

Traditional and Alternative Medicine

Jane Watson*

Journal Coordinator, Primary Health Care: Open Access, Belgium

Corresponding Author*

Jane Watson

Journal Coordinator, Primary Health Care: Open Access,
Belgium

E-mail: primopenaccessjournal@outlook.com

Copyright: © 2022 Watson J. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 01-Mar-2022, Manuscript no. JPHC-22-59299; **Editor assigned:** 04-Mar-2022, Pre-Qc no. JPHC-22-59299(PQ); **Reviewed:** 18-Mar-2022, QC no. JPHC-22-59299; **Revised:** 21-Mar-2022, Manuscript no. JPHC-22-59299(R); **Published:** 28-Mar-2022, DOI: 10.4172/2167-1079.1000433

Introduction

Traditional medicine deals with the knowledge of ancient medicine. The skills and practices of this primitive medicine are based on theories, beliefs and the experiences related to different cultures, are used in maintenance of health and in prevention, treatment, improvement, diagnosis of physical and mental illness. It is also termed as alternative or complementary medicine. Herbal treatments are more popular usage method of traditional medicine [1-2]. Traditional alternative medicine may include Acupuncture, Ayurveda, Homeopathy, Aromatherapy and Chinese or Oriental medicine.

1. Acupuncture is the practice of needles insertion in subcutaneous skin, superficial skin, and muscles at particular points. It is the form of alternative medicinal treatment with the usage of needles inserted into the body at specific points to relieve pain and stress management. This treatment is generally done by acupuncturist specialist and practitioners well trained on the particular subject using clean needles techniques, properly delivered, so that it has less adverse effects. This method is used to promote and restore the energy balance of the body. The benefits of acupuncture are extended to variety of conditions. It is beneficial for pain syndromes caused by an injury or chronic degenerative associated diseases as rheumatoid arthritis, Moxibustion, Tui Na Massage, Cupping/Scraping, Trigger Point Therapy, Auricular Acupuncture, Electro Therapy, Reflexology, Korean Hand Acupuncture and Veterinary Acupuncture.
2. Ayurveda is the ancient Indian medicine system that uses different kinds of treatments and techniques. The word Ayurveda is derived from an Indian word, where Ayur means life and Veda means knowledge. It is an ancient Indian medicine system that began 5,000 years ago. Therapies for Ayurveda are based on complex herbal compounds, minerals, and metal substances. Ancient Ayurveda texts also taught surgical techniques, including rhinoplasty, kidney stone extractions, sutures, and the extraction of foreign objects. The main goal of Ayurveda is promoting good health, but not fighting diseases. There are 3 main elements known as doshas. They are Vata dosha (air and space) which allows movement, Pitta dosha (fire and water) which allows for change and handles digestion and metabolism, Kapha dosha (water and earth) which gives structure or cohesion.
3. Homeopathy is an alternative medical practice where extreme dilute quantities of natural substances are used to treat various ailments and other treatments.
4. Chinese Medicine is a branch of Traditional Medicine, Chinese medical practices include different kinds of herbal medicine, exercise (qigong), acupuncture, massage (tui na), and dietary therapies, but recently it is influenced by modern Western medicine. Traditional Chinese Medicine TCM is widely used in Greater China where and it is believed to be the standard system of medicine becoming popular and receiving worldwide

recognition where it is approached as alternative medicine in the initial stages, Acupuncture and moxibustion, Yin and Yang, Tai chi, Zang fu theory, Reiki, Meridian therapy, Balneotherapy, Sonopuncture.

5. Aromatherapy is the best practice that uses plant materials and aromatic volatile plant oils that includes essential oils, for psychological purposes and physical well-being state. This can be offered as a complementary therapy or as a form of alternative medicine. Aroma therapists, who are specialists in the practices of aromatherapy, uses therapeutic essential oil blends that are applicable for topical application, inhalation, massage, or water immersion to stimulate a perfect desired response. The aromas that are experienced by aromatherapy and essential oils have a dynamic effect on mind and body. Types are Essential oils & Absolutes, Aerial diffusion, Direct inhalation, Topical applications, Massage, Phytoncides.

Future scope of traditional medicine

A Traditional health care practice of indigenous people pertaining to human health is termed as Ethnomedicine. The knowledge of certain herbs, animals and minerals that have curative and palliative effects were transmitted from one generation to another and it is the outcome of bold experimentation through trial-and-error method over hundreds of years. Ethnomedicine is the mother of all other systems of medicine such as Ayurveda, Siddha, Unani, Nature cure and even modern medicine. Folklorists, anthropologists, and medical scientists alike are studying traditional medicine or ethnomedicine in some countries like Russia, Africa and few European countries [1]. In Russia particularly, serious attempts have been made in the post revolution period to scientifically investigate the natural and herbal remedies of native medicine. It is understood that in Russia if a good home remedy is found for any serious ailment it is usually publicized and praised at the highest medical level. The contribution made by the traditional medicine to modern system of medicine is worth noting. As herbal medicine is the first level of contact for rural people when they require medical care, it is imperative for governments to take immediate steps to introduce the use of traditional medicine to supplement PHC. The government should provide environment to the people.

Global use of traditional medicine

The worldwide option and integral medication advertise was esteemed at USD 40.32 billion of every 2015. Attributable to the expanding support by the majority, expanded utilization of customary remedial strategies has an extension for impressive development in the coming decade. It was assessed that over 60% of the worldwide populace utilizes a few or the other type of conventional pharmaceutical starting at 2015. Elective pharmaceutical includes the use of customary strategies for solution, for example, the utilization of herbs and other personality and body recuperating procedures that are for the most part in view of confidence and conviction. In any case, a large portion of these systems have no administrative endorsement or clinical evidential support. A considerable lot of the legislatures and administrative bodies have set up endeavors in finding clinical help for the consolidation of option medicines to help enhance the market and treatment strategies.

References

1. Pal, K.S., and Shukla Y. "Herbal medicine: current status and the future." *Asian Pac J Cancer Prev* 4.4 (2003): 281-288.
2. Sen, S., et al. "Challenges and opportunities in the advancement of herbal medicine: India's position and role in a global context." *J Herb Med* 1.3-4 (2011): 67-75.