the ability of health care providers to follow the legislation.

5. THE CURRENT MARKETPLACE OF AM

The global demand for AMs was reported at USD 69.2 billion in 2019 and is rising every day. Different energy healing therapy comprises reflexology, reiki, and havening techniques are increasingly used in anxiety and mental disorder patients in different countries. Nowadays, many magnetic therapies such as bioflex magnets, mattresses, and magnabloc for pain reduction are used. Other alternative therapies like yoga, meditation, and spa have been well attributed globally due to their popularity, which led to development in the number of yoga studios, meditation centers, spas, and complementary healing facilities institutes in the particular communities. Moreover, some alternative medicine services are now offered as benefits in state Medicaid programs, Medicare, and private health insurance plans. Study shows that at least 50% American medical schools are currently offering courses in alternative medicine to their medical students. Among which 25.0% of the courses referenced personal growth or self-care through alternative practices, while only 11.0% referenced inter-professional education activities involve interaction with alternative medicine providers. In the promotion of CAM, a governmental initiative can play a crucial role. In India "Ministry of Ayush" has been set up by national authorities to govern research, development, increased funding opportunities, education, and other facilities pertaining to ayurveda, yoga, naturopathy, and homeopathy. Therefore, the expensive existence of mainstream treatment and governmental facilities devoted to alternative therapies may encourage companies to invest in alternative medicine markets.

6. MAJOR CHALLENGES FOR AM

Alternative treatment has improved our awareness and centered our view of medical treatment, but it still faces tremendous challenges. After two eras of robust efforts by the NCCAM at the National Institute of Health (NIH) on behalf of AM research, it remains an extreme challenge for scientists to analyze thousands of years' worth of clinical research issues to demonstrate the safety as well as efficacy of AM. The complex and complicated, multivariate and multifaceted factors of AM systems require continual innovations for comprehensive and well-designed studies. The control trends of existing biomedicine restrict alternative treatment research, which must be expanded and extended. The exploration and eventual discovery of plausible scientific mechanisms, theoretical and historical investigations are essential to further and fully

understand the holistic role of alternative medicine and claim it within the realm of modern medicine. In many cases, alternative therapies are commonly documented as false cases due to proper public awareness. Many modern medical practitioners and physicians are reluctant to discuss the importance of new effective AM with patients. A study showed 89% of patients were self-referred to an alternative practitioner and 72% did not inform to their physicians about their AM use. In addition, alternative treatments defy the scientific procedures in terms of objectivity, measurement, codification, and classification because it comprises physical and spiritual realms, that cannot be subjected to scientific analysis. So, it is essential to generate important insights into comparative clinical efficacy trials to improve patients' treatments, especially for long-term results.

CONCLUSION

AM has been accomplished in abundant countries afore the appearance of avant-garde medical science but its acceptance is not accurate by the medical association due to abridgement Alternative Medicine: A Recent of evidence-based assurance and capability evaluation. Despite the able after-effects appear with assorted accustomed and biologic products, the analytic ability of such another therapies is yet to be determined. More than bisected of the world's popula-tion does not accept admission to avant-garde anesthetic area best allotment for healthcare in the developing apple goes to 20% of the citizenry and it can absolutely be accepted that healthcare costs will be accepted to bifold over the abutting decade. Low-cost intervention, such as affairs modifications, diet, supplement analysis and behavioral medication, can be acclimated as a backup for assigned high-cost medications and abstruse innovation. More analysis of AM treatments in bodies are bare to annotate whether another treatments can accept benign furnishings back they are acclimated abandoned or accept added account while acclimated with mod-ern analysis methods. As a result, its acceptance requires analysis and closing analysis of believable accurate mechanisms, abstract and actual investiga-tions, around-the-clock innovations, absolute and well-designed studies in adjustment to validate, beforehand and absolutely accept the holistic roles of AM and position it appropriately aural the ambience of avant-garde medicine. It is acute that medical practitioners and physicians charge to be acquainted about abeyant another therapies and altercate allowances and abeyant adverse furnishings or limitations with patients. With concerted efforts involving altered accordant stakeholders including medical and analysis councils in altered countries, analytical approaches could be developed and assimilation of connected procedures, acquaintance of validated, authenti-cated and calmly attainable accurate assets can essentially advance the accepted book of AM and accommodated the accretion healthcare needs of all-around population.

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