

# Alternative system of Medicine in the Modern World

## The present scenario :

One of the most significant feature in the way medicine is practiced these days is the relentless increase in the cost of medical care due to the involvement of high technology in the field of medical testing and treatment.

The ancient goal of medical profession in India has been to help the sick by preventing and treating illness in the best interest of the patient. The medical practice has been presently more or less commercialised with the motive of earning high returns on the investment in medical care, and desire for high profits getting a top priority over other matters. The big pharmaceutical companies are spending millions in publicity and media campaigns for selling their expensive drugs. Doctors therefore tend to prescribe drugs that are the newest and the most expensive. Everyday physicians are visited by drug sales representatives and induced to make use of the latest type of drugs sold by the companies. Being human they are



appear to be very effective in these select groups turn out to be problematic once they are put to test in the rather messy real world. The complication of drugs interacting with each other has also to be reckoned with. That is to say that if someone is taking four or more prescription or over the counter drugs, any one of which

related interaction is more common especially with older patients who may need drugs to treat complications caused by other drugs.

This is one of the features of western system of treatment that it is directed against a specific disease or ailment and thus necessitates specialists for various body specific ailments – be it the heart, bones or E N T etc.

## Indian system of medicine :

On the other hand the integral feature of all the Indian systems of medicine is that they take a holistic view of human health. They consider a human being in totality keeping in view his subtle relationship with the environment. These systems provide an excellent line of low cost treatment for various common disorders and several chronic ailments. They aim at not only curing the disease but also enabling the body to fight the disease while promoting positive health.

In India several traditional systems of health care have been used for centuries. Even today these systems form a living and continuing tradition. Of these Ayurveda is the most ancient medical system with extensive documentation and an impressive record of safety and efficiency. Similarly Yoga and Naturopathy have been practiced in this country by young and old alike, to promote good health. Ayurveda, Siddha, Unani Medicine, Yoga, Naturopathy and Homoeopathy are nationally recognised systems of medicine and have been integrated into the

national health delivery system, all of which are fully functional with a vast network of registered practitioners, research Institutions and licensed pharmacies. 90% of the ingredients used in Ayurveda, Unani, Siddha, and Homoeopathic medicine are plants.

## Ayurvedic system of medicine :

Ayurveda or the 'Science of life' is rooted in antiquity and dates back to about 5000 yrs B.C. It is not only a system of medicine but also a way of healthy living. Ayurveda largely uses plants as Raw Materials for the manufacture of drugs, though making of animal , marine origin, metals and minerals are also used. Ayurvedic medicines are safe and have virtually no side effects. It is in this respect that Ayurveda enjoys a distinct advantage over the modern system of medicine.

## Yoga and Naturopathy :

The concept and practice of Yoga originated in India several thousand years ago. Its founders were great Saints and Sages (or Yogis)

The great Yogis gave rational interpretation to their experience of Yoga and brought about a practical and scientifically sound method within everybody's reach.

Yoga today is no longer restricted to hermits; saints, sages, it has taken its place in our everyday lives and has aroused a world – wide awakening and acceptance in the last few decades. The Science of Yoga and its techniques have now been re-oriented to suit modern sociological and physiological needs and life styles. Expert practitioners and protagonists of various branches of medicine including modern medical science are realizing the role of these techniques in prevention of disease, cure of disease and promotion of good health.

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(More information available from Central Council for Research in Yoga & Naturopathy, New Delhi. or website [www.ccrn.org](http://www.ccrn.org) )



also grateful for the free obligations and this cannot but influence their prescribing decisions.

Another cause of concern is the side effects of the medicines used. Almost all allopathic medicines have some side effects. The side effects and complications which appear negligible in studies conducted on a few thousand people becomes considerable when the drug enters widespread use. In fact, most drugs are tested on young people without complicating medical problems. Drugs that

may interact with any one of the other. If people had only one doctor someone who kept track of all the drugs they are taking, the risk could be readily managed. But most of us, as we get older, have many doctors. You may see one specialist who manages your Arthritis, another who keeps an eye on your diabetes, another who tracks your heart and blood pressure, and so on. There is hardly any chance that each of these doctors is aware of all the drugs being prescribed by others. Drug