

# BASIC PRINCIPLES OF INTEGRATED MEDICINE



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Third Edition - 2022

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**“This Edition is dedicated  
in the Memory of my Beloved Son  
*Late Neeraj Prasad Dubey*  
Who made me to realize the Truth”**



## FOREWORDS

There is a growing demand for the provision of Integrated Medical Services not only in India but in all parts of the world. It appears clear that Universal Health Coverage in India will not be possible unless we make full use of our traditional systems of medicine in the country. Largely, up till now the systems are functioning side by side and each system is developing its own health care services, hospitals, training institutes and research centres.

It is being realized today that the full potential of the traditional systems of medicine and the conventional system (allopathic system) can only be utilized maximally if these are all used in an integrated manner. Then only will health care be available to every citizen in the country (including the poor, the needy and the marginalized).

Doctor Dubey is one of the first people in the country to recognize this which now have been accepted by the Commission on Macroeconomics and Health and the Twelfth five year Plan of the Planning Commission. He has been propagating the cause of Integrated Medicine and providing courses for study of this Integrated Medicine for many years. He has also taken this message abroad and today a fair number of medical schools in the USA for example, have Departments of Integrative Medicine.

What are the different systems of traditional medicines and other systems of medicine that we would like to function in an integrated manner? What is known about the origin, principles, concepts, diagnostic procedures, preventive and curative treatment of each of these systems which will contribute in some way to the teaching and practice of Integrated Medicine. Dr. Dubey has very neatly and precisely described these characteristics of the different system of medicine including Allopathic Medicine.

This book “Basic Principles of Integrated Medicine” provides information and knowledge which would form the fundamental knowledge around which teaching and training programs should be built. Dr. Dubey deserves our gratitude for bringing out the third edition of the book at a time when all of us are looking for this information. He has been a lifelong supporter for the development of Integrated Medicine.

I am sure this book will be widely read both in India and abroad and would provide a mass of useful and relevant information which will be available at one place.

**Prof. Ranjit Roy Chaudhury**

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I acknowledge my very special thanks to Dr. Niharika Dubey, for her special contribution as co author in adding, editing and arranging the references in bringing out this edition. It will be great injustice on my part if I fail to express my indebtedness to my eldest brother Late Jagdish Dubey who inspired and motivated me to study medicine. My special thanks are to my wife Dr. Sheela Dubey and all the children especially Dr. Namika Tiwari and Dr. Naveen Prakash Dubey who always stood with me and provided their physical, mental, moral, spiritual and environmental supports along with necessary references in achieving the goal of completion of this book.

(Dr. Nagendra Prasad Dubey)

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## CHAPTER-1

# ORIGIN OF MEDICINE

There was nothing in the beginning except the Almighty “GOD” where G stands for Generator of all sentient and insentient, O for Operator of all Creations and D for Destroyer of all creations. According to the legend, the cosmos existed. GOD might have had thought for some creations. The divine law operated and gave the universe with its contents in sequential manners. According to scientific views in every creation there is requirement of energy. In divine creation the energy required as Supreme Energy in form of Aumic Energy. This was further strengthened by a propounded theory known as “**Big Bang Theory**” which is also based on sound energy. According to this theory<sup>(1)</sup>:

*“In the beginning was the Word  
and the Word was with the GOD  
and the Word was with the GOD (AUM)  
and the GOD in his own Image  
created the entire Universe.*

- Introduction.
- Division of the Past.
- Divine Cosmic Era.
- Oral Tradition Era.
- Prevedic Era.
- Vedic Era.
- Traditional Era.
- Modern Era.

We know that every creation requires energy. AUM, the divine cosmic energy (DCE) which is the supreme source of energy (SSE) appeared for universal creation. This energy made a series of changes in the cosmos leading to the creation of five elements (*Punchmahabhutas*) one after the other as- Sky (*Ether*), Air (*Vata*), Fire (*Agni*), Water (*Jala*) and Earth (*Prithvi*). The integration of all these content led to appearance of all universal sentient and insentient. With passage of time they were organized and reorganized in different groups, classes and subclasses in various names.

## DIVISION OF THE PAST

The entire past has been divided in groups of centuries of years. For better understanding of readers, the term “Era” has been used. World Association of Integrated Medicine has grouped the past in following Era. There is no clear date or day of the cleavage of the Era. Each era is in continuum to the following one.

- Divine Cosmic Era.
- Oral Tradition Era.
- Pre-Vedic Era.
- Vedic Era.
- Traditional Era.
- Modern Era.

## DIVINE COSMIC ERA

This is indefinite period from the thought of Almighty GOD (*Paramatma*) with the cooperation of Nature (*Prakriti*) to some creation in the cosmos and universe.



## CHAPTER - 2

# SCIENCE AND PHILOSOPHY

Everything in this universe has two aspects. Each one has its own philosophy associated with the science. The Divine Cosmic Power (DCP) is enormous. One cannot bind it within the strict scientific boundary of subject. This Cosmic Power descended in this universe as its universal contents one or the other form. They all are having their individual soul (*Atma*). The soul is present in all living and non-livings. These are always blessed by the shower of Cosmic Energy to energize them. A lot of ancient cosmic knowledge descended down in form of various sacred verses and Mantras through *Akashvani* (The divine sound from divine sources). These verses were perceived by the then great sages who listened, saw and identified the power of the divine verses. These great sages who noted these verses and Mantras were called *Mantradrashtha*. They collected these verses and passed down for the benefits of all creatures of the universe. Out of these sages, some were **Spiritual Scientists** (*those divine people who searched, found and established the good and bad qualities of the worldly materials*). These great sages tried to define and compile the knowledge in form of text. They succeeded also to great extents. Thus, the knowledge available in form of various ancient and revised texts is the derivatives from the cosmic resource. The philosophy of the universe is limitless. To understand the science and philosophy of integrated medicine some of the necessary points have to be taken in to consideration.

- Introduction.
- Integrated Medicine.
- Science of Integration.
- Philosophy of Integration.
- Principles of Integration.
- Philosophico-Scientific Derivation.
- Doctrines and Principles.

## INTEGRATED MEDICINE

Integration means combination or unification. **“Integrated Medicine is defined as combination or unification of the modern and traditional medicine / system / healing together for its teaching, training, treatment, research and national implementation on possible scientific parameters** (*As all aspects of traditional medicine / system / healing cannot be bind in strict scientific boundary*). The best integration is the combination of all aspects i.e. principles, diagnostics and therapeutics in one combination but it can also be done even in principles and or diagnostics and or therapeutics<sup>(1)</sup>.

## SCIENCE OF INTEGRATION

The science is the systematic component of the philosophy (knowledge) means it is limited. Thus derived systemic components become science. For convenience, the science has been further divided in various groups as- Physical, Chemical, Biological, Geological, and Environmental and so on.

## CHAPTER-3

# PRINCIPAL THERAPIES

Health and disease are two facets of a life. Every life in this universe has full rights to enjoy its optimal health with any mode of therapy. In order to keep one healthy various types of treatment, therapies and healing modalities were developed according to culture and civilization. Later on these modalities were called traditional medicine and healings. Modern medicine developed on the base of this traditional medicine.

Though, there is gap between various modalities of treatment healing but have the same objective of "Alleviation of Suffering". Before, dealing the details, it will be useful to clarify the various therapeutic terminologies.

- Introduction.
- Definitions.
- Group of Medicine.
- Drug Therapies.
- Broad Division of Therapy.
  - I. Drug Therapy.
  - II. Drugless Therapy.

## DEFINITIONS

Some of the common close terminologies are used in general practice are defined as-

**1. Therapy**-Means treatment of disease or pathological condition with the involvement of various means, methods and materials. It has wider spectrum of coverage or restoration than treatment or healing alone.

**2. Treatment** –Means any specific procedure used for cure or the amelioration of a disease or pathological condition. The treatment could be medical, surgical and or psychological.

**3. Healing**-Means cure or restoration of integrity to normalcy in holistic body caused due to any injury as- physical, mental, social, moral, spiritual or environmental.

## GROUP OF MEDICINE

There are large numbers of medicines and practices all over the world. After the meeting of World Health Assembly the World Health Organization identified 1350 system of treatment and healing and grouped them in four major group i.e. *Monopolistic, Tolerant, Parallel and Integrated*. According to availability, practices and increasing interest in alternative, the following named emerged:

- I. Modern (Conventional) Medicine.
- II. Complementary Medicine,
- III. Alternative Medicine,
- IV. Integrated Medicine.

## CHAPTER- 4

# MODERN MEDICINE

It is also called *scientific, conventional, allopathic, main-stream medicine practice and system*. The other synonyms are allopathic medicine, scientific medicine and official medicine. The system is based on scientific documentation. The scientific medicine because of its efficacy, documentation, proving and scientific basis, it has left the traditional system quiet behind in spite of very many merits within the traditional medicines and healings.

Modern medicine has become the official system of treatment in almost all countries of the world. The original traditional system of many countries is serving as alternative medicine in their native countries. Modern medicine is an organized health care system. The other organized systems are Homoeopathy and Osteopathy. There is lesser number of the practitioners in this system so they are less used but more preferred. Modern medicine has been defined “A discipline of medical care advocating therapy with remedies that produces effects differing from those of the disease treatment”<sup>(1)</sup>.

Modern medicine has definite evidences of its origin from traditional medicine. The terms diabetes mellitus, urolithiasis are described in Vedic hymns written centuries before by East Indian Predecessors of today’s Ayurvedic practitioners. The great men like *Aretaeus of Cappadocia; Hippocrates of Greece, IbnSina (Avicenna) of Persia* took keen interest in developing the system. The descriptions of these great scientists were followed by European practitioners. These observations were added by establishment of great University at Padua and Paris and later on at Cambridge, Oxford, Pennsylvania and Massachusetts etc.

Today the number of practitioners of traditional or indigenous medicine is much more than allopathic practitioners on worldwide basis. Their practices range from secret procedures to highly developed systems<sup>(2)</sup>.

## BACKGROUNDS

The modern medicine can be traced in ancient *Egyptian, Mesopotamian and ancient Greece*. Hippocrates is called the father of modern medicine who removed many superstitions and gave natural explanations. The actual modern medicine started around 1650 AD. Initially, the development was very slow. Later on, fast scientific development took place in all respects of human activities including practice of medical and health care where all assumptions are being examined experimentally and statistically. In modern medical practice all the complex phenomenon were broken into their simple component parts as:-

1. **In Diagnosis** –Search for single cause.
2. **In Pharmacology** –Search for active principles.
3. **In Doctor-Patient Relationship** – Search for an efficient treatment.

## **MODERN MEDICAL ORGANISATION**

In order to regulate any system in scientific manner an organization is required. In modern medicine, the qualified practitioners are organized in group because for the common cause of the system, interest and problems. Every country has its own organization within the frame of country legislation. These organizations are run by the government or within the governmental registration acts by private practitioner as non-government organization (NGO). The organization has following main activities:

- Introduction.
- Aims and Objectives.
- Medical Research.
- Limitations of system.
- Need of Integration.

### **AIMS AND OBJECTIVES**

The organizational approach has some basic aims and objectives to attain the standard scientific goal. These aims and objective are subject to modification as and required in the best interest of the nation. The present aims and objectives are:

1. It sponsors scientific journal containing information and new developments.
2. It organized meeting and conference to discuss various problems.
3. The office bearers develop relation with the concerned governments for negotiation of various problems (medical, social, professional and administrative).
4. Organization also helps in legal defense as against Consumer Protection Acts (CPA) in some countries.
5. It helps in enforcement of discipline and ethics
6. It develops the methodology for recognition of their members.
7. The organization at higher level, look after the examination and certification of specialist in various specialties.
8. The organization also helps in protection of patients against acts of malpractices.

Now, the organizational pattern has come up in indigenous practitioners also. They are working on similar ground as of modern medicine.

### **MEDICAL RESEARCH**

It is the fundamental aims and objectives of organization to be observant on practices, progress of medicine and healthy brotherhood in all medical teacher and practitioners. It has organized on various lines and levels of medical care delivery, medical education and research.

- I. Ambulatory clinics.
- II. Hospitals.
- III. Pre-doctoral and post-doctoral training facilities.
- IV. Medical institutions for teaching, training, treatment and research.

## CHAPTER- 6

# HOLISTIC MEDICINE

Holistic medicine is a system of the practice medicine, healing and way of strengthening the faith in divinity. The divine aspects are inculcated by the art and science of socio-cultural milieus available in culture and society. The holistic medical practice aimed to maintain the whole- ***Body, Senses, Mind, Soul and Superconsciousness.***

To attain this, various means, methods and modalities were evolved through various techniques. All universal creations even the micro organisms need something for their survival. There are no qualified practitioners amongst them even then they have their life span and attain it. How is possible that they have no problem in their life span? They have and they overcome with themselves.

Human beings are highly brained and more analytic. They have done a lot but not exactly for the entire world. The tribal people had their own way of survival and lead their normal life according the culture and believe with their tribal medicine system.

The holistic medicine considers the whole aspects of the individual for treatment, health along with inclination towards divinity and ultimately the faith in divinity. The divine aspects of holistic medicine starts as soon as a person think about holistic medicine. It gradually grows higher and higher and ultimately makes the ill define path between individual self to Supreme Self through divine-universal-individual connectivity (DUIC) a way to Supreme Reality.

## DEFINITION OF HOLISTIC MEDICINE

*“Holistic medicine is combination of divine, universal, individual contents to deal the holistic body and health of an individual to enable him to streamline the divine-universal-individual connectivity (DUIC) to attain the ultimate goal of life i.e. Peaceful, Blissful and Long life”.*

## SPECIAL FEATURES OF MEDICINE

Holistic medicine consider the complete life cycle (*Present and Future*) in treatment and healing. Some of the common considerations in holistic medicine are.

1. **Life is Union of:** Body, Mind, Sense, Soul and Superconscious.
2. **Consideration of All Bodies:** Physical, Ethric, Astral, Lower mental. Higher Mental, Intuitional and Atmic.
3. **Components of Health:** Physical, Mental, Social, Moral, Spiritual and Environmental.
4. **Techniques in Diagnosis:** Holistic Process, Practices, Measures and Ingredients.
5. **Management Levels:** Prevention, Elimination, Rehabilitation and life styles.
6. **Methods of Management:** Divine, Universal Contents, Natural contents, AUM Therapy, Vedic Mantras, Healing with Bijakshra, Bijamantra, Tantra and Yantras and recitals.
7. **Spiritual Contents:** Faith in Divinity.

## CHAPTER – 7

# AYURVEDIC MEDICINE

Ayurvedic medicine is one of the World's oldest holistic healing systems. Some scholars assert that Ayurveda originated in prehistoric times and that some of the concepts of Ayurveda have existed from the time of the *Indus Valley Civilization* or even earlier. Ayurveda has a long tradition behind it. Ayurveda was developed more than 3000 years ago in India. It's based on believe that health and wellness depends on a delicate balance between the mind body and spirit. Ayurveda is exiting on the earth since time immemorial in one or the other name, form or modalities of treatment and healing. As a subject of study, it developed later on during Vedic period about 5000years ago. Though, there is evidence of Ayurvedic medicine in pre-vedic era which was about 6000 year ago as evidence from the civilization of Indus Valley.

- Introduction.
- Mythology of Origin.
- Octopartite Division.
- Doctrines and Principles.
- Three Humors (Tridoshas).
- Body Tissues (*Dhatus*).
- Waste Products (*Malas*).
- Pathogenesis.
- Management.

The excavation of *Harappa* and *Mohenjo-Daro* has shown the roles of *Silajatu*, *Neem*, *Red Deer Horns* etc. The word Ayurveda consists of two words *Ayus- means life* and *Veda- means knowledge or science*. Thus, Ayurveda is science of life or knowledge of life whereas life is union of body, senses, mind and soul.

Today, it remains a favored system of health care in large parts of the Eastern world, especially in India where large population of the country are using in combination with modern medicine. Ayurveda therapies have varied and evolved over more than two millennia. Therapies include medicines, special diets, meditation, yoga, massage, laxatives, enemas, and medical oils. Ayurvedic medicines are typically based on complex herbal compounds, minerals, and metal substances (perhaps under the influence of early Indian alchemy or *Rasa Shastra*). Ancient Ayurveda texts also taught surgical techniques, *including Rhinoplasty, Kidney stone extraction, Sutures, and the Extraction of foreign objects*.

## MYTHOLOGY OF ORIGIN

The main classical Ayurveda texts begin with accounts of the transmission of medical knowledge from the gods to sages, and then to human physicians. In *Sushruta Samhita*, he has written that *Dhanvantari*, the Hindu god of Ayurveda, incarnated himself as a king of Varanasi and taught medicine to a group of physicians, including Sushruta. Ayurveda has been adapted for Western consumption, notably by *Baba Hari Dass* in the 1970s and Maharishi Ayurveda in the 1980s. There are two most popular mythologies of Ayurvedic origin.

- I. Divine Theory
- II. Vedic Theory

## SIDDHA MEDICINE

Siddha means Siddh which stand for perfected one. The word Siddha has its origin in the Tamil word Siddhi which means "an object to be attained" or "perfection" or "heavenly bliss is a term that is used widely in Indian religion and culture. It means "one who is accomplished". It refers to perfected masters who have achieved a high degree of physical as well as spiritual perfection or enlightenment. It is one of the earliest traditional medicine systems in the world which treats not only the body but also the mind and the soul means Siddha medicine is holistic medicine. In India, there had been two most important ancient systems of treatment and healing, they are Ayurvedic medicine and Siddha medicine. They are similar in their many aspects. Ayurvedic system is contemporaneous to Chinese, Egyptian, and Greek medicine.

- Introduction.
- Origin of Siddha Medicine.
- Doctrines and Principles.
- Three Humors.
- Pathogenesis.
- Diagnosis.
- Treatment.
- Therapeutic Techniques.

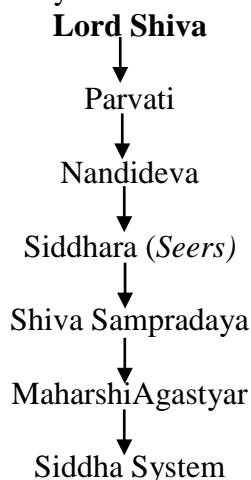
### ORIGIN OF SIDDHA MEDICINE

Siddha medicine is traditional system practiced in South India as a part of Indian System of Medicine (ISM). There are two theories of its origin.

- I. Divine Origin Theory.
- II. Culture Bound Theory.

#### I.DIVINE ORIGIN THEORY

There is a divine theory of its origin like Ayurveda. Siddha medicine is related to Lord Shiva and the Sivaist cult contains its medicinal counterpart. It consists of therapeutics, astrology, philosophy and yoga. It has its relation of origin from Lord Shiva<sup>(1)</sup>. Lord Shiva taught to Parvati and Parvati taught to Nandideva which further came down through series of steps as Siddha system. It can be well understand by the flow chart as given below.



## CHAPTER-9

# UNANI MEDICINE

Unani or Unani medicine is Perso-Arabic traditional medicine as practiced in Muslim culture in South Asia and modern day Central Asia. Unani medicine is pseudoscientific. The term Yūnānī means "Greek", as the Perso-Arabic system of medicine was based on the teachings of the Greek physicians Hippocrates and Galen. Unani medicine originated in ancient Greece but is now practiced primarily in India. Involving the use of herbal remedies, dietary practices, and alternative therapies, Unani medicine addresses the prevention and treatment of disease. India, Unani Tibb medicine is part of Indian System of Medicine. This system was present during Greek civilization. Hence this medicine is also called Greek medicine. Unani system developed during Arabic civilization. The Muslims call it Unani medicine whereas European calls it Arabic medicine.

- Introduction
- Doctrines and Principles
- Constitution of Body
- Concept of Disease
- Diagnosis
- Treatment

## DOCTRINES AND PRINCIPLES

According to Unani medicine, every individual is a unique combination of seven working principles grouped under four types of humors which are responsible for specific temperament in isolation or in combinations. All the humors and temperaments are available in varying degree in every individual and depending on the predominance of humor and temperament, the individual is describe as he belongs to particular temperament.

## CONSTITUTION OF BODY

The human body is comprised of seven working principles which are responsible for formation, development and function of the various parts of human being<sup>(1)</sup>.

Sl. No	Working Principle	Nearest English Terms	Responsible for
1.	AKRAN	Basic Constitution	Elementary constituents of the body
2.	MIZAJ	Temperament	The physical and chemical aspects(temperament) of body
3.	AKHLAT	Humors	The body Humors
4.	A'DA	Anatomy	The anatomy of body, development and maturation of organs.
5.	RUH	Atma	The Vital Force or Life Force
6.	QUWA	Strength	The Body Power
7.	AFAL	Physiology	Corporeal function (physiological and Bio-chemical processes)



## HOMOEOPATHIC MEDICINE

Homeopathy or homoeopathy is pseudoscientific system of alternative medicine. Dr. Samuel Christian Friedrich Hahnemann (1755-1843) searched the system. It was founded in 1796 by the German physician Samuel Hahnemann. The practitioners are called homeopaths. They believe that a substance that causes symptoms of a disease in healthy people can cure similar symptoms in sick people. This doctrine is called *Similia, Similibus, Curanture* or "like cures like". Homeopathic preparations are termed *remedies* and are made using homeopathic dilution. In this process, the selected substance is repeatedly diluted until the final product is chemically indistinguishable from the diluents.

- Introduction.
- Historical Backgrounds.
- Homoeopathic Laws.
- Indications of Homoeopathy.
- Highest Ideal of Cure.
- Cardinal Rules.
- Concept of Disease.
- Potency and Dilution.
- Principles of Remedial Action.
- Classification of Diseases.
- Fundamental Rules.

Homoeopathy is a gentle form of scientific medical system of treatment and healing. It consists of two Greek words *Homoeos*-means like and *Pathos*-means disease or suffering. Thus, Homoeopathy is system of curing the suffering of persons by administration of small drugs which have been proved to possess the power of producing the similar sufferings when administer in large doses in healthy individual. It is based on specific principles in known as *Similia, Similibus, Curanture* (let likes be treated by likes). It includes the theories of *Vital force, Chronic miasms and Dynamisation of drug*.

### HISTORICAL BACKGROUNDS

Greek physician **Hippocrates** of Cos (circa 460-377 B.C.) is often called the "**Father of medicine**". His contributions to medicine include:

- Detailed observations of disease and its effects,
- Understanding of how health is often influenced by diet.
- Breakdowns in bodily processes due to various effects.
- Teaching of two ways of treatment of patient.

I. Cure by Contraries.

II. Cure Similarities.

**I. Cure by Contraries** – Here, treatment is given to counteract the symptoms. It includes majority drugs therapies as in - modern medicine, Ayurveda, Siddha, Unani and many other drug therapies.

**II. Cure by Similarities** – Here, the treatment is done which has ability to produces the same symptoms as in - Homoeopathy and Tissue remedies.

Hippocrates believed that in both cases physician is creating right conditions for the inner healing power i.e. *Vis Medicatrix Naturae* to bring about cure<sup>(1)</sup>. Keeping in view the basis laid down by Hippocrates, some of the important landmarks in the field of establishment of the Homoeopaths are mentioned on coming page.

## BIOCHEMIC REMEDIES

Bio Combination (BC) medicines are homeopathic combinations which contain salts developed by Dr. WH Schuessler. The body contains many biochemical's mineral and out of them around 12 biochemical minerals are most important. Any imbalance in these minerals can create a favourable environment for bacterial growth and increase the risk of illness.

It is also called tissue remedies as it acts on various body cells of different the tissues. He postulated that each cell of body is composed of water with various organic and inorganic substances. Out of various substances there is some basic salt which are most important. He founded 12 basic salts. Disturbance on either side of any salt leads to imbalance and ultimately ill health and illness. The requirement of these salts is very minutes. Smaller the particle lesser is the resistance in entry of salt in the cell to restore normalcy.

- Introduction.
- Indications.
- Twelve Tissue Salts.
- Dosology.

### INDICATIONS

1. Bio Chemic salts are used as alternative medicine in prevention and treatment of many disorders which cannot be cured in other system of treatment and healings.
2. It is very much compatible and associated with Homoeopathic remedies.
3. It can be practiced as limited isolated system (LIS).

### TWELVE TISSUE SALTS

According to Schuessler, there are 12 main tissue salts. Practitioners claim that each type of salt offers diverse benefits for putting your body into balance for optimum health. The following 12 primary tissue salts and their benefits are mentioned below:

Sl. No.	BASIC SALT	SPECIAL SALT	CLINICAL QUALITIES	DEFFICIENCIES& DISORDERS
1.	Calc	Calc. Flour	<b>It helps in Building of-</b> <ul style="list-style-type: none"> <li>• Connective tissues,</li> <li>• Bones , teeth,</li> <li>• Fibers; elastic tissues,</li> <li>• Muscle tension.</li> </ul> <b>Restorative Qualities-</b> <ul style="list-style-type: none"> <li>• Restores tissue elasticity,</li> <li>• Helps hemorrhoids,</li> <li>• Helps hernia pain.</li> </ul>	<ul style="list-style-type: none"> <li>• Varicosities</li> <li>• Cracked crazy pavement skin</li> <li>• Loose teeth</li> <li>• Flabby muscles both skeletal and cardiac</li> </ul>

## HERBAL MEDICINE

Plant kingdom is unique gift of nature for fulfil the needs of animal kingdom. Herbal medicine is the study of pharmacognosy and the use of medicinal plants, which are a basis of traditional medicine. There is limited scientific evidence for the safety and efficacy of plants used in 21st century herbal medicine. Herbal medicines are those with active ingredients made from plant. Herbs are the unique gift of the nature as complementary to all the life in the universe. Animals and the herbs are the creation of Almighty GOD to help each other. Herbs are being use as medicine since the inception of life in the universe. Herbal medicines are derived from the non-toxic plants as whole or its part i.e. roots, stem, bark, leave, flower, fruit and seeds for the healing purposes. Herbal medicine is used as Wholistic medicine to give rise holistic care in following ways:

- Good Medical Care
- Home Remedies
- Safe Cure
- Convenience
- Brings near to the Nature.

- Introduction.
- Safety.
- Medicinal Herbs Profile.
- Doctrines and Principles.
- Mode of Action.
- Importance of Herbal Medicine.
- Side Effects.
- Traditional Herbal Practitioners.
- Herbal Preparations.
  - I. Traditional Herbal Medicine.
  - II. Modern Herbal Medicine.

### SAFETY

Being "natural" doesn't necessarily mean they're safe for you to take. Just like conventional medicines, herbal medicines will have an effect on the body, and can be potentially harmful if not used correctly.

### MEDICINAL HERBS PROFILE

Herbs are used as food, vegetable, medicine and otherwise. It had been used in all ancient civilizations as Indian Greek Egyptian, Chinese and the Mesopotamian. The Greeks learned a lot and they have contributed maximum to present herbal medicine. The role of herbs in treating the various type of disease has been described in *Athurveda*. The varied climatic condition of India is one reason for having thousands of herbs.

It has been estimated that there are about 2, 50,000 to 7, 50,000 species of flowering plants and herbs are available on the earth. Out of these, 10% are the medicinal plants i.e. 25000 to 75000. Out of these medicinal plants, 1% (250-750) has been scientifically proved to be of therapeutic use. These are used in orthodox medical system based on the information derived from Folk, Ethno medicine and traditional medicines.

## TRADITIONAL TIBETAN MEDICINE

Traditional Tibetan Medicine (TTM) is also known as **Sowa-Rigpa Medicine**, is a centuries-old traditional medical system that employs a complex approach to diagnosis, incorporating techniques such as pulse analysis and urinalysis, and utilizes behavior and dietary modification, medicines composed of natural materials as herbs and minerals. Besides, this, It also includes physical therapies as Tibetan acupuncture, Moxibustion, etc. to treat illness. The Tibetan medical system is based

upon Indian Buddhist literature as *Abhidharma and Vajrayana tantras* and *Ayurveda*. It is an ancient, timely healing tradition from **Tibet**. The **Tibetan** name is Sowa Rigpa, means the science of healing. **Tibetan medicine** teaches that the purpose of life is to be happy. This holistic tradition consists of analyzing your unique inborn nature or constitution and making supportive lifestyle choices. Amchi system is also called Tibetan Medicine. It is one of the oldest traditional systems of treatment. The system is widely popular in Adak District of (Jammu and Kashmir) Arunachal Pradesh, Sikkim, Tibet and Bhutan. It is in existence for more than 2500 years. The system is sporadically distributed in other parts of India.

- Introduction.
- Prevalence of System.
- Historical Backgrounds.
- Four Tantras.
- Three Principles of Function).
- Types of Therapy.
- Amchi / Sowa Rigpa.
- Sound Healing and Meditation

### PREVALNCE OF SYSTEM

Traditional Tibetan Medicine (TTM) is continues to be practiced many countries. Some of the most popularly practiced countries are:

- Tibet,
- India,
- Nepal,
- Bhutan,
- Laddakh,
- Siberia,
- China
- Mongolia,
- Europe.
- North America.

It embraces the traditional Buddhist belief that all illness ultimately results from the three poisons: **Delusion, Greed and Aversion**. Tibetan medicine follows the Buddha's Four Noble Truths which apply medical diagnostic logic to suffering.

The key objective of the government of Tibet is to promote traditional Tibetan medicine among the other ethnic groups in China. Once an esoteric monastic secret, the Tibet University of Traditional Tibetan Medicine and the Qinghai University Medical School now offer courses in the practice. In addition, Tibetologists from Tibet have traveled to European countries such as

## **ELECTROHOMOEOPATHY**

Electrohomeopathy (or Mattei cancer cure) is a derivative of homeopathy invented in the 19th century by Count Cesar Mattei. The name is derived from a combination of *electro* (referring to an electric bio-energy content supposedly extracted from plants and of therapeutic value and *homeopathy* (referring to an alternative medicinal philosophy developed by Samuel Hahnemann in the 18th century). electro homeopathy has been defined as the combination of electrical devices and homeopathy. Electrohomeopathy was devised by Cesar Mattei (1809–1896). Mattei, a nobleman living in a castle in the vicinity of Bologna, studied natural science, anatomy, physiology, pathology, chemistry and botany. He ultimately focused on the supposed therapeutic power of "electricity" in botanical extracts. Mattei made bold, unsupported claims for the efficacy of his treatments, including the claim that his treatments offered a nonsurgical alternative to cancer. His treatment regimens were met with scepticism by mainstream medicine.

Electro homeopathy had adherents in Germany, France, the US and the UK by the beginning of the 20th century; Electrohomeopathy had been the subject of approximately 100 publications and there were three journals dedicated to the system.

- Introduction.
- Philosophical Backgrounds.
- Principal Electricity.
- Current Status of System.
- Electrohomeopathy / Electrotherapy
- Legality in India.

### **PHILOSOPHICAL BACKGROUNDS**

Remedies are derived from the active micro nutrients or mineral salts of certain plants. They are manufactured from certain herbs, and that the directions for the preparation of the necessary dilutions are given in the ordinary jargon of homeopathy. The globules and liquids, work wonder. The "red electricity" and "white electricity" supposed to be "fixed" in these "vegetable compounds" are in poor and miserable fictions.

### **PRINCIPAL ELECTRICITIES**

Electrohomeopathy system is an invention of Count Cesar Mattei. He divided following five types of electricity.

- Red Electricity,
- Yellow Electricity,
- Blue Electricity,
- Green Electricity.
- White Electricity.

### **CURRENT STATUS OF SYSTEM**

A symposium took place in Bologna in 2008 to mark the 200th anniversary of the birth of Cesar Mattei. The delegates from India, Pakistan, Germany, UK, and the USA attended the

## CHAPTER -15

# AUM THERAPY

**Jai Jai Kripa Nidhan, Sakal Bhuwan Aadhar,  
Kan Kan Ke Sansar Tum, Harte Sabka Bhar.<sup>(1)</sup>**

*O! AUM, You are the ocean of Mercy, You withhold the entire Universe, You are the Universe of each molecule to carry them.*

Therapy means treatment of disease or pathological condition with the involvement of various means, methods and materials. It has wider spectrum of coverage or restoration than treatment or healing alone. The proper term in AUM Therapy is Aumic Management which is comprehensive approach. It allows the universal creation (especially the human

being) to lead a happy, healthy, prolonged, peaceful and blissful life. Aumic management / therapy takes care through Aumification of **all planes** (*cosmic, universal and individual*), **all bodies** (*physical, ethric, astral, lower mental, higher mental, buddhic and atmic*), **all health** (*physical, mental social moral, spiritual and environmental*) with **all possible tools and techniques** (*measures, means, method and materials*). It involves all spiritual, holistic, traditional and modern tools and techniques in treatment and healing. It is deeply associated with Motherly natural gift and Fatherly divine care. It also leads to the way of recognition of self with the *Self*.

- Introduction.
- Backgrounds.
- Basis of AUM Therapy.
- Aims of Management.
- Methods of Managements.
  - I. Material Management.
  - II. Remedial Management.
  - III. Ritual Management.

## BACKGROUNDS

GOD created the universe in unique way and is present in all sentient and insentient as its soul. The divine presence makes the individual as whole (Entire entity). In other words, the wholeness is because of the presence of divine component as soul (*Atma*). According to *Srimad Bhagwadgita*<sup>(2)</sup>.

### संस्कृत

भूमिरापोऽनलोवायुःखंमनोबुद्धिरेवच।  
अहङ्कारइतीयंमेभिन्नाप्रकृतिरष्टधा॥  
अपरेयमितस्त्वन्यांप्रकृतिर्विद्विमेपराम्।  
जीवभूतांमहाबाहोययेदंधार्यतेजगत्॥

### ENGLISH

BhumirapoanloVayuh Rawam Mano Buddhirew Ch,  
Ahankar Itteeyam Me Bhinna Prakritirshatadha.  
Apreymitastwnya Prakritim Viddhi Me Param,  
Jiwbhutam Mahabaho Yayedm Dhayte Jagat.

The summary of this rhyme is as based on these facts that every existing life has two Natures (*Prakriti*) i.e. Material Nature (*Lower Prakriti*) and Higher Nature (*Spiritual Prakriti*). The individual's Material Nature (*Lower Prakriti*) consists of eight folds i.e. **earth, water, fire, air, space, mind, intellect and egoism**, while the Higher Nature (*Spiritual Prakriti*) is the Soul (*Atma*) of individual derived and in continuum with GOD (*Parmatma*).

## **TRADITIONAL OSTEOPATHY**

Osteopath deals with the diseases of bone and joints. The definition of osteopath is a non-physician health care provider who uses touch to feel the motion, structure and texture of a patient's skeleton and muscles. There are many such practitioners in developing countries bone setter. Osteopathic Medicine was and still is in a traditional “hands-on” diagnostic and therapeutic science. The system was pioneered in the late 1800s by a medical doctor named Andrew Taylor Still. Now, Osteopathic Medicine is dedicated to the treatment and healing of the entire patient.

- Introduction.
- Chiropractor Vs Osteopath.
- Aims of Osteopath.
- Indications of Osteopath.
- Physiotherapy and Osteopath.
- Osteopath and Medications.

### **CHIROPRACTOR Vs OSTEOPATH**

Both Chiropractors and Osteopaths use physical movements to treat pain and injuries. The major difference between an Osteopath and a Chiropractor is that while the Chiropractor is primarily focused on the spine, joints and the muscles, an Osteopath is also concerned with the rest of the body.

### **AIMS OF OSTEOPATH**

Like every physician, an osteopath also works with following aims-

1. To restore the normal function and stability of the joints to help the body heal itself.
2. They use their hands to treat your body in a variety of ways, using a mixture of gentle and forceful techniques.
3. Techniques are chosen based on the individual patient and the symptoms they have reported.

### **INDICATIONS OF OSTEOPATH**

Osteopath deals with the diseases of bone and joints so they are confined to following related conditions of bones and joints.

- The osteopathic physician focuses on the joints, muscles, and spine.
- Osteopathic intervention can help treat arthritis, back pain, headaches, tennis elbow, digestive issues, and postural problems.
- Osteopath can also assist with sleep cycles and the nervous, circulatory, and lymphatic symptoms.

### **PHYSIOTHERAPY AND OSTEOPATH**

There are some limitations to both of physiotherapist and osteopath which are mentioned as under:

## BACH FLOWER REMEDIES

It is also called flower Remedies. The remedy was developed by Dr. Edward Bach of the university college hospital, London who got disillusioned with allopathic medicine and realized the effects and side effects caused by the western medicine which only palliate the symptoms rather than patient. In fact western medicine treats the disease and not the patient.

He involved in his practice the non- poisonous flower, twigs and buds for the healing purpose. He developed 38 remedies for mental conditions during his life time.

- Introduction.
- Preparation of Remedies.
- Mode of Action.
- Classification of Remedies.
- Methods of Use.

### PREPARATION OF REMEDIES

The decided flowers, twigs and buds are ploughed from the respective herbs and trees which are dip in water and placed for sometimes in the sun light. The essence, thus derived is used as mother tincture and prescribed to the patient on the principles of Homoeopathy remedies. Indian Flower remedies are the extension of Bach Flower Remedies.

### MODE OF ACTION

It acts at mental level and give soothing effects to mind, emotions and body. Thus, it has best ameliorative effects for mental and emotional disorders.

### CLASSIFICATION OF REMEDIES

All the Flower remedies used by Dr. Edward Bach in various mental symptoms are grouped in seven groups. The problems, symptoms and their specific remedies are described in tabular form.

Sl. No	Problems	Symptoms	Remedies
<b>Group I</b>	Fear	• Unknown reason	• Aspen
		• Known reason	• Red Chest nut
		• Loosing self control and sanity	• Cherry plum
<b>Group II</b>	Doubts	• One self	• Cerato (Shrubs with blue flower and red leaves)
		• Hesitancy	• Scleranthus
		• Easy discouragement	• Gentian
<b>Group III</b>	Hopelessness	• Hopelessness	• Gorse
		• Frustrated ambitions	• Wild oats



## TRADITIONAL CHINESE MEDICINE

Traditional Chinese Medicine (TCM) is as old as Ayurvedic Medical System and is holistic also. It is in use from 3000 BC. The concept is like Ayurveda and has their basic on Confucianism and Taoism. The Chinese medicine is also more of spiritually oriented way of life. The drug therapy practiced in China is mainly herbal medicine. There are more than 1000 kinds of herbal drug are in used in China. Chinese herbology and Indian materiamedica are very similar while the Chinese Acupuncture and Acupressure is very similar to Indian Marma therapy (mentioned in Ayurveda and Siddha medicines).

- Introduction.
- Merits of Traditional Chinese Medicine.
- Traditional Practitioners.
- Sources of Medicine.
- Preparations.
- Chinese Integration.

The Chinese Medicine and Acupuncture are two facets of Chinese Medicine as drug and drugless therapy which is in existence for long times. The detail of Acupuncture and Acupressure has described separately in drugless therapy.

In 1929 the central Government of Kuemintang passed a bill to ban the traditional Chinese Medicine (TCM) in order to clear the ways for developing medical work of modern medicine but this did not succeed.

### MERITS OF TRADITIONAL CHINESE MEDICINE

Traditional Chinese Medicine (TCM) is very well developed system of treatment in China and many other countries. In 1929 the central Government of Kuemintang passed a bill to ban the traditional Chinese Medicine (TCM) but they could not succeed because of following merits of TCM.

1. Majority of rural and urban population believed in Traditional Chinese Medicine.
2. TCM gives better result than modern medicine. It is low cost, convenient and simple to use and with only few side effects (negligible in comparison to modern Medicine).
3. TCM has unique theoretical system which can neither be replaced nor explained by modern science as it involves traditional cultures, believed and attitudes.

### TRADITIONAL PRACTITIONERS

There are also three types of traditional medical practitioners:

- (1) **Herbalists:** They use various combination or single herb and enjoy the prestige and reputation of being a real practitioner of Traditional Medicine.

## DRUGLESS THERAPIES

Drugless therapies are natural ways of healing system. These therapies are in existence since the origin of life in the universe. The basic principle is based on the Mother Nature and its contents and derivatives. Any means, methods and materials employed outside the body in order to alleviate the suffering or promote healing is called drugless therapy. This method can be also employed in natural orifices for alleviation of suffering. It involves the various means as-Divine energy, Five Elements and its derivatives, Celestial bodies, Holistic materials and spiritual healings.

- Introduction.
- Common Drugless Therapies.
- Sources of Drugless Therapies.

### COMMON DRUGLESS THERAPIES

The following are the commonly practiced drugless therapies / healing in India and other countries.

1. Naturopathic Therapy including – *Hydrotherapy Therapy, Massage Therapy, Magneto-therapy, Electro-therapy.*
2. Acupressure ,
3. Acupressure,
4. Colour Therapy,
5. Spiritual Healing,
6. Yoga Therapy.
7. Meditation Therapy,
8. Astrological Healing,
9. Chakral Healing,
10. Auric Healing,
11. Auric Healing.

### SOURCES OF THERAPIES

Some of the important sources of drugless therapy are derived from nature and its major components extending from divine universal to individual level. The major sources are:

- 1. Divine Energy as** - AUM, TAT, SAT.
- 2. Five Elements as**- Ether, air, fire, water, earth.
- 3. Celestial Bodies as** – Zodiacs, Stars, and Planets.
- 4. Physical Techniques as**- Manipulation, exercise, pressure, pricking, heat, cold, massages, Oleation, cleaning, sponging and sprays.
- 5. Materials as** - Water, oils, minerals, metals and devices.
- 6. Holistic Healing as**- Holistic natural philosophy, yoga, meditation.
- 7. Spiritual Healing as** - Worships, Auric, Chakral, Mantras, Tantra and Yantra.

The principles of some of the common drugless therapies are mentioned separately as chapters on coming pages.

## NATUROPATHIC THERAPY

Naturopathy or naturopathic medicine is a form of alternative medicine that employs an array of pseudoscientific practices branded as "natural", "non-invasive", or promoting "self-healing". The ideology and methods of naturopathy are based on vitalize and folk medicine, rather than evidence-based medicine (EBM). Naturopathic therapy is the essence of Nature for alleviating the sufferings through nature and its products directly and indirectly. This is most popular drugless therapy in the world. The regular practice helps in increasing the life expectancy. The natural process is performed through various natural means, methods, materials and modalities without any administration of chemical, animal or otherwise biological drug preparations. It also includes alteration in life styles.

- Introduction.
- Characteristics of Naturopathy.
- Principles of Nature Cure.
- Components of Therapy.
  - I. Life Style.
  - II. Natural Healing.
- Cardinal Rules.
- Principal Therapies.

*“I have unshaken faith in nature cure,  
I find that system soothing and pure.”  
(Mahatma Gandhi)*

*All the universal creations have Natural constituents,  
They begin, exist and submerge within the Nature.  
(Dr. N.P. Dubey)*

*Nature cure is more than a system of curing aches and pains.  
It is complete revolution in the art and science of living.  
It is practical realization and application of all that is  
Good is natural sciences philosophy and religion.”  
(Dr. Henary Lindlahr)*

Naturopathy has distinct philosophy, science and practice of medicine following definite physical, chemical, biological, mental and spiritual laws of restoration of health and correction of bodily disorders. Naturopathy is not the system of chemical or biological treatment but is a way of natural life. Here, the simple law of nature is adopted for maintenance of health. The same law is adopted in the treatment also. The daily and seasonal regimens are followed to maintain the health. There are two approaches applied in this system.

- I. Ancient Indian Method** – Living in close vicinity of nature from all point of view of a life.
- II. Modern Physiotherapy** – Living in modern fluent society and taking the help of physiotherapy (manipulative techniques) for restoration of health and correction of bodily disabilities.

## CHAPTER -20.01

# HYDROTHERAPY

Hydrotherapy refers to using water as therapy in various form. For instance, it may act as a treatment for temporary skin-related issues, such as burns and septic ulcers, or for chronic health conditions, such as arthritis and fibromyalgia. *Sebastian Kneipp*, one of the forefathers of hydrotherapy, is distinguished from other proponents of natural therapies in two aspects. First, he did not refuse to employ vaccination and medication Hydrotherapy, formerly called hydropath and also called water cure, is a part of alternative medicine (particularly naturopathy), occupational therapy, and physiotherapy, which involves the use of water for pain relief and treatment.

- Introduction.
- Water and Effects.
- Mode of Action.
- Methods of Hydrotherapy.
- Healing Benefits of Hydrotherapy.
- Precautions during Hydrotherapy.
- Contraindications of Hydrotherapy.

## WATER AND EFFECTS

It helps by stimulation of the healing defense mechanism of the body. With sensible feeding and pure (*Satvic*) living, if hydrotherapy is used as adjuvant to any drug therapies, it will have a definite additive (*synergistic*) effects on healings at various temperatures as mention below:

Sl.No	Types of Water	Temperature	Effects on Body
1.	Very cold	32-45 °F	Exciting effects
2.	Cold	40-60 °F	Stimulating tonic effect
3.	Cool	60-72 °F	Strong stimulation
4.	Tepid	80-90 °F	Stimulation
5.	Neutral	92-92 °F	Freshness and stimulation
6.	Warm	95-100 °F	Sedative effect
7.	Hot	100-104 °F	Depression for short time
8.	Very hot	105 °F and above	Strong stimulation

## MODE OF ACTION

Water is the main constituent of the body in various forms. Disturbance in body fluids due to various exogenous and endogenous causes leads to various diseases in various organs. This therapy regularizes the normal activities in following ways:

- I. It maximizes circulation.
- II. It increases the muscular tone.
- III. It helps in digestion and absorption of nutrients.
- IV. It tones up the sweat glands to increase the release of waste product from the body.

## **MASSAGE THERAPY**

Massage therapy is used to help and 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. Massage therapy relaxes muscle tissue, which reduces painful contractions and spasms. Massage can also reduce nerve compression. To understand this, consider that when muscles are contracted, they sometimes compress the nerves around them. Massage is manipulation of tissues of the body by kneading in systematic manner. Patient is allowed to lie down in a relaxed manner on cushioned table of 80 inches long, 30 inches wide and 36 inches high. The massage movements are manual by a masseur.

- Introduction.
- Methods of Massage.
- Mode of Action.
- Benefits of Massage.
- Full Body Massage.
- Contraindications of Massage.
- Swedish Massage.

### **METHODS OF MASSAGE**

The movements are made according to the part to be massaged. The movement is continued for 30 minutes in following ways-

1. Percussion.
2. Friction.
3. Kneading.
4. Stroking.
5. Vibration.

### **MODE OF ACTION**

Massage helps the body as source of relaxation. It helps in three ways:

1. Improving the blood circulation.
2. Increasing the activity of skin and its function of excretion.
3. Toning up the nervous system.

### **BENEFITS OF MASSAGE**

Massage can help on many ways. The following benefits are seen commonly:

1. Reduce pain and anxiety for people with chronic illnesses, such as cancer.
2. Reduce the physiological burden of stress.
3. It can help treat conditions including stress-related tension, cancer-related fatigue, sleep disorders, high blood pressure, diabetes, low back pain and depression etc.

## MAGNETOTHERAPY

*Athurveda* has numbers of *Mantras* in Kanda 1 to 4 detailing the use of magnet in various disorders specially in bleeding and diseases of reproductive system. Magneto therapy is method of healing through magnets. It has intrinsic properties to affect the living tissue to cause physical and chemical changes in body and thus healing. If it is used as in association with other natural therapy like diet, hydrotherapy, yoga, fasting etc. the effect of magneto therapy is accelerated<sup>(1)</sup>. Some people use magnet therapy for treating pain,

such as foot, back, or joint pain. Research studies have been done on magnets, but there are not consistent results showing that magnets help in relief of all pain.

- Introduction.
- Types of Magnets.
- Magnetic Strength.
- Principles of Action.
- Mode of Action.
- Magnetic Effects.
- Precautions during Therapy.
- Bio-Magnetism.

### TYPES OF MAGNETS

There are various types of magnets having unstable magnetism to permanent magnetic qualities. The high quality healing is made up of *Ferromagnetic Materials*. The modern permanent magnets are made up of *alloy of aluminum, nickel, iron and cobalt (Alnico)*.

### MAGNETIC STRENGTH

The magnetic strength is measured in Gauss meter and thus, the strength is denoted with the latter "G". The usual magnet used is 1000G for laboratory and 3000 to 4000 G for commercial purposes. The earth is huge magnet. The magnetic field of earth is 100.000 Kilogauss but the intensity of earth's magnetism at any time and at any point is 0.3 G. The core of earth has magnetic material<sup>(2)</sup>.

### PRINCIPLES OF ACTION

Each magnet has two poles. Each pole has magnetic field. The field is proportional to the strength of magnet. It acts in following ways.

I. Application of magnet on body causes magnetic emissions and its influence leads to energizing effects on hemoglobin of the blood which causes.

1. Improvement of blood circulation.
2. Avoid blood clotting.
3. Removal of excess calcium and cholesterol.

II. Magnetic waves pass through tissues inducing secondary currents leading to heat which:

## **ELECTROTHERAPY**

Electrotherapy is the use of electrical energy as a medical treatment in variety of diseases and disorders. The term has also been applied specifically to the use of electric current to speed wound healing. Additionally, the term "electrotherapy" or "electromagnetic therapy" has also been applied to a range of alternative medical devices and treatments. Electrotherapy is the method of natural treatment and healing with electrical device. It heals by giving varying degree of stimulation by electrical energy as a medical treatment. In medicine, the term electrotherapy can apply to a variety of treatments.

- Introduction.
- Indication of Therapy.
- Contraindication of Therapy.
- Position of Patient.
- Side Effects of Therapy.
- Mode of Relieve of Pain.
- Type of Devices.

### **INDICATIONS OF THERAPY**

Electrotherapy is indicated in following conditions:

1. Deep brain stimulators for neurological disease.
2. For relaxation of muscle spasms,
3. Prevention and retardation of disuse atrophy, increase of local blood circulation, muscle rehabilitation, and reeducation by electrical muscle stimulation,
4. Maintaining and increasing range of motion,
5. Management of chronic and intractable pain,
6. Posttraumatic acute injures and pains.
7. Psychotic depression (depression associated with delusions and hallucinations).

### **CONTRAINDICATIONS**

The electrotherapy is contraindicated in following conditions:

1. Medical implants or stimulators like a cardiac Pace-maker.
2. Cardio vascular diseases,
3. Pregnancy,
4. Deep vein thrombosis.
5. Cognitive impairment.

### **POSITION OF THE PATIENT**

The patient is allowed to sit or lie in comfortable position in a suitable place. The devices are employed on appropriate place for an appropriate duration to get appropriate relief. The relief may be achieved in single sitting. There may be requirement of subsequent therapy. The response depends on many factors as duration of illness, nature, situation, age and initial response to the minimal frequencies.

# ACUPUNCTURE

Acupuncture is ancient traditional Chinese method of about 5000 years ago. It consists of two words **Acus**-means needle and **Pungus**- means puncture. Thus, the Acupuncture is a method of treatment by pricking with the needle. This is performed in order to make the obstructed flow of energy into constant flow. This was practiced in remote areas in china. In the beginning, the crude methods of pressure and pricking were used at various points and in the direction of various channels with believe that the obstructed channel will be cleared off by the pressure and pricking. In the beginning, these needles were made up of wood. With the passage of time, the process got reformed and the needle got modified in its size, shape and gauge which were made up of metal. These needles are long lasting as they are made up of steel, copper, silver and gold.

- Introduction.
- Principles and Philosophy.
- Difference between Yin and Yang.
- Yin and Yang Organs.
- Types of Acupuncture.
- Acupuncture Needles.
- Acupuncture Points.
- Selection of Points.
- Stimulation of Points.
- Moxibustion.

## PRINCIPLES AND PHILOSOPHY

The principles and philosophy of Traditional Chinese Medicine (TCM) is based on vital force known as Chi or Qi, T-Chi. In healthy body, there is free flow of this energy. It starts from lungs and flows to meridians in certain order. Thus, the energy is governed by interflow of two opposite forces, i.e. *Yin and Yang*. The imbalance of flow is the cause of disease.

In every Yin there is some Yang and in every Yang there is some Yin. There is interdependence between Yin and Yang. In other words, on excess of Yang there is deficiency of Yin and vice versa.

## DIFFERENCE BETWEEN YIN AND YANG

Yin and Yang are two forces which are equal and opposite of each other. The balance of these forces maintains the status of health of the individual. There are following gross difference between these forces:

Sl.No.	Yin	Yang
1.	Solid organs	Hollow organs
2.	Female	Male
3.	Chronic states	Acute states
4.	Inner side of upper and lower limbs	Outer side of upper and lower limbs
5.	Negative	Positive
6.	Dark	Light



## CHAPTER-22

# ACUPRESSURE

Acupressure is an ancient healing art that's based on traditional Chinese medicine practice of acupuncture. With acupressure, the pressure is applied on specific place on the body. These places are called acupoints. Pressure on these point release muscles tension and promote blood circulation. It is one of the simple, drugless, harmless and scientific method of natural therapy to the maintain health and treat the diseases. In this technique, the healer applies the pressure in order to allow the proper circulation of blood, energy and vital forces. The pressure is applied with finger or palms of hand over certain key points. These points are called acupressure points and are located on various parts of the body. The points are mostly correspondence to the acupuncture points. In some cases, the pressures are applied with mechanically designed devices.

- Introduction.
- Indications of Acupressure.
- Principles and Philosophy.
- Methods of Acupressure
  - Zone Therapy
  - Foot Reflexology
  - Shiatsu Therapy

## INDICATIONS OF ACUPRESSURE

Acupressure is drugless therapy healing and is indicated in following conditions.

1. Back pain.
2. Headache. Fatigue,
3. Anxiety,
4. Stress and Tension.
5. Feeling of Melancholy,
6. Immune System Deficiency.

## PRINCIPLES AND PHILOSOPHY

Circulation is life and stagnation is death. Proper circulation of blood to even the remotest part of body is necessary to maintain the vitality of the tissue and keep the body free from congestion and ailments.

## METHODS OF ACUPRESSURE

There are many methods of acupressure but commonly used methods in practice are:

- I. Zone therapy
- II. Foot Reflexology
- III. Shiatsu therapy
- IV. Meridian points therapy

### I. ZONE THERAPY

The entire body is divided in five longitudinal segments on each side of midline of the body known as zone. All parts in same zone are inter- related in such a way that any problem

## COLOUR THERAPY

Colour therapy (or Chromo therapy) is an alternative remedy that uses colour and light to treat physical or mental health by balancing the body's energy centres, also balancing the chakras. This concept dates back to ancient Egyptians who used sun-activated solarium rooms constructed with coloured glass for therapeutic purposes. Colour therapy is a non-invasive and holistic treatment that brings balance and health to your mind and body. The vibrations of the colour in colour therapy improve your mood and overall health. Colours are made up of reflected lights that hit our retinas as the wavelengths vibrate. Colour has been used in treatment for thousands of years in *Egyptian, Sumerian, Indian and Chinese medicine*. It has been the part of Indian Ayurveda. The Colouronic Equipment can produce up to 360 shades of colour but in usual practice we consider only eight Colours in majority of illness. These colours are:

- Introduction.
- Mode of Action.
- Methods of Use.
- Effects of Colours.

- Red,
- Orange,
- Yellow,
- Green,
- Indigo,
- Violet,
- Magenta.

### MODE OF ACTION

It works by using waves of specific frequency to alter a person's energy fields and individual cell vibratory pattern. Colour can be used as a healing agent as psychological power on mind and emotions and as an esoteric agent in the colour aspects of the aura.

### METHODS OF USE

It is used in following ways.

1. Light baths.
2. Orally by water after keeping it in colored glass bottles or container.
3. Radionically transmitted colour.
4. Thought in healing.

### EFFECT OF COLOUR

The following common colour is indicated in various diseases as indicated against their name on coming page.

## SPIRITUAL HEALING

Spiritual healing or Spirit healing is with us from the origin of our civilization and culture. It became widely known through the spiritualist movement especially in England. No healing comes just from the healer. The healing forces and energies come from Spirit or GOD through the medium known as healer. The word spirit is used in two ways, one as divine, positive and holistic called as GOD and other as devil, negative and deteriorating called as Ghost. It is often used to describe the healing through GOD. Here, the healer is mediator through whom the divine energy passes to the sufferer. Spiritual healing is super healing activity of making a person healthy without using medicines or other physical methods, sometimes as part of a religious ceremony. It is treatment that involves the transfer of energy through the healer to the recipient. It promotes self-healing by relaxing the body, releasing tensions and strengthening the body's own immune system.

- Introduction.
- Definition.
- Philosophy.
- Mode of Healing.
- Types of Healing.
- Components of Healing.
- Spiritual Healings.

Spiritual healing is natural and non-invasive with the intention of bringing the recipient into a state of balance and wellbeing on all levels. It eliminates all blockages causing physical, psychological, social, moral and environmental health. It deals with the whole personality of the individual. It is practiced in one or the other way all over the world. The spiritual healing has wide impacts on health in all types of people. It has its special role in amelioration of the stress and strain induced chronic and prolonged illness.

### DEFINITION

*“Spiritual healing is method which eliminates all blockages causing physical, psychological, social, moral and environmental changes in health and development at all levels of the individual by breaking the negative cycle and restoring the positive cycle through divine, universal and environmental energy”.*

### PHILOSOPHY

We all are the creation of Almighty GOD. GOD has various synonyms as *Brahma, Jehovah, Allah, Tao, Creator, or Divine Creator, or may be Divine Spirit*. Native Americans have often used the term Great Spirit or Great White Spirit. We live and move with the help and grace of the energy provided by GOD called cosmic energy. It travels in form of waves and is perceived by each sentient and insentient being according to their life span. The cosmic energy exerts definite effect through its field of forces for the benefit of all. During the therapy, the healer remains in still position and becomes channels for this energy and acts as a means of transferring this energy in to the sufferer.

## YOGA THERAPY

The word 'Yoga' is derived from the Sanskrit root '*Yuj*', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man and Nature. Yoga works on the level of one's **body, mind, emotion and energy**. This has given rise to four broad classifications of Yoga: Karma Yoga, where we use the body; Bhakti Yoga, where we use the emotions; Gyana Yoga, where we use the mind and intellect; and Kriya Yoga, where we use the energy.

- Introduction.
- Mode of Healing.
- Integrated Yoga.
- Steps of Practice.
- Impacts of Yoga.
- General Benefits of Yoga.
- Busy Yoga.

Desire is endless and ceiling of desire is Yoga. Yoga is a system of believe and practice. The goal of Yoga is to attain a union of the Individual Self with the Supreme Reality or Universal Self. In western world, it is associated with physical postures and regulation of breathing. These are yogic exercises but not Yoga in spiritual sense. In true sense, Yoga is the restraint (*Nirodh*) of the processes (*vrtti*) of the mind (*chitta*).

**“Yogas Chittavrttinirodhah” (योगश्चित्तवृत्ति निरोधः)**

It is an old traditional science which helps in coordination of body and mind. It is safest and easiest and method of maintaining the health. Yoga has been described in Veda for about more than 4000 years ago. Many other described yoga in his way. The yoga presented by *Maharshi Patanjali* about 2500 years ago is in an abridged form.

### MODE OF HEALING

It maintains tranquility of mind and greater calmness in conscious state. Besides other benefits, it is most useful in psychiatric and psychosomatic disorders as –

- I. **Preventive Measures:** Due to improved body resistance by regular practice.
- II. **Curative Measures:** Increased body resistance to overcome the stressful situations effectively.

### INTEGRATED YOGA

Various methods have been described by many sages (*Rishis*). The method described by *Patanjali* is most acceptable and practicable in principles and practice both. It is also known as ***Astanga Yoga of Patanjali***. The steps (*Hindi and English*) and their meaning are mentioned below:

Sl. No	Steps		Behavioral Meaning
	Hindi	English	
1.	Yam	Yama	Improvement in social behavior
2.	Niyam	Niyama	Improvement in personal behavior
3.	Asana	Asana	Physical postures

## CHAPTER-26

# MEDITATION THERAPY

Meditation is an act of contemplative thinking. It is mental exercise in which we direct our mind inwardly by shutting our sense-organs to external stimulus which is free during conscious state. It is performed by sitting quietly in proper environment for regular period and reciting certain verses (*Mantras*). The constant stimulus stimulates the brain for production various responses in psychosomatic apparatus of the body. Constant practice of meditation reduces these bodily responses so that the mind can perform useful and fruitful functions <sup>(1)</sup>. Normally mind acts in two planes i.e. conscious and unconscious.

- Introduction.
- Mode of Action of Meditation.
- Methods of Meditation.
- Measurement of Meditation.
- Effects of Meditation

## MODE OF ACTION OF MEDITATION

Meditation is positive mental exercise to have the positive effects in positive way. The regular practice of meditation helps in:

1. Voluntary control over involuntary vital functions of body as –heart beat, digestion of food, oxygenation at alveolar levels.
2. Stabilization of emotional changes – thus minimizes abnormal function of vital organs.
3. Prolonged meditation leads a man to live in the state of super consciousness ( a plane higher than normal body plane). From this state, when the man comes to conscious state he becomes different having acquired more knowledge and wisdom.

## METHODS OF MEDITATION

There are various methods of meditation given by various great spiritual scientists (*Rishis and Sages*). Some of the important methods are –

1. Patanjali Meditation through Astang Yoga.
2. Vipassana Meditation by Buddha.
3. Maharshi Mahesh Yogi Method of Transcendental Meditation.
4. Benson Method of Meditation.
5. Zen Meditation (in Japan).
6. Sufism Method of Meditation (in Middle East).
7. Autogenic Training in Western Countries
8. Kundalini Method by Gogopikrishna
9. AUM Meditation through Aumification.

## 1. PATANJALI MEDITATION

The definition of meditation (or yoga) by Patanjali as “restriction (or stilling) of the fluctuations of the mind”, Dharana, Dhyana and Samadhi are directly related to the practice of meditation and together are called '*Samyama*'. Patanjali describe various objects

## ASTROLOGICAL HEALING

It is also known as Astro medicine. Most of the European knows that astrology is used to be good science of health. It is essential part of both the theory and practical aspects of medical practice. There is established relation between the body and the cosmos according to Vedic Astrology (*Jyotish*). The life is directly and indirectly influenced by the various celestial bodies specially the planets which are responsible for health and diseases. Since the ancient time, Ayurvedic knowledge without the knowledge of

astrology was incomplete. Astrology deals with close relationship between celestial bodies and human being. These celestial bodies exert varying degree of influence on human body depending on the position of planets at the time of their birth and in later part of life.

When we talk about Astro therapy, we think about identifying and connecting the problem we are facing with the astrological symbolism that describes this particular problem. This is the basis for efficient Astro healing therapy using essences. It is also called medical astrology. Astrology is science and is most important for medical practitioners in both theory as well as practical. It is important for each individual. It is drugless therapy. According to Ayurveda human being is replica of universe in miniature and so has close relation with universe

- Introduction.
- Astrology and Ayurveda.
- Astro-Medicine.
- Basis of Astro- Medicine
- Zodiacs.
- Stars.
- Planets.

### ASTROLOGY AND AYURVEDA

The concept of Astro-medicine and healing has emerged from Indian Astrology. According to Indian system of medicine (ISM), human body is comprised of five elements (*Punchmahabhutas*) i.e.-earth, water, air, fire and sky. The imbalance of these elements leads to vitiation of three humors (*Tridoshas*) leading to various disorders and diseases. All the universal contents (sentiments and insentient) have their specific **Zodiacs, Stars and Planets**. Astro-healing provides prophylaxis, diagnosis, prognosis and protective management for complicated, complex and incurable disorders and diseases.

### ASTRO MEDICINE

Primarily, the Astro medicine is based on the study of horoscopes developed on the birth details of the individual. Sometimes, along with the horoscope, we take the help of Palmistry, Numerology and Face reading etc. There are three main divisions of the Astro-medicine-

1. Astro-Diagnosis.
2. Astro – Prophylaxis.
3. Astro-Management.

Here, the diagnosing a disease is based on the combination and permutations of the planets distributed in 12 houses. Usually the 6<sup>th</sup> planet is considered as Lord for

## CHAKRAL HEALING

The Chakra is Sanskrit word standing for wheel or disk. There are many chakras in holistic body plane of human body. The major chakras are grouped in two groups i.e. **Divine Chakras** and **Individual Chakras**. The divine chakras are in the continuum of individual self to Almighty GOD (*Parmatma*). They are ill defined, limitless and widely spread. They are achieved in steps manners. Individual chakras are concerned with the holistic body indicate seven major individual energy centers in the body. They are the openings of life energy to flow into and out of aura. They are the whorls of high energy lotuses situated in astral, ethric and some in higher body planes. The Individual chakras are made up of three concentric interblending whorls of energy i.e. Left (*Ida*), Right (*Pingla*) and Centre (*Sushmana*). They signify basic energy center in the body. Each individual chakra correlates with the major nervous plexuses branching from the spinal column. In addition, the chakras also correlate to various levels of consciousness and developmental stages of life. It also correlates with colors, sounds, body functions etc.

- Introduction.
- Types of Chakras.
- Location of Chakras.
- Functions of Chakras.
- Situation of Individual Chakras.
- Sources of Energy.

The individual chakras are over the spine, the energy channels *Ida* and *Pingla* cross 21 times. There are 21 **Minor Chakras** where they cross 14 times and 49 Mini Chakras where they cross 7 times. From **Mini Chakras**, the *Nadis* are originated which carries energy to all the part of the body. On most of the acupressure point the *Ida* and *Pingla* cross 3 times.

### TYPES OF CHAKRAS

According to aumic philosophy, there are total nine major chakras between the individual and infinite (Almighty GOD). These are divided in two major groups.

- I. Divine Chakras.
- II. Individual Chakra.

### I. DIVINE CHAKRAS

These chakras are also called superior chakras (*Para Chakras*) extending from physical body plane of the individual to continuum with GOD (*Parmatma*). The concentration of divinity go on increasing as we go high and is maximum when we attain the goal. These chakras pertain to divinity. They are achieved in steps manners. It is well connected with the Supreme Realty (GOD) as well as with the individual body planes. These chakras control the individual chakras through divine pathways. These chakras (*from above down words*) are:

1. Parmatmic Chakra.
2. Atmic Chakra.

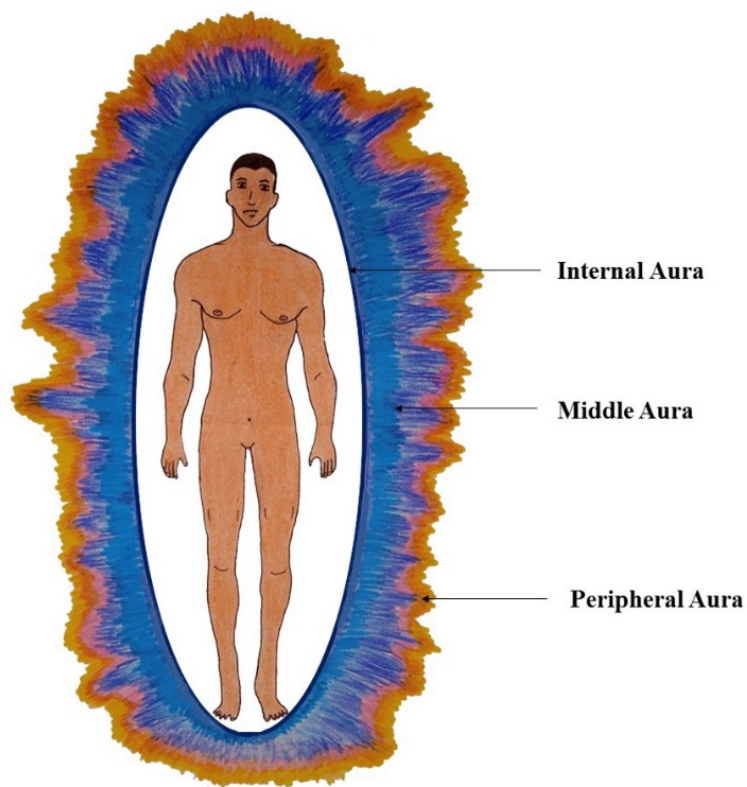
## AURIC HEALING

Aura is dark bluish, purple waves surrounded by light blue or gray layers, which is yellow over the head. It extends 2-4 meters from the skin. It is also called the cluster of light in a circular manner. It is representative of individual's divine energy. It is subtle energy body (*Sookshma Shareera*) where all *emotions, thoughts, memories and behavior pattern are located*. It presents all around the body but more prominent in upper *chakral* areas as – *Anahata, Vishuddha and Anjna Chakras*. It pulsates at the rate of 15 beats per minute. The average *aura* of male is 3.0 to 4.0 meters and that of female is 2.5 to 3.5 meter. Normally, it varies with time, place, mood, emotions, thoughts etc. It is also called the cluster of light in a circular manner.

- Introduction.
- Appearance of Aura.
- Kirlian Photography
- Applied Interpretations.
- Auric Changes.
- Auric Findings.
- Methods of Healing.

### APPEARANCE OF AURA

*Aura is cluster of light in circular manner presence around the body* but more prominent in upper *chakral* areas. It pulsates at the rate of 15 beats per minute. The average *aura* of male is 3.0 to 4.0 meters and that of female is 2.5 to 3.5 meters. The Aura is divided in three sectors as given diagrammatically below:



**“Appearance of Aura”**



## AUMIC HEALING

Aumic healing is process of Divine Cosmo-Universal healing through Divine-Universal-Individual-Connectivity (DUIC) process initiated through vibrations created by the aumic sound energy. The entire process happens through aumification. AUMIC vibrations of varying frequencies (volume) helps in restoring and re-establishing the coordination between **Basic Nature** (*Inferior Prakriti*) i.e. earth, water, fire, air, space, mind, intellect and egoism and **Superior Nature** (*Higher Prakriti*) i.e. the Soul (*Atma*) of the individual. Rituals are the prescribed process of performing the religious services under prescribed method for wellbeing of any one at any stage or sphere of life. In Aumic ritual management, the process is based on the vibrations energy which is created by performing various types Aumic rituals depending on situation. Here, the Aumic sound vibration (AVS) of varying pitch, intensity and duration is taken in account to produce sufficient Aumic vibrations to help the sufferer by Aumification. It also help in establishing the coordination between Basic Nature (*Inferior Prakriti*) which is comprised of- earth, water, fire, air, space, mind, intellect and egoism and Superior Nature (*Higher Prakriti*) i.e. the soul (*Atma*).

- Introduction.
- Principles of Healing.
- Methods for Aumic Vibrations.
- Mode of Healing.

### PRINCIPLES OF HEALING

It acts on the principles of restoration and elimination. The aumic vibrations energy of various frequencies lead to aumification which restore the positivity of vitality through Divine-Universal-Individual-Connectivity (DUIC) from divine cosmic, universal and individual's planes and eliminates the negativity in the universe for its recycling.

### METHODS FOR AUMIC VIBRATION

The Aumic vibrations energy of varying frequencies is created through following ways:

- (a) AUM Invocation
  - (b) AUM Chanting Device
  - (c) AUM Brahm Mantras
  - (d) AUM Yoga
  - (e) AUM Meditation
  - (f) AUM Agnihotra
  - (g) AUM Yantra
  - (h) AUM Prayer.
- (a) **AUM Invocation:** Every individual being, irrespective of caste, creed, religion or race has right to invoke AUM according to his culture and traditional. The invocation is performed by the individual at particular pitch (volume), frequency, duration, posture and time. The

## INDIA NEED INTEGRATION

The Almighty created the universe on the basis of Prime components known as Panchmahabhutas. For further creation these of five elements (*Punchmahabhutas*) appeared one after the other as- Sky (*Ether*), Air (*Vata*), Fire (*Agni*), Water (*Jala*) and Earth (*Prithvi*). On the earth, all creations appeared as sentient and insentient. Amongst, the sentient there were two main groups known as animal and plants. They

appeared as complementary to each other's. The animals were supposed save the plants and plants were supposed to give food and vegetable to the animals according to seasons, climates and environments. Man happens to be the cleverest highly brained. They found out useful and non-useful herbs and minerals. Out of them they identified the useful medicinal herbs and started using them as traditional medicines. According to the traditions they were named as- ***indigenous, unorthodox, alternative, ethno, fringe, folk, unofficial traditional medicine and healing***<sup>(1)</sup>. All are having the same objective i.e. "*Alleviation suffering*".

- Introduction.
- Systems of Medicine.
- Need of Integration.
- Availability of Medical Systems.
- Problems with Systems.
- Integrated Medicine.
- Contribution of Integrated Medicine

### SYSTEMS OF MEDICINE

It is important to know, that before initiation of integration, there must be availability of modern and some traditional or alternative system in the country. The traditional system may be either of two types:

- I. Inherited System of the Country** – Like Indian Systems of Medicine (ISM) **which** include Ayurveda, Siddha, Unani, Yoga and Naturopathy. For administrative purposes the Government of India has included Homoeopathy also in same group and has renamed as AYUSH (*Ayurveda, Yoga, Unani, Siddha and Homeopathy*). Homoeopathy is not our inherited Indian System of Medicine.
- II. Acquired System from other Country** – It has been adopted from other countries, because of its merits and availability.

India has been the rich source of science, philosophy, culture and medicine in one or the other forms since time immemorial. In spite of various changes, still there are many systems of treatment and healing are available as an official system. Besides the routine practicing systems, there are many more systems as mentioned in earlier chapter of this book are available and practiced with the expectations to become sooner or later as an official system.

### NEED OF INTEGRATION

There are ample of reasons for integration of traditional and modern medicine. The reasons are being realized by the practitioner and administrators.

# WORLD ASSOCIATION OF INTEGRATED MEDICINE

(An Organisation for Global Establishment of Integrated Medicine)



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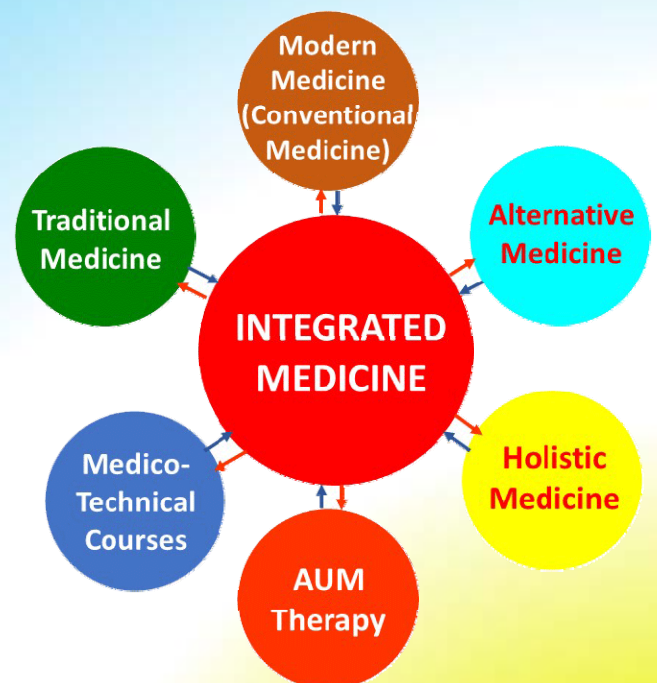
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## INTEGRATED MEDICINE

“Integration means combination or unification.” *Integrated Medicine is defined as combination or unification of the modern and traditional medicine / system / healing together for its teaching, training, treatment, research and national implementation on possible scientific parameters (As all aspects of traditional medicine / system / healing cannot be bind in strict scientific boundary).* The best integration is the combination of all aspects i.e. principles, diagnostics and therapeutics in one combination but it can also be done even in principles and or diagnostics and or therapeutics. (IFDIM – 1992)”



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