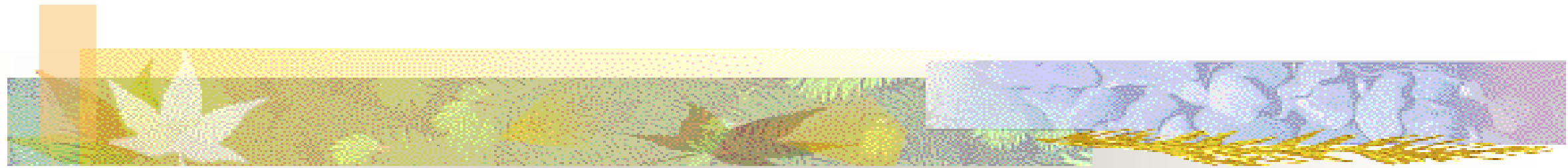




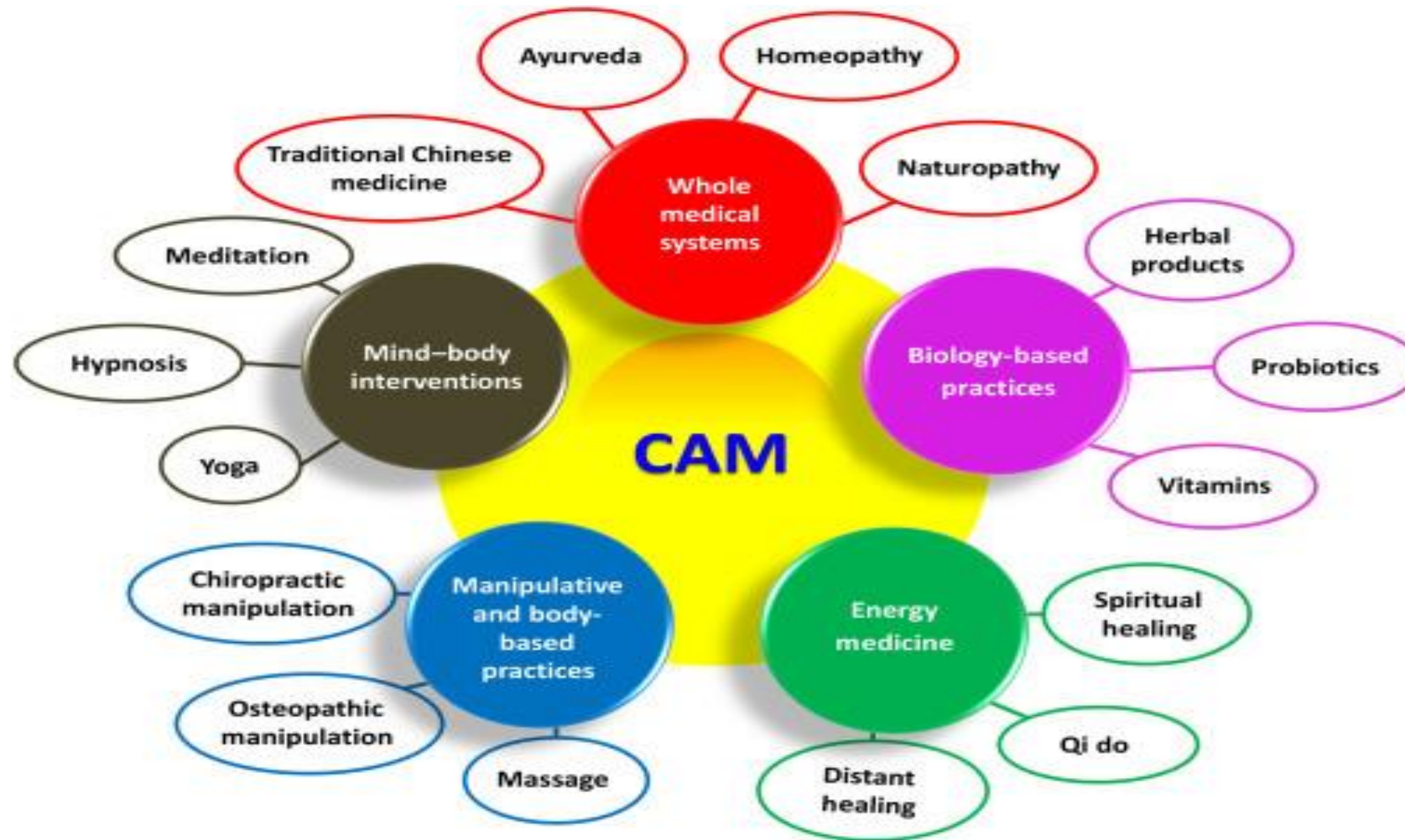
**Lord increase our knowledge**



# **Lec. 7 Complementary and Alternative Medicine**

*Dr. Badr Qader Surchi*  
*Assist. Professor*

# What Is Complementary and Alternative Medicine (CAM)?





# Complementary Medicine

Used **along** with standard medical treatment. One example is using acupuncture to help with side effects of cancer treatment. It refers to the use of non-mainstream or alternative therapies with conventional medical treatments. The term "complementary" implies that it used these therapies alongside standard medical care to enhance well-being and address various aspects of health. The goal is often to improve the overall effectiveness of treatment, alleviate symptoms, or promote a sense of well-being.

## Alternative Medicine

Alternative medicine is used in place of standard medical treatments. One example is using a **special diet** to treat cancer instead of a method that a cancer specialist (an oncologist) suggests.

Alternative medicine refers to healing practices that are not considered part of conventional or mainstream medicine. These approaches are often used in place of traditional medical treatments. It's important to note that while some alternative therapies may provide relief or benefit in certain situations, others lack scientific evidence to support their effectiveness, and some may even be potentially harmful. Individuals considering alternative medicine should exercise caution and, ideally, consult with healthcare professionals.

## Here are some examples of alternative medicine practices:

- **Ayurveda:** A traditional system of medicine that originated in India, Ayurveda focuses on balancing the body, mind, and spirit through diet, herbal remedies, and various practices like yoga and meditation.
- **Traditional Chinese Medicine (TCM):** TCM includes practices such as acupuncture, herbal medicine, cupping therapy, and tai chi. It is based on the concept of balancing the body's vital energy, known as Qi.
- **Homeopathy:** As mentioned earlier, homeopathy involves the use of highly diluted substances to stimulate the body's natural healing processes. It is based on the principle of "like cures like."

- **Naturopathy:** Naturopathic medicine combines various natural therapies, including herbal medicine, nutrition, hydrotherapy, and lifestyle counseling, to support the body's ability to heal itself.
- **Crystal Healing:** This involves the use of crystals or gemstones to purportedly balance energy and promote healing. Advocates believe that different crystals have specific properties that can influence health.
- **Energy Healing:** Practices like Reiki, therapeutic touch, and qigong involve the manipulation or channeling of energy to promote healing and balance in the body.

- **Biofeedback:** This technique aims to teach individuals how to control physiological processes, such as heart rate and muscle tension, through the use of electronic monitoring.
- **Chelation Therapy:** This involves the use of chelating agents to remove heavy metals from the body. They sometimes used it in alternative medicine to treat conditions like atherosclerosis.
- **Aromatherapy:** The use of essential oils from plants to promote physical and psychological well-being. Aromatherapy is often used with massage or as a form of alternative medicine.



# **Integrative Medicine**

Integrative medicine is an approach to healthcare that combines conventional medicine with complementary and alternative therapies. The goal of integrative medicine is to address the whole person's mind, body, and spirit and to use a variety of therapeutic approaches to achieve optimal health and well-being. This approach is often patient-centered and emphasizes the importance of the doctor-patient relationship.

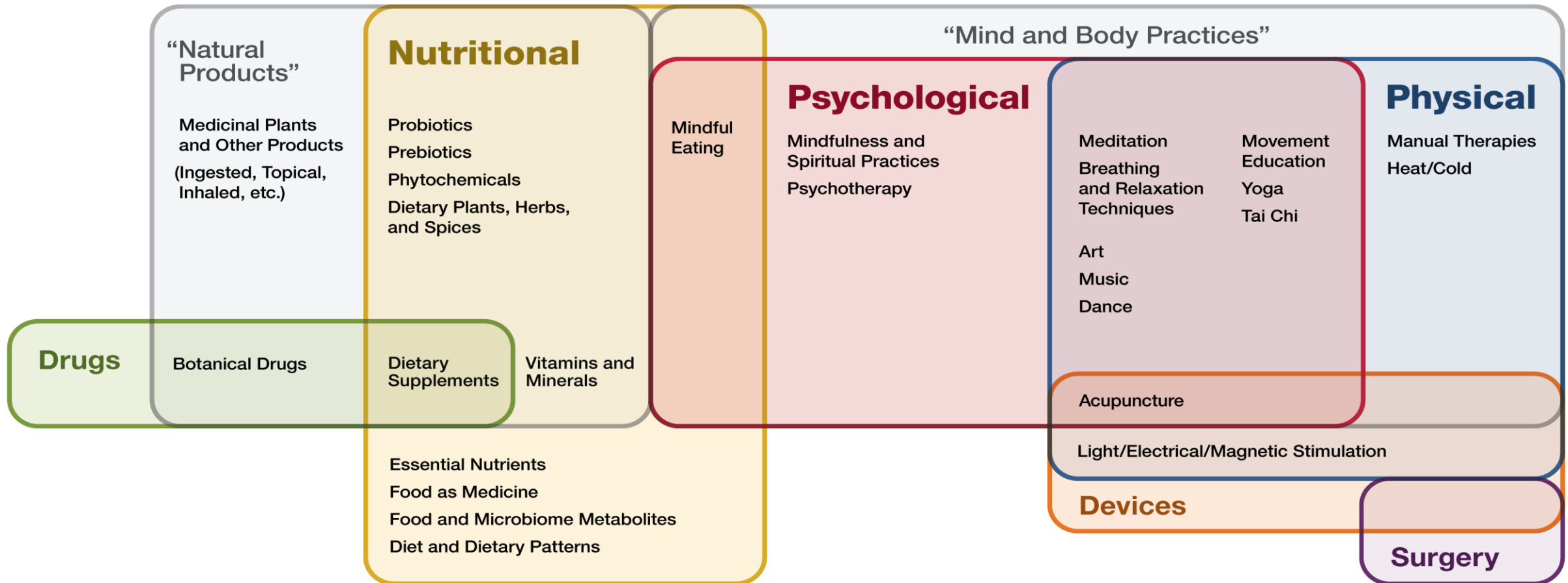
# Complementary Health Approaches

The classification of complementary approaches is based on their primary therapeutic input, which refers to how the therapy is taken in or delivered. This may include:

**First- Nutritional** (e.g., special diets, dietary supplements, herbs, and probiotics)

**Second- Psychological** (e.g., mindfulness) and **Physical** (e.g., massage, spinal manipulation) **Combinations** such as **psychological and physical** (e.g., yoga, tai chi, acupuncture, cupping therapy, dance or art therapies) or psychological and nutritional (e.g., mindful eating)

# Examples of complementary health approaches that fall within the categories: Psychological, Physical, and Nutritional



## **First: Nutritional Approaches**

### **1- Herbal Medicine = Phytotherapy**

**Herbal medicine = botanical medicine = phytomedicine or phytotherapy**, refers to the use of the entire plant or any plant organ (e.g. **seeds, fruits, roots, leaves, bark, or flowers**) for medicinal purposes.

### **2- Nutrition**

Clinical nutrition is the study of the relationship between food and the well-being of the body. More specifically, it is the science of nutrients and how they are digested, absorbed, transported, metabolized, stored, and discharged by the body.

Nutrients are substances that are involved in the creation of every molecule in the body. Carbohydrates, proteins, and fats (called macronutrients) are broken down (metabolized) to give the body energy. Vitamins and minerals are essential substances that our bodies need to develop and function normally.

**3- Probiotics.** They are widely marketed, readily available to consumers, and often sold as **dietary supplements**. **Probiotics** are **live microorganisms** that are intended to have health benefits when consumed or applied to the body. They can be found in **yogurt** and other **fermented foods**, **dietary supplements**, and **beauty products**.

Although people often think of bacteria and other microorganisms as harmful “germs,” many are actually helpful. Some bacteria help digest food, destroy disease-causing cells, or produce vitamins. Many of the microorganisms in probiotic products are the same as or similar to microorganisms that naturally live in our bodies.

# Dietary and Herbal Supplements

Federal law defines dietary supplements as products that:

- You take by mouth (such as a tablet, capsule, powder, or liquid).
- Are made to supplement the diet.
- Have one or more dietary ingredients, including vitamins, minerals, herbs or other botanicals, amino acids, enzymes, tissues from organs or glands, or extracts of these.
- Are labeled as being dietary supplements.

Herbal supplements—sometimes called botanicals—are a type of dietary supplement containing one or more herbs.



## Second: Psychological and Physical Approaches

**Tai chi** is a practice that involves a series of **slow gentle movements** and **physical postures**, a **meditative state of mind**, and **controlled breathing**. Tai chi originated as an ancient martial art in **China**. Over the years, it has become more focused on health **promotion** and **rehabilitation**.

**Yoga** is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being.



**Acupuncture** is a technique in which practitioners stimulate specific points on the body—most often by inserting thin needles through the skin. It is one of the practices used in **traditional Chinese medicine**. acupuncture can help manage certain pain conditions, but evidence about its value for other health issues is uncertain.

## **Cupping therapy**

Cupping is an ancient healing therapy that some people use to ease pain. A provider places cups on your back, stomach, arms, legs or other parts of your body. Inside the cup, a vacuum or suction force pulls skin upward.

Cupping is a form of traditional Chinese and Middle Eastern medicine. People have practiced cupping therapy for thousands of years.





**Massage** therapy is used to help manage a health condition or enhance wellness. It involves manipulating the soft tissues of the body. Massage has been practiced in most cultures, both Eastern and Western, throughout human history, and was one of the earliest tools that people used to try to relieve pain.



**Spinal manipulation** is also called **spinal manipulative therapy**. It's a technique where practitioners use their hands or a device to apply a controlled thrust (that is, a force of a specific magnitude or degree in a specific direction) to a joint of your spine. The amount of force can vary, but the thrust moves the joint more than it would on its own



**Art therapy** is a form of psychotherapy that uses art media as its main mode of expression and communication. Art therapists/art psychotherapists use art as a medium to address emotional issues which may be confusing and distressing.

**Music Therapy** is an established psychological clinical intervention, music therapists to help people whose lives have been affected by injury, illness or disability through supporting their psychological, emotional, cognitive, physical, communicative and social needs.

## **Hypnotherapy**

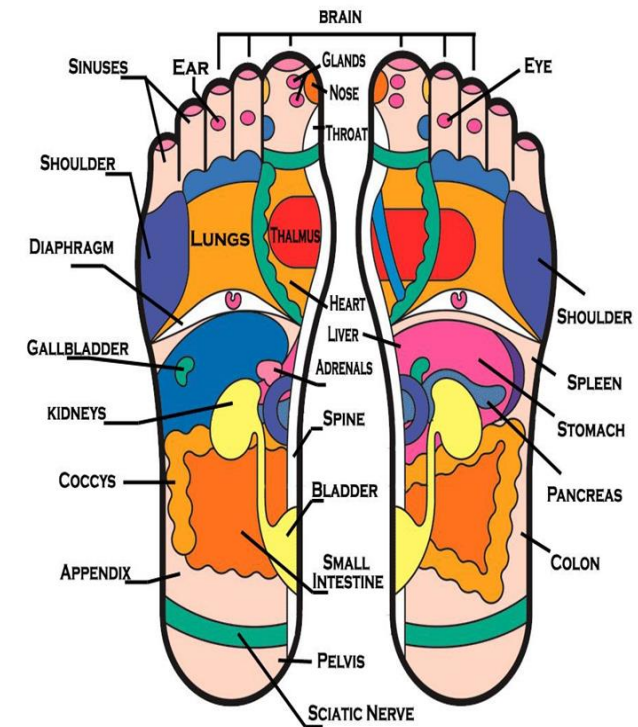
Hypnotherapists typically use exercises that bring about deep relaxation and an altered state of consciousness. Many people routinely experience a trance-like state while they are watching television or sitting at a red light. For obesity, asthma, fecal incontinence, anxiety, pain, problematic habits (e.g. sleep walking, thumb sucking, nail biting).



**Mindfulness Based Stress Reduction** (MBSR) therapy is a meditation therapy, though originally designed for stress management, it is being used for treating a variety of illnesses such as depression, anxiety, chronic pain, cancer, diabetes mellitus, hypertension, skin and immune disorders.



**Reflexology:** A natural healing art based on the principle that there are reflexes in the feet, hands and ears and their referral areas within zone related areas, which correspond to every part, gland and organ of the body. Through application of pressure on these reflexes without the use of tools, crèmes or lotions, the feet being the primary area of application, reflexology relieves tension, improves circulation and helps promote the natural function of the related areas of the body.



## Third: Other Complementary Health Approaches

### Traditional healer

A traditional healer is defined as a person who does not have any formal medical training, but is considered (by the local community) as being competent to provide health care using animal, plant and mineral substances and certain other techniques based on social, cultural and religious background as well as the knowledge.

### Ayurvedic Medicine

The ancient Indian medical system, also known as Ayurveda, is based on ancient writings that rely on a “natural” and holistic approach to physical and mental health. Ayurvedic medicine is one of the world’s oldest medical systems and remains one of India’s traditional health care systems.



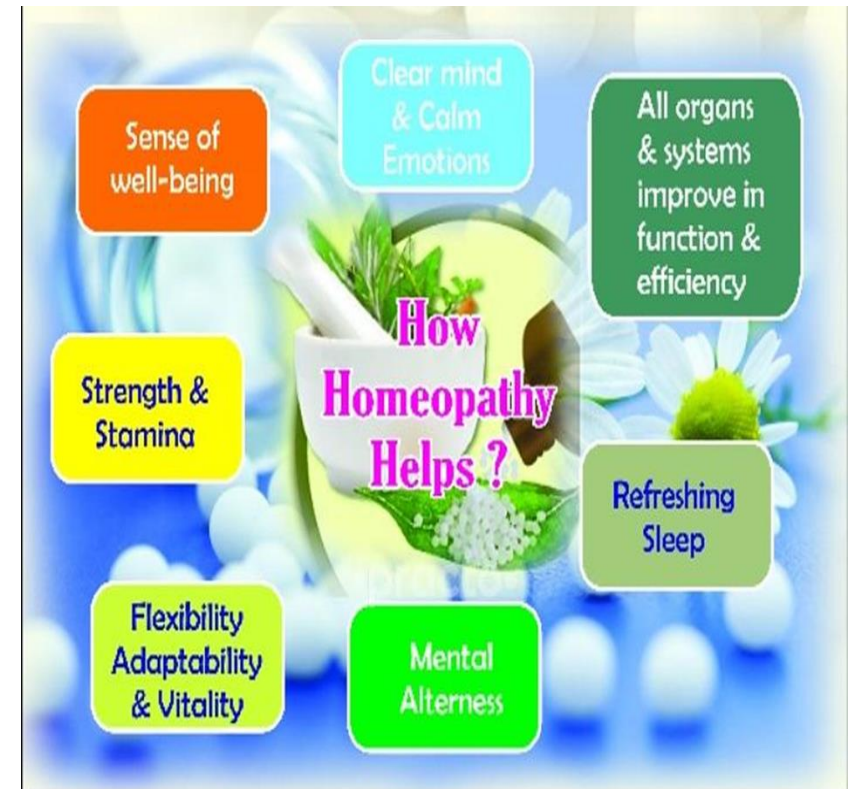
**Traditional Chinese medicine** (TCM) has evolved over thousands of years. TCM practitioners use various psychological and/or physical approaches (such as acupuncture and tai chi) as well as herbal products to address health problems.



**Naturopathy** also called **naturopathic medicine** is a medical system that has evolved from a combination of traditional practices and health care approaches popular in Europe during the 19th century. People visit naturopathic practitioners for various health-related purposes, including primary care, overall well-being, and treatment of illnesses.



**Homeopathy**, also known as **homeopathic medicine**, is a medical system that was developed in **Germany** more than 200 years ago. It's based on two unconventional theories: "Like cures like"—the or ("Law of Similars"). the notion that a disease can be cured by a substance that produces similar symptoms in healthy people. "Law of minimum dose"—the notion that the *lower* the dose of the medication, the *greater* its effectiveness. Many homeopathic products are so diluted that no molecules of the original substance remain. This law states that when a substance in large doses causes certain symptoms, in small doses it can cure the same symptoms. Some treatments in conventional medicine (allopathy) rely on this like- cures-like principle; **vaccines**, for instance, introduce small doses of an illness-causing agent to prevent disease.



**The functional medicine** model of care offers a patient-centered approach to **chronic disease management**. It seeks to answer the question, “Why are you ill?” so you can receive personalized, effective care for your needs.

Functional medicine providers spend time listening to you and gathering your medical history.

**Aromatherapy** is the use of essential oils (volatile oils) from plants for healing purposes. The word aroma in aromatherapy is misleading because essential oils are not solely used as inhalants. They can also be massaged into the skin or even taken orally (although this is less common). Whether inhaled, absorbed, or ingested, essential oils are gaining new attention as an alternative treatment for infections, stress, inflammation and other health problems.

The "smell" receptors (olfactory receptors) in human nose communicate with two structures that are embedded deep in human brain. These structures are amygdala and hippocampus. When essential oil molecules are inhaled, they affect these parts of the brain directly.

