



Alternative Medicine

an overview & discussion

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Definitions


























- **Alternative medicine** is any form of practice that is outside the realm of conventional modern medicine. It covers a broad range of healing philosophies, approaches, and therapies
- If the treatment or therapy is done along with or in addition to conventional medicine, it is referred to as "**Complementary Medicine**"



Acupuncture

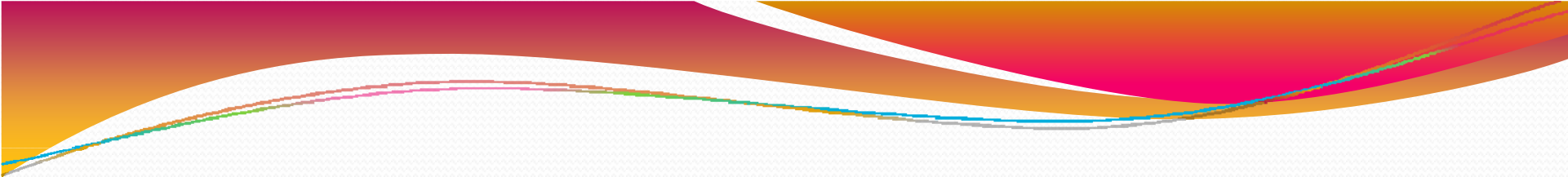
- Qi is both the life force (or vital substance) and the organizing principle flowing through all things and establishing their interconnectedness. Chinese believe that every living thing (both human and non-human) has qi
- **Shen** is the treasure that gives brightness to life and is responsible for consciousness and mental abilities. Sometimes it is compared to soul. Within the individual shen is manifested in personality, thought, sensory perception, and the awareness of self.

Qi

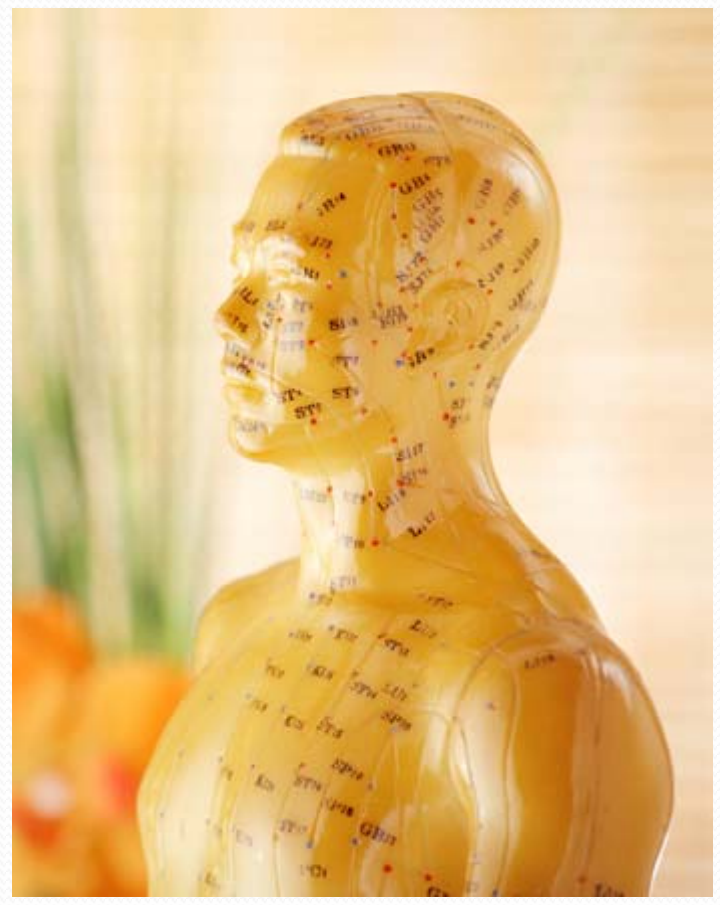
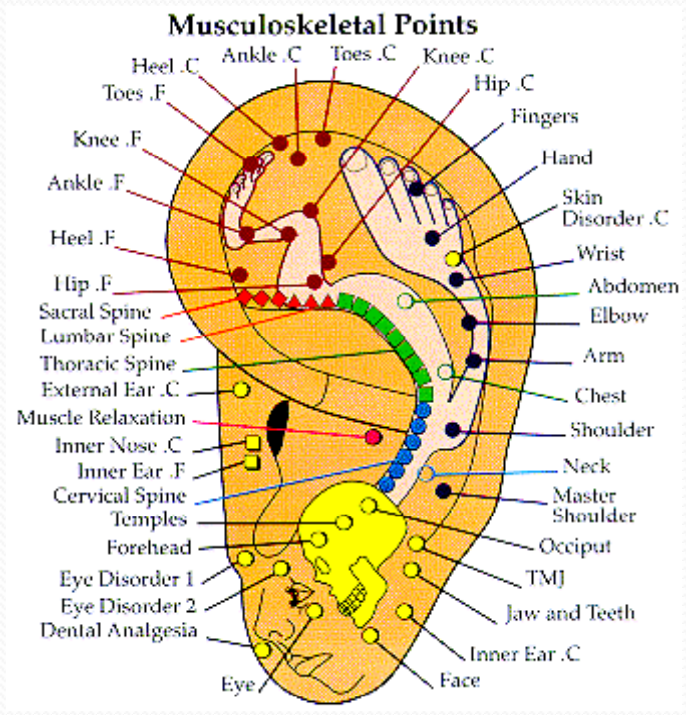
						
Starting.	Parting The Wild Horse's Mane. 3 times.	White Crane Spreads Its Wings.	Brush Knee, Push. 3 times.	Playing The Guitar/Lute/Pipa.	Repulse Monkey. 4 times.	Hold The Ball, Ward Off.
						
Grasp The Bird's Tail.	Press, Sit Back.	Open up and Push. Repeat the last 4 moves, going right.	Single Whip.	Cloud Hands, going left.	Single Whip again, High Pat on Horse.	Right Heel Kick.
						
Carry The Tiger Over The Mountain.	Turn.	Left Heel Kick.	Snake Creeps Through The Grass.	Stand on one leg. Repeat on Right side.	Shuttle Back And Forth.	Needle At Bottom Of The Sea.
						
Fan Through The Back.	Turn.	Right Back Fist.	Parry and Punch.	Apparent Closing.	Cross Hands.	Close.

Shen Cycle



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- **Jing** is responsible for growth, development and reproduction. Jing represents a person's potential for development. (comparable to western concept of genetical inheritance). Chinese believed that everyone is born with a finite amount of Jing.
 - You must not loose Jing
 - *factors can contribute to the depletion of Jing. Living a life of excess, drinking too much, excessive emotional reactions, working too hard, inappropriate sexual behavior, etc. all were believed to result in the depletion of Jing. Balance in all things was considered the key to good health and long life.*

Yin Forces/Aspects	Yang Forces/Aspects
Dark	Light
Moon	Sun
Water	Fire
Passive	Active
Descending	Ascending
Female	Male
Contracting	Expanding
Cold	Hot
Winter	Summer
Interior	Exterior
Heavy	Light
Bone	Skin
Front	Back
Interior of Body	Exterior of body



Cupping





Chiropractors

- Chiropractors focus on dysfunctions that can result from irregularities of spinal structure or movement. Hands-on procedures are usually preferred by most chiropractors to determine structural and functional problems.





Osteopathy

- manual medicine that focuses on total body health by treating and strengthening the musculoskeletal framework
- Osteopaths can complement the advice given by GPs. For example, people who suffer from arthritis are often prescribed medication by their GP. In addition to that, Osteopaths can ease the pain caused by joint and muscle stiffness, by improving joint mobility and the flow of blood to the joints, and show arthritis sufferers how to prevent causing injury to themselves.





Homeopathy

- Homeopaths, see the symptoms as the body's attempt to heal itself. They see the symptom as a positive sign that the body's defence mechanism is trying to fight the underlying cause and by this reasoning, they insist that the symptoms should not be suppressed as we are working against the body's attempt to cure it
- like shall be cured by like “**Similia similibus curantur**”
- dilution enhances the curative properties of a substance, while eliminating any possible side effects. This is just the reverse of conventional drug philosophy where a minimum dose is required for effect.



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Aromatherapy

- "treatment using scents"
- 150 essential oils. Most of these oils have antiseptic properties; some are antiviral, anti-inflammatory, pain-relieving, antidepressant and expectorant

- Complementary:

relieving pain caused by the side effects of the chemotherapy undergone by the cancer

Eucalyptus & Lemon: Alertness

Lavender & Rosemary: relaxation





Natural Medicine

- Any therapy that relies on the body's own healing powers may be considered natural medicine. These include herbal remedies, diet and water therapies.

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- <http://www.naturalherbsguide.com/>

Canon of Medicine

- Text book of medicine
- Author : Avicenna (Ibn Sina)
- Year: 1025
- Place: Baghdad
- First ever evidence based & experiential medicine book
- First Latin translation was in 1473
- The “bible of Medicine” until 18th Century (1700s) in Europe & the world.
- 800 tested drugs extracted from herbs
- 700 remedies- non drugs therapies.
- First to describe Hirudotherapy, use of leeches in Medicine
- A chapter on High Blood Pressure & Cholesterol effects
- Chapter on Diabetes, described primary & secondary (Types 1&2). Diagnosis was by tasting urine!!
- Described Cancer & its diagnosis with the need of early excision
- Described how to clinically distinguish Mediastinitis & Pleurisy

