BASIC PRINCIPLES
OF
INTEGRATED MEDICINE

Author
Dr. Nagendra Prasad Dubey

Co Author
Dr. Niharika Dubey

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FOREWORD

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 was 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 Twelth 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 Integrated 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 programmes should be built. Dr. Dubey deserves our gratitude for bringing out the second 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.
In addition to the descriptions which are made in a simple reader friendly manner which would make the book attractive to lay people, the author has written chapters on the basis of integration and the concept of an integrated holistic system. These and other chapters are the product of much thought and experience. The chapter on “Integration as a need” should be read by all health care providers, policy makers and decision takers.

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
M.B.B.S., D. Phil (Oxon), FRCP (Edin), FAMS, FNA (Ind. Med.), FIMSA, DSc. (Hon. Causa)
National Professor of Pharmacology (NAMS)
Consultant SEARO, WHO
Advisor – Govt. of National Capital Territory of Delhi
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With profound gratefulness, I pay my homage to my beloved mother late Nawlakshi Dubey and father late Indrasan Dubey who prayed Almighty for my presence in this world. I dedicate my most sincere regards, respects and entire works in the “Lotus Feet” of Divine Sri Sathya Sai Baba whose grace, blessings and intuitions inspired me to think, plan and implement the course and curriculum integrated medicine.

I express my gratitude and sincere thanks to Late Prof. K. N. Udupa, Former Director, Institute of Medical Sciences, Banaras Hindu University, who inspired me to move forward in direction of establishment of integrated medicine.

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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. Namik 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

SCIENCE AND PHILOSOPHY

Everything in this universe has two aspects. Each life has its own philosophy which is associated with the science. The Divine Cosmic Power (DCP) is enormous. One can not bind it within the strict scientific boundary of subject. This Cosmic Power descended in this universe with descend of individual soul (Atma) in all (living and non-livings). This power had been always showered inform of Cosmic Energy to energizes them which were perceived in form of knowledge of various dimensions. A lot of ancient cosmic knowledge descended down in form of various sacred verses known as 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 were called Mantradrashta. 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.

DEFINITON

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 (1).

SCIENCE OF INTEGRATION

The science is the systematic component of the knowledge, means it is limited. For convenience and understanding the development science has been further divided in various groups as- Physical, Chemical, Biological, Geological, and Environmental. These groups were further divided various subjects and specialties. Medical science is one component of biological science to deal with the health care and well being of living beings. Again, the medical sciences
have been divided into two major groups as scientific or western modern medicine (allopathic) and traditional medicine/system/healing with drug and drugless modalities.

The holistic scientific aspects of cosmic energy derived by the ancient spiritual scientists descended through a series of steps and added the then traditional medicine/system/healing in accordance to the climate, cultures and civilizations. These addition made the traditional medicine as holistic system in various names as- indigenous, unorthodox, alternative, ethno, fringe, folk, unofficial traditional medicine and healing. All are having the same objective i.e. “Alleviation suffering”.

Now every medical system is flourishing in its own tight wall with varying degree of claims of curing, caring and healing to sufferings depending on their available means, methods and modalities of treatment and healing. Both existing systems (modern and traditional medicines) have strain and stress of their merits and demerits. Thus when:

- None of the medical system is perfect.
- None of the medical system is useless.
- Every medical system has merits and demerits.
- Every medical system has limitations and
- Our tradition is to respect all.

Under such circumstances, the only answer is to take the best of all the available systems together and develop its teaching, training, treatment, research and national implementation which could be nearer to the perfect as perfect is only one i.e. Omniprence who is controlling the entire universe (Divine Intuitions, Revelations and Blessings of Sri Sathya Sai Baba).

Keeping in views, the origin of various medical sciences and integrating the best of all existing systems, the science of integration emerged as “Comprehensive Health Care (CHC)” for alleviation of suffering and rehabilitation to the handicaps.

**PHILOSOPHY OF INTEGRATION**

Philosophy is ocean of knowledge and is limitless while science is limited. Here, we are only concern with the philosophy of Integrated Medicine which involves all philosophies predominantly the Holistic Natural Philosophy (HNP) derived from Cosmic Power identified by the sages (Rishis). It encompasses nature, culture, humanity, spirituality, environment and faith in GOD. The ultimate aim of life is to attain the goal i.e. liberation in GOD which cannot be attains in a moment or just by thought. It is complex way and requires from short journey to a long path of life and ultimately the aim is attained by someone if the path is correct. To attain the aim many obstacles may or may not come depending on the span of life and other pre determined factors as inherited properties (Sanskara). If one has long life, he has to overcome much more obstacles than an individual with short span. Everyone has to perform some works during his life because he is ordained individual to perform those works during the allotted span of life. The work may be either constructive or destructive. The constructive one is Divine Devotion for the good of humanity and the destructive one is of the Devils Dedication for creating the troubles in society which may be of any type i.e. physical, mental, social, moral, spiritual and environmental.
Depending on inherited properties (Sanskara), the individual does the works in his allotted span of life. Though, all individuals are similar in appearance and scientific descriptions but they differ by their actions and behaviors which may be minor to gross. How does it come? It is mystery of GOD. But amongst the known facts - *Man is the Maker of his Fate*. The inherited properties (Sanskara) cannot be entirely changed but some alterations is possible provided there is flexibility in the individual. It has been observed in past that many had been changed from extreme destructive or innocent to most constructive or intellectual as Maharshi Balmiki, Mahakabi Kalidas etc. and vice versa provided the stimulus and guidance is applied at proper time. This changed in individual to either side is based on followings factors.

1. Inherited Properties (Sanskara).
2. Individual Nature
3. Family Composition
4. Health of Individual
5. Food and Nutrition
6. Education
7. Social Milieu

Thus, the derived philosophy of integration is *"Holistic Natural Philosophy (HNP)"* which is responsible for “Holistic Care with Faith in GOD”.

**DOCTRINES AND PRINCIPLES**

The present status of integrated medicine in India has divine origin. It has born out of intuitions, revelations and blessings of Divine Sri Sathya Sai Baba. It has integrated doctrines and principles which encompass all the medical sciences (western modern medicine/ conventional medicine and traditional medicine/systems/ healing) as “Science of Comprehensive Health Care (alleviation of sufferings and rehabilitation to handicaps) and all philosophies derived from the cosmic wisdom and knowledge as “Holistic Natural Philosophy” (Holistic Care with Faith in GOD). Keeping in views, the derivation science and philosophy from the Cosmic Energy and integrating the available fragment of merits of various medical sciences with the philosophy, the integrated medicine has emerged with synergistic additional merits. Thus, the doctrines and philosophy of integrated medicine is “**Comprehensive Holistic Health Care (CHHC)**” (alleviation of sufferings, restoration to normalcy, rehabilitation to handicaps with faith in GOD). This system has collection of nine specific points called nine gems (*Navratna*) of integrated medicine. These GEMS are:

1. **Perfections** : Nearer to the perfect.
2. **Useful** : Most useful system of treatment and healing.
3. **Meritorious** : Combined merits with added synergistic merits.
4. **Bridge** : Strong Bridge between the existing systems.
5. **Research** : Having wide scope of scientific research.
6. **Limitless** : Not limited in strict scientific boundary only.
7. **Flexibility** : Having Flexibility (Provision of addition and omission).
8. **Totality** : Beneficial for “Comprehensive Holistic Health Care (CHHC).
9. **Need** : Need of the Day (Ever Green or Always Recent)
The Cosmic wisdom and knowledge has brought the science and philosophy in various forms. Ultimately on integration of merits of available medical sciences and holistic natural philosophy, the Principles and Doctrines of integrated medicine has emerged as “Comprehensive Holistic Health Care” The philosophical scientific derivation can be easily understood by this flow chart.

REFERENCES

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 civilization. Later on these modalities of treatment, therapy and healing were called traditional medicine. 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.

DEFINITIONS
Some of the common close terminologies are used in general practice of medicine, therapy and healing. These have 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, dental or psychological.

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

Every country or even zone of the same country has its own traditional system of treatment and healing. There are about one thousand three hundred and fifty (1350) traditional systems of treatment and healing is being practiced all over the world. Keeping in view the above fact, the therapy is divided into two broad groups.

I. Drug Therapy
   II. Drugless Therapy

I. DRUG THERAPY

Any material used for amelioration disease or pathological condition derived from any resource (herbs, chemicals, minerals, animals biological or otherwise) in any from (tablets, capsules, ointment, lotion, inhalants, injection, drops, syrup, or otherwise) used through any routes (oral, parental, inhalational, intubational or other natural orifices) and prepared scientifically or traditional is grouped under drug therapy. According to Integrated Medicine, any material used in treatment in any forms through any routes is called drug. It is not necessarily to have the specific chemicals or active principles.
For treatment of diseases and pathological conditions, the drug is in use since time immemorial. Before the scientific medicine came, these drugs were used by the traditional practitioners as traditional medicine which has come down through tradition in various names as indigenous, unorthodox, alternative, folk, ethno, fringe, unofficial medicine and healing\(^{(1)}\). Thus, drug therapy can be divided into two groups.

**COMMON DRUG THERAPIES**

The most commonly available drug therapies in India and adjacent countries are:-

1. Modern or Conventional Medicine
2. Ayurvedic Medicine
3. Siddha Medicine
4. Unani Medicine
5. Homeopathic Remedies
6. Biochemic Remedies
7. Herbal Medicine
8. Other Common Drug Therapies
   - Amchi System
   - Batch Flower Remedies
   - Traditional Chinese Medicine
   - Anthroposophical Medicine
   - Korean Oriental Medicine
   - Kampo Medicine.

The brief principles of some of the above drug therapies are mentioned in respective chapters.

**II. DRUGLESS THERAPY**

Any means, methods and materials employed outside the body in order to have treatment and or healing without or surrounding is called drugless therapy. This method can be also be employed in natural orifices for alleviation of suffering. It involves the various means and derivatives of Five Elements (ether, air, fire, water, earth) through various techniques (manipulation, exercise, pressure, pricking, heat, cold, massages, oleation, cleaning, sponging, spray, prayer, spiritually) with various materials (water, oils and its devoices, minerals, stars, and zodiacs). The drugless system involves healing through holistic natural philosophy (Holistic Health Care with faith in GOD). Drugless therapy is traditional methods. It acts at physical, mental, social, moral, spiritual, emotional, psychological, astral, ethric and environmental level.

**COMMON DRUGLESS THERAPIES**

The following are the commonly practiced drugless therapies / healing in India and other countries \(^{(2)}\):

1. Naturopathic Therapy
2. Yogic Therapy
The principles of some of the above drugless therapies are mentioned in respective chapter of drugless therapy.

REFERENCES

These are the system of treatments where one or more than one drugs of various origins (constituents) are used in treatment of various diseases or disorders. In western modern the drug in mainly comprised of chemical origin or chemical constituents of other resources as- herbs, minerals, marine, animal and other resources as active constituents while in traditional medicine the holistic purified constituents are used in treatment and healing. The most commonly available drug therapies in India and adjacent continents are:

1. Modern or Conventional medicine
2. Ayurvedic Medicine
3. Siddha Medicine
4. Unani Medicine
5. Homeopathic Remedies
6. Biochemic Remedies
7. Herbal Medicine
8. Amchi System (Tibetan Medicine)
9. Batch Flower Remedies
10. Other Common Drug Therapies as-
    • Traditional Chinese Medicine
    • Anthroposophical Medicine
    • Korean Oriental Medicine
    • Kampo Medicine.

The fundamental basic principles of some of these systems have been described in coming chapters.

**COMMON SOURCES OF DRUGS:**

The traditional medicines were usually derived from the natural sources mainly from herbs, mineral, metals and animals resources. With the advent of modern medicine, the source of various traditional medicines widened. The common source of drugs in various drug systems is;

1. Plants including herbs.
2. Animals.
3. Mineral
5. Biological.
7. Natural.

Some of the common drug therapies have been dealt in coming chapters.
MODERN MEDICINE

It is also called Modern Allopathic Medicine or Conventional Medicine. The other synonyms are allopathic medicine, scientific medicine and official medicine. The system is based on scientific documentation. Thus, it is called scientific medicine. It is an official system of most of the countries of the world. Through, it has been derived in one or the other way from the traditional system but 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 medicine. Modern medicine has become the official system 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.

Modern medicine is an organized health care system. Some of the other organized systems are Homoeopathy, Osteopathy. There are lesser number of the practitioners in these system, 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 (1).”

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, Ibn Sina (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 (2).

BACKGROUND

The modern medicine can be traced in ancient Egyptian, Mesopotamian and ancient Greece. Hippocrates is called the father of modern medicine who removed many super stations 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 medical practice all the complex phenomenon were broken into their simple component parts as:

(I.) **In Diagnosis** – Search for single cause
(II.) **In Pharmacology** – Search for active principles.
(III.) **In Doctor-Patient Relationship** – Search for an efficient treatment for the physical cause of symptom.

**GENESIS OF SYSTEM**

All the medical practices were considered traditional until the beginning of 19th century. The addition of scientific knowledge to various traditional systems, standardization of educational qualification to practice of medicine are source of genesis of modern medicine. It progressed rapidly in various spheres. Some of the important landmarks clinically, diagnostically, educationally and developmentally are:

i. The clinicians examine body temperature, respiration, blood pressure along with detail history of illness.

ii. X-ray studies and simple bio-chemical analysis of body fluids are used as routine tools for diagnosis.

iii. More accurate and sensitive development of chemical analytical procedures for diagnosis.


v. Application for the radio nuclides to study and treatment at higher centers especially medical institutes.

vi. Addition of graft and transplant of tissues and organ in surgery.

vii. Addition of immunology, chemotherapy, development of potent antibiotics and vaccines for treatment of various diseases and prevention of life threatening diseases in children are the important gift of the system.

viii. Expansion of concept of rehabilitation and development of a separate department for its proper functioning.

ix. Improve health care status of large segment of the world.

x. Development of centers for education, training and research.

xi. Training for paramedical staff to support the medical practitioners and serve the respective national programmes.
The modern medicine has grown up and developed to the extent that it has been subdivided into various subject as anatomy, physiology, biochemistry, pathology, microbiology, pharmacology, community medicine, forensic medicine and several major clinical disciplines as Surgery, Orthopedics, Ophthalmology. ENT, Medicine, Pediatrics, Psychiatry, Obstetrics and Gynecology. Out of these, many other sub and super disciplines have been developed.

Self care in countries where medical care system is less well developed. This system is useful but sometimes hazardous also when used; with little knowledge and experience.

**BASIS OF MODERN MEDICINE**

Modern medicine (Conventional Medicine) involves most specific procedures for study of human body. Its function, aetiology of disease, pathological changes, diagnosis (search for single cause) and procedures for cure or amelioration of disease and pathological condition through active principle of drug. To understand the fundamental principles, the basis is divided into two interdependent groups.

(I) Basis of Diseases  
(II) Basis of Management

**(I) BASIS OF DISEASES**

Modern medicine is based on scientific parameters and understanding. It deals the complex human being in scientific terms of its structures (anatomy), function (physiology) regulated with various humors (Biochemical constituents). The pathogenesis takes place with imbalance of agent, host and environment (trio or disease factors) leading to biochemical changes and the diseases (pathological). The medicine is governed within the legal frame. The diseases and pathological condition manifest with clinical features (clinical medicine), depending on involvement of the organs and extents of lesions. These lesions are diagnosed through various diagnostic tools and are dealt medically and or surgically. The medical treatment is done with specific drug according to the national pharmacopoeia. There is no single specific pharmacopoeia which is valid all over the world. Every country or even the state has its own pharmacopoeia depending on the above facts the system has been divided in following basic subjects which are further divided into various sub or super specialties. The basic subjects are:

1. Anatomy  
2. Physiology  
3. Biochemistry  
4. Pathology  
5. Microbiology  
6. Pharmacology  
7. Community Medicine  
8. Forensic Medicine  
9. Medicine  
10. Pediatrics  
11. Surgery
that the disease appears due to a definite etiological agent leading to change at cellular levels which gradually spread to tissue and organ levels with various clinical manifestations which are diagnosed by various diagnostic tools and treated medically and or surgically. The management depends on:

1. Trio – Factors (Disease Factors)
2. Pathogenesis and Pathology
3. Clinical features
4. Diagnosis
5. Specific Management

1. TRIO – FACTORS

Any disease according to modern medicine occurs due to vitiation of the ‘Trio-Factors (disease factors’) i.e. agent, host and environment which are like three factors of Indian System of Medicine (Ayurveda, Siddha and Unani medicine) the three common factors Ayurveda, Siddha and Unani medicine are Air (Vata), Bile (Pitta) and Phlegm (Kapha).

These trio-factors depend on various known causes enumerated by proving them scientifically. In a healthy individual, these factors remain in state of equilibrium. The relation of trio-factors in state of health is shown diagrammatically as under.

![Diagrammatic Representation of Trio Factors]

2. PATHOGENESIS AND PATHOLOGY

In modern medicine, the disease is caused by definite etiological factors falling to any one of the trio-factors. Any disturbance to any one factor disturbs the health by affecting the target cell, tissue and the organs leading to development of lesion and further the disease. The prognosis of diseases depends on following factors:
- Intensity, quantity and severity of agent.
• Individual’s resistance \textit{(Host-Immune Response)}.
• Environmental factors.
• Mode of entry of agent
• Involvement of cells and organs.
• Other attributing factors related trio-factors
• Institution of medical aid.

3. CLINICAL FEATURES

Depending on pathogenesis, the pathological changes take place which appears as clinical features. The patient comes to physician with definite complaints called Symptoms. The physician examines the patient and elicits various clinical findings called signs and made his provisional diagnosis. On the basis of symptoms and signs, the physician decides for various investigations to make further final diagnosis.

4. DIAGNOSIS

Diagnosis is the most important basis scientific medicine and management. Sometimes even after so much so sophisticated diagnosis tools, the diagnosis remains obscure. However, the commonly used diagnosis tools are :

(I) Routing Examination: These investigations are common in most of the diseases.

(a) Blood Examination- Total White Blood Corpuscles (WBC), Red Blood Corpuscles (RBC), Hemoglobin (Hb%), and Erythrocyte Sedimentation Rate (ESR).

(b) Urine Examination – Physical and Chemical Examinations.

(c) Stood Examination – Macroscopic and Microscopic Examination for Colour, Consistency, Worms, Blood, Ova, Cyst and other abnormal matters observed macroscopically.

(II) Biochemical test: Depending on disease.

(III) Cultural and Sensitivity Examination: Sample of various discharged body fluids and excreta are taken and subjected for growth of organism if any and its sensitivity to specific antibiotic or any therapeutic agent to decide the treatment of diseases to specific antibiotic or any therapeutic agent to decide the treatment of diseases.

(IV) Histopathological Examination: Depending on disease, the tissue is taken and histological changes are seen to decide its prognosis and line of treatment.

(V) Serological Examination: Depending on diseases.

(VI) Immunological Examination: Depending on diseases.

(VII) Radiological Examination: depending on involvement organs and systems.
(VIII) Ultra-Sonographic (USG) Examination: To decide the origin and extent of lesions.

(IX) Co-Axial tomography: depending on system and lesions.

(X) Magnetic Resonance Imaging: Depending on lesions.

(XI) Radio-Nuclides Studies: Depending on lesions.

5. SPECIFIC MANAGEMENT

After the proper diagnosis, the treatment in modern medicine becomes easier. Usually the treatment falls in one or the more ways as under.

(I) MEDICAL TREATMENT: It is done with the specific medicines derived from various sources. The medical treatment can be:

   (a) Specific Treatment – Diseases specific treatment.
   (b) Symptomatic Treatment – Depending on symptoms, it is also advocated where disease remain obscured even after the use of various diagnostic tools or where therapeutic trials is the only alternative.

(II) SURGICAL TREATMENT: Depending on lesions within the surgical limitations.

(III) RADIOLOGICAL TREATMENT: Depending on indications of radiotherapy.

(IV) COMBINED TREATMENT: In some patients, there are indications of medical and are surgical and or radiological treatment. It could be any combination.

(V) REHABILITATIONS: It is indicated in cases where some complications or sequelae has occurred following medical and or surgical and or radiological treatment.

PROFESSIONAL ORGANISATION

In modern medicine, the practitioners are organized in group because of common system, interest and problems. The organization has following main activities:

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.

[14]
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 fundamental of practice and progress of medicine characterizes the outlook of all medical teacher and practitioners. It has organized on various lines and levels of medical care delivery as:

(i) Ambulatory clinics
(ii) Hospitals
(iii) Pre-doctoral and post-doctoral training facilities
(iv) Medical institutions for teaching, training, treatment and research.

The result of research studies are made known in form of papers which are reported in journals. The data are also presented in local, regional, national or international conferences after selection by the appropriate committees. The validity, soundness and veracity of the paper is evaluated by peer groups prior to its presentation and publication.

**LIMITATION OF SYSTEM**

Based on the Core Principles of Integrated Medicine, every medical science has its limitations. The modern medicine has following main limitations.

(I) **Effectiveness:** The broad uses of modern medicine and its effects are:

(a) It is most effective in acute and emergency problems where material factors play role as an etiological agent e.g. infection, poisoning, injury, nutrition or personal and environmental hygiene.

(b) The results are less striking in degenerative and chronic conditions.

(c) It is difficult to see the noticeable effects in behavioral, emotional or spiritual disorders. Thus, modern medicine is not much effective in psycho-somatic disturbances which are most common in present society.

(II) **Health Coverage:** The developing countries can not have the significant health coverage with modern medicine due to intolerable cost and inadequate trained manpower. Thus, research for alternative system is necessary.

(III) **Interest in Traditional Medicine:** There is re-awakening of interest in emotional, spiritual and rational aspects of health expressing the rediscovery of local traditional systems of health care and important of traditional systems from abroad.
(IV) Availability: The scientific knowledge important from abroad has been only confined to higher center. The majority can not avail because of some valid reasons as availability, cost factors, toxicity, blind faith and customs in their traditional system.

(V) Belief and Practicability: Many people believed that traditional healing or medicine is harmless, effective and economical. It does not require any difficult or impossible carriage and preservation. Furthermore, it is more useful in physical, mental, social and spiritual well-being.

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 Health Organisations (WHO) classified integrated practitioners and defined “as integrated medicine where modern and traditional medicines are merged in medical education and jointly practiced within a unique health service. Some of the reasons of integration are (3):

(i) Many modern drugs are derived from traditional discoveries e.g., digitals, reserpin and many minerals etc.

(ii) Presence of many techniques which could be provided to traditional practitioners and simultaneously there are many concepts, ideas and practices which could enrich with modern medicine i.e. development of concept of appropriate technology which is appropriate for the community.

The mode of integration has been discussed separately but one thing is clear that joint efforts are essential for mutual improvement and to ensure that adequate health care coverage to all the people of the world. This was reflected in Alma Ata Declaration (1978) of WHO in the form of “Primary Health Care” of amalgamating various system of medicine for the effective reach at the grass root level.

REFERENCES

2. Cohen of Birkenhead, Lord: Opening address, Inaugural meeting of the section of measurement in medicine of the Royal Society of Medicine, Proceedings of the Royal Society of Medicine, 58;659-663 (1965).
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 5000 years 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. 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.

MYTHOLOGY OF ORIGIN

Out of many concept and mythologies, Ayurveda has two most popular mythologies of its origin.

(I) Divine Theory
(II) Vedic Theory

(I) DIVINE THEORY:

Ayurveda was first perceived by Brahma who taught it to Daksha Prajapati, who taught to Asvini Kumar and they taught to Indra. About further hierarchy of Ayurveda, there are various opinions according to various text. It can be well understand by following flow chart.
(II) VEDIC THEORY:

As a defined text and subject, Ayurveda is one of the Vedic literatures (Upveda). Some represent it as fifth Veda. Though it was being practiced as traditional medicine much before the Vedic era in different names according to cultural “Bhaishajyani” while those used in prolonging the life and health are known as “Ayushyani” Ayurveda is also considered as a subsidiary branch of Atherveda.

The basic doctrines of Ayurveda came down through two schools, School of physicians (Atreya Sampradaya) and School of Surgeons (Dhanvantari Sampradaya). These two schools represented the two major treatises. The third major tretise is called Astanghridaya which is concise version of Charaka and Sushruta Samhita by Vagbhatta.

OCTOPARTITE DIVISION

Ayurveda is also called Astang Ayurveda, as it is divided into eight important branches. The co- relation of these eight branches of Ayurveda with modern medicine is given as:

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Ayurveda</th>
<th>Modern Medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Kayachikitsa</td>
<td>General Medicine</td>
</tr>
<tr>
<td>2.</td>
<td>Shalya Tantra</td>
<td>General Surgery</td>
</tr>
<tr>
<td>3.</td>
<td>Salakya Tantra</td>
<td>Head and Neck(including Eye, Ear, Nose, Throat)</td>
</tr>
<tr>
<td>4.</td>
<td>Agada Tantra</td>
<td>Toxicology</td>
</tr>
<tr>
<td>5.</td>
<td>Bhuta vidya</td>
<td>Neurology 9(including Psychiatry)</td>
</tr>
<tr>
<td>6.</td>
<td>Bala Tantra</td>
<td>Paediatrics</td>
</tr>
<tr>
<td>7.</td>
<td>Rasayan Tantra</td>
<td>Rejuvenation Therapy (Geriatrics)</td>
</tr>
<tr>
<td>8.</td>
<td>Vajikaran tantra</td>
<td>Science of Aphrodisiacs</td>
</tr>
</tbody>
</table>

DOCTRINES AND PRINCIPLES

The doctrine of Ayurveda is called Philosophy (Dharshan) which encompasses all science (physical, chemical, biological and spiritual). According to Ayurveda, human body is consists of three aspects i.e. physical (body), Subtle (mind) and Causal (Spirit). The living physical body is comprised of Five Elements (Punchmahabhutas) which are represented by, Humors (Doshas), Body Tissues (Dhatus) and Waste Products (Malas). The entire representative is responsible for various functions in isolation or in combination.

1. Humors (Doshas) – Physio-chemical and physiological activities
2. Body tissues (Dhatus) – Formation of basic structure of body

THREE HUMORS (TRIDOSHAS)

All the physical, physiological and psychological processes, biochemical changes; pathogenesis of various diseases leading to pathology and their result clinical features are
explained by the theory of Three humors (Tridoshas). The nearest scientific terms and english words related to three humors (Tridoshas) are given below:

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Humors (Tridoshas)</th>
<th>Scientific Terms</th>
<th>Nearest, English Terms</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Vata</td>
<td>Motion</td>
<td>Air</td>
</tr>
<tr>
<td>2.</td>
<td>Pitta</td>
<td>Energy</td>
<td>Bile</td>
</tr>
<tr>
<td>3.</td>
<td>Kapha</td>
<td>Inertia</td>
<td>Phlegm</td>
</tr>
</tbody>
</table>

**SEAT OF HUMORS**

All the three humors are present in varying quantity everywhere in the body but depending on its predominance, the principal seat of these humors has been shown diagrammatically as (1).

"Principal Location of Humors"

All the three humors (Tridoshas) are present only in living organisms. These are the manifestation of five elements. Thus, each humors is consist of mainly two element with life force which is as:

1. Air or Motion (Vata) = Air + Ether + life Force
2. Bile or Energy (Pitta) = Fire + Water + Life Force
3. Phlegm or Inertia (Kapha) = Water + Earth + Life Force

**FUNCTION OF THREE HUMORS**

As all the three humors are the manifestations of five elements in living Organisms. Thus, depending on the availability and predominance of the element each humor is responsible for particulars function in living being.
1. FUNCTION OF AIR OR MOTION (VATA):

It consists of air ether and life force. It is subtle, moving, dry, cold, rough, quick, light in quality and having apace in it. It is responsible for all the activities related to air and space of lighter qualities. There are five types of Air (Vata) and each one is present in specific position of body to perform the specific function alone on or combination. These Air (Vata) are – Pran, Udan, Saman, Apan and Vyan. In combination, the following function is attributed to Air (Vata) humors.

(a) Movement of body.
(b) Respiration (Both inspiration and expiration)
(c) Natural urges through various orifices as passage of urine, stool, menses, ejaculation, coughing, sneezing, yawning etc.
(d) It helps in motor and sensory function.
(e) It helps in excretions and secretions of various glands (endocrine and exocrine).
(f) Psychosomatics – creativity, fear, anxiety, dream, neurogenic psychosomatics activities.

2. FUNCTION OF BILE ENERGY (PITTA):

It consists of fire, water and life force. It is hot, penetrating, oily, acidic, light in quality. There are five types of Pitt (Bile) – Pachak, Ranjak, Sadhak, Alochak and Bhrajak, In combination the following function are attributed to Bile (Pitta).

(a) It helps indigestion.
(b) It is responsible for thrust, hunger and metabolism.
(c) It provides heart to the body.
(d) Psychological – desire, joy, intelligence, anger, jealous, hate.

3. FUNCTIONS OF PHLEGM OR INERTIA (KAPHA):

It consists of water, earth and life force. It is heavy, solid, oily, cold, sweet, sticky, immobile and soft in quality. There are types of Phlegm (Kapha) – Kledak, Awalambak, Bodhak, Tarpak and Slesak. In combination the following function are attributed to Phlegm (Kapha).

(a) It Provide structure to the body.
(b) It provides resistance to the body.
(c) It maintains the growth of the body.
(d) It is responsible for lubrication to the body.
(e) Psychological – peace, courage, tolerance, austerity, forgiveness and possessiveness.

THREE HUMOURS EQUILIBRIUM

In any healthy individual, all the three humors (Tridoshas) remain in state of equilibrium with the help of common forces existing between two humors (2). This can be observed as mention diagrammatically on forthcoming page.

[20]
According to Ayurvedic principle, there are seven types of body tissues (Dhatus) which are responsible for formation of basic structure of body. The traditional name and corresponding scientific representative name of the tissues are given below.

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Dhatu</th>
<th>Body Tissues</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Ras</td>
<td>Body Fluid (lymph)</td>
</tr>
<tr>
<td>2.</td>
<td>Rakt</td>
<td>Blood</td>
</tr>
<tr>
<td>3.</td>
<td>Mans</td>
<td>Muscular Tissue</td>
</tr>
<tr>
<td>4.</td>
<td>Meda</td>
<td>Adipose Tissue</td>
</tr>
<tr>
<td>5.</td>
<td>Asthi</td>
<td>Bone Tissue</td>
</tr>
<tr>
<td>6.</td>
<td>Majja</td>
<td>Nerve Tissue and Bone Marrow</td>
</tr>
<tr>
<td>7.</td>
<td>Shukra</td>
<td>Sperm and Ova</td>
</tr>
</tbody>
</table>

The essence of all body tissue is called Grace (Ojus) which is responsible for the aura of the human which get affected (depleted) during disease and pathological condition. The experienced physicians in practice of aura diagnosis, judges the problems from individual aura.

WASTE PRODUCTS (MALAS)

The waste products are the ultimate products of metabolic activities. Each tissue after metabolism forms the specific waste product. There are flowing types of waste products (Mala).

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Waste Products</th>
<th>Malas</th>
<th>Route of Excretion</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Stool</td>
<td>Mal</td>
<td>Lower GIT</td>
</tr>
<tr>
<td>2.</td>
<td>Urine</td>
<td>Mutra</td>
<td>Urinary System</td>
</tr>
<tr>
<td>3.</td>
<td>Sweat</td>
<td>Pasina</td>
<td>Skin (Sweat Glands)</td>
</tr>
<tr>
<td>4.</td>
<td>Nails</td>
<td>Nakhoon</td>
<td>Hands and Feet</td>
</tr>
<tr>
<td>5.</td>
<td>Hairs</td>
<td>Bal</td>
<td>Head and other hairy parts of body</td>
</tr>
</tbody>
</table>
PATHOGENESIS

Mostly the agent, host, environment (trio factors) are responsible for vitiation of body humors (Tri-Doshas) resulting in a quantitative increase in one or the other humors (Doshas). These vitiated humors may create imbalance in various body tissue and liberates waste products (Malas). These waste products (Malas) spread in the body through various channels (Macroscopic and Microscopic) which ultimately cause blockage of the channels at its narrowest part or settle in particular body tissues to cause pathological changes due to obstruction of the flow of life energy (Chi) beyond the blockage or in the tissue where waste products has settled. This result deprived of vital force leading to pathological changes and ultimate pathology. This leads to appearance of symptoms and sings (Clinical features).

MANAGEMENT

Ayurveda optimizes the philosophy of total health care. The aim of treatment is improvement of vitality to resist the disease and strengthen the immune mechanism so that disease may be prevented and cured. The treatment consist of –

1. AVOIDANCE OF CAUSATIVE FACTORS: Known causative factors which affect the humors. Body tissue, waste products and thus the five elements are to be avoided

2. MEDICAL TREATMENT: The medical treatment is considered under following steps:

   (A) Suitable Diets – According to individual nature, type and nature of disease, season and requirement, the diet should be advised. The diet should be vegetarian.

   (B) Regulated Activities – Regulated physical activities should be directed.

   (C) Proper Regimens – Proper combinations of drug should be advised.

   (D) Pacification or Palliation (Shaman Therapy) – The process by which the vitiated humors (Doshas) are controlled or return to normalcy without creating imbalance of other humors (Doshas). It also involves neutralization of toxin through fasting, use of ginger, black pepper sustained hunger, thrust. sun bath and fresh air.

   (E) Purification (Shodhan Therapy) – It is done through five processes (Panchkarma). These processes are employed to remove the waste products (Malas) blocking the channels or settled in the cells and tissue to correct the imbalance humors. Before going to proper purification therapy, there are two formed in order to loosen the waste products blocking the channels or settled in the cells and tissue. Thus, purification in done in two steps.

   (I) Pre – Purification (Prekarma)

   (II) Proper – Purification (Panchkarma)

(F) Pre-Purification (Prekarma): This is process done before purification (Panchkarma). It is consists in two steps.

   (i) Oleation: Massage with medicated oils like Punchgun, Til, Olive oils etc.
(ii) **Sweating**: it is done by increasing the body temperature to enhance the sweating in order to remove the various waste products through perspiration. Seating in don by two ways.

- Direct Sweating: Through use of fire, heater, blanket, closed room.
- Indirect Sweating: Rising the by temperature through increasing the temperature in any chamber by pushing the steam, heating the chamber from outside the wall.

**(II)Proper – Purification (Panchkarma):** It involves five processes to remove the loosened waste products in channels or settled in cells or tissue. It involves following steps.

(i) **Emesis (Vaman)** – Induction of vomiting for removal of Phlegm (Kapha). It is done with Madanphal powered, Nux vomica, Licoris, Salty colmus and Cardamom. In usual practice Madanphal powered is used which creates astringent action in throat (Pharynx) to induce vomiting.

(ii) **Purgation (Virechan)** – This process is done to clean the excess of Bile (Pitta) and purification of blood toxins. It is done with Sena, Flaxseed husk, Cow’s milk, Castor oil, Kaisins, Mango juice. In usual practice Castor oil and Ichhavedi vati is used.

(iii) **Enema (Basti)**- It is done in case of Air (Vata) disorders. It helps in 80% disorders of Air (Vata). Enema is of two types :

   (a) Oil Enema – Sesame oil
   (b) Decoction Enema - Medicated enema

(iv) **Bloodletting (Rakta Mokshan)** – Removal of blood, pus and other abnormal fluid collected in the body. It helps in correction of Bile (Pitta) disorders. It is done with blood purifying herbs as Saffron, Sandalwood, Turmeric root powder and application of Leeches.

(v) **Errhines (Nasya)** – It is process of increasing the nasal discharge to remove the abnormal waste products blocking the respiratory tracts, sinuses, orifices of head, neck and throats. It is done with Black pepper, Ginger, Calamus powder, Onion and Garlic.

3. **SURGICAL TREATMENT:** Surgery is in practice since long before the origin of modern medicine. Most of the surgery as transplant surgery, general surgery and surgery of ear, nose, throat and eye were being performed from even before the Sushruta.

**REFERENCES**

1. Dubey, N.P; Basic Principle of Integrated Medicine, Ayurveda, Revised Editions-2002, P.36
In India, there had been two most important ancient systems of treatment and healing are Ayurvedic medicine and Siddha medicine. They are similar in their many aspects. Ayurvedic system is contemporaneous to Chinese, Egyptian, and Greek medicine. There is evidence that it has its Lemurian continent is called Kumarikandam, the cradle of man, which last in Indian ocean. After this, Siddha medicine flourished in South India. It Flourished in Indian subcontinent during first Tamil Sangham period in 6th and 7th B.C and was intimately linked with Tamil culture.

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.

**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) CULTURE BOUND THEORY:** It has its Lemurian continental origin. It flourished during the first Tamil Sangham period in 6th and 7th B.C.

**II) DIVINE ORIGIN THEORY:** It has its relation of origin from Lord Shiva\(^1\). 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.

```
Lord Shiva
   ↓
Parvati
   ↓
Nandideva
   ↓
Siddhara (Seers)
   ↓
Shiva Sampradaya
   ↓
Maharshi Agastyar
   ↓
Siddha System
```

[24]
The universe consists of two fundamental entities, the matter and the energy which cannot be separated easily. The Siddha system being divine in its origin from Shiva has two important forces as energy called Shiva and Shakti. They are inseparable, any effort of separation of these force may create imbalance. This system conceives that there is close relation between man and nature. Soul and mind are the part of true constitution of man who is made up of five elements (Punchmahabhutas) which are the parts of true constitution of any matter in this universe. Thus universe is the representative of five elements (Punchmahabhutas) which are the basic requirements of creation, preservation and destruction. These are five primordial elements (Punchmahabhutas) according to Siddha system are :-

(a) Solid or Earth (Munn)  
(b) Liquid or water (Neer)  
(c) Radiance or Fire (Thee)  
(d) Gas or Air (Vayu)  
(e) Space (Akash)

The physiological function of body is mediated by three principal humors which are representative of five elements (Punchmahabhutas). The three principal humors in Siddha system are -

(A). Vazhil (Vatham)  
(B). Azal (Pitham)  
(C). Iyyam (Kapam)

In each living cell of the body, all the three humors are present and function harmoniously. The three humors of Siddha and Ayurveda systems are very similar. All these humors are in the combination of at least two elements of the five elements (Punchmahabhutas). The similarity of three humors of both systems and their combination of five elements is mentioned below (3):

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Three Humors (Siddha System)</th>
<th>Three Humors (Ayurveda System)</th>
<th>Nearest English Term</th>
<th>Elemental Constitution</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Vazhil (Vatham)</td>
<td>Vat</td>
<td>Air</td>
<td>Vayu+Akash</td>
</tr>
<tr>
<td>2.</td>
<td>Azal (Pitham)</td>
<td>Pitta</td>
<td>Bile</td>
<td>Radiance-Neer</td>
</tr>
<tr>
<td>3.</td>
<td>Iyyam (Kapam)</td>
<td>Kapha</td>
<td>Phlegm</td>
<td>Neer+Munn</td>
</tr>
</tbody>
</table>

Since soul and mind are the integral part of the human being. Any disturbance in the three principal humors in form of its increase or decrease will lead to disease. Astral influence vitiates these humors. This influent enters in body through food, drinks, inhalation, skin and psychosomatic resources. They affect the target cells and thus the organs along with exocrine and endocrine gland to produce excess or diminish in secretion and leads to imbalance in five elements and three principal humors.
There are two points to be considered in diagnosis in Siddha system like Ayurveda. These points are Noai Nadal and Noai Mudhal Nodal.

1. **NOAI NADAL** (Approach to disease)- It comprised of collecting the information about the patient (bio data and complaints)

2. **NOAI MUDHAL NODAL** (Aetiology of disease)- It involves determination of aetiology of disease through various examinations.

In Siddha system, body and disease are taken together into consideration for diagnosis of disease. The diagnosis is based on eight entities (*Astasthanas*). These eight examination (*Asthans Pareeksha*) is mentioned in “Agastiya Vaidya Sagarm”. These eight examination are:

1. Pulse (*Nadi*)
2. Ear (*Kan*)
3. Voice (*Swar*)
4. Touch (*Sparsh*)
5. Colour (*Varn*)
6. Tongue (*Na*)
7. Faeces (*Malas*)
8. Urine (*Neer*)

The treatment in Siddha Medicine is originally derived from metals and minerals. The main minerals used were Mercury (Hg), Sulphur (S), Copper (Cu), Arsenic (As) (Yellow, white and Red), Iron (Fe), Gold (Au) and varieties of other metals and minerals. Later on, vegetables, animals and marine products were also added in the therapeutic use. This system has also included a lot from Chinese, Arabian and Western medicine in various forms.

The therapeutic techniques in Siddha system is comprised of two types:

(I) **MEDICINAL TREATMENT**: It consists of two types.

(a) **Internal Medicine**: It is invisible, enters in body trough natural orifices, digested by the mind and operated in entire body by the Vital Force (*Pran Vayu*). It purifies the blood and prevent from exogenous diseases.

(b) **External Medicine**: These are the visible derived medicines from various sources. These are use through oral and parenteral routes in from of tablets, capsules, powder, applicaps, syrup and inhalants.
(II) SURGICAL TREATMENT: Besides the usual surgical treatment of the traditional surgery, the surgery with fire is mentioned in Siddha literatures.

(III) KAYA KALPAM: It is process of preservation of human health without any destruction or attack of disease for long time. It is done by three methods-  
  (a) By Mani – Preparation of Mani from mercury, Sulphur and Salts.  
  (b) By Mantras – recitation of various Vedic mantras based on the principles of Patanjali Astang yoga.  
  (c) By Medicine – Routing medicine is used.

REFERENCES

1. Dubey, N.P; Basic Principle of Integrated Medicine, Siddha Medicine, Revised Edition 2002 P.44.  
2. Dubey, N.P; Basic Principle of Integrated Medicine, Siddha Medicine, Revised Edition 2002 P.45.
In 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 Arab civilization. The Muslims call it Unani medicine whereas European calls it Arabic medicine.

DOCTORINES 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 (1).

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

CONCEPT OF DISEASE

In Unani medicine, the humors (Akhalat) are the lock which is of four types i.e. Blood, Phlegm, Yellow bile and Black bile. This lock is opened by the key called temperament (Mizaj), means humors and temperament are very closely related to each other. The temperament (Mizaj) being the key has important role in this system. It forms the basis of pathology, diagnosis and treatment. The temperaments are expressed as in Galenic concept and are of following types:
a. Sanguine due to blood.
b. Phlegmatic due to phlegm.
c. Choleric due to yellow bile.
d. Melancholic due to black bile.

In other words, temperament is proportional to Psycho-neuro-endocrinal system (PNES). Any change in temperament leads to change in health due to effect on psycho-neuro-endocrinal system. The disease is an expression of imbalance of humors and failure of one or more parts of the body to eliminate the pathogenic waste products. The humors, physical effects and responsible temperament are given below (2):

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Humors</th>
<th>Physical Effects</th>
<th>Temperament</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Blood</td>
<td>Hot and moist</td>
<td>Sanguine</td>
</tr>
<tr>
<td>2.</td>
<td>Phlegm</td>
<td>Cold and moist</td>
<td>Phlegmatic</td>
</tr>
<tr>
<td>3.</td>
<td>Yellow bile</td>
<td>Hot and dry</td>
<td>Choleric</td>
</tr>
<tr>
<td>4.</td>
<td>Black bile</td>
<td>Cold and dry</td>
<td>Melancholic</td>
</tr>
</tbody>
</table>

In Unani system, the correct diagnosis is made by considering the following factors:
1. **Elements:** Ether, Air, Fire, Water and Earth.
2. **Temperaments:** Sanguine, Phlegmatic, Choleric and Melancholic.
3. **Humors:** Blood, Phlegm, Yellow bile, Black bile.
4. **Organs:** All external and possible internal organs.
5. **Spirits:** Carrier of different power or life force.
6. **Faculties:** The following faculties should be considered individually.
   (a) Natural Power: Nutritive power and growing power.
   (b) Psychic Power: Perceptive and motive power
   (c) Vital Power: It is indicative of Ruh (Atma).
7. **Function:** (Movements of various organs) – It includes pulse, urine, stool which are the indication of disturbances in various organs of the body.

### TREATMENT

In treatment, drugs are used according to the temperament and the temperament of the drugs is decided by its action on temperament of the body. For an instance, any drug is said to be hot when given to a person who on interaction with vital faculties of the person produces a hot temperament. In general, the treatment in Unani medicine is of two types-

(I) Preventive Treatment.
(II) Curative Treatment.

(I) **PREVENTIVE TREATMENT:** The following aspects are considered as part of preventive treatment in to both i.e. in health and diseased.
(a) Air.
(b) Food and drinks.
(c) Bodily movement.
(d) Psychic movement and response.
(e) Sleep and wakefulness.
(f) Evacuation and retention.

(II) CURATIVE TREATMENT: It is applied to the diseased only. Diet restrictions are to be followed in certain metabolic diseases and pathological conditions. Unani medicine includes both medical and surgical treatments.

(a) Regimental therapy – A particular regimen to a particular patient.
(b) Diet therapy – Restricted diets to the patient having metabolic, endocrinal and certain other disorders.
(c) Pharmacotherapy – Particular Pharmaceutical drug to particular patient
(d) Surgery – As and where indicated within limit.

REFERENCES

2. Dubey, N.P; Basic Principle of Integrated Medicine, Unani Medicine, Revised Edition 2002 P.49.
Homoeopathy is a gentle form of scientific medical system of treatment and healing. It consists of two Greek words *Homoios*- 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*. The system had been founded by Dr. Samuel Christian Friedrich Hahnemann (1755-1843). He was a German Physician.

Hippocrates first taught that there were two ways of treatment of patient.

1. Cure by Contraries
2. Cure Similarities

(1) **Cure by Contraries** – Here, treatment is given to counteract the symptoms. It includes majorities drugs therapies as modern medicine, Ayurveda, Siddha, Unani and many other drug therapies.

(2) **Cure by Similarities** – Here, the treatment is done which has ability to produces the same symptoms. 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 (i).

**HOMOEOPATHY LAWS**

Homoeopathic system is govern by the certain laws called homoeopathic laws (ii).

1. **Law of Simillia, Similibus, Curanture** (*Let like be treated by likes*): Here one take symptoms complex of the patient and attempt to match it with toxic effects complex of the remedies. There may be several remedies but nearest matching remedy is taken for use. Law of cure was formulated by Constantine Herring and thus called **Herring's Law** which states-

   - Cures starts from above downward (*above downward*).
It starts from within outward (within outward).
• From most important organs (most important to least important).
• Reverse order of appearance – means the symptoms appear last will disappear first (comes last goes first).

2. **Law of Action:** The action and reaction are equal and opposite as the medicine which can produce disease symptoms in healthy individual can treat the symptoms of disease in patients.

3. **Law of Quantity and Dose:** The quantity of drug required is in inverse ratio of the similarity. The similar symptoms in healthy individual can be produced with higher doses while the symptoms are cured in diseased with lower doses.

4. **Law of Quality:** The quality of action of remedy is determined by its quality (dilution) of the drug which is responsible. Here, more diluted dynamised remedy produces better response.

5. **Law of Quantity:** A very minimal even infinitesimal change in nature of symptoms complex is decisive of the quantity of action of remedies.

6. **Law of Use:** The dose and its quantity which permeates the organism and makes its essential impression on vital force is that which will affect the functional sphere of individual.

7. **Law of Biological Development:** Functional creates and develops the organ.

8. **Law of Disease and Development:** The functional symptoms produced are in proportion of the disturbances created on vital forces. These functional symptoms lead to structural changes.

9. **Law of Proving:** Homoeopathy is scientific system. It has its definite law of proving. There are two laws of proving.
   - Any remedy in its natural state, affects the vital energy but little will develop on proving only in high potency.
   - Any remedy in its natural state, disturbs the vital energy to functional manifestations (symptoms) only may be proven in crude form.

**CONCEPT OF DISEASE**

Homoeopathy considers that the disease is a result of morbic influence of disease factors (agent, host and environment) on harmonious flow of vital energy which is dynamic force in living organism. The morbic influence brings morbic changes in vital force. This morbic change leads to functional changes producing pathological changes and ultimately symptoms of various levels as- Physical, Constitution and Mental which are mostly represented as general
symptoms and mental symptoms. Each patient is considered as individual on the basis of general symptoms. The totality of symptoms is the basis for Homoeopathic remedies.

The relation of morbific influence (3) of disease factors, vital energy, thus development of symptoms can be understood from following diagrams:-

**MORBIFIC INFLUENCE AND SYMPTOMS**

**DISEASE FACTORS**

Morbific Influence

Morbific changes in Vital Force

Functional Changes

Symptoms (Physical, constitutional and mental)

- General Symptoms
- Mental Symptoms

Totality of Symptoms

Homoeopathic Remedies
Homoeopathic remedies have highest ideal of cure on comprehensive principles.

- Raid Cure
- Gentle Cure
- Permanent restoration of health or removal and annihilation of the disease in shortest, reliable and harmless ways.

**CARDINAL RULES**

There are three important cardinal rules for use of the Homoeopathic remedies.

(i) **Use of Medicine:** On the basis of totality of symptoms, the nearest symptoms producing remedy to be used.

(ii) **Use of Single Remedy:** A single remedy is used in most of the sufferings.

(iii) **Use of Minimal Dose:** The remedy to be started with the lower potency of decimal or centesimal potencies.

**POTENCY**

Potency means for more than the dilution. It is done with the process called potentisation (potentiating) which enhances the power of a remedy. In this process the remedy becomes less concentrated but more energized.

**I) PREPARATION OF HOMOEOPATHIC MEDICINE**

The usual sources of Homoeopathic remedies are herbs, chemicals minerals, animals, biological and tissue. Thus, the obtained materials are grouped into two types of substances.

1. Soluble substances
2. Insoluble Substances

1. **Soluble Substances:** Here, the substance is infused for three week in alcohol. Then, it is filtered to produce mother tincture. This mother tincture is diluted with the 40% alcohol. This dilution can be standardizing on two scales as mentioned below.

\[
\begin{array}{c}
\text{Mother Tincture} \\
\text{With 40\% Alcohol} \\
\end{array}
\]

- Decimal Scale
- Centesimal Scale

[34]
In this way one part of first Decimal and Centesimal potencies are re diluted with 9 and 99 part of 40% alcohol and successes to produce 2x and 2 c potencies. Further, potencies are prepared as above methods on both scales.

**CORELATION BETWEEN DECIMAL AND CENTESIMAL SCALE**

The decimal and centesimal dilution and unitary dilutions and can be correlated as:

\[
6x = 3c = \text{One in a million}
\]
\[
30c = \text{One in five million}
\]

Indeed, according to Avogadro’s law by the time one reaches to 12 c, the solutions are unlikely to have a single molecule or original compound left.

**Insoluble Substances:** Here mother tincture cannot be made. The substances are mechanically ground with lactose powder for several hours in proportion of one in ten. This is called trituration. This is done three times to produce 3x, after this; it is dissolved in alcohol or water and potentised in usual manner.

12 c is the cut off point. Remedies up to 12 c are considered low potency and above 12 c is high potency. We commonly start with 6 c under low potency and 30 c under high potency.

**DETERMINATION OF POTENCY**

In majority of the cases, the patient comes to the homoeopathic practitioner after talking western or the other medicine. In such cases, Camphor (mother tincture) or Nuxvom 30c should be given in one or two doses. In general, the following three points are taken in account of the potency.

1. **Scale Consideration:** The following two scales are used in homoeopathic potencies.

   1. Camphor pr Nuxvom should be used in mother tincture and Natrum-mur, Sulphur, Lycopodium should be use in higher potencies.

   2. **Initiation of Treatment:** In acute cases, low or medium potencies are used and be repeated every 1, 2, 3, 5 hours. The potency may be increased at 10, 15, 20 minutes. In chronic cases, higher potencies should be used an the potency can be increased after two unsuccessful doses. The duration of dose can be even once or twice a week.

   3. In Cholera, one should use the remedies as per their desecration.

**PRINCIPLES OF REMEDIAL ACTION**

(i) **Decimal Scale**

\[
\begin{align*}
*1 \text{ Part of mother tincture} & + \\
9 \text{ Part 40% alcohol with vigorous} & \text{vibration for few second } (\text{Succussion}) \\
\rightarrow \text{First Potency or 1 x}
\end{align*}
\]

*It is designated as x in UK and D on the other countries.

(ii) **Centesimal Scale**

\[
\begin{align*}
*1 \text{ Part mother tincture} & + \\
99 \text{ Part 40% alcohol vigorous} & \text{vibration for few second (Succussion)} \\
\rightarrow \text{First Potency or 1c}
\end{align*}
\]

*It is designated as c in UK and CH on the other countries.

[35]
During the process, there is loss of some the electrons from the atom of the substance. The produce disturbance between the nuclei and the electrons of the atoms of the substance leading to release of electromagnetic energy and the state of dynamisation of drug.

On the other hand disease is result of morbid influence on harmonious flow of vital energy. The inner expression is dynamic where morbid changes takes place in the vital force which lead to pathological change and outward expression is functional or symptomatic. Thus, there is a disturbance in cellular electrical activity which is in dynamic state of disease. Thus, both the drug and disease are in dynamic state and acts in same plane to have the curative effects.

### CLASSIFICATIONN OF DISEASES

In homoeopathy disease are classified into three groups:

(i) **Acute Diseases:** Diseases of short duration with severe onset caused by most virulent organisms (bacteria, virus, fungus, protozoa) or otherwise of severe origin. The duration varies from hour to 6 weeks.

(ii) **Sub Acute Diseases:** Diseases lasting more than 6 weeks but less than 12 weeks caused by medium to moderate virulent organisms or of any other origin.

(iii) **Chronic Diseases:** Diseases having long lasting duration. It is caused by one or the other of the three *Miams* – *Psora, Syphilis and Psychosis.* These miams could be acquired or hereditary.

### FUNDAMENTAL RULES

The use of homoeopathic remedies is governed by certain rules. These rules are to be followed in order to achieve the maximum effects.

1. **Diet**- A vegetarian patient is the best patient for homoeopathic remedies.

2. **Use of Medication**- Remedies should be taken when stomach is empty. As regard food, it should be taken an hour before or two hours after the food. In acute patient, it can be used 15 minutes before and 20 minutes after the food.

3. **Pre-medications**- In treated patient with any system of drug therapy, start with two to three doses of Camphor or Nuxvom – 30 at night. Then use the necessary remedies.

4. **Avoidance**- Advise to forbidden, betel leaf, cigarette and tobacco at least an hours before and an hours after the use of homoeopathic remedies

[36]
5. **Natural Care**-Preventive measures with natural method are to be encouraged.

6. **Precautions in Medication**-Don’t touch the remedies with hand. Use it directly on or below the tongue.

**REFERENCES**

**BIOCHEMIC REMEDIES**

It is also called tissue remedies as it acts on various body cells of different tissues. It was developed by Dr. W.H. Schussler. 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.

**DOSOLOGY**

- It is prescribed in homoeopathic doses by trituration. It is given every hourly, two hourly or four hourly depending on requirement.

- Sometimes more than one salt is administered at an interval of 20 minutes.

**BASIC SALTS**

These salts are used after proper triturating as in homoeopathic remedies. The following are the basic salts and their special salts used in biochemical remedies:

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Basic Salts</th>
<th>Special Salts</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Calc</td>
<td>Calc Flour</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Calc Phos</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Calc Sulph</td>
</tr>
<tr>
<td>2.</td>
<td>Ferr</td>
<td>Ferr Phos</td>
</tr>
<tr>
<td>3.</td>
<td>Kali</td>
<td>Kali Mur</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kali Phos</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kali Sulph</td>
</tr>
<tr>
<td>4.</td>
<td>Nat</td>
<td>Nat Mur</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nat Phos</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nat Sulph</td>
</tr>
<tr>
<td>5.</td>
<td>Mag</td>
<td>Mag Phos</td>
</tr>
<tr>
<td>6.</td>
<td>Sal</td>
<td>Salicic Oxide</td>
</tr>
</tbody>
</table>

[38]
## COMMON SALTS AND INDICATIONS

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>BASIC SALT</th>
<th>SPECIAL SALT</th>
<th>PROPERTIES</th>
</tr>
</thead>
</table>
| 1.     | Calc       | Calc. Flour  | (I) *It helps in Building of-* Connective tissues, bones, teeth; fibers; elastic tissues; muscle tension.  
(II) *Deficiency Causes* –  
- Varicosities  
- Cracked crazy pavement skin  
- Loose teeth  
- Flabby muscles both skeletal and cardiac |
| 2.     | Calc       | Calc. Phos   | *It helps in building up of-*  
- Blood vessels,  
- Improve salivation,  
- Digestion,  
- Restoration of health of tissue after sickness  
*Deficiency Causes* -  
- Anaemia  
- Poor assimilation of nutrients,  
- Weakness |
| 3.     | Calc       | Calc Sulph.  | *Present in connective tissues and helps in normal metabolism, keep healthy membranes prevent skin disease and nervous complaints*  
*Deficiency Causes* :  
- Neurodermatosis.  
- Kidney and pancreatic diseases.  
- Retention of toxins. |
| 4.     | Ferr       | Ferr. Phos   | *It is present in blood and carries Oxygen (O₂) for body.*  
*Deficiency Causes* :  
- Anaemia and hypoxia.  
- Over expansion of blood vessels with accumulation of toxin.  
- Decrease metabolism.  
- Haemorrhage with aches.  
- Pain all over the body. |
| 5.     | Kali       | Kali. Mur    | *It has complex action so used in conjunction with other salt.*  
*Deficiency Causes:*  
- Damage of fibres of cells.  
- Respiratory diseases.  
- Measles, warts, ulcerations and glandular swellings. |

[39]
<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<th></th>
<th></th>
</tr>
</thead>
</table>
| 6. | Kali | Kali. Phos | It is present in raw food but lost on cooking. It is found in CNS and CSF.  
**Deficiency Causes:**  
- Psychosomatic illness-as depression, dyspepsia, migraine, insomnia.  
- Skin diseases. |
**Deficiency Causes:**  
- Immobility of Joints.  
- Bronchitis.  
- Intestinal troubles. |
| 8. | Nat | Nat. Mur (Table Salt) | The composition similar to sea water  
**Deficiency Causes:**  
- Heartburn.  
- Gastritis.  
- Constipation.  
- Insomnia.  
- Neuralgia.  
- Dental problems. |
| 9. | Nat | Nat. Phos | It is catalyst and alkaline in nature. Thus, it neutralizes acid  
**Deficiency Causes:**  
- Mal assimilation of fat.  
- Rheumatism.  
- Gout.  
- Kidney stone. |
| 10. | Nat | Nat. Sulph | It is cleanser for eliminating the wastes.  
**Deficiency Causes:**  
- Diseases of liver, pancreas and intestine.  
- Malaria. |
| 11. | Mag | Mag. Phos | It can be used in conjunction with other salt.  
**Deficiency Causes:**  
- Prostatitis, Sciatica.  
- Dysmenorrhoea.  
- Cramps.  
- Twitching.  
- Tremors. |
| 12. | Sal | Salicylic Oxide | It helps in renewal of tissue, removal of toxin, pathological waste and good for nervous system  
**Deficiency Causes:**  
- Temperature with shivering or sweating.  
- Restoration of bone damage. |
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.

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 Atherveda. 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.

DOCTRINES AND PRINCIPLES

Herbal medicine work on the “Principles of Wholism (1)” where whole plant are used for whole people. The effects of herbal medicine are holistic. Here, during treatment, we take into account the following points.

(1) **Therapeutic Effects** : The therapeutic effects of herbals Medicine are-
- It treats the person not the disease.
• It treats the cause not the symptoms.
• It treats the individual not the stereotypes.

(II) **Nearer to Nature:** The therapeutic effects of herbal medicine bring the patient nearer to nature by advising medication and suggestion to support their vital energy and self-healing potential by lifestyle, self-confidence, near to nature, busy yoga and meditation.

(III) **Wholism and Holistic Effects:** Prescribe the whole extract of non-toxic plant to have the holistic effects. The herbal medicine involves –

• Sense of re-education and advice.
• Greater responsibility for self-health.
• Adaptation of preventive measures for long term vitality.
• Sense of diet, exercise and stress factors.

The aim of treatment is to assist oneself own effort to regain the health. The method of isolating the active constituents or principles is not true as these extract may be little more potent or effective in one illness with serious side effects.

The modern concept of extraction of active constituents from particular part of the plant is growing fastly without caring for the holistic effect of the whole plant which is traditionally liked from its origin. According to divine wish, the plants and animals kingdom are the divine gift in this universe. Both the plants and animals are having the basic elements of five elements which is the basis of Wholism and holistic care.

**MODE OF ACTION**

It has its unique way of natural healing. Though, the action is slow but long lasting. It acts in three ways –

(i) **Rituals** – It is associated with their use (Psycho – therapeutic)
(ii) **Placebo** – The medication effect on individual.
(iii) **Pharmacological action** – Due to one or more substances present in the herbs

Herbal medicine works on the principles of Wholism. It is safe, effective and least toxic. Some toxic effects come on long term use of excess dose of medicine. It is mostly effective in diseases of sub acute and chronic origin. Its aim is to encourage the natural self-healing mechanism and work on the root of imbalance causing illness. It can be used in all age group, in all diseases with about 80% success without any toxic or side effect.

**HERBAL PREPARATIONS**

Herbal medicines are in practice since long in one or the other forms. With the passage of time, the advancement took in herbal medicine and modern herbal medicines were also developed. Based on the available herbal preparations, it is divided in two types-
(I) TRADITIONAL HERBAL PRACTITIONERS

The traditional herbal medicines are those who are being prepared directly from the herbs on the principles of whole plant for whole person. They are in use since long and have come down through traditional in family. Depending on the use of the medicine, the traditional practitioners are of three types –

1. Herbalists: They use various combinations or single herb and enjoy prestige and reputation of being a real practitioner of traditional medicine.

2. Divine Healers: Here, the practice depends upon their purported supernatural power of diagnosis. They administer medicine plants which have special spiritual power.

3. The Witch Doctors: Here, the practitioners are credited with the ability to intercept the evil power of with or exorcize the evil spirit that possesses the patient. Herbal plants having exorcizing powers are used as part of treatment.

Available Preparations:-

The Traditional Herbal Medicine is available in following forms –

(i) Tablet: Compare the strength of table with recommended dose and use the tablet according to requirement.

(ii) Tincture and Syrup: Used as per recommendations of the manufacture.

(iii) Home Preparation: Two types of preparation can be made in home for routing use.

(a) Infusion

(b) Decoction

(a) Infusion: It is prepared form leaf and flower. Take 25 Grams of leaves or flower pour 500 ml. of boiling water, cover it and leave for 10 minutes, strain it get the infusion. Dose – 20 ml. which is equivalent to 1 Gm. of Herbs.

(b) Decoction: it is prepared from root or bark of the plant. Simmer 25 Grams root or bark in 500 ml. of water, boil it on slow flame to make it 25% strain it to get the decoction. Dose- 20 ml. is equivalent to 1 Gm. Of Herbs. The home preparation can be refrigerated up to 3-4 days

(II) MODERN HERBAL MEDICINE

The modern herbal medicine is prepared from the raw materials received from herbs in isolation or as compound derived from- minerals, chemicals, marines and animals resources. The most frequent used vehicles are water, ethyl alcohol, oil and fats etc. It contains mostly active principles or ingredients.
Available Preparations:
The Modern Herbal Medicines are available in following forms-

1. **Tablets and Capsules**- Compound preparation.
2. **Paste** – Multi dose sweeten preparations.
3. **Syrup** – Liquid preparation for oral administration.
4. **Applicaps** – Ointment, saves, liniments.
5. **Drops** – Eye and ear washes and drops.
7. **Injections** – Now some manufacturers are preparing injections for administration through various routes.

REFERENCE

OTHER DRUG THERAPIES

India has well developed and established modern and traditional medicine. These systems are working under the guidance of Ministry of Health, Government of India. Majority of the countries of the world has their own traditional medicine along with western modern medicine. Out of all, some of the systems are with drug therapy, some are drugless and some are having both. The commonly available drug system in India has been described in earlier chapters. Some of the other drug therapies which are run by the Non Governmental Organizations are described under this chapter.

COMMON DRUG THERAPY

Some of the most common drug therapies available in different countries are mentioned below:

I. Amchi Medicine
II. Bach Flower Remedies.
III. Traditional Chinese Medicine
IV. Anthroposophical Medicine
V.

I. AMCHI SYSTEM

Amchi system is also called Tibetan Medicine. It is one of the oldest traditional systems of treatment. The system is widely popular in Laddakh 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.

TYPES OF THERAPY

Amchi System (*Tibetan Medicine*) is combination of drug and drugless method of treatment and healing. Thus, the system has both types of therapy.

1. Drug Therapy
2. Drugless Therapy.

1. DRUG THERAPY: The usual medicine are prepared from-

- Herbs
2. DRUGLESS THERAPY: The common methods of drugless therapy are-

- Moxibution
- Mysticism
- Spiritual healing

The head quarter of Tibetan medical in India is at Dharmshala, Himanchal Pradesh.

II. 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.

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 are 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:

BACH REMEDIES

The problems, symptoms and their specific remedies are described in tabular form.
<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Problems</th>
<th>Symptoms</th>
<th>Remedies</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>• Unknown reason</td>
<td>• Aspen</td>
</tr>
<tr>
<td>Group I</td>
<td>Fear</td>
<td>• Known reason</td>
<td>• Red Chest nut</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Loosing self control and sanity</td>
<td>• Cherry plum</td>
</tr>
<tr>
<td>Group II</td>
<td>Doubts</td>
<td>• One self</td>
<td>• Cerato (Shrubs with blue flower and red leaves)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Hesitancy</td>
<td>• Scleranthus</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Easy discouragement</td>
<td>• Gentian</td>
</tr>
<tr>
<td>Group III</td>
<td>Hopelessness</td>
<td>• Hopelessness</td>
<td>• Gorse</td>
</tr>
<tr>
<td>Group IV</td>
<td>Detachment</td>
<td>• Frustrated ambitions</td>
<td>• Wild oats</td>
</tr>
<tr>
<td>Group V</td>
<td>Depression</td>
<td>• Due to draining of all energy</td>
<td>• Olives</td>
</tr>
<tr>
<td>Group VI</td>
<td>Effects of others</td>
<td>• Self</td>
<td>• Mustard and Red Chest buds</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Feeling of isolation and neglected</td>
<td>• Water violets</td>
</tr>
<tr>
<td>Group VII</td>
<td>Hatred</td>
<td>• Sense of feeling of effects of others</td>
<td>• Agrimony, Century and Walnut</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Absence of love and negative emotions</td>
<td>• Holly, Pine, larch</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Exhaust due to service to others</td>
<td>• Vervain</td>
</tr>
</tbody>
</table>

**METHOD OF USE**

The mother Tincture is prepared from the flowers, twigs and buds. It is dispensed for use as:
1. Oral rout
2. Parental rout
3. Applicap
4. Bath

**REFERENCE**

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 its 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 materia medica are very similar while the Chinese Acupuncture and Acupressure is very similar to Indian Marma therapy (mentioned in Ayurveda and Siddha medicines)

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 due to –

i. Majority of rural and urban population believed in Traditional Chinese Medicine (TCM).
ii. 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).
iii. 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.

(2) Divine Healer: Here, the practice depends upon their purported supernatural powers of diagnosis. They administer derivatives of medicinal plants which have special spiritual power of healing.

(3) The Witch Doctors: Here the practitioners are credited with the ability to intercept the evil powers of witch or exorcise the evil spirit that possesses the patient. Here plant thought to have exorcizing power is used as part of treatment.

SOURCE OF MEDICINE

Initially the traditional Chinese medicine (TCM) was mainly derived from herbs but with passage of time and development of technology on order to achieve more scientific result active principles and other sources were also added. Thus the traditional Chinese medicine is derived from following sources.
Herbs are the main sources of drugs. They are used either in single or in combinations with other or with the elements from other sources also.

The following preparations are usually available.

1. Compound preparations as – powders, tablets
4. Various liquid preparations for oral administration as – cough syp and tonics.
5. Ointments, saves, and liniments – lotions paste and applicaps.
7. Suppositories and tampons are available – enemata.
8. Injections are also available – as antibiotic and other effects for various routes of administration.

**INTEGRATED MEDICINE**

Chine is the first country in the world to integrated Traditional Chinese medicine with the Modern Medicine. The result of their health services id in front of the entire world.

**IV. ANTHROPOSOPHICAL MEDICINE**

Anthroposophical Medicine is comprehensive medical system for treating all types of illnesses pertaining to human being. It is practiced in Germany. The curriculum is designed for qualified doctors of western modern medicine. It is taught at lucas clinic, Arelersheim and Switerzerland. The short courses are available in many countries.

**PRINCIPLES**

Link three humors air (Vata), fire (Pitta) and phlegm (Kapha) of Ayurveda, there are three types of energies i.e. Thinking, Will and Feeling on which the system is based. Usually all these energies remain in state of equilibrium. Any disturbance at any level of energy leads to imbalance and changes in energy. The disturbance may be due to excess or deficits factors act at mental levels to vitiate these energies and thus there is disturbance in equilibrium leading various physical and mental symptoms.
The management is based on correction of the disturbances in energies. It is done by –

I. Medical Treatment
II. Natural Treatment

(I) **Medical Treatment**: - With certain medicines derived from herbs, chemicals and minerals. These medicines can be used internally and externally. It is given in homoeopathic potency.

(II) **Natural Treatment**: - By applying, heat, cold, art and eurhythmic.
Drugless therapies are natural ways of healing system. These therapies are in existence since the origin of life in the universe. The following are the commonly practiced drugless therapies. The integration of traditional medicine with acupuncture has given a worldwide popular system known as Integrative Medicine. Integrative medicine is widely used as complementary/alternative medicine in developed and developing countries. The following are the commonly practiced drugless therapies in India and other parts of the world.

1. Naturopathic Therapy
2. Yogic Therapy
3. Meditation Therapy
4. Acupuncture
5. Acupressure
6. Other Drugless Therapies as-
   • Color Therapy.
   • Chiropractic
   • Holistic Healing as-
     - Spiritual Therapy
     - Astrological Healing
     - AUMIC Healing
     - Chakral Healing
     - AURIC Healing

The basic principles of some of the above drugless therapies are mentioned in the coming respective chapter of drugless therapies.
Drugless therapy is another way of updating the health, preventing the disorders, disease and alleviating the sufferings. 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. The drugless therapy also includes alteration in life styles.

“I have unshaken faith in nature cure, I find that system soothing and pure.”

(Mahatma Gandhi)

All the universal creations have Natural constituents, They begining, existence and end are within 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.

(1) Modern Physiotherapy – Living in modern fluent society and taking the help of physiotherapy (manipulative techniques) for restoration of health and correction of bodily disabilities.

CHARACTERISTICS OF NATUROPATHY

The following are some of the special characteristics of natural therapy:

Techniques - Involved- Manipulation, pressure, pricking, massage, oleation, stimulation, sponging, spray, prayers and spirituality.

Materials Used – Water, oil, metal, minerals, stars and zodiacs.

Philosophy – Holistic Natural Philosophy – (Holistic Care with faith in God)

Used on – Physical, astral and ethric body planes. In physical involvement, there is use of body surface and natural orifices in some therapies.

Acts on – Physical, mental, moral spiritual, emotional, psychological, social and environmental levels.

Efficacy and Efficiency – Can be assessed by – N.P. Score, AUM Score and AURIC evaluation.

PRINCIPLES OF NATURE CURE

There are three fundamental principles of nature cure, every healing in naturopathy follow the same fundamental principles either in combination or isolation.

(I) Milieu Interne: There is an inner environment of our body and there is an interdependence of various organs and systems of the body.

(II) Vis Medicotrix Nature: The healing starts from within.

(III) Non-Nacre: The treatment should not be worse than disease.

LIVING AND THERAPY

The living style and the natural healing are the two facets of the same coin. Both are interlinked and dependent on each other.

WAYS OF LIVING

It regulation of various normal day today activities like- eating, drinking, sleeping, breathing, bathing, working, resting, thinking, the moral, sexual, social and spiritual activities. It can be done in home or if required to remain out of domestic life, one can be admitted in some naturopathy hospital or sanatorium.

NATUROPATHIC THERAPY

The naturopathic therapy is divided into four broad groups-

1. Elementary Remedies: The basic remedies in Naturopathy are done with –

(a) Water
(b) Air
(c) Light
(d) Earth
(e) Magnetism
(f) Electricity
2. Natural Diet: There is no role of chemical and biological products or drugs in naturopathy. The diet involves:
   (a) **Scientific Food** – It involves scientific food as proper balance diets containing most of the constituents to meet out the necessary requirement of body.
   (b) **Simple Herbal extracts** – whole plant for whole man is the principle of herbal extract or preparation.

3. Mechanical Remedies: These remedies includes –
   (a) Corrective gymnastics
   (b) Yogasanas
   (c) Massage
   (d) Osteopathic manipulations

4. Mental and Spiritual Remedies: It includes –
   (a) Hypnotism
   (b) Music therapy
   (c) Scientific relation
   (d) Normal suggestions
   (e) Constructive thoughts

Out of all suggested remedies, some of the important one has been discussed in continuation of this chapter and some has been discussed separately as therapy or healing as separate chapter under drugless therapy.

### CARDINAL RULES OF NATUROPATHY

Every individual seeking the help of Naturopathy for keeping himself healthy or curing his bodily deformities should keep the following cardinal points in their mind:
1. All healing is in the body.
2. Nature cure is safest and permanent measure.
3. Don’t eat when tired, pain, ill, tense or in hurry.
4. Food taken in illness feeds disease not the individual.
5. Drink water half an hour before and one hour after meal do not drink during meal and use at least 8-12 glass of water daily.
6. Take balanced diet (one third raw, one third boiled and – third cooked).
7. Avoid intoxicants and drugs.
8. Keep three hours gap between dinner and bed.
10. Tea and coffee are allowed in moderation.
11. Deep breathing and sit in erect posture.
12. Sleeping on hard bed.
13. Chew well and eat slowly.
14. Take only two meals with at least 6-7 hours interval.
15. Take little or no oil or fat.
16. Avoid non-vegetarian food.
17. Early to bed and early to rise.
18. Eat to live but not live to eat.
19. Drugs used only in emergency.
20. Water is the medicine and diet is the drug.

Analyze yourself and decide your suitability for Naturopathic healing.

PRINCIPAL NATURAL THERAPIES

There are many systems are used under naturopathy. Out of them, the following are commonly practiced.

(I) Hydrotherapy
(II) Massage Therapy
(III) Magneto therapy
(IV) Electrotherapy

(I) HYDROTHERAPY

Hydrotherapy is a most important system of Naturopathic healing. It helps by stimulation of the healing defense mechanism of the body. With sensible feeding and pure (Satvik) living, if hydrotherapy is used as adjuvant to any drug therapies, it will have a definite additive (synergistic) effects on healings.

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

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 which increase the release of waste product from the body.

(II) MASSAGE THERAPY

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

(i) Percussion.
(ii) Friction.
(iii) Kneading.
(iv) Stroking.
(v) Vibration.

MODE OF ACTION

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

(i) Improving the blood circulation.
(ii) Increasing the activity of skin and its function of excretion.
(iii) Toning up the nervous system.

CONTRAINDICATIONS

Massage is contraindicated in following conditions.

1. Fever.
2. Pregnancy.
3. Menstruation.
4. Skin eruptions.
5. Diarrhea.
6. Dysentery (acute).
7. Inflammation.
8. During Fasting.

(III) MAGNETO THERAPY

Ayurveda 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 \(^\text{(i)}\).
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).

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.

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

1. Application of magnet on body causes magnetic emissions and the influence leads to energizing effects on hemoglobin of the blood which causes.
   (i) Improvement of blood circulation.
   (ii) Avoid blood clotting.
   (iii) Removal of excess calcium and cholesterol.

2. Magnetic waves pass though tissues inducing secondary currents. These currents produce heat which:
   (i) Reduce Pains.
   (ii) Reduce Swellings.

3. It revives reforms and promotes the growth of the cell and tissue.
4. It improves the function of autonomic nerves and organs supplied by them.
5. It maintains homoeostasis of the body.

Each magnet has two poles north and south. North is marked as NR and South as SL. North Pole retards the growth of micro-organisms and thus helps in removal of infection. South Pole provides heat, energy, strength and removes pain, stiffness and swelling. The magnet is used for 10-12 minutes in the morning time but in serious conditions it can be used at least two times.

If diseases are localized, only one pole is applied to that part or portion of body. If disease is generalized or extensive both the poles are applied in following manners:
1. For upper half of body – Magnet under both palms
2. For lower half of body – Magnet under both soles
3. Position of body and use of magnet-
   (i) Right Side NR.
   (ii) Left Side SL.
   (iii) Upper Part NR.
   (iv) Lower part SL.
   (v) Front NR.
   (vi) Back SL.

**EFFECTS OF MAGNETS**

Cooked food remains unspoiled for longer period if it is kept on North Pole, whereas South Pole increases fermentation.

1. South Pole helps fermentation of liquors and increases growth of moulds and bacteria.
2. South Pole promotes dense vegetative growth and gives bigger size flowers and fruits.
3. North Pole retards the growth of bacteria and plants and causes sparse vegetative growth, so North pole is applied over infection or infected area to reduce it.
4. South Pole increases putrefaction.
5. Human life span can be extended with suitable power of magnetic field, so magnet is the best answer to ageing process.
6. Cancer cannot exist in a magnetic field. North Pole applied to tumors causes shrinkage of the tumor; opposite effect with South Pole (4000 to 8000G Magnets) has been observed. Cancer cells have excessive frequency of cell vibration which is normalized by magnet.
7. Cows yield milk with magnet therapy using North Pole.
8. It is effective in controlling the various disorders as high blood pressure, bursitis, constipation and fatigue etc.
9. Magnetic water is effective in rheumatism, myalgia, kidney stones etc.
10. Magnet is used to separate RBC from blood because of iron (haem) contents of hemoglobin present in RBC.

**PRECAUTIONS DURING MAGNETO THERAPY**

The following precautions are to be taken during Magneto therapy. The precautions are for patients and magnet both.

1. Avoid cold bath after magneto therapy for one hour.
2. Do not take cold things just before, during or immediately after treatment.
3. Application of magnet should be made by an experienced magneto therapist.
4. Do not apply magnet after a full meal, wait for two hours.
5. Do not use powerful magnets to delicate organs like eyes, brain or heart. Maximum duration used on these is as should be 10 minutes.
6. Pregnant women should be avoided to come in contact of strong magnet.
7. Magnetized water should not be taken more than twice daily and the quantity should be 50-100 ml at a time.
8. Do not allow the magnet to fall on the ground.
9. Do not bring magnets in contact of other electro-medical equipments like ECG, X-Ray Ultra sound, CT and MRI Machines.
10. Avoid injury from magnet as crush injuries are possible between two powerful magnets.
11. Keep the magnet in dry place. Avoid it from rain and dampness.

REFERENCES

(1) Dubey, N.P.; Basic Principles of Integrated Medicine, Magneto therapy; Second Ed. P.86.
(2) Kurup, P.G.; Drugless Therapy, Magneto therapy; Vol. II, P.67

(IV) ELECTROTHERAPY

Electrotherapy is one of the important modes of healing in natural way by giving varying degree of stimulation with various electrical devices.

TYPES OF DEVICES

There are various types of devices for practical use Electrotherapy. Some of the models are:-

1. Sonopuls – 434
2. Shortwave Diathermy
3. Endomed – CV 405
4. Transcutaneous Electrical Nerve Stimulator (TENS)
5. Cervical and Lumbar Intermittent Traction
6. Milk Trace Computer
7. Myo – Matic
8. Vasotriain – 447

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.

Besides, Hydrotherapy, Massage, Magneto therapy, Electrotherapy, reflexology, diet and nutrition other methods of Packs of water, Clay etc are also used under Naturopathic healing.
Desire is endless and ceiling of desire is Yoga. Yoga is a system of belief 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 an 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_

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. It is most useful in psychiatric and psychosomatic disorders as –

1. **Preventive Measures**: Due to improved body resistance by regular practice.
2. **Curative Measures**: Increased body resistance to over comes the stressful situations effectively.

**INTEGRATED YOGA**

Various methods have been described by many sages (Rishis), the method described by sage 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 mention below:

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Steps</th>
<th>Behavioral Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Yam Yama</td>
<td>Improvement in social behavior</td>
</tr>
<tr>
<td>2.</td>
<td>Niyam Niyama</td>
<td>Improvement in personal behavior</td>
</tr>
<tr>
<td>3.</td>
<td>Asan Asana</td>
<td>Physical postures</td>
</tr>
<tr>
<td>4.</td>
<td>Pranayam Pranayama</td>
<td>Breath holding practices</td>
</tr>
<tr>
<td>5.</td>
<td>Pratyahara Pratyahara</td>
<td>Restraining the sense of organs</td>
</tr>
<tr>
<td>6.</td>
<td>Dharna Dharana</td>
<td>Contemplation</td>
</tr>
<tr>
<td>7.</td>
<td>Dhyan Dhyana</td>
<td>Meditation</td>
</tr>
<tr>
<td>8.</td>
<td>Samadhi Samadhi</td>
<td>Attainment of Goal.</td>
</tr>
</tbody>
</table>
According to our culture, the practice of yoga is way of life to lead a divine life (means nearing to divinity). This can be attaining in the following steps (1).

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Steps of Astanga Yoga</th>
<th>Methods of Practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>YAMA (Social Behavior)</td>
<td>Non-violence, truthfulness, non-stealing, self restraint, non-hoarding.</td>
</tr>
<tr>
<td>2.</td>
<td>NIYAMA (Personal behavior)</td>
<td>Purity of body and mind, contentment, austerity in every sphere of life, study of relevant literatures, practice of dedication to God.</td>
</tr>
<tr>
<td>3.</td>
<td>ASANA (Physical Postures)</td>
<td>Various postures (Yoga Asana), at least 10-15 yogic postures for at least for 15 minutes daily.</td>
</tr>
<tr>
<td>4.</td>
<td>PRANAYAMA (Breathing exercise)</td>
<td>Deep inhaling from one nostril (Poorak), Holding the breath for some times (Kumbhak) and the exhaling through other nostril (Rechaka). It should be practiced for at least 20 times daily.</td>
</tr>
<tr>
<td>5.</td>
<td>PRATYAHARA (Control of sense organs)</td>
<td>Stop the activities of all the sense organs (gate-keepers of body and mind) and minimise the stimulation of these organs by- (a) External objects. (b) Leading simple life.</td>
</tr>
<tr>
<td>6.</td>
<td>DHARANA (Practice of Concentration)</td>
<td>Choose one object of your choice and concentrate on it. It perseverance and willpower. The process should be developed gradually, regularly and continuously.</td>
</tr>
<tr>
<td>7.</td>
<td>DHYANA (Concentration)</td>
<td>Always think to attain the ultimate goal.</td>
</tr>
<tr>
<td>8.</td>
<td>SAMADHI (Union or Attainment of Goal)</td>
<td>Ultimate aim of Yoga i.e. union of the Individual self with Supreme Reality or Universal Self.</td>
</tr>
</tbody>
</table>

The effect of yoga can be seen many ways but the broad effects can be observed in two steps; 1. General Effects. 2. Selected Effects.
1. GENERAL EFFECTS

Regular practice of yoga has following effects on normal individuals:

(i) Improvement of intelligence and memory quotient.
(ii) Decrease pulse rate, blood pressure, respiration and body weight.
(iii) Fall in blood sugar, serum cholesterol and rise in serum proteins.
(iv) Improvement of functions of endocrinal glands.

2. SPECIFIC GROUP EFFECTS

The combined effects of Asana, Pranayama and Dhyana are:

(i) Decrease in Neuro-humors and their enzymes.
(ii) Increase in plasma Cortisol level.

BUSY YOGA (VYAST YOGA)

Every life in the universe is creation of GOD. They come in the universe for a definite period with definite purpose and ultimately the physical plane submerges in five elements (Punchmahabhutas) and higher plane i.e. Atma with the Parmatma. The higher plane may submerge but not necessarily it is liberated. Thus, the individual being may or may not have attained their ultimate aim. “Busy Yoga (Vyast Yoga) is one of the best ways for the worldly people to attain the ultimate aim”. (Dr. N.P. Dubey)

This ultimate aim could be simple in form of modern worldly achievement or as complex one to unique as the union of individual self with Supreme Reality.

PRACTICE OF BUSY YOGA

It is based on the principles of “Patanjali Astang Yoga”. It depends on many factors as age, sex, nature of diet, nature of work, personal life. The eligibility of an individual for suitability of this Busy Yoga can be assessed by holistic investigations.

EFFECTS OF BUSY YOGA

The Busy Yoga (Vyast Yoga) helps in following ways in maintaining the health and relieve from the sufferings:-

1. Increase inner and outer purity of body.
2. Increases power of concentration for any particular work to which he is engaged.
3. Increases contentment.
4. Improves personal and social behavior.
(5) Reduces tension so decreases hurry, worry and curry which is the main cause of stress disorders as - Hypertension, diabetes, ischemic heart diseases, migraine, rheumatoid arthritis etc.

(6) Reduces pulse rate, blood pressure, respiration rate and body weight.

(7) Improves vital function, intelligence and thus overall personality.

**REFERENCE**


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 (1). Normally mind acts in two planes i.e. conscious and unconscious.

**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 (sages). Some of the important methods are –

1. Patanjali Meditation through Astang Yoga.
2. Vipasana Meditation by Buddha.
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.

Readers are requested to consult the different text according to their interest in practice of Meditations.
To measure the level of attainment of meditation, an electronic device has been developed known as “Bio-feed–back system. It amplify various psychosomatic changes in terms of –

– Blood pressure.
– Heart rate.
– Muscle temperature.
– Brain wave pattern.

The following effects have been observed as a result of meditation through various methods-

1. Significant increase in Neurohumoral contents as- acetylcholine catecholamine cholinesterases, histamine and their related enzymes.
2. Increase in alpha activity of brain in Electro-encephalography (EEG) indicates greater tranquility of mind -Wallace and Benson (2).
3. It helps in relief of hypertension, drug addiction and alcoholism.

REFERENCES

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. 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.

**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:

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Yin</th>
<th>Yang</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Solid organs</td>
<td>Hollow organs</td>
</tr>
<tr>
<td>2.</td>
<td>Female</td>
<td>Male</td>
</tr>
<tr>
<td>3.</td>
<td>Chronic states</td>
<td>Acute states</td>
</tr>
<tr>
<td>4.</td>
<td>Inner side of upper and lower limbs</td>
<td>Outer side of upper and lower limbs</td>
</tr>
<tr>
<td>5.</td>
<td>Negative</td>
<td>Positive</td>
</tr>
<tr>
<td>6.</td>
<td>Dark</td>
<td>Light</td>
</tr>
</tbody>
</table>
As per division Yin (solid) and Yang (hollow), the following are the Yin and Yang organs.

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Yin Organs</th>
<th>Yang Organs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Liver (Liv)</td>
<td>Gall Bladder (GB)</td>
</tr>
<tr>
<td>2.</td>
<td>Heart (H)</td>
<td>Small Intestine (SI)</td>
</tr>
<tr>
<td>3.</td>
<td>Spleen (Sp)</td>
<td>Stomach (St.)</td>
</tr>
<tr>
<td>4.</td>
<td>Lung (Lu)</td>
<td>Large Intestine (LI)</td>
</tr>
<tr>
<td>5.</td>
<td>Kidney (K)</td>
<td>Urinary Bladder (UB)</td>
</tr>
<tr>
<td>6.</td>
<td>Pericardium (P)</td>
<td>Triple Warmer (TW)</td>
</tr>
</tbody>
</table>

The commonly used method of acupuncture is:-
1. Body Acupuncture
2. Ear Acupuncture
3. Scalp Acupuncture
4. Face Cosmetic Acupuncture
5. Acupuncture Anesthesia

There are thin metallic needles having following parts –
(a) Head,
(b) Handle,
(c) Neck,
(d) Shaft,
(e) Tip.

They vary in size and diameters (in inches and gauge no). Usually following size of needles with varying gauge diameters are available.

<table>
<thead>
<tr>
<th>Length (inches)</th>
<th>0.5</th>
<th>1.0</th>
<th>1.5</th>
<th>2.0</th>
<th>2.5</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diameter (Gauge No.)</td>
<td>26</td>
<td>28</td>
<td>30</td>
<td>32</td>
<td>34</td>
<td>36</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

Most commonly used needles are having 1.0 and 1.5 inches length and no 30 or 32 Gauge. The needles are usually made of stainless steel, silver, gold and copper etc.

Acupuncture points are those points which are used for acupuncture treatment. There are three types of Acupuncture point.
1. Channel Point (CP): All the points located along the paths of fourteen channels is called channel point.

2. Extra ordinary Point (EOP): All that points which are not along with the fourteen channels but have certain names and locations are called extra ordinary point (EOP) e.g. Tiyang Yintang etc.

3. Ashi Point (AP): These points have neither has fixed place nor fix name. it is decided by finding the tenderness at any point on the body.

**SELECTION OF POINTS**

The Acupuncture point is selected in following sequence:-

1. Governing point
2. Local point
3. Ashi point
4. Distal point
5. Immune enhancing point
6. Homoeostatic point
7. Specific point
8. Mu-front and back shu point
9. Xi-Cleft point
10. Analgesic point
11. Yuan-source point
12. Luo-connecting point
13. influential point
14. Miscellaneous point

All these points are not always required in every disease. These points are only guidelines. The real acupuncturist used his brain along with various theories in deciding the points for needling.

**STIMULATION OF POINT**

There are certain points in the peripheral or distal part of the body which are stimulated to achieve the desired response. There are following methods of stimulation.

1. DIRECT STIMULATION BY NEEDLE: Direct stimulation is done in two ways:

   (a) By Too and Fro Movement: Here the acupuncture needle is pricked to the acupuncture points and direct stimulation is done by too and fro movements to the particular points.

   (b) By Frequent Rotation of Needle: The pricked needle is rotated in on the point of insertion with clock and anti-clock- wise rotations.

2. INDIRECT STIMULATION: Indirect stimulation is done by two methods:
(a) **Stimulation by Moxa:** The shaft of the needle is wrapped with Moxa (wool of Artemisia vulgaris) and it is ignited so that heat is conducted to the deep tissues through the needles. This is indirect Traditional Chinese method of “Moxibustion” treatment.

(b) **Electrical Stimulation:** Electrical stimulation is used with the needle pricked in peripheral or distal parts of the body. The stimulation is started with low voltage with lower frequency and gradually going to higher frequency.

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**Moxibution**

Moxibution is process where certain object is burnt on or above the Acupuncture point. The mostly used material is Moxa wool. It is dried pulverized leaves of Chinese plant known as Artemisia argyi or vulgaris.

**Method of Moxibution:**

The Moxibution is done with the moxa wool. It is practically done in three ways–

1. **Moxa Sticks** – Directly on Acupuncture point.
2. **Moxa Cones** – It is done by directly burning of cones which may form blister on skin or not while indirect is used by insulating the cone with garlic, ginger or salt.
3. **Warming the Acupuncture Needle** – This is mostly practiced method where needle is placed at specific Acupuncture point and moxa is wrapped and ignited on the head of the needle. Thus, the conducted heat through the needle helps in opening the channels.
It is one of the simple, drugless, harmless and scientific method of natural therapy to 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.

**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:

1. Zone Therapy
2. Foot Reflexology
3. Shiatsu therapy
4. Meridian points therapy

1. **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 in particular zone could be treated by pressure and massage at some other areas or in the same zone.

2. **Foot Reflexology**: Foot is a mirror of all internal organs of the body. Each foot on both sides has been studied and areas of particular organ have been located on them. Blood circulation in particular organs can be stimulated by pressure and massage at certain area of the foot. Feet are a sort of switch-board from where organs can be managed.

3. **Shiatsu Therapy**: Shiatsu has two words – Shia- means finger and atsu – means pressure. The Japanese call it Do-in while Chinese call it Tao-yin. It is local pressure treatment on certain points. The pressure point over the affected region of the body is to be treated for cure. The pressure is applied in on following principles –

   (a) The point on one half of the body is to be repeated on other half also.
(b) Apply pressure evenly and gently for 6-7 second on each point thrice. In neck area it should be 3 second only.
(c) If medium pressure is painful reduce the pressure.
(d) The degree of pressure is the pressure which brings a point between pleasure and pain.

(4) **Meridian Points Therapy**: According to the concept of traditional Chinese medicine, the human body has an internal network of the channels called meridian. These meridians are located depth in the body through which the energy flows. There are about 365 points over the body where these channels surface into skin. The method is same as acupuncture except here there I no need of needling; only pressure and massage is applied.
Besides, the commonly earlier mentioned drugless therapies; there are many other drugless therapies. Out of them, some of the occasionally used drugless therapies are:

(1) Holistic Healing.
(2) Colour Therapy.
(3) Chiropractics.

1. HOLISTIC HEALING

Holistic healing is concept of almost all the traditional medicine and practices specially the drugless practices. Holistic healing keep in account all aspects of individual’s health as physical, psychological, social, moral and environmental as whole. It has a long list of systems involved in treatment and healing. The holistic drug systems as traditional medicine have already been discussed in earlier chapters. So for the healing is concerned, it is drugless method which involves divine, cosmic, universal, individual powers and products through various means, methods and modalities of healings. The commonest and popular holistic healings are:

A. Spiritual Healing.
B. Astrological Healing.
C. AUMIC Healing.
D. Chakral Healing
E. Auric Healing.

A. SPIRITUAL HEALING

Spiritual healing is method which eliminates all blockages causing physical, psychological, social, moral and environmental health and development at individual’s level by breaking the negative cycle and restoring the positive cycle through various divine, cosmic and environmental energy vibrations. 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.

PHILOSOPHY

We all are the creation of Almighty GOD. GOD has various synonyms as Bhagwan, Brahma, Tao, Allah, and Great Spirit and so on according to religions. We live and move with the help and grace of the energy provided by GOD called cosmic energy. It travels inform of waves and perceived by each sentient and insentient accordingly. When the cosmic energy stops,
it exerts definite effect through its field of the forces for benefit all. During the therapy, the healer remains in still position and become channels for this energy and acts as a means of transferring this energy in the sufferer.

**TYPES OF HEALING**

(A) **Active healing**:Performed by one person in presence of another.  
(B) **Passive healing** (Self healing): There is no need of any other person.

**B. ASTROLOGICAL HEALING**

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.

**BASIS OF ASTROLOGICAL HEALING**

The basis of astrology is permutation and combinations of – **Zodiacs, Stars and Planets**. Each individual has their own zodiac, stars and planets. The entire community has been grouped in one or the other combinations of under mentioned zodiac, stars and planet. They have their direct effects on individual’s higher body and thus the physical body is affected.

(1) **ZODIACS**: It is belt of the heavens outside which the sun, the moon and the other planets do not pass. They are 12 in numbers.

- Aries *(Mekh)*  
- Gemini *(Mithun)*  
- Lea *(Singh)*  
- Libra *(Tula)*  
- Sagittarius *(Dhanu)*  
- Acquarius *(Kumbh)*  
- Taurus *(Brikhabh)*  
- Cancer *(Kark)*  
- Virgo *(Kanya)*  
- Scarpio *(Brischik)*  
- Capricornus *(Makar)*  
- Pisces *(Meen)*
STARS: Any celestial body normally seen as point of light, these are 27 stars.

- Kaster (Ashwini)
- Touri (Kritika)
- Owyonis (Meegshira)
- Jasminorium (Punarvasu)
- Hydara (Ashlesha)
- Leonish (Purva Falguni)
- Korbi (Butis)
- Scrpionis (Anuradha)
- Sagrtari (Uttarashadh)
- Aqauri (Shrava)
- Ekavari (Shatbhisha)
- Andromedia (Uttar Bhadrapad)
- Arites (Bharini)
- Aldebara (Rohini)
- Bittlegaje (Ardra)
- Kenruri (Pushya)
- Regulous leonis (Magha)
- Uttara Falguni (Uttara Falguni)
- Spika (Chitra)
- Libre (Vishakha)
- Antaeres (Jyestha)
- Sagitari (Purvashadh)
- Vega (Abhijit)
- Keprilarti (Dhanestha)
- Pegasi (Purva Bhadrapad)

PLANETS: They are heavenly bodies revolving around sun. There are nine known planets till date.

- Sun (Surya)
- Mars (Mangal)
- Venus (Shukra)
- Saturn (Shani).
- Ketu (Ketu)
- Moon (Chandrama)
- Jupiter (Brihspati)
- Mercury (Buddh)
- Rahu (Rahu)

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.

ILLNESS AND DISEASES

Normally, every being is radiating some invisible energy in the universe and vice versa also. The harmony of life depends on the interaction of energy received from the universe and energy radiated from individual’s own body. The horoscope provides the detail of illness of individuals. The individual’s quality and the influence of the planets are group as:

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Group</th>
<th>Influenced by Planets</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Purely (Satvic)</td>
<td>Sun, Moon and Jupiter</td>
</tr>
<tr>
<td>2.</td>
<td>Kingly (Rajasic)</td>
<td>Venus and Mercury</td>
</tr>
<tr>
<td>3.</td>
<td>Worldly (Tamasic)</td>
<td>Saturn, Mars, Rahu and Ketu</td>
</tr>
</tbody>
</table>
All the three humors (Tridoshas) are affected by at least two or more planets. The humors and the affecting planets are as:

<table>
<thead>
<tr>
<th>SL.No.</th>
<th>Humoral Factors (Doshas)</th>
<th>Effect of Planets</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Energy (Pitt)</td>
<td>Sun and Mars</td>
</tr>
<tr>
<td>2.</td>
<td>Inertia (Kapha)</td>
<td>Venus, Moon and Jupiter</td>
</tr>
<tr>
<td>3.</td>
<td>Motion (Vat)</td>
<td>Saturn, Kethu and Rahu</td>
</tr>
</tbody>
</table>

Mercury causes disturbance of all the three humors. Astrological knowledge helps the Ayurvedic physicians to select the required herbal medicine for correcting the imbalance of humors.

**DISEASES BASED ON ASTROLOGY**

On the basis of planetary combination, the diseases are classified as –
- Moon rules mind
- Sun controls soul.
- Mercury influences nervous system
  1. Moon, Mercury and Mars or Saturn can cause mental disorders.
  2. Sun, Jupiter, Mars centered on Mercury or Moon cause Schizophrenia.
  3. Moon and Saturn cause Melancholia.

**MANAGEMENTS**

The astrologist recommends verses (Mantras) based on the problems related to stars, zodiacs and planets. These verses help in maintaining the proper alignment of individual’s stars, zodiacs and planets. They also suggest for certain rituals required to keep them in proper harmony.

**C. AUMIC HEALING**

It is process of divine cosmic healing through initiated through vibrations created by the sound energy. The entire process is called 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.
**PRINCIPLES OF HEALING**

It acts on the principles of restoration and elimination. The aumification restores the positivity of vitality from divine cosmic, universal and individual’s planes and eliminates the negativity in the universe for its recycling.

**MODE OF ACTION**

Here, the aumic energy is generated through define sound energy of varying intensities which enters in individual’s higher and lower body planes. After entering the energy in various higher and lower planes of the body, it acts innermost and outermost units of the individual’s identity and create the divine positivity to the extent to replace and repel the negativity from the individual self through various defined and non-defined opening of the individual. This is operated through the process of aumification. This process also creates aumic resistance (immunity) in the individual for further prevention of the problems, disorders and diseases. Thus, the aumic resistance provides lifelong holistic care.

**METHODS FOR AUMIC VIBRATION**

The Aumic vibrations are holistic sound vibration 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 invocate AUM according to his culture and traditional. The invocation is performed by the individual at particular pitch (volume), frequency, duration, posture and time. The individual chanting initiate the inner strengthening first then the outer one. It is a way to initiate holism in individual self.

(b) **AUM Chanting Devices**: It is manmade mechanical device (MMD) to chant AUM continuously. It is also called non-stop chanting device (NSCD). This method creates strengthening first in surrounding and then the inside. The mechanical devices are for all i.e. self, family and surroundings including animal and plant kingdoms.

(c) **AUM Brahm Mantras**: These are the sacred *Mantras or Bija mantras or Bija aksharas* beginning and or ending with AUM. They are recited or chanted at particular pitch (volume), frequency, time, duration and posture. *AUM Brahm mantras* are used for generalized
problems and disorders while *Bija mantras* or *Bija aksharas* are used with *chakral* problems. These mantras effect and strengthen the internal and external environments of the individual.

**d) AUM Yoga:** It clears the way through external and internal cleaning. Here, individual is directed to sit in comfortable posture presuming that he is sitting within the structure of AUM (*AUM Asana*) and advised to concentrate on AUM within his eyebrows with closed eyes. If individual is not in position to sit in directed position, he is advise to sit in relaxed position and face symbol of AUM and concentrate on it. This is best advised for the in case of any physical disabilities or disorders.

**e) AUM Meditation:** It is later stage of AUM Yoga. Here individual is directed to contemplate the thinking of AUM inwardly. The person is directed to sit according to his convenient and realize that he is enveloped within AUM. This is followed by contemplation of thinking inwardly by thinking and repeating *AUM* or *AUM Bija mantra* or *Bija akshara*.

**f) AUM Agnihotra:** It is individual or collective efforts of particular person, family or community. AUM Agnihotra is performed by invoking AUM Mantras with the name of specific deity with added *Havana Materials* (It contains *grains, ghee, sugar, camphor/leaves and woods*) in the fire. It creates fumes to form the clouds for raining for the benefits of all creations. It also purifies the individual, family and surroundings along with environment by creating positive vibrations to destroy the harmful agents in self and surroundings. It brings the positive alignment of cosmic and universal factors of the individual and the family.

**g) AUM Yantra:** In most of the religions, symbol is used for their worship and meditation. All the symbols have universal origin. These are made up of worldly materials and signify the presence of divinity according to religion, race and community. In AUMIC management, they are called *AUM Yantras*. These *Yantras* are defined and meditated to bring holistic effects in itself. Commonly the AUM *Yantras* are made up of metals as - Brass, copper, steel, silver and gold or otherwise. Metallic AUM *Yantras* are preferable because of being a good conductor. The common *Yantras* are- *Aum, Trishule, Shree Yantra, Swastik, Cross, Wheel, Bow & Arrow, Circular Ring* and various statues.

**h) AUM Prayer:** It is way of worship to Almighty GOD and its various forms from infinity to individuality. It is performed with comprehensive holistic verses of divine origin. It consists of three components – i.e. *AUM Chalisa, Aarati* and *Brahm Mantras*. These are highly charged with divinity for welfare of all the universal creations. It completely clears the inner and outer self of individual and the surroundings. It also clears the way to attain the ultimate Goal.

**REFERENCES**

D. CHAKRAL HEALING

Chakras are the whorls of high energy lotuses in individual’s physical and divine higher planes. The physical planes Chakras are located in individual’s higher body plane. Each Chakra is made up of three concentric interblending whorls of energy i.e. Left (Ida), Right (Pingla) and centre (Sushmana). There are total Nine Major Chakras between the individual and infinity ( Almighty GOD). Out of these, six are over the spine and within the head. The seventh is over the head and is connected below with all the six physical chakras and above with the higher chakras i.e. eighth chakra known as Atmic Chakra which is ultimately located with Almighty GOD known as Parmatmic Chakra. All chakras are very well interred linked with great affinity to the Parmatmic Chakra.

The lower chakras are over the spine where 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 7times. 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

Based on the locations in various body planes and the divine connectivity, the chakras are divided in two groups:

(I)   Lower Chakras- Located in and around the lower body planes. The location is from below upward.

1. Mooladhara Chakra
2. Swadhisthana Chakra
3. Manipura Chakra
4. Anahata Chakra
5. Vishuddha Chakra
6. Anjna Chakra

(II) Higher Chakras- Located between individual and Almighty.

1. Sahashrara Chakra
2. Atmic Chakra
3. Parmatmic Chakra

SITUATION OF LOWER CHAKRAS

The lower chakras are situated in etheric body in various state of activity. They are also seen in astral and concrete mental body except Vishuddha and Anahata which are contained in lotus of soul at higher mental plane. The chakras reflect the physical, mental, emotional and spiritual quality of the individual. The lower chakras are in correspondence to specific nerve
plexus of body and the higher chakras correspond to individual’s auric, universal and divine planes as mentioned below.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of the Chakras</th>
<th>Nerve Plexus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Mooladhara Chakra</td>
<td>Sacro- Coccygeal Plexus</td>
</tr>
<tr>
<td>2.</td>
<td>Swadhisthana Chakra</td>
<td>Limbo-Sacral (Prostatic) Plexus</td>
</tr>
<tr>
<td>3.</td>
<td>Manipura Chakra</td>
<td>Celiac or Solar Plexus</td>
</tr>
<tr>
<td>4.</td>
<td>Anahata Chakra</td>
<td>Cardiac Plexus</td>
</tr>
<tr>
<td>5.</td>
<td>Vishuddha Chakra</td>
<td>Carotid Plexus</td>
</tr>
<tr>
<td>6.</td>
<td>Anjna Chakra</td>
<td>Pineal Gland (Cavernous Plexus)</td>
</tr>
<tr>
<td>7.</td>
<td>Sahashrara Chakra</td>
<td>Adjacent to Anterior Fontanel</td>
</tr>
<tr>
<td>8.</td>
<td>Atmic Chakra</td>
<td>Individual Genome to Almighty</td>
</tr>
<tr>
<td>9.</td>
<td>Parmatmic Chakra</td>
<td>With Almighty GOD</td>
</tr>
</tbody>
</table>

The lower chakras are situated in the body at various planes. All the lower chakras are interconnected through central axis (\textit{Sushmana}) surrounded on Left (\textit{Ida}) and Right (\textit{Pingla}).

**FUNCTIONS OF MAJOR CHAKRAS**

All the lower chakras are directly under control of the higher chakras. The lower chakras are connected with minor and mini chakras and ultimately to the respective organs in accordance to the distributed areas of the chakras. In general the major chakras have following functions.

1. They vitalize the physical body.
2. They help in development of self consciousness.
3. They receive, modulate and transmit the vital energy into physical body which gives rise to- Physical, Mental, Emotional and Spiritual Qualities.

**SOURCES OF ENERGY**

The lower chakras receive the various types of energy from following sources:
1. Sun (Solar energy) or Cosmic (Cosmic electromagnetic energy)
2. Colour (Colour energy)
3. Smell (Essence energy)
4. Sound (Voice energy)
5. Touch (Heat and cold energy)
6. Taste (Nutritional energy)
7. Thought (Constrictive energy)

**E. 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. 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.

During 1939, Symon David Kirlian was working in a high voltage atmosphere. He thought about the aura. He developed a photographic camera of high voltage to measure the aura. Photography through this camera is called Kirlian photography. The aura gets reduced in diseases according to its severity. The observation of aura gives early diagnosis as the diseases comes first in auric bodies (astral and etheric bodies). The serial decrease in aura helps in assessing the prognosis of disease.

**AURIC CHANGES:** The disease comes much earlier in auric body (astral and etheric bodies) than the actual physical body. It can be seen only by, the expert healer who has developed extra – sensory perception (ESP). It is not necessary that a medical expert can only diagnosis through aura but a person with medical background can give a better diagnosis. The healer, having awakened Kundalini will be able to read even the past life, acts (Karmas) and its contribution to present life illness.

The changes in aura can be seen by its narrowing, discoloration (spots), tears and raptures in auric area. The changes can be seen with the necked eye by the healers and also by “Kirlian photography”.

**AURIC FINDINGS:** The auric changes are also due to physical problems leading to subtle changes in higher body plane and affecting the auric field of the individual. Some of the parameters and their variations are mentioned below:

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Parameters</th>
<th>Variations</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Area</td>
<td>Normal/Diminished/Reduced</td>
</tr>
<tr>
<td>2.</td>
<td>Colour</td>
<td>Normal/Altering/Altered</td>
</tr>
<tr>
<td>4.</td>
<td>Feeling</td>
<td>Good/Satisfactory/Week</td>
</tr>
</tbody>
</table>

 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 colour in majority of illness.
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 coloured glass bottles or container.
3. Radionically transmitted colour.
4. Though in healing

EFFECT OF COLOUR

The following common colours are indicated in various diseases as indicated against their name.

1. **Magenta**: For heart ailments, mental confusion, breakdown of faith, feeling of being tried down mentally or physically.
2. **Violet**: To ease child birth, to stimulate pineal gland, to overcome sciatica conditions.
3. **Indigo**: For deafness, pituitary gland disorders, cataract, skin diseases, allergic respiratory conditions, rheumatism, nervousness and anxiety.
4. **Green**: For emotional disturbances, circulation and heart ailments, headaches, etc.
5. **Yellow**: For liver and stomach ailments, abdominal, ailment, indigestions, eye and throat ailments.
6. **Orange**: For hernia, appendicitis, colon and pelvic ailments.
7. **Red**: For blood and lymph ailments and some nervous conditions.

3. CHIROPRACTIC

Chiropractic is drugless system healing. This practice is more common in developed countries. It utilizes the technique of adjusting the spinal vertebrae. This system was developed by Dr. Palmer of Iowa.

INDICATIONS

Chiropractic is useful in all following disorders –
1. Chronic backache
2. Hypertension
3. Ischemic heart disease
4. Neuralgia
5. Bursitis
6. Constipation
7. Urinary troubles
Proper transmission of impulse in CNS gives normal functions to the various organs and good health. Undue and abnormal pressure anywhere in CNS impairs the transmission of impulse and leads the problems in form diseases. The pressure may be due to –

(a) Swollen adjacent structure.
(b) Toxins of any origin.

Mild pressure irritates and prolonged pressure causes paralysis.

Thus, Chiropractic is method of manipulation of spinal vertebrae for proper flow of the impulse to various organs for its normal functioning.
It is always better to stand on their own strength and if there is any weakness that should be taken care in due course of time. Majority of countries have traditional system in one or the other name. It may be their own or acquired from other country. Before, advent of modern medicine and its development to the present status, there had been the roles of traditional system which is still being in practiced in one or the other ways. In many countries their traditional system has been replaced by modern medicine. Why the traditional system started losing its importance and modern medicine gaining popularities? There must be some reasons which have to be explored and weakness must be strengthened. The traditional medicine is a gift of our ancient culture, civilization and life style. Thus, traditional medicine is based on our ancient philosophy and science. The modern medicine has emerged from the traditional medicine. To establish the Integrated Medicine the following fundamental basis must be explored.

(I) National Opinion.
(II) Availability of Systems.
(III) Professional Dialogues.
(IV) Public Participation.
(V) Government Involvement.

In spite of widely accepted and use of modern medicine, the consensus for the use of traditional/complementary/alternative medicine is increasing. Why? The reasons are obvious, i.e. “holistic effects in treatment and care both” which is the need of the day. This has attracted the mass towards TM. The national opinion is based on –

1. **Survey:** From individual or mass as random or door to door is indicative of the strong acceptors of integrated medicine. Thus, the survey shows the strong social acceptability.

2. **Professional Opinion:** Majority of modern and traditional practitioners are in favor of integrated medicine except few arrogant of both systems. It is surprising that in present scenario specially in India, one hand most the practitioners of modern medicine are practicing traditional system without any teaching, training or certification and on the other hand some of them are opposing the traditional practitioners to practice the modern medicine in spite of their teaching and training of modern medicine. However, majority of the practitioners of both systems are in favor of Integrated Medicine.
3. **Preservation of Traditional Values**: Development of integrated medicine will definitely help in preserving and modernization of the traditional medicine values (cultures, customs and believes) and the rituals used in preparation of medicine and performance of drugless healings.

4. **Acceptability**: The demand of Integrated System has increased because of many factors. Some of the important factors are:

   (i) Cost of modern medicine.
   (ii) Toxicity of modern drugs.
   (iii) Non-availability of modern medicine at every place.

**II) AVAILABILITY OF SYSTEMS**

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 –

(1) **Original System of the Country** – Present in the particular country.

(2) **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 following systems of treatment and healing:

(A) **Indian System of Medicine** (ISM) it includes:

- Ayurvedic System
- Unani System
- Siddha System
- Homoeopathic System
- Yoga
- Naturopathy

(B) **Western Modern Medicine** (Conventional Medicine).

(C) **Other Systems**:

- Astrological Medicine
- Tibetan Medicine
- Acupuncture
- Many other drugless therapies are availability and are being practiced under Naturopathic healing.
The increasing stress of traditional medicine (TM) and strain of modern medicine (MM) has forced the both types of practitioners to come together and have healthy dialogues in the best interest of the public through the integrated medical system. This is only possible with the implementation of merits of both systems through integrated system. The dialogues are increasing rapidly. WAIM has started academic programmes of integrated medicine directly and through various institutions.

The involvement of general public in integration is very important as they are the beneficiary in all aspects of the integrated medical programme. Proper thoughts, planning and implementation are the back bone for the success of the programme. Thoughts are the ideas of the Great-men for the emergence something good for the benefit of the masses and the Nation in innovative direction. Planning is a mental level exercise to reach to a conclusion to be implemented for the achievement of the goal. The general involvements are as-

1. Active participation.
3. Motivation of their children for such education.
4. Participation in production of quality products for medication and medicaments.
5. Participation in addition of the holistic values in scientific ways.

The public interest in any activity in India cannot be initiated without the involvement of the Government. The government involvement can be both ways i.e. direct or indirect.

1. **Direct Government Involvement**: Here, the concerned department initiates the planning and get its necessary approval from the Government and implement with its resources through their agencies. Here, all the official formalities are smooth and effortless.

2. **Indirect Government Involvement**: Here, the like minded people meet and discuss the plan, its merits and demerits. Then, they have to form a society and get it registered with the concerned Regional Registrar of Societies, Chits and Firm which is a state Government office established for the registration purposes. After getting the registration, one is entitled to initiate the programme in accordance to the aims and objectives of the registered memorandum of association of the society and move further for its recognition and affiliation of the institution with higher institution.

**INSTITUTIONS OF INTEGRATED MEDICINE**

World Association of Integrated Medicine (WAIM) is based on the solid foundation of its first two institutions, rest were initiated after the emergence of World Association of Integrated Medicine. Thus institutions of integrated medicine are –

1. Prashanti Institute Medical Care Institute (PMCI), Varanasi.
2. Indian Foundation for Development of Integrated Medicine (IFDIM), Delhi.
3. International Institute of Integrated Medical Sciences (IIIMS), Delhi.
4. International Integrated Medicine Council (IIMC), Delhi.

Prashanti Medical Care Institute (PMCI) was registered with the Assistant Registrar, Government of Uttar Pradesh and others were registered by the corresponding office at NCR, Delhi. The initial two institutions made the road map for initiation of World Association of Integrated Medicine which was sketched in Colombo, Sri Lanka in November 1993. Ultimately, World Association of Integrated Medicine got registered in India in 1996 with wide range of Integrated Medicine Education Programmes (IMEP) in India and abroad. After registration of the World Association of Integrated Medicine, all the institutions were merged with World Association of Integrated Medicine. Thus, World Association of Integrated Medicine became the main institution for all the national and international administrative and academic activities of integrated medicine.

### MONITORING OF INSTITUTIONAL ACTIVITIES

All the monitoring of various activities of World Association of Integrated Medicine (WAIM) is monitor with its independent division. There are three main divisions of World Association of Integrated Medicine for implementation of its various programmes as – administrative, academic and regulations. The brief account of these divisions is:

1. **Administrative Division:** National and International taken care by main body of the World Association of Integrated Medicine.
2. **Academic Division:** All academic of institutions of World Association of Integrated Medicine
3. **Registrations Division:** All regulation of institution and academic programmes are taken care by International Integrated Medicine Council (IIMC)
The universe is a unique creation of Almighty GOD. It comprised of Prime Components known as Five Elements (Ether, Air, Fire, Water and Earth). All the sentiment and insentient are composed of these five elements in one or the other way. Man has borne with the medicine in his surroundings. The searchers and researchers identified some of these and using them for the prevention and promotion of their health. With the passage of time various systems of medicines and healing developed according to their tradition, believe, culture and customs. These medicines and healings have various names as- indigenous, unorthodox, alternative, ethno, fringe, folk, unofficial medicine and healing. All these systems whether they are drug or drugless were named as Traditional Medicine ™. Modern Medicine (MM) emerged from these traditional medicines which left the traditional medicine not only behind but increased the gap between both systems. Modern medicine is progressing in its own scientific dimension. Traditional medicine has its own tradition with scientific inclination. Human health has been always the global problems since long and efforts had been made by the concerned government to overcome the problems.

World Health organization (WHO) was created in 1948 with the help members states of the world. Every country had problem of making health and medical care available to their entire citizen. The traditional medicine was incorporated in WHO programme in 1976 keeping in view the various operational aspects of both systems. Initially, there was gap and gulf between practitioners of traditional and modern medicine. With the passage of time the gulf between the traditional and modern systems appears to have been narrowed. The practitioners of modern medicine have developed some interest in traditional medicine and the practitioners of traditional medicine are beginning to accept and use modern medical technology in diagnosis and treatment.

In addition, some health administrators of developing, countries have recommended the inclusion of traditional healers in Primary Health Care on the grounds that –

1. Healers know the socio-cultural background of that area.
2. Healers are highly respected and experienced in their work.
3. Economic consideration by using local resources.
4. To reduce the distance in providing health facilities.
5. To strengthen the traditional beliefs.
6. To overcome the shortage of health professionals for the service of community.

**TRADITIONAL MEDICINE**

Traditional Medicine is ancient method of treatment and healing. Traditional medical practitioners and healers maintain the health by means of vegetable, animals, minerals and certain method based on social, cultural, religious backgrounds as well as knowledge, attitude and believes that are prevalent in the community regarding physical, mental and social well being and causation of diseases and disability.

**MERITS OF TRADITIONAL MEDICINE**

Traditional medicine is in existence in one or the other form from the origin of life in this universe and had played the role in keeping the health of human being. Keeping in views, the landmarks laid down by our Great Sages (Rishis), who dedicated their life for the service of sufferings humanity, we have derived the following merits.

1. It is most ancient system of treatment and healing.
2. It considers Life as the union of body, senses, mind and soul.
3. It has wider view of health.
4. It takes care of health and diseases both.
5. It is culture bound.
7. It is effective in chronic, degenerative, behavioral and spiritual disorders.
8. It has a holistic view of management.

**DEMERITS OF TRADITIONAL MEDICINE**

Traditional medicine has some demerits also. In the present scenario of modern medicine, it requires a lot of addition of scientific knowledge in its principles, diagnostics and therapeutics aspects. The important demerits are:-

1. It remained traditional for centuries.
2. It is still called unscientific.
3. It has high claims of treatment and healing.
4. It has traditional diagnostic and therapeutic tools and techniques.
5. There are inadequate emergency measures.

**MODERN MEDICINE**

Modern Medicine (MM) has emerged from the traditional medicine long before but its remarkable scientific development started about 350 years ago. It developed with time and place and has replaced the traditional systems of various countries quiet behind and has become the principal official system of the country. Today, modern medicine is the official system of treatment in almost all the countries of the world. The traditional system of these countries became dormant or being used as complementary/alternative medicine. The medicines are usually derived from chemical, mineral, herbal, animal, metal and biological resources. It is
based on visible facts and figures. It deals with diseases not with the patient. It is more concerned with physical body and health.

**MERITS OF MODERN MEDICINE**

Merits and demerits are comparative. The modern scientific medicine has come up with following merits.
1. It has scientific documentation, thus called scientific medicine.
2. It has modern diagnostics tools and techniques.
3. It has adequate emergency measures.
4. It has potent symptomatic methods of treatment.

**DEMERITS OF MODERN MEDICINE**

Modern Medicine still requires a lot of addition of traditional skills in its principles, diagnostics and therapeutics aspects to make it holistic for health care delivery system. It has following demerits.
1. It details with disease not with patients.
2. It has visible considerations means symptomatic.
3. Intolerable cost and lack of man powers.
4. It has lack of traditional diagnostic tools and therapeutic measures.
5. It has limited views of health and management.
6. Adequate facilities are confined to higher centers only.
7. It is most mechanical.
8. It has less response in chronic, degenerative, behavioral and spiritual diseases.
10. It is easy to adopt leading to quackery.

**PROBLEMS WITH SYSTEMS**

The traditional system has stress and modern system has strain. The solutions are in opposite system. The main reasons of stress and strain to each system are given below.

**STRESS OF TRADITIONAL MEDICINE**

The traditional medicine has following stress because of the major demerits in comparison of modern medicine.
1. Scientific Documentation (SD)
2. Modern Diagnostic Tools (MDT)
3. Emergency Management (EM)

**STRAIN OF MODERN MEDICINE**

The modern medicine has following strains because of the demerits in comparison of traditional medicine.
1. Curative Aspects (CA)
2. Traditional Diagnostic Tools (TDT)
3. Cost Factors (CF)

The above diagrammatic representation shows the situation of both traditional and modern medicine. No one is in state of normalcy. However, they are continuing their services in isolation through their practitioners. Thus, when the solutions are in opposite system, then the only choice is integration of both systems.

**INTEGRATED MEDICINE**

Integration means combination. Integrated Medicine is defined as combination of the modern and traditional medicine and develops its all components i.e. teaching, training, treatment, research and national implementation on possible scientific parameters. The best integration is the combination of all aspects i.e. principles, diagnostics and therapeutics in one is combination but it can also be done even in principles and or diagnostics and or therapeutics. (By-IFDIM 1990). In order to achieve the modern holistic treatment and care Integrated Medicine is the “Need of the Day” as-

- None of the medical system is perfect
- None of the medical system is useless
- Every medical system has merits and demerits
- Every system has its limitation and
- Our tradition is to respect all.

Under such circumstances the only answer is to take the best of all the available systems together and develop its teaching, training, treatment, research and national implementation which could be nearer to the perfect as perfect is only one i.e. Omnipotent (Divine Intuition and Blessings).

As per publication in Re-orientation of Medical Education by South East Region Office, it has been mentioned as (1).

"IF THE DOCTORS ARE TO REMAIN RELEVANT TO THE CHANGING NEED OF THE SOCIETY, THEY HAVE TO SHAPE THEIR ROLES WITHIN THE CONTEXT OF TOTAL HUMAN DEVELOPMENT”.

(TU, MYA: ROME: SEARO: No.18)

**ORIGIN**

Integrated medicine is as old as the traditional medicine and practice as the then practitioners used the traditional medicine in combination with naturopath, diet, herbs, and
lifestyle according to the traditional knowledge, customs and beliefs. The present modern integration started after the advent of the modern medicine. Various great men gave their thoughts and definitions but the proper definition was given by World Health Organization before declaration of HFA. Thus, the origin modern integration is recent.

**HOLISTIC ASPECTS**

Integrated medicine developed by World Association of Integrated Medicine is a system of Comprehensive Holistic Health Care (CHHC). The system takes care by incorporating all techniques as process, practices, measures and ingredients; all possible procedures in diagnosis, prevention, elimination and rehabilitation including life styles; to maintain all health i.e.- physical, mental, social, moral, spiritual and environmental; the normal well beings through drug or drugless therapies available in the country or abroad along with faith in Divinity. Integrated medicine stress environmental aspects of health and Superconscioussness level of the individual. Thus, it gives a new dimension the comprehensive Holistic health Care (CHHC).

**APPLIED SCIENCE AND PHILOSOPHY**

The science of integrated medicine is comprehensive health care which take care of alleviation of sufferings, restoration to normalcy and rehabilitation of handicaps while the philosophy is holistic natural philosophy which care for holistic health and faith in Divinity.

**MERITS OF INTEGRATED MEDICINE**

The integrated medicine involves the merits of traditional and modern systems. Thus integration neutralizes the stress and strain of one another by removing the existing demerits in the systems. Hence, there is no any stress or strain with integrated medicine. On the other hand, with proper integration, some more merits emerges due to synergistic effects leading to more merits than the total merits of traditional and modern medicine. These merits called Nine Gems (Navratna) of the system. This are-

- Perfection : Near to perfect
- Useful : Most useful system of treatment and healing
- Meritorious : Combined merits with synergistic merits.
- Bridge : Bridge between existing systems.
- Research : Wide scopes of research in all spheres.
- Limitless : Not limited in strict scientific boundary only.
- Flexibility : Having flexibility (provision of addition and omission)
- Holistic : Beneficial as Comprehensive Holistic Health Care
- Need : Need of the Day

[91]
CONTRIBUTIONS OF INTEGRATED MEDICINE

Integrated medicine has contributed in many ways to the modern world. The important contributions of the system are mentioned below which is of great importance to the nation and a big challenge for future research:

- **It considers Life** - A union of body, senses, mind, soul and super consciousness.
- **It Involves** - Cultures and traditions of the nation.
- **It is Scientific** - But all aspects of traditional medicine (especially the holistic) cannot be proved on modern scientific parameters. Thus, integrated medicine cannot be encompassing in strict modern scientific boundary.
- **Effective Approach** - As Comprehensive Holistic Health Care.
- **Widest Coverage** - As compare to any single system of treatment/healing.
- **Comprehensive Health Care** - Cover all health – physical, mental, social, moral, spiritual and environmental
- **New Dimension to Life** - As super conscious plane
- **New Dimension to the Health** - As environmental health.

REFERENCES

India is unique and fortunate nation as in that it has very rich and varied traditions of organized medical system since times immemorial. Many factors e.g. type of illness, caste, socioeconomic status; age, etc determine the type of medical care that is sought during ill-health. Thus, every health programme has clinical and social relevance for the benefit and its acceptance by the society.

World Health Organization (WHO), after a long thought and gave the place and definition of integrated medicine where modern and traditional medicine are taught and practice under an umbrella for community health. This integrated system of medicine will be in tune with and acceptable to the community utilizing local herbs, minerals, chemicals, planets, and even animal products for primary health care and thus help in achieving the target of “Health for All by 2000 and onward.

The clinical relevance of integrated medicine programme (IMP) is multi-fold for the benefit of the community/society at large. This can be seen at all levels and sections of the population. Its role can be judged by its comprehensiveness at four levels:

(I) Promotion of Health.
(II) Prevention of Disease.
(III) Curative Aspect.
(IV) Disability limitation and Rehabilitation.

**Promotion of Health**

Promotion of health and specific protection are the constituents of pre-level of prevention which is not directed to any particular diseases but is intended to improve overall general health and well-being of the individual and the community. It is thus an ideal way comprising of:

(a) Adequate nutrition.
(b) Provision of safe water supply, facilities for safe disposal of wastes and excreta, healthful housing, control of insects and rodents, recreational facilities etc.

(c) Personal hygiene.

d) Health education, Sex education, Physical education etc.

(e) Marriage and genetic counseling.

(f) Periodic health screening,

(g) Immunizations etc.

For the improvement of standard and quality of living, better expectations of life at birth, decrease in morbidities and mortalities have perceptible clinical benefits.

**II) PREVENTION OF DISEASES**

Prevention is the first and basic role of integrated medical programme (IMP) for the good and productive health of the community because prevention is always better than cure. Health education is the sheet-anchor of the programme and it may be able to show-

(a) Gradual or rapid fall in the quantum of endemic or epidemic diseases.

(b) Awareness about the ways and methods of prevention of diseases (may be communicable or non-communicable).

(c) Better health of vulnerable sections of the society.

(d) Availability and better use of natural herbs and minerals in prevention of diseases in the community which is the practice of the Indian society since time immemorial.

(e) Lessening the severity of diseases.

**III) CURATIVE ASPECTS**

This is second level of prevention in the form of early diagnosis and proper treatment. It serves as elimination of causative organisms from the body as well as check the spread of communicable diseases in the society. This aspect of integrated medical programme serves as:

(a) Early recognition of the diseases: Even at grass-root level by trained Community Health Guides (CHGs), Health Workers (male and female) Trained Birth Attendants (TBA’s), Local Trained Physician etc. IMP will go a long way in providing such services efficiently.

(b) Reducing Complications and Chronicity: Due to early diagnosis and proper treatment.

(c) Saving of Community: From communicable and non-communicable diseases.

Here again role of health education by the trained Integrated Medical Practitioners is of paramount importance.

**IV) DISABILITY LIMITATION AND REHABILITATION**

These are combined and coordinated use of medical, social, educational and vocational measures for training and re-training of the individual for enabling him for highest of possible
level of functional ability and develop a feeling in him of his social relevance and self-confidence.

Once disease has developed, it will either be cured or it may give rise to some unwanted physical or mental aftermath. The individual may become disabled or handicapped. Integrated medical system will provide the suitable rehabilitation with collaborative efforts of formal and non-formal health agencies. Integrated medicine may be able to do better integrating various types of measures which are better accepted and suited to the individual.

**SOCIAL RELEVANCE**

Since integrated medicine is a sum total of the best of all systems, it is holistic in approach, socially acceptable and relevant to the community health needs. Efforts of the society in mitigating social stigmas and unfounded beliefs and practices about health and disease will be strengthened by age-old healthy, social cultural practices of the community which is emphasized in integrated medical programme.

The system, realizing its importance, is strive for generating multi-sectoral and multi-disciplinary approach to social problems and is able to illustrate co-operation keeping the interest of the community in focus.

All these efforts will be helpful in making society conscious of health as a priority and a purchasable commodity though it is a fundamental right of each individual of India.
“Integrated Medicine is combination of the modern and traditional medicine and development of its teaching, training, treatment, research and national implementation on possible scientific parameters. The best integration is the combination of its all aspects i.e. principles, diagnostics and therapeutics in one group but it can even be done in principles and or diagnostics and or therapeutics aspect. As per definition of World Association of Integrated Medicine it is combination of modern medicine and traditional medicine. Traditional medicine is in practice from long traditions and has come down through generations to generation. It defines positive health as “the blending of physical, mental, social, moral and spiritual well being”. The moral and spiritual aspects of life have been given more importance in these systems.

APPRAOXIMATION OF TWO SYSTEMS

World Health organization (WHO) was created in 1948 with the help many members states of the world. Every country has problem of making health and medical care available to their entire citizen. The traditional medicine was incorporated in World Health Organization programme in 1976 keeping in view the various operational aspects of both systems. Initially, there was gap and gulf between practitioners of traditional and modern medicine. With the passage of time, the gulf between the traditional and modern systems appears to have been narrowed. The practitioners of modern medicine have developed some interest in traditional medicine and the practitioners of traditional medicine are beginning to accept and use modern medical technology in diagnosis and treatment.

In addition, some health administrators of developing, countries have recommended the inclusion of traditional healers in Primary Health Care on the grounds that –

1. Healers know the socio-cultural background of that area.
2. Healers are highly respected and experienced in their work.
3. Economic consideration by using local resources.
4. To reduce the distance in providing health facilities.
5. To strengthen the traditional believes.
6. To overcome the shortage of health professionals for the service of community (particularly in rural area).

PRIMARY HEALTH CARE

Whichever the system may be, the enjoyment of highest attainable standard of health is the fundamental right of every human being without distinction of race, religion and political belief,
economic or social condition\(^0\). The entire community can be benefited with this aim only by integration of modern medicine and traditional medicine and adding it into Primary Health Care \(^2\) which essential health care is made universally accessible to individual and families in the community by means acceptable to them through their full participation and at a cost that the community and country can afford. It forms an integral part both of the country’s health system and overall social and economic development of the community.

**HEALTH FOR ALL BY 2000 AND ONWARD**

In 1977, in the meeting of World Health Assembly (WHA) where more than 150 Member States of the organization adopted a resolution deciding that “the main social target of Governments and WHO was to attain the goal by the people of the world by the year 2000 to a level of health that will permit them to lead a socially and economically productive life” (Resolution WHA 30.43 popularly known as Health for all by the year 2000 (HEA-2000). The International Conference of Primary Health Care held from 6-12 September, 1978 in Alma Ata, the capital of the then Kazakh Soviet Socialist Republic and issued the historic declaration of Alma Ata which stated clearly that Primary Health Care (PHC) is the key to attain the target of HFA 2000 is based on practical, scientifically sound and socially acceptable method and technically made universally available to the individual and families to this goal. We have to employ through –

1. **(A) All Useful Methods**- Various indigenous practices
2. **(B) Mobilization of all Available Resources**- As men, material and money.

Here, variety of health workers including traditional practitioners are needed, who are suitably trained, socially accepted and technically sound to work as a health team and to respond to the expressed need of the community\(^3\).

**ORIGIN OF INTEGRATION**

The increasing demand of better quality of life as well as the awareness of the right of the citizen of the country to lead a socially and economically productive life has sped up the demand of integrated system which could be helpful in attaining the goal of health for all by 2000 and onward.

Before including of traditional systems in World health Organization Programme, there had been a wide gap between the administrators and clinicians of modern medicine and traditional system. With passage of time, the gap has narrowed and the cooperation between the practitioners of traditional and modern medicine has increased. The WHO recognized four types organizational relationship between official and traditional health care services.

1. **Monopolistic**
2. **Tolerant**
3. **Parallel**
4. **Integrated**

1. **Monopolistic:** It gives sole legal right to allopathic practitioners to practice medicine as in most of the western world.
2. **Tolerant**: In absence of allopathic practitioners or with limited numbers of allopathic practitioners who are exclusively limited to specific medical and public health activities (Majority in urban areas), the traditional and unofficial practitioners are free to work and be paid for service in all other fields provided they do not claim to registered M.D.s.

3. **Parallel**: Here practitioners of allopathic and other systems of health care are officially recognized and render service to the patients through equal and separate system.

4. **Integrated System**: Here modern and traditional medicine is merged in medical education and jointly practiced within a unique health service complex.

At present about half of countries of the world are having ministries or the departments in government responsible for traditional medicine. In many countries where more than 80% population resides in rural area are cared by traditional practitioners and traditional birth attendants. In many countries there is no problem between official and traditional care practitioners.

THE BACKGROUNDS

Until the beginning of 19th century all medical practices were traditional. The scientific medicine developed fastly in due course. The system aimed to break up complex phenomenon into their component parts and deal with each one in isolation as –

(i) Diagnosis – Search of the single cause.
(ii) Pharmacology- Search for active principles.
(iii) Doctor-Patient Relation- Search of efficient treatment of physical and medical causes.

The scientific method brought improvement in the conditions caused by infection, poisoning injuries, nutrition or personal and environmental hygiene which play major role. The effect was less striking in degenerative diseases. There was no noticeable improvement in degenerative, behavioral, emotional or spiritual disorders. In psychosomatic disorders the effect of modern medicine is questionable. The high unaffordable cost of modern drug is another reason for the search of an alternative system.

Integrated medicine definition Positive Health is “physical, mental, social, moral, spiritual and environmental well-being”. This total well-being cannot be attained without integration of scientific medicine and traditional medicine.

TIPS FOR INTEGRATION

*If doctors are to remain relevant to the changing needs of society, they have to shape their roles within the context of total human development.* - Tu, Mya

The total human health development means all health i.e. physical, mental, social, moral, spiritual and environmental which can only be achieved by integration of various medical
sciences specially the modern system and traditional systems. The traditional systems are culture-bound. Some tips for integration are mentioned below –

1. Identification of traditional system available in the country and collection of the relevant scientific information on its principles, diagnostics and therapeutics aspects.

2. Take the possible best of all medical system and develop its teaching, training, treatment, research and national implementation from one platform. The education should be community oriented (students learn about the needs and care of community) for comprehensive health care.

3. Establishment of medical institutions for its teaching, training, treatment and research in individual country and gradually all over the world on same pattern with little variations in accordance with country’s legislation and if required necessary modification is suggested.

4. All the activities should be developing on same standard parameters.

5. Every country is free to develop their own traditional system fully and other systems partly (for the sake of knowledge and to understand the best available in the other systems).

6. The base of all systems should be modern medicine (in order to make the system scientific and official).

7. The administrative patterns of all institutions in the world will be uniform (some alteration and moderation can be made depending on local conditions and country’s legislation).

8. There shall be close relation between both medical systems (healthy dialogues between both systems).

9. The practice of medicine of traditional system should be more standardized like modern medicine or even better.

10. The practitioners of modern medicine should adopt the treatment of other systems and develop referral services with integrated practitioners or traditional practitioners particularly for chronic, behavioral and psycho-somatic diseases or where there is no definite cure is available and vice versa.

11. There should be annual convention at National and International levels to discuss the progress and problems of further integration.

12. There should be arrangement of short course training programme for the practitioners of integrated medicine or modern medicine or traditional medicine.

13. The provision of exchange study programme (ESP) should be made at all levels (graduate, post-graduate, membership, fellowship and other super specially) throughout the world without any social, political or other discrimination.
14. Criticism of any system or treatment should be stopped.
15. Develop the attitudes of appreciation.

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Every action has some reaction which may be healthy or non-healthy. The healthy impacts are positive and useful. Various medical systems were developed for relieve of suffering in various names. They have definite impacts on health services. The impact is proportional to the merits and demerits of systems. Integrated medicine has emerged with integration of modern and traditional systems exiting in the country. The merits of integrated medicine are at par from any single system. Thus, anyone can have highest expectations and best impacts which can be direct or indirect. This impact can be observed on following parameters.

1. Medical Parameters.
2. Health Parameters.

(1) MEDICAL PARAMETERS

The implementation of integrated medicine has direct impact on medical parameters which can be observed from two points of views.

(A) Practitioners Views.
(B) Patients Views.

(A) PRACTITIONERS VIEWS

The medical system will be more enriched in its principles, diagnostics and therapeutics aspects because of the integration of the merits of various systems of treatment and healing. This will lead to the practitioners to enable them to use only necessary and emergency management from the modern medicine and further the utilization of other traditional medicine and healing, depending on its available. Thus, its impacts are:

1. Awareness of complementary/ alternative systems of treatment in the country.
2. Wide publicity of knowledge and skills of emergency medicine of exiting systems (modern and traditional both).
3. Practitioners also have wide choice of treatment and healing depending on the diseases conditions, temperaments, acceptance, availability of medicine, healing modalities affordability.
4. Development of strong and effective measures of management (treatment and healing) for community at large.
5. Easy availability of comprehensive holistic health care to majority of the country.

(B) PATIENTS VIEWS

There will be awareness of integrated health system in the country and its utilities not only of health care and management but from other points of views also. The impacts may be seen in following ways:

1. Integrated medicine is economical, effective, acceptable and feasible to majority.
2. Patients are free to choose any system of treatment after the consultation of the qualified practitioners (Freedom of choice of treatment).
3. The system is on the line of Primary Health Care (economical, easy availability, equitably distributed and generated from local resources) so it can be utilized by mass.
4. It is easy to change the system depending on patient’s response without much wasting of time and sticking with the patient which is happening with the practitioners of any single system of treatment and healing.
5. In minor or simple case with short training of Yoga and Naturopathic management, the patients can be sent to back home with advice to continue the therapy for rest of the period and come back for periodical check up as per directions.

2. HEALTH PARAMETERS

Health as per definition of World Association of Integrated Medicine is physical mental, social moral, spiritual and environmental well being. “It can be achieved by integration of all processes, practices, measures and ingredients available in the country and abroad under various combinations on the integrated base of modern and traditional systems. Health must be maintained at any cost. It is individual right also. To maintain the health everybody is free to take the help of any system of treatment and healing. Integrated system can be use as one of the best system to maintain the health. Impact of integration on health parameters can be observed under following heads.

(A) Promotion of health
(B) Prevention Disease
(C) Curative aspects
(D) Rehabilitation

(A) PROMOTION OF HEALTH

Of course, care of individual health is individual’s problem but the health of the entire nation is the national problem with active public participation. This could be achieved the well planned strategies made by the respective health department of the concerned country. World Health organization (WHO) is the largest technical body to advice and help on health problems. World Health Organization has also identified the integrated medicine. China, Korea, Vietnam introduced integrated medicine in the name of integrative medicine where the combined their
traditional medicines in various combinations and the impact of their integration on their health service is in front of the entire world. The impact of introduction of integrated medicine as per definition of World Health Organization and World Association of Integrated Medicine on national health can be observed as:

1. Adequate improvement in general health of the natives.
2. Limitation of family (Adaptation of small family norm).
3. Decreased epidemics.
4. Decreased prevalence and incidence of chronic diseases.
5. Decreased serious illness and reduced complications.
6. Improvement in environment.

(B) PREVENTION OF DISEASE

Prevention is always better than cure. The prevention may be individual or mass. Introduction of integrated medicine has a wider view of health education which can be even applied at elementary levels. This will initiate the prevention in every family from very early stage. According to the concept of holistic integrated medicine, the prevention start from the day of his conception. The prevention of health can be observed as:

1. A wider health education coverage
2. Increased awareness about infective and other dreadful diseases.
3. Awareness of available health service.
4. Mass care for even a simple and early illness.
5. Early attempt of serious illness and complications.
6. Decreased tendency of serious illness and complications.
7. Increased recognition, demand and utilization of local resources in health care.

(C) CURATIVE ASPECTS

It is the best parameter to see the efficacy and efficiency of integrated medicine. The impacts can be observed as:

1. The cure is easy and the complications are reduced because of promotion of health awareness and early initiation of treatment.
2. Decreased seriousness of illness or serious complications.
3. Increased response to initial therapy (Primary therapy).
4. Cardinal relation between practitioners and patients.

(D) REHABILITATION

Complications and sequelae are more common in isolated medical practice. The practice of integrated medicine reduces the complication and sequelae both. Early initiation of rehabilitation can be observed as:
1. Early consultation with easily available integrated medical practitioners who can early identify the problems and deal effectively or refer them to the appropriate specialist to arrest of progress of disease to avoid the disability.
2. Less progression to Chronicity leads less complications and less need of sittings of rehabilitation therapies.
3. Easily correctable deformities if corrected in time with rehabilitation, it brings more productive life in short time.
4. Decreased numbers of handicaps.

(3) NATIONAL PARAMETERS

Integrated medicine has both the direct and indirect impacts on national health services. The good health of the community at large is the good mirror of national parameters. The national health parameters can be observed as:

1. Improved general health of and increased life expectancy
2. Overall growth of the country will indicate - decreased epidemics, decreased death rates (foetal, infants, maternal and general morbidity and mortality.
3. Development of the country in all spheres (health, productivity and prosperity)
4. Increased demand of natural health resources in the world market.
5. Decreased medical expenses.
Every sentient and insentient in the universe has come with definite life span for assigned works which may be useful or useless. Depending the merits and demerits the existing is defined as good or bad. Amongst all the life, the human being is highly brained. He has his birth right to expect something out of what he is doing. Man has searched and researched so many constructive and destructive things. Medicine is a great gift of nature to the mankind. Amongst the medicine, the traditional medicines were established first and from the traditional medicine, the modern medicine developed.

With the passage of time, the merits and demerits of modern and traditional medicine came out which inspired to develop the third group known as integrated medicine. Many Great men gave their ideas, thoughts, definition and advocacy for integrated medicine. Ultimately, Prashanti Medical Care Institute Varanasi and Indian Foundation for Development of Integrated Medicine Delhi took the challenge to initiate the programme of integrated medicine. These institutions were merged with World Association of Integrated Medicine (WAIM) after its inception. The achievement of World Association of Integrated Medicine (WAIM) in terms of outcomes, variables and evaluation from 1990 are highly appreciated. I have faced from the steps of criticism to the steps of appreciations and now the ultimate outcome is as – “Integrated Medicine is the Need of the Day”. The statistical assessment of integration can be studied under three heads –

1. Outcomes
2. Variables
3. Evaluation

1. OUTCOMES

The outcomes of the system are the advantages emerged after its implementation. These advantages are in all spheres of health services as well as in the directions of national development (indirectly). These can be seen as.

1. Confidence in integrated medicine.
2. Cost Effectiveness.
4. Candidate for Primary Health Care.
5. Inculcate proper acumen.
There is wide acceptability of system because of confidence in the system. We have seen that even the general public started asking that what is integrated medicine and says it is good system. The practitioners of Monopathy (Single System) are participating either with self involve in other system or involving the practitioners of other system for treatment of the patients. There is an increased interest of practitioners for the course in integrated medicine. The senior practitioners are also thinking to develop integration after short training, self studies, regular attending the seminars and conferences on such subjects.

Integrated medicine being economical, acceptable, assessable and applicable is most useful for Primary Health Care than any Monopathy. The total cost of treatment to any problem is lesser than the modern medicine; in some minor problems it is negligible. Thus, it is cost effective system.

The general training can be imparted from a child to even old age people. There is provision of training to all as:

- Students
- Practitioners
- Public

In regular academic programmes, the training are being imparted to undergraduate, postgraduate and senior practitioners of various medical system of treatment and healing. There is provision of annual meeting for further development and assessment of the progress of education and training.

The training to public for minor ailments with help of domestic households and with the herbal items grown in kitchen garden can be easily imparted. The training is given as skill development to people.

The trained students of integrated medical system are the real practitioners for better and actual Primary Health Care (PHC) to achieve the goal of Health for all (HFA) 2000 and onward. The World Health Organization, South East Asia Region Office, New Delhi has already appreciated as the right steps to the course and curriculum of Indian Foundation for Development of Integrated Medicine (1993) and further the World Health Organization, Head Quarter, Switzerland, Geneva in 1994. Thus, trained personnel are best source to be utilized of their service in achieving the goal of Health for All (HFA) 2000 and onward.

The repeated inculcation of the merits of integration in intellectuals through various conferences, seminars, workshop and literatures are bringing a very positive result in favor of
system because of their acumen. This is great achievement in direction of establishment of integrated medicine.

**VARIABLES**

These are the changeable parameters which accommodate the healthy aspects of researches and discard the useless and obsolete aspects. In establishing integrated medicine as a system of treatment and healing, there are certain important variables as:

1. Diagnostics
2. Therapeutics
3. Educational Model
4. Implementation

**1. DIAGNOSTICS**

Integrated medicine has emerged as combination of modern and traditional medicine. Thus, all the exiting diagnostic tools used in diagnosis of integrated medicine are the same of modern and traditional systems. There is need to develop more specific and sensitive tools to detect the early lesions and even the minimal effect of therapies. There are strong possibilities to develop such tools. In addition, integrated medicine being holistic because of the added merits of traditional medicine and consideration of natural holistic philosophy some holistic diagnostics as N.P. Scores and AUM Score has special role in holistic diagnosis and treatment.

**2. THERAPEUTICS**

In the beginning, especially during the emergency, the modern medicine is indicated and thereafter, depending on the condition of the patient modern and or traditional medicine and or healing is used. There is an urgent need to develop.

(i) Most potent drugs for emergency management either in isolated system or with the combination of the other systems need to be developed.

(ii) Identification and isolation of active principles or ingredients of various natural resources as herbs and other biological used directly as therapeutic measures in traditional medicine is required to be established.

(iii) Establishment of independent Integrated Medicine manufacturing units. (Development of Integrated Medicine Pharmaceutical companies).

(iv) Establishment of formulations for single, economical, long acting, non-toxic, easily available medicine for various chronic and degenerative diseases.

(v) To find out the accurate, specific measures to deal the psychosomatic and spiritual problems.

(vi) Universally available products have to be developed.
3. EDUCATIONAL MODEL

The exiting educational model is based on modern medicine. A most sophisticated model of education need to be developed which should be:

(i) Economical
(ii) Universal acceptable
(iii) Easily applicable
(iv) Flexible

4. IMPLEMENTATION

Every nation is free to take care of health of their native in own way depending on many factors. The integrated medicine programme (IMP) in India is on the pattern of existing National Health Service program with addition of early health education from elementary educational level and maximum utilization of local resources. Thus, implementation requires:

(i) Uniformity in programme.
(ii) Equitably distributed Programme
(iii) Standard supervision and corrective measures
(iv) No favor or critics to any state or any system of healing.
(v) Healthy feelings and dialogues between the various existing systems.

3. EVALUATION

Evaluation is healthy process in direction of improvement. The evaluation of programme can be in following directions:

1. Minimizing unemployment
2. Service to common man
3. Research for better service

1. MINIMIZING UNEMPLOYMENT

The programme has been started as a unique way to solve the problems of unemployment. Acceptance of this programme has created a motive force amongst the acceptors for undergoing the training of integrated medicine and its allied disciplines (alternative, herbal medicine and medico-technical education) which will provide the opportunity to such trained personal to serve through government, semi-government of private institutions. Thus, the problems of unemployment can be minimizing to certain extent in youth who are the future of country. The utility of resources in treatment and healing has encouraged the other people to find out and grow the quality natural resources and supply it for the use and get the feedback in terms of money.

2. SERVICE TO COMMON MAN

The scattered geographical distribution of the population in the country faces difficulty in getting the proper benefits of the exiting health care facilities with its limitations in particular area or segment of defined locality. The increasing cost of the modern medicine, non-available of
drugs, qualified personal are the root cause of not reaching the benefits of health service to the common man. The students are prepared with the training of service to community. Thus, the trained students of integrated medicine are most useful to serve the community efficiently and effectively.

3. RESEARCH FOR BETTER SERVICE

The equation of demand and supply is applicable to all the programmes. The increasing demand by the society for the better services provided by integrated medical practitioners are the motive forces for initiating more institutions. With the improved quality and quantity of integrated service more and more new practically feasible ideas will emerged, which has to be introduced in the system. This will provide multi-fold improvement in integrated medical program (IMP) and the quality of life of the people.

The constant evaluation and addition of new development through researches will give new direction to unknown to be known.
In modern scientific world, one has to work according to rules and regulations. Of course, it is true to certain extent but those who searched and researched certain new for the society and nation had the history of some deviation from the line. Of course the deviations have limits. No one organization /association/institution started with reorganization. Same is the case with medical systems also. Everyone earned the recognition by virtue of its service to the community. The system was started and served the community; the community took the benefit and realized its need and utilities and ultimately the system got the national and international recognitions through the concerned department of the government. They took the necessary steps and then systems were given due considerations by the respective government and were ultimately recognized after some alteration and moderation. The traditional system of treatment and healing in India has also has travelled centuries to get the present status.

Any development is only acceptable when it is in public interest at mass level. In order to get the popularity, the involvement of the Government in one or the other way is must. The involvement may be direct or indirect by the state or the central or both Governments. It is not possible to perform all the work by the government even in the most developed countries of the world. In India, the Government involves directly and indirectly in all the institutions of public interest. Depending on the involvement of the Government, the organizations are of two types:

- Government Organization (GOs.)
- Non Government Organizations (NGOs.)

Here, the concerned department in the government initiates the planning and get its necessary approval of the Government or the vice versa the Government ask the department to initiate the planning and after necessary approval the planning is implemented through the concerned department with its resources through their agencies. Here, all the official formalities are smooth and effortless.
The governmental organizations (GOs) have following salient features.
1. It is established by the concerned department of nation or state Government.
2. The entire aims and objectives are decided by concerned head of the department of state or the nation.
3. All the requirements are fulfilled by the government including its all financial requirement.
4. It may or may not have representatives of NGOs.
5. No public much interference because of the government, but public can represent in case if their interest is loss.

NON- GOVERNMENT ORGANIZATIONS

Here, the likeminded people assemble and held meetings to discuss the plan, its merits and demerits including resources for management. After the meeting and reaching to definite conclusion, they get the institution registered with the concerned Regional Registrar of Societies, Chits and Firm which is a state Government office established for the registration purposes. After getting the registration, one is entitled to initiate the program in accordance to the aims and objectives registered in the memorandum of association of the society and move further for its recognition and affiliation of the institution with higher institutions.

The nongovernmental organizations (NGOs) are having following salient features. These are common for most of the NGOs.

1. It is registered organization with the concerned regional/state, Registrar of Societies, Chits and Firm.
2. The registration is under definite national or state legal acts.
3. It has definite aims and objectives around which it moves for its activities.
4. Every organization has its own name, aims and objectives. It can have its copyright and even patent also.
5. NGOs with similar aims and objectives are initiated in different names.
6. It may involve government representative as member.
7. Registered document of NGO is pivot around which it moves (continue its activities).

COMMON ACTIVITIES OF NGOs

Following are some of the common activities of non-governmental organizations (NGOs).

1. Implementation of Aims and Objective: Every NGO is responsible for implementation of programmers in accordance to the aims and objectives for which it has been registered.
2. Collaboration with Other Agencies: Mostly, the institutions runs in isolation but the institutions having wider views for coverage must develop the collaboration and coordination with other NGOs of similar aims and objectives.
3. **Help to National Government:** Many NGOs help a lot to governments especially during accidents, epidemics and natural calamities. Some of the larger institutions help the national and other governmental and non-governmental organizations as WHO, UNICEF, UNESCO etc.

4. **Initiation of Various Institutions:** Many NGO has started various types of institutions in the country depending on the needs of time. Many national governments have opened their offers to initiate educational institutions for NGOs. They resolve the necessary resolutions for initiating institutions.

5. **Collection of the Funds:** From various resources as- personal, public and government to carry on the aims and objectives of the institutions.

### GOVERNMENT AND NGOs

The government of state and center in the country are of plenty use to all the NGOs. The government can help in following ways:

1. Provision for registration of any organization.
2. Recognition of the organization by virtue of its performance.
3. Necessary assistance to the organization to carry out their activities and further the government works if required.
4. Promotion of the activities of non-governmental Organisation (NGOs) inside the country and abroad.
5. Necessary assistance in standardization of the activities of organizations.
6. Advice for financial supports from various national and international organizations.

### WAIM AS A NGO

World Association of Integrated Medicine (WAIM) is a non-governmental organization (NGO) registered under Societies Registered Act XXI of 1860 by the Government of Delhi. The seed of Integrated Medical Education (IMEP) was showed by Dr.N.P. Dubey on May 28\textsuperscript{th} 1990 in Prashanti Medical Care Institute (PMCI), Varanasi. He also started Indian Foundation for development of Integrated Medicine (IFDIM) as academic body in 1992 for maintaining the standard of Integrated Medical Education in its associated and affiliated institutions. Indian Foundation for development of Integrated Medicine (IFDIM) was registered under Societies Registered Act XXI of 1860 by the Government of Delhi in 1992 where Prof. K.N. Udupa, Former Director, Institute of Medical Sciences, Banaras Hindu University was elected as President and Dr. N.P.Dubey as Secretary.

Dr. N.P.Dubey, Secretary got an opportunity to presented a paper on Introduction of Integrated Medicine in an International Conference in Colombo, Sri Lanka in 1993. The paper was appreciated by the mass of the delegates from all over the world. The presentation forced many like minded people to have a meeting and form an International Organization of Integrated Medicine and ultimately the World Association of Integrated Medicine came inception. Prof. John Whitman Ray, Cook-Is-Land was nominated as President and Dr. N.P.Dubey as Secretary of the organization. Initially, few members were nominated from different countries as Sri Lanka, Malaysia, USA, Greece and Bangladesh. It was unanimously resolved to have all the powers (academic and administrative) with Dr. N.P Dubey who has initiated and is founder of the educational pattern of integrated medicine.
The First International Academic Programme on Integrated Medicine (FIAPIM-95) was organized by Dr. N.P. Dubey in Varanasi during 1995 where Prof. John Whitman Ray, President of World Association of Integrated Medicine was present to introduce a Workshop on Cranio-sacral Therapy. After the conference, a meeting of the Governing Body of took place where Prof. John Whitman Ray informed about his inability to continue as president due to personal problems and proposed the name of Dr. N.P. Dubey as Founder President of World Association of Integrated Medicine, he also added that he could not have any contribution for the Organization till date. His view was supported by other members of WAIM. Since then, Dr. N.P. Dubey is working as Founder President of World Association of Integrated Medicine. Dr. N.P. Dubey has brought Integrated Medicine and World Association of Integrated Medicine on the Global map. The country should feel proud on Dr. N.P. Dubey who is making India as a pioneer of the Integrated Medicine Programmes.

**SALIENT FEATURES OF WAIM**

World Association or Integrated Medicine (WAIM) is Non-governmental Organization (NGO) has following salient features:

1. It is registered organization under Society Registration Act Government of Delhi, India.
2. All the literatures of World Association of Integrated Medicine and its associated institutions and divisions have its Copyright issued by Department of Education, Ministry of HRD and Government of India.
3. World Association of Integrated Medicine has its networking in India and abroad.
4. World Association of Integrated Medicine is struggling to establish its educational pattern (teaching, training, treatment, research and national implementation) of Integrated Medicine.
5. The programme has been discussed and appreciated by many Government and Non-Government Organizations as World Health Organization (SEARO) and Head Quarter (Geneva); National Institute of Health (MD, USA) Chinese Academy of Traditional Medicine.
6. It has divine blessing and moral supports of many politicians, academicians, professional, educationist, scientists and practitioners.
7. It is associated with many educational institutions and organizations of the in India and abroad.
8. It has the course and curriculum for undergraduate, postgraduates (certificate, diploma, degree, doctorate and post doctorates). World Association of Integrated Medicine has provision of membership, fellowship in integrated, integrated alternative, alternative and herbal medicine.
9. The Post Graduate Courses as PG Diploma in Integrated (Cardiology and Gastroenterology) and PG Diploma in Alternative Medicine of World Association of Integrated Medicine has been incorporated in CMJ University, Meghalaya through Center of Collaboration of Industry and Intuition (CII) which is recognized University by UGC, Ministry of HRD, AICTE, NCTE and other technical institute of India.
10. World Association of Integrated Medicine has provision of Para Medical Courses.
11. World Association of Integrated Medicine has a council named International Integrated Medicine Council (IIMC) to register the students of various level of courses and keeping the record.

13. World Association of Integrated Medicine organizes and attends the national and International conferences, seminars, meetings and workshops in order to update the knowledge and skills.
Integrated system is being felt as the need of the day all over the world. It is being practiced in one or the other ways in various names as-integrative medicine, complementary medicine, alternative medicine, holistic medicine and so on. As per definition of World Health Organization, Integrated System is defined where the modern and traditional medicine is merged in medical education and jointly practiced within a unique health service complex. The Indian Foundation for development of Integrated Medicine (IFDIM) defined ‘Integrated Medicine as combination of modern and traditional medicine together and development of its teaching, training, treatment, research and national implementation’. Indian Foundation for development of Integrated Medicine (IFDIM) also simplified the implementation in order to make it more academically acceptable, feasible and practicable by dividing its vast course curriculum three broad divisions i.e. Principles, Diagnostics and Therapeutics. Thus, the integration is possible even in principles and or diagnostics and or therapeutics but the integration of all is the best.

### PARAMETERS IN INTEGRATION

Before, integration there are many aspects of the system to be explored in order to overcome the problem coming across the process of implementation. The following aspects to be taken in account-

- Pre-requisites for integration.
- Implementable Components.

### PRE-REQUISITES FOR INTEGRATION

Integrated system has many more merits which are not at all present in any single system but has constraints in its implementation. Some of the important pre-requisites are:

1. **Identification of System**- The country must have own or acquired traditional system in the country required to be integrated.
2. **Collection of Documents**- There should be some scientific information on traditional systems.
3. **Assurance of Acceptability**- In spite of social acceptability, there should be political will and protection.
4. **Legal Implications** - Everyone need safety, so with the academician and the students of integrated medicine, they also need legal protections.

5. **Dialogue Between Practitioners** - There should be regular meetings where the practitioners of modern, traditional and integrated should sit together and discuss the necessary matters of mutual benefit to all systems.

6. **Remarks of Appreciation** - There should enough healthy atmospheres amongst the practitioners and academicians to appreciate each for the meritorious works and have healthy comment for any improvement and innovation.

**IMPLEMENTABLE ASPECTS**

Integrated Medical System has two invaluable parameters which need to be properly and effectively implemented. These parameters are:


(B). Integrated Aspects.

**A). Integrated Components:** Integrated medical system has five components which need to be implemented in effective manners. These components are-

1. **Teaching:** There is an urgent need to introduce the basic teaching and advance teaching in the institutions of integrated medicine according to the course and curriculum of integrated medicine, as long there is no institute of integrated the same of modified course and curriculum to be introduced in the present institutions of modern and traditional medicines. This will create the scholars for future development of integrated medicine.

2. **Training:** All the medical students (modern and traditional medicine) should be trained according to the integrated medical teaching, training and treatment.

3. **Treatment:** The young medical graduates, and practitioners of modern and traditional medicine to be given short term training of certificate level in order to trained them for the common medicines of modern and traditional medicine. Desirous candidates can go for higher education as postgraduate diploma and degree in integrated medicine.

4. **Research:** In order to bring out the merits and improvement in integrated medicine, regular standard and scientific research to be developed on similar pattern all over the world. In comprehensive holistic health care (CHHC), the philosophical aspects of Holism and faith in Almighty GOD/ Divinity can be not be measured on scientific parameters. Efforts should be made to make to prove scientifically but so long success is not there leave it on Almighty but don’t discord.
5. **National Implementation**: The integrated medicine programme (IMP) should be implemented the set exiting pattern of Medical Health Services in the country with some local modification or as directed by World Association of Integrated Medicine with more stress of community involvement. There should be close collaboration with exiting health care delivery system without any interference in their routing programmes.

(B). **Integrated Aspects**: Integrated medical system has three aspects which need to be implemented in desired manners. These aspects are-

3. Therapeutics of Integrated Medicine.

1. **Principles of Integrated Medicine**: Principles of any system is the pivot around which the system revolves. The fundamental principles of integrated medicine are- comprehensive health care which take care of alleviation of sufferings, restoration to normalcy and rehabilitation of handicaps while the philosophy is holistic natural philosophy which care for holistic health and faith in Divinity.

2. **Diagnostics of Integrated Medicine**: Integrated medicine involves all the diagnostics available in modern and traditional medicines. Over and above, we consider holistic aspects in diagnosis which give holistic healing during treatment.

3. **Therapeutics of Integrated Medicine**: Besides, routine modern and traditional treatment, integrated medicine provides holistic treatment and healing which treat and heals the patients according to disease and disability in Total (as whole through holism).

**OPERATIONAL FACTORS**

For effective implementation of the integrated medical system globally, there is need to consider some of the important factors as - *Political, Public, Professional and Personal (Ps. Factors)* at following levels:

1. International levels
2. National level
3. Professional level
4. Community level

1. **International Level**: Integrated medicine has become the need of the day in the entire world. At international levels, all the governmental and non-governmental organizations (GOs and NGOs) involved in medical and health care delivery scheme should be taken into confidence before initiating the integrated medicine with explaining the merits of the system. They should be explained to come forward and help as:

(a) Find the existing traditional medicine, its institutions and its status in the country and in different states.
(b) Find out the academic and health statistics of the traditional medical system institutions. The already existing institutions should come forward and form a group if not formed earlier.

(c) All such institutions should get registered with the local authority according to the country legislation if not registered earlier.

(d) All integrated health oriented social, political and professional people should come forward and motivate the concerned authorities about the effects and advantages of integrated medicine.

(e) The International Health Organizations as WHO, UNICEF and Others should come forward to put up the positive aspects of integrated medicine globally.

(f) Though, every country is free to have the option of health care deliver according to their legislation for their people. One cannot force any country to implement particular system. Even, though if the country or the state wants to implement the program of integrated medicine, they can move according their country’s legislation. On any health international organization or association as- WHO, UNICEF, WAM or Other Health Institution can force to implement integrated medicine. Encouragement for promotion of discussions between the practitioners of modern and exiting traditional (drug and drugless) system in the countries.

(g) If any country, wish to implement the program of integrated medicine in their country, the World Association of Integrated Medicine is ready to help to certain extent in accordance to their country’s curriculum.

(h) Develop new research methodology in integrated and traditional medicine of that particular country.

(i) To make the provision of exchange study program (ESP).

(j) Motivate and convince the concerned country’s decision maker’s to include the integrated system in the country’s legislation.

(k) To arrange financial supports to the institutions of integrated medicine.

2. National Level: It is being used in most of the countries by practitioners without any training. It is prime responsibility of the concerned health authorities to promote the integration at various, for proper use of traditional medicine either as traditional or as integrated medicine. The following steps need to be initiated.

(a) Formation of national policy for the exiting traditional system (if not formed earlier) and integrated medicine.

(b) Overt recognition to traditional system and integrated system.

(c) Legal recognition, social equality and provision of employment to be made.

(d) Institutionalization on possible scientific ground with preservation of traditional values especially the applied rituals in preparation of traditional medicine.

(e) Arrangement of such training to those who wish to acquire or enhance the knowledge and skills under standard short course programs. These trainings to be arrange for the
practitioners of modern and traditional medicine as well as the traditional practitioners who are in practice through traditions and have not undergone required training. WAIM has developed such programs.

(f) Introduction of extended study program (ESP).

(g) Formation National Integrated Medicine Organization (NIMO) like other exiting medical systems.

3. Professional Level: Implementation of integrated medicine needs cordial co-operation, collaboration and assistance of the practitioners of exiting systems in the country and abroad. In order to meet the demands, there should be –

a. Promotion of healthy dialogues between various types of practitioners.
b. Establishment of National Integrated Medical Board (NIMB) or University (NIMU) for selecting the candidates for various courses. As long, the Integrated Medical Graduated and Postgraduates are not available, the NIMB and NIMU should be run by the qualified practitioners of modern and traditional medicine in the country.
c. Formation of a separate National Council for enrolling the successful students of integrated medicine. WAIM has a separate council known as International Integrated Medicine Council (IIMC) for registration to the students of integrated medicine.
d. National level collaboration in research aspects of various systems for mutual benefits.
e. There shall be attitude of appreciation amongst the practitioners rather them criticism.

4. Community Level: Community is the best source for all purposes. In case of failure at any level it could be balanced by the community, as community is the sufferer, acceptor and providers of one or other aspects of any system. Community can help in teaching, training, treatment, research and national implementation of integrated medicine. Thus, community level is important as:

(a) Source of balance of implementation as consumer.
(b) Source of providing information on traditions, believe and cultures exiting in particular community
(c) Motivation of Decision Maker’s through their social and political rights.
(d) Preservation of traditional resources used in traditional medicine and modern medicine.
India is a beautiful country with wide scope of integration of all (especially the culture, civilization and medicine). The integration of modern scientific medicine (western medicine) with traditional medicine is the need of the day. World Health Organization and many other national organizations are trying to bring these systems together since long. None of the countries made any effort except China, Korea and Vietnam and to certain extent Nepal. They have integrated their traditional medicine with the acupuncture and other locally available traditional healing systems and gave the name as Integrative Medicine which is available in many countries of the world. Before Alma Ata Declaration, World Health Organization involved all possible traditional medicine in their programme and classified in four organizational group i.e. - Monopolistic, Tolerant, Parallel and Integrated. According to World Health Organization, the integrated medicine is defined as merger of modern and traditional medicine in medical education and jointly practiced within a unique health service complex.

INITIATION OF INTEGRATED MEDICINE

India had integration of traditional medicine and healing since long. There is no any recorded date or the person responsible for the integration. Our traditional ayurvedic system incorporated and allowed the practitioners to practice others healing systems to help the patients. The traditional practitioners did not mention it as integration; they simply described it as part of traditional medicine. After inclusion of traditional medicines in the programme of WHO to attain the goal of Health for All (HFA) no country in the world came forward with its course and curriculum of integrated medicine as defined by World Health Organization.

We should congratulate and complement Dr. N. P. Dubey, Founder of the Course Curriculum of Integrated Medicine and to implement in the first institute of integrated medicine known as Prashanti Medical Care Institute at Varanasi which was initiated as a nongovernmental organization (NGO). He also established the Indian Foundation for Development of Integrated Medicine (IFDIM) to further nourish and develop the integrated medicine. He incorporated modern medicine with Indian system medicine on possible scientific grounds and also made the provision to include other systems available in the country. The course and curriculum of integrated medicine was submitted to the concerned authority of Government of India and World Health Organization for its establishment and further development. Dr. Kin Shein, the Former Director on EDV, South East Asia Regional Office (SEARO), World Health Organization (WHO), New Delhi discussed the programme with Dr. N. P. Dubey in SEARO, New Delhi and appreciated the programme and prospectus of the Indian Foundation for Development of
Integrated Medicine (IFDIM) as “Right steps for Holistic Health Care delivery to the Community” on November 27, 1992. This became a catalyst for Dr. N.P. Dubey and changed his life for the cause of the Integrated Medicine.

WAIM AND INTEGRATED MEDICINE

After getting the appreciation of the course curriculum of integrated medicine by World Health Organization (WHO), South East Asia Regional Office (SEARO), New Delhi, Dr. N.P. Dubey got an opportunity to present a paper titled “Introduction of Integrated Medicine in India” at Colombo, Sri Lanka. The paper was well appreciated by majority of the delegates. Out of a so many delegates, some of the like mind delegates assembled and decided to form a worldwide accepted association and ultimately, it was resolved to form an association known as World Association of Integrated Medicine (WAIM). It came in existence on November 30; 1993. Prof. John Whitman Ray, Cook-Island was nominated as President and Dr. N.P. Dubey, India as Secretary of the World Association of Integrated Medicine (WAIM). It was also resolved that all the power of Development of WAIM will be within Dr. N.P. Dubey as he is the Innovator and Founder of the system. President and other members will support the vision of the Secretary. The First International Academic Program on Integrated Medicine (FIAPIM-1995) was organized by Dr. N.P. Dubey in Varanasi which was attended by Prof. John Whitman Ray and other members. During the official meetings Prof. John Whitman Ray proposed the name of Dr. N P. Dubey for the post of Founder President of World Association of Integrated Medicine (WAIM) which was seconded by Dr. A. M. Meera (Sri Lanka), Dr. Happy Tong Chan Wah (Malaysia) and Dr. Farooq Ahmad Farouqi (Bangladesh). Since then, Dr. N.P. Dubey became the Founder President of World Association of Integrated Medicine. The World Association of Integrated Medicine got registered under the National Act of the registration of India at Delhi.

After registration of World Association of Integrated Medicine in India, the Indian Foundation for Development of Integrated Medicine (IFDIM) and other institutions as International Integrated Medicine Council (IIMC) and International Institute Integrated Medical Sciences was merged with World Association of Integrated Medicine with clearly defined activities. World Association of Integrated Medicine for the first time in the world has set up a “Model of Integration” where the modern medicine and Indian system of medicine are being merged together in education and the practice. World Association of Integrated Medicine took the defined steps of fundamental guidelines as:

(I) Planning.
(II) Implementation.
(III) Evaluation.
(IV) Feed Back.

(I) PLANNING

Planning is the base of success of any long term programme. During consideration of the planning of initiating the integrated medicine, we considered the following aspects:

(A) Features of Planning.
(B) Fundamental Basis.
(C) Early Landmarks.
(D) Landmarks of WAIM.

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Before, we started the programme of integrated medicine, we had in our mind the Prime Factors i.e. man, material and money because a well planned, time tested and possible scientific integrated medicine was considered to be the need of the day. The following are the salient features of good planning.

(a) It must be meaningful.
(b) It must have useful contents.
(c) It should be easy, economical, acceptable and implementable.
(d) It must be beneficial to masses in terms of relief of sufferings and promotion of health.
(e) It must be self employment oriented.
(f) The plan must be in favor of traditional systems of the area, zone or country
(g) The plan must be flexible (having provision for modifications).

The following are the fundamental basis for preparing a sound and effective plan for establishment of integrated medicine in India.

(a) National Opinion- Due to various established reasons, the national opinion is in favor of integrated medicine.
(b) Availability of Systems- India is one of the richest countries of the availability of traditional medicine. In India, besides its own well known recognized Indian system of medicine, there are many regional and local remedial systems of treatment and healing and flourishing in its own atmosphere.
(c) Professional Dialogues- Professional dialogues are the Key of Success for implementation of integrated medicine. Without their healthy dialogues, it is not possible to get their supports at various levels. This is possible through - personal contacts, meetings, workshops, seminars, conferences at various levels of the country.
(d) Public Participation- Public participation in any programme indicates its success as they are the most sufferer, acceptor and rejecters.

The contributions of the Great men (scientist, social works, politicians, educationists, academicians) and the head of the concerned organizations of India cannot be ignored in planning of the foundation of development of integrated medicine. The following are some of important earlier landmarks which inspire the author to proceed further. The landmarks laid down by the great men of the Nation are.

a) When the universe started, how long continue and when it will finish? It is mystery of GOD. I am sure, the most modern and future research cannot deny the Omnipresence Almighty GOD in one or the other form. There may be individual variation of the extremists who only believe in physical beings, may not be agree with this fact. The divine transplant surgery performed by Lord Shiva on Ganesha is well known example of Hindu Culture.

b) In 1822, with the initiation of practice of modern medicine, the traditional physicians (Vaidyas) started the dissection of body in various medical institutions in India. Though, there had been the history of dissection by Sushruta in the past.
Mahatma Gandhi, the father of the nation who believed in Nature Cure supported the integration and suggested integration of natural system of healing during Indian National Congress Convention at Nagpur in 1920.

In 1936, Dr. Vidhan Chandra Roy, the renowned Physician and Ex-Chief Minister of West Bengal emphasized for integrated system with traditional system.

Pt. Mahamana Madan Mohan Malviya, the founder of Banaras Hindu University had an idea of integrated medicine and after his death the Ayurvedic College turned in to a college of Modern Medicine and later on, the Institute of Medical Sciences which started integration of Ayurvedic and modern medicine but due to official problems; the integration could not take place.

After independence, in 1949, Chopra Committee was set up by the government of India, which recommended integration where the panel propagated training of modern medical subjects in Indian System of Medicine (ISM) colleges and vice versa. The government overlooked the proposal and preferred to imbibe the western modern system.

World Health Organization (WHO) grouped the practitioners into four groups as Monopolistic, Tolerant, Parallel and Integrated after inclusion of traditional medicine in their programme to achieve the goal of “Health for all by 2000 AD where they have defined integrated medicine as to merge of modern and traditional system in medical education and practice under as umbrella.

Madras Registration of practitioners of integrated medicine Act No.XXXVII of 1956 came into existence for registration of graduates of integrated medicine.

In 1956, Dr.K.N.Udupa Committee was set up by the Government of India which upheld the earlier recommendations for development of integrated medicine.

In 1983, the Government formulated National Health Policy to achieve the goal of Health for all by 2000 AD where Government desired to promote the integration and well considered steps were thought to achieve the optimal result as need of the time.

Dr. Karan Singh, Former Union Minister of Health stressed on the need of combining the indigenous and modern medicine to achieve the optimal as need of the time.

The World Association of Integrated Medicine had following initial important landmarks.
1. Meeting of Dr N. P.Dubey and Prof. K.N. Udupa at points with same aims and objective for the develop the integrated medicine. They form a small group of like minded people for the cause of integrated medicine.
2. Revised the definition of integrated medicine in 1990 as “Combination of modern medicine and traditional medicine together and development of its teaching, training, treatment, research and national implementation.
3. On June 28, 1990, they decided to initiate an institution of integrated medicine for implementation of the education. Thereafter, following plan was made time to time.

- Establishment of Institutions of Integrated Medicine of various levels.
- Development of undergraduate and postgraduate course and curriculum.
- Establishment of Indian Foundation for Development of Integrated Medicine for maintaining the academic controls over the institutions.
- Establishment of International Integrated Medicine Council (IIMC) for registering the candidates of Integrated Medicine and others allied and associated branches of related courses who would be taking training and education from our institutions.
- Efforts to get National and International recognition from Government organization and non government organizations (NGOs).
- National and International efforts for promotion of Integrated Medicine.

(II) IMPLEMENTATION

After the planning, the second step in continuity is its implementation started which had big challenges for the Founders. Out of all, the biggest and immediate challenge was the resources. The founders accepted the challenges. He had strong Will Power and believe in Divinity, he started with small resources generated through his practice, service and whatever he gets as fee from few of the student. Dr. N.P. Dubey became alone after the demise of Prof. K.N. Udupa, the first Director of the Prashanti Medical Care Institute (PMCI), Varanasi. He had a slogan in his mind “Strong man moves alone”. He requested Dr. V.V.Patvardhan, a renowned Pediatrician of Varanasi to accept the chair of the Director of Prashanti Medical Care Institute, Varanasi. Dr. Patvardhan accepted his requested and took as a Honorary Director of PMCI, Varanasi to look after the institution in Varanasi. Dr. N.P. Dubey wanted to be free for the national and international works so that he could dedicate and devote himself for the cause of integrated medicine.

LANDMARKS IN IMPLEMENTATION

The following important landmarks have been laid for the implementation of integrated medicine in India with National and International agencies. The land marks is divided in two groups-

- A. Institutional Approach
- B. Academic Approach.

(A) INSTITUTIONAL APPROACH

These approaches are concern with various National and International institutions related to the subject which will help in getting the system recognized. So for, we have made the following approaches in this direction.

- Prashanti Medical Care Institute (PMCI), Varanasi was initiated 1990 and got registered under society registration Act in February 1991.

- Divine Sri Sathya Sai Baba blessed the programme on December 28, 1992 at Prashanti Nilayam, Puttaperthy, Anantpur, AP.

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Indian Foundation for Development of integrated Medicine (IFDIM) was registered by Registrar of Society, Delhi Administration, Delhi in May 1992 with the aims and objectives to promote integrated medicine throughout the country.

First organized prospectus of Prashanti Medical Care Institute (PMCI) was released on June 28, 1992 by Prof. S Rinpochhe, Director, Tibetan Institute of Higher Learning at Sarnath, Varanasi the place of the first Sermon of Lord-Buddha after he enlighten.

Dr. Kin Shein, Former, Director EDV, South East Asia Regional Office, (SEARO), World Health Organization (WHO) discussed and appreciated the programme and prospectus of the IFDIM as “Right steps for Holistic Health Care Delivery to the Community” on November 27, 1992.

The programme of IFDIM and PMCI was made available to H. E. Dr. Shankar Dayal Sharma, the then President of India, the then Prime Minister, Health Minister, Minister for Human Resource Development, Government of India and World Health Organization on November 26, 1992.

Acknowledgement of the Private Secretary of the President of India of forwarding the project to Union Health Minister of India.

Acknowledgement of Union Health Minister regarding Project of India Foundation for Development of Integrated Medicine for its evaluation.


The programme has been supported, blessed and encouraged by Former H.E. Dr. Shankar Dayal Sharma and H. E. Shri K.R. Narayanan, both Former President of India; Former Union Health Ministers Shri M.L. Fotedar and Shri B. Shankaranand; Hon’ble Shri Chandra Shekhar, Former Prime Minister of India; Hon’ble Shri A.B. Bajpai, Prime Minister of India; Hon’ble Shri L.K. Advani, Deputy Prime Minister of India; HE Shri Moti Lal Vora, Former Governor of U.P., World Health Organization, Rajiv Gandhi Foundation and many other politicians, social workers, administrators, scientists, academicians, government and non-government organization (GOs and NGOs) of India and abroad.

H.E. Shri Moti Lal Vora, Former Governor of U.P. visited Prashanti Medical Care Institute, Varanasi on 28th June, 1994 and expressed his views on integrated medical system of treatment and appreciated the steps initiated by Indian Foundation for Development of Integrated Medicine (IFDIM) and Prashanti Medical Care Institute PMCI, Varanasi. He assured for all possible helps.

The entire programme was referred to World Health Organization HQ at Geneva, Switzerland where Dr. N.P. Dubey discussed the detailed programme with Dr. Xiaorui Zhang, Medical Officer, Traditional Medicine on 1st and 2nd March 1995 in World Health Organization HQ at Geneva, Switzerland. He was asked to submit a write up.
• The IFDIM requested for the Pioneer ship of the Integrated Medicine through Indian Foundation for development of Integrated Medicine to Prime Minister from whom the matter has been referred to Ministry of Health and Family Welfare. The copy of the letter of Acknowledgement is attached.
• H.E. Shri Moti Lal Vora, former Governor of U.P. accorded the sanction of Faculty of Medical Sciences to Mahatma Gandhi Kashi Vidyapeeth, Varanasi (a State University of Uttar Pradesh, Established under UGC Act) vide letter No.979/GS dated 25.4.1996 having provision of Modern medicine, Dental Medicine, Integrated Medicine, Alternative Medicine and Medico-technical Courses. The mentioned in the faculty are the subject of India Foundation for Development of Integrated Medicine.
• Letter from Governor for Affiliation of Prashanti Medical Care Institute Varanasi for issuing the Degree from MGKV University.
• First Statute of Mahatma Gandhi Kashi Vidyapith (MGKV) University having Faculty of Medical Science and Integrated Medicine.
• World Association of Integrated Medicine (WAIM was registered by Registrar of Societies, Government of Delhi on 9th July 1996.
• International Integrated Medicine Council (IIMC) was registered by Registrar of Societies, Government of Delhi on 17th September 1996.
• On December 1st 1996, the important resolutions were resolved by the governing bodies of India Foundation for Development of Integrated Medicine (IFDIM): International Integrated Medicine Council (IIMC) to work under administration of World Association of Integrated Medicine (WAIM). It was also resolved that all the academic works will be taken up by Indian Foundation for Development of Integrated Medicine and registration to the successful candidates will be granted by the International Integrated Medicine Council (IIMC).
• The write up on Integrated Medicine was accepted and published by World Health Organization in its prestigious Journal of WHO known as - *World Health Forum* titled” Integrated Medicine, Many Approach - One Service in Vol. 18, Year 1997.
• World Association of Integrated Medicine (WAIM), was affiliated with World University, Benson, Arizona, USA in December 1998.
• On December 3rd 1998 the entire programme was discussed with Dr. John C. Chah, Programme Officer, Office of Complementary and Alternative Medicine, National Institute of Health (NIH) MD, USA.
• The programme was discussed with Dr. G. Bodekar, Chairman Gifts of Health, Health Service Research Unit, University of Oxford, and London. The discussion took place at Green Palace on 8th December 1998 with great appreciation.
• The Secretary to H.E. K. R. Narayanan, Former President of India forwarded the communication to Government of India, Ministry of Health and Family Welfare vide letter No.P.1D-12065 dated March 31, 1999 under information to Dr. N. P. Dubey.
The World Association of Integrated Medicine has received the Copyright from Government of India for the Profile of course of World Association of Integrated Medicine.

The World Association of Integrated Medicine has received the Copyright from Government of India for “International Integrated Medicine Council.

International integrated Medical Forum (IIMF) a Quarterly Journal has got the Certificate of Registration from Government of India, Registrar of News papers of India on 02 April 2003 vide Registration No. UPENG/2000/9522.

Dr. N. P. Dubey, Attended Working Group Meeting on Quality of Academic Education in Traditional Medicine held from 22 to 24 November 2003, in Melbourne, Australia as an Advisor from India. The meeting was called by World Health Organization, West Pacific Region Office (W’PRO), Manila, Philippines.

Based on the academic works in the field if Integrated Medicine, I got Immigrant Visa for United State of America where I have established AUM Foundation LLC. I am the Managing Member of the Foundation.

The Revised Project of ‘Introduction of Integrated Medicine in India’ was been submitted in February 2018 to HE Ramnath Kovid, President of India, Honble Shri Narendra Modi. Prime Minister of India and related Ministry in Government of India for urgent consideration and effective implementation in India as - ‘Integration Medicine is the Need of the Millennium’. The Indian model is unique example for the World. This will make India, the teacher of the world (Jagat Guru).

(B)ACADEMIC APPROACH

These approaches are concern with various academic National and International activities related to the system which has helped in getting the popularization of the system globally. So far, we have organized and attended the following main conferences and seminars in this direction.

First International academic Programme on Integrated Medicine (FAPIM-95) was organization from 5th to 12th November 1995 in Swatantrata Bhavan, Banaras Hindu University U.P. with great appreciation where the first edition of this book on “Principles of Integrated Medicine”, written by the author was released.

The International Conference on Integrated Medicine (ICIM-96) was Organization in Banaras Hindu University, Varanasi from 1st to 3rd November 1996 with great success.

World Conference on Integrated Medicine (WCIM-97) held in Banaras Hindu University from 7th to 9th November 1997 and was attended by many representatives of modern and traditional medicine of India and abroad and was with a grand success.

The Universal Conference on Integrated Medicine (UCIM-98) was organized in the National Capital of India from 6th to 8th November-1998 at Indian Medical Association, Head Quarter, New Delhi in order to explain the merits of the system and get its vide publicity, popularity and recognition.
• Integrated Medicine for New Millennium (IMNM-99) was organized from 12th to 14th November 1999 at New Delhi to discuss the various aspects, achievements and future plan to have a full fledged system of integrated medicine in New Millennium.

• Millennial Conference on Integrated medicine (MCIM-2000) was organized from 10th to 12th November 2000 at New Delhi to discuss the situation and development of integrated medicine in today’s world which emerged as “Integrated Medicine as the Need of the New Millennium”

• Global Conference on Integrated Medicine (GCIM-2001) held on 3rd and 4th November 2001 at New Delhi. The Guest of Honor was Padmshree Dr. Ranjeet Roy Chaudhary. He appreciated the steps of World Association of Integrated Medicine and described as WAIM is ahead the time.

• Dr. N.P. Dubey, Founder President, World Association of Integrated Medicine, attended 2nd World Integrative Medicine Conference (WIMCO-2002) at Beijing, China from 22nd to 24th September 2002 where he presented the paper titled “Integrated Medicine as Universal System” and Chaired the session. He was also the member of Scientific Committee of WIMCO-2002.


• Attended the World Congress on Integrated Medicine (WCIM-2004) held in Colombo, Sri Lanka and presented the Paper on Role of Integrated Medicine in developing countries.

• Dr. N.P. Dubey, established his company as AUM Organization INC, in New York, USA for Integrated Health and Holistic Care (IHHC) in February 2007.

• Attended International Integrated Medicine Conference (IIMC-2010) at Dhaka, Bangladesh, to encourage the integration of Unani Medicine and Herbal Medicine.

• Attended World Association of Vedic Society Conference (WAVES-2010) at St. Augustine, Trinidad & Tobago and Presented the paper based on Holistic aspects of Integrated Healing.

• Organized Academia on Integrated Holistic Medicine in collaboration with AUM Organization INC., NY, USA.

• Attended ICOM 2012 at Seoul, South Korea from 14th to 16th September 2012 and presented the paper titled Integrated Medicine as Global System.

• Attended the 46th National Conference of Indian College of Allergy, Asthma and Applied Immunology held at Banaras Hindu University from 2nd to 4th November 2012 and presented the paper titled Holistic Dimension of Integrated Medicine.
Organized Integrated Holistic Healing Seminar (IHHS) on 3rd May 2013 in Collaboration with AUM Foundation to discussion on Integrated Holistic Care at New York, USA.

Organized Integrated Health Workshop (IHW) on 20th July 2014 in Collaboration with AUM Foundation at New York, USA.

Organized Seminar Integrated Diagnostic Holistic Parameters (IDHP) on 20th May 2015 in Collaboration with AUM Foundation at New York, USA.

Organized Conference on Integrated Holistic Approach (CIHA) on 20th June 2016 in Collaboration with AUM Foundation at New York, USA.

Organized Seminar on Integrated Holistic Care (SIHC) on 20th July 2017 in Collaboration with AUM Foundation at Philadelphia, PA, USA.

III. EVALUATION

It is the important step after implementation of the programme. The evaluation indicates the success and failure both of the programme. The evaluation is made in the light of weaknesses in the programme and necessary modification is made to get the optimum results. World Association of Integrated Medicine has its own method of evaluation.

IV. FEED BACK

World Association of Integrated Medicine has its own of evaluation and further Feed Back. WAIM has two methods of evaluation and Feedback.

(A) Immediate Feed back
(B) Delayed Feed Back

(A) Immediate Feed Back – This Feedback is given during the evaluation of the programme on spot by evaluating authority under intimation to the concerned highest authority.

(B) Delayed Feed Back – This feedback is given after sometimes of evaluation due to various reasons. Out of all, two reasons are most important.

a. Beyond the jurisdiction of the evaluating authorities.
b. There may be the need of consultation with higher authorities.
A well planned implementable programme needs its sound implementation for the production of excellent fruits for the service of the concern nation and thus the entire world. India has been the rich heritage of traditional medicine. It has established modern medicine modern medicine also. Thus, India is the country in the world to for development of the model of Integrated Medicine. World Health Organization has mentioned in the article written by Dr. N.P. Dubey published in World Health Forum regarding its initiation of Integrated Medicine at Prashanti Medical Care Institute at Varanasi, UP, India. It has solid grounds to establish integrated medicine programme (IMP) in accordance to the earlier thoughts, concepts and definitions of the Great men of India, abroad and definition of World Health Organization. The Indian Model of integrated medicine is the best way to attain the goal of health for all. It is most acceptable, economical, effective and easily assessable to the common men of the country. The implementation of the model will bring name, fame and finance to the country. It is not possible without the involvement of the Government. After the approval of the national Government, there are two broad ways for implementing the Integrated Medical Programme in India -

2. By Non Government Organization.

1. GOVERNMENT ORGANIZATION

Here, the National government should initiate the implementation of the planning directly or through their agencies after necessary alteration and modification. Here, all the official formalities are smooth and effortless.

MERITS OF GOVERNMENT INVOLVEMENT

The merits of the involvement of the Government are many folds. Some of the important merits are-

(i) All the official formalities will be smooth and effortless.
(ii) An overt recognition.
(iii) It shall be a Government Programme.
(iv) All the employees will be employed by the government.
(v) All the managements shall be made by Government.
(vi) Government will be responsible for total expenditure.
2. NON-GOVERNMENT ORGANIZATION

Here, the like minded people with well established and financial sound non-governmental organization (NGO) think and decide to implement a well planned and government approved integrated medical programme (both academic and service) as per guidelines laid down by the concerned government through the NGO.

MERITS OF NON-GOVERNMENT PROGRAMME

The merits of the involvement of the Non-Government are many folds. Some of the important merits are-

(i) The programme will of the concern Non-Governmental Organization.
(ii) The approach is easy for a common man.
(iii) All employment from top to bottom are be made by the NGO.
(v) All the management is made by the concern NGO.

MODEL OF WAIM

World Association of Integrated Medicine has developed a model which has been given to government of India and is still under examination. The model has been discussed globally. World Association of Integrated Medicine suggests implementing the same model with desired alteration and modification in the best interest of the masses and the country. In India, the World Association of Integrated Medicine has already started the implementation of IMP through its affiliated and associated institutions. Government has already started privatization of education also because of some of the following reasons:

(a) Financial constraints to the government.
(b) Politicization in the government institutions.
(c) Gradual decreasing confidence of the people in the government programmes.
(d) Increasing indiscipline due to socio-political interferences.

EXPECTATIONS FROM GOVERNMENT

The following are some of the important expectations from the government in order to implement the integrated medical programmes (IMP) in India as per model of World Association of Integrated Medicine.

(i) Overt recognition to the Integrated Medical System (IMS) as an independent system like Modern Medicine System (MMS) and Indian System of Medicine (AYUSH) on same or modified pattern.
(ii) Government should initially provide financial support to stand the programme as per model provided by the World Association of Integrated Medicine and if it is not possible, a “Token Grant” with permission to generate its resources from various sources through donation, fee, gifts, charity etc. for their development.
(iii) World Association of Integrated Medicine should work independently under the concern Ministry of Government of India under direct monitoring of International
Integrated Medicine Council (IIMC) like Medical Council of India (MCI) and Central Council of Indian Medicine (CCIM).

**LEVELS OF IMPLEMENTATION**

World Association of Integrated Medicine has developed its own model of implementation of all components of integrated medical programme (IMP) on a definite set pattern. The suggested model of World Association of Integrated Medicine is consists of three levels as:

1. **Central Level.**
2. **Intermediary Level.**
3. **Peripheral Level.**

**1) Central Level:** World Association of Integrated Medicine located at National Head Quarter of the country is to enunciate the policies, curriculum and guidelines in collaboration with its academic and monitoring wings (IFDIM and IIMC) to be implemented by its intermediary and peripheral institutions. The central level involves the Key Officials for the Head Quarter.

**2) Intermediary Level:** This level stands between the Central and Zonal Head Quarter. The zonal directors are the key for linking the center and the concern states for implementation all the services initiated by the center.

**3) Peripheral Level:** This level is most important as these are directly responsible for the implementation and monitoring of the programmes. This level starts from State Directorate to the patients through the Peripheral Health Institutes (PHIs.).

**SUGGESTED PATTERN FOR IMPLEMENTATION**

World Association of Integrated Medicine has suggested the following diagrammatic pattern for implementation of integrated medical education and service in India.
(I) INSTITUTIONAL PATTERN

*FOR INTEGRATION OF ALL MEDICAL SYSTEMS

*FOR WELFARE OR POOR, NEEDY PATIENTS

GOVT. OF INDIA
Ministry of Health

UNICEF

W A I M

D G Research

Medical Systems In India

Integrated Medical University
(For development & Integration of all Medical Education)

D G Medical Education

Medical System Abroad

D G Med. Health Services

WHO

*FOR DEVELOPMENT OF OWN NATURAL RESOURCES AND TRADITIONAL SYSTEM

*FOR DOOR TO DOOR EXTENTION OF HEALTH SERVICES BY 2000 ONWARD

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(II) SERVICES PATTERN\(^{(2)}\)

WORLD ASSOCIATION OF INTEGRATED MEDICINE

Director General Medical Education

Director General Medical & Health

Director General Research

President

Secretary

Director General in Chief

Director General in Chief

Seven

Zonal Directors

Seven

Zonal Directors

Seven

Zonal Directors

1. DELHI
   Delhi, HP, Punjab, Haryana, J & K and Rajasthan

2. VARANASI
   UP & Bihar, Uttaranchal and Jharkhand

3. KOLKATTA
   WB, Assam, Arunachal Pradesh, Mizoram, Tripura, Nagaland, Manipur, Meghalaya

4. BHOPAL
   M P, Orissa & Chhattisgarh

5. MUMBAI
   Maharashtra, Gujarat & Goa

6. BANGALORE
   Karnataka & Kerala

7. CHENNAI
   Tamilnadu, Andhra Pradesh
   Andaman-Nikobar, Pondicherry

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   Andaman-Nikobar, Pondicherry.

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 OPERATIONAL LEVELS

(1) CENTRAL OPERATIONAL LEVEL: World Association of Integrated Medicine located at National Head Quarter at Delhi managed by President, Secretary and Director in Chief (supported by three Director Generals and supporting staffs) with the help of Government of India. The center will be responsible to run all the programmes with the various division of WAIM –

(a) World Association of Integrated Medicine is to enunciate the important policies.
(b) Indian Foundation for Development of Integrated Medicine (IFDIM) is to prepare the course and curriculum.
(c) International Integrated Medicine Council (IIMC) is to regulate the directory of the trained students in various medical and medico technical streams of integrated medicine.

(2) INTERMIDIAry OPERATIONAL LEVEL: This level stands between the Central and Zonal Head Quarter. The zonal directors are the key for linking the center and the state for implementation all the policies, programs and services. The entire India has been divided into seven zones for proper implementation of integrated medical programme (IMP). This Zonal Head-Quarter (HQ) is proposed at:

(a) Delhi
(b) Varanasi
(c) Kolkata
(d) Bhopal
(e) Mumbai
(f) Bangalore
(g) Chennai

These Zonal Head Quarters are responsible for all the activities of integrated medicine in particular zone. As long as other zones are not coming up the implemented zone will take care of all the responsibilities of the adjacent unimplemented zones.

(3) PERIPHERAL OPERATIONAL LEVEL: This level is most important as they are directly responsible for the implementation and monitoring of the programmes. This level starts from State Directorate to the patient through the Peripheral Health Institutes (PHIs.). The peripheral level is operated and managed by a long chain of officials, medico technical workers, supporting staffs and nongovernmental organizations (NGOs). The management of peripheral institutions from district head quarter to PHIs level. At district head quarter there will be Chief Integrated Medical Officer and Superintendent to manage the administration of the district and management of the patients attending OPD and admitted in the hospital with the help of Integrated Medical Officers, Specialist and Practitioners.

EVALUATION AND MONIRORING

Proper evaluation and monitoring is the key of the success of the programme. The results of efforts are evaluated in the light of weaknesses in the programme and necessary addition,
omission and modification are made to get the optimum results. The suggested pattern of evaluation and monitoring of integrated medical programme (IMP) is need to be done at four levels-

(1) Higher Level.
(2) Intermediary Level
(3) Peripheral Level.

(1) Higher Level:
This is the highest level at central office from where the planning is made and implemented. It involves- The Government of India Representative, Office bearers of World Association of Integrated Medicine (WAIM) and its associated wings as Indian Foundation for Development of Integrated Medicine (IFDIM) and International Integrated Medicine Council (IIMC).

(2) Intermediary Level:
It involves the evaluation and monitoring of zonal level. It is done with the higher level officials. It involves - The Zonal Head Quarter and Institution.

(3) Peripheral Level:
This is the evaluation of state level programmes implemented by under the direction of the directorate of the state in collaboration with the respective department of the state government. It involves- The state Government Representative, State Director of Integrated Medical, Health and Research Programmes, Divisional Directors of the State, Chief Integrated Medical Officer, Chief Integrated Medical Superintendent of the district, Integrated Medical Officers and the Private Medical Practitioners who are involved in integrated medical practices in one or the others.

(4) Institutional Level:
World Association of Integrated Medicine has developed its own method for implementation and evaluation of integrated medical education programme (IMEP). The evaluation for all the educational institutions whether it is proposed Integrated Medical University (IMU) or Integrated Medical Institution (IMI) is same. The proposed co-relation of Integrated Medical University (IMU) with Government Organization and Non-Government Organization has been shown diagrammatically on coming page. The suggested pattern is subject to approval of the Government of India.

REFERENCES

Innovation is fundamental right of every individual but its implementation and further establishment is not possible individually for the mass benefits. Our project requires huge involvement of man, money and materials which definite require the help of the Government and the Capitalists. India is fast growing country leaded by the politicians and bureaucrats. For implementation of any innovative works or idea, it requires a lot of perseverance and persuasions to bring it in action of implementation. So for the integrated medicine is concern, India has rich heritage of traditional medicine and well developed modern medicine. World Association of Integrated Medicine (WAIM), the over and above all institutions of integrated medicine, initiated integrated medical programme (IMP) in 1990 through its first Institution Prashanti Medical Care Institute (PMCI) followed by its academic wing Indian Foundation for Development of Integrated Medicine (IFDIM) and registering wing International Integrated Medicine Council (IIMC) has taken the lead in the entire world but still we are looking forward for the approval of the Government of India. Based on the facts, World Association of Integrated Medicine has following strategies:

(I) Pre-requisites
(II) Strategies
(III) Governmental Supports

I. PRE-REQUISITES

Based on long national and international experience and other favorable conditions, India is most suitable country to initiate the challenge of integrated which has already been initiated by a nongovernmental organization in Varanasi. The following are the most important pre-requisites:-

(1) Existence of System: In India has rich heritage of traditional medicine known as AYUSH (The base is Indian System of Medicine with added Homoeopathy, Yoga and Naturopathy).

(2) Ideas of Integration: Many Great men have given their thoughts, ideas, opinions and advocacy to develop and establish integrated medicine. They had been at the highest position during their time and further establish of the Integrated Medical System (IMS) will be the real homage to their departed soul rather oral sympathy. Integrated Medicine is the Need of the Day for the entire world.

(3) Consensus: The national and international professionals and consumers are in favor of the implementation of integrated medical programmes in accordance to the World Health Organization (WHO) and further World Association of Integrated Medicine (WAIM).
(4) Basic Works of Integrated Medicine: World Association of Integrated Medicine in India has taken leads in the entire world to introduce the system. The course and curriculum has been appreciated by World Health Organization and others as mentioned in earlier chapters of this book.

(II) STRATEGIES

World Association of Integrated Medicine has already moved ahead than anyone in the entire world. Some of the basic pre-requisites before establishing any system are needed. World Association of Integrated Medicine has already taken the following steps:

1. **Registration of WAIM:** World Association of Integrated Medicine (WAIM) is already registered under the respective acts of Government of India necessary for the institutions.

2. **Course and Curriculum:** The academic division known as Indian Foundation for Development of Integrated Medicine (IFDIM) of WAIM has developed the curriculum for Graduate, Postgraduate and Medico technical courses which is in existence from 1990.

3. **Institutionalization:** WAIM has affiliated and associated institutions for conducting Graduate, Postgraduate (degree, diploma and certificates) and Medico-Technical Courses in various trades.

4. **Government Ordinance:** HE the Governor of Uttar Pradesh, issued the ordinance for conducting the course of Modern Medicine, Dental Medicine, Integrated Medicine, Alternative Medicine and Medico Technical courses in Mahatma Gandhi Kashi Vidyapeeth University, Varanasi, the Course and Curriculum was prepared by Dr. N.P. Dubey, the Founder President of the Educational Pattern of Integrated Medicine.

5. **Decision Makers:** World Association of Integrated Medicine is continuously receiving the best wishes and moral supports of the topmost politicians, beurocrates, educationists and national and International organizations for success of Integrated Medicine from 1990 onward.

6. **Copyrights:** World Association of Integrated Medicine has already received the copyrights for all its literatures and institutional activities from the department of Higher Education, Government of India.

7. **Academic Achievements:** The Post Graduate Diploma in Integrated Medicine (Integrated Cardiology and Integrated Gastroenterology) and alternative has been started under CCII of CMJ University, Meghalaya which has been established under UGC act.

8. **Three Divisions of WAIM:** World Association of Integrated Medicine has three major divisions which are working together with their identity.
(a) **Administrative Division:** World Association of Integrated Medicine is the main body to for administrative works. Its main function is to identify, establish and monitor the institutions.

(b) **Academic Division:** India Foundation for Development of Integrated Medicine (IFDIM) is the academic division which is responsible for development and standardization of the course and curriculum along the research programme.

(c) **Registration Division:** International Integrated Medicine Council (IIMC) is the registration division of WAIM. This division takes care of registration of all the qualified practitioners of Integrated medicine and medico technical candidates under various clauses of IIMC.

9. **International Integrated Medical Forum (IIMF):** This is Journal of World Association of Integrated Medicine to spread the message and awareness of integrated medical system.

10. **International Relations:** World Association of Integrated Medicine is directly and indirectly associated with many International Organizations (GOs and NGOs).

### III. GOVERNMENTAL SUPPORTS

Though, World Association of Integrated Medicine has no any direct financial support of the government of India but have many indirect supports as-

A. Registered under SR Act of Government of India.
B. HE Governor of Uttar Pradesh issued the ordinance for Integrated, Alternative Medicine and Medico-Technical Courses which are included in Statute of MGKV University, Varanasi.
C. Copyrights all literatures and institutional activities of WAIM by the department of Higher Education, Government of India.
D. Inclusion of Post Graduate Diploma in Integrated Medicine (Integrated Cardiology and Gastroenterology) and Alternative Medicine in CMJ University (Approved Under UGC Act).
E. Best Wishes of Presidents, Prime Ministers, and Health Ministers of ruling and opposition time to time which inspired us to move ahead.

### EXPECTATION FROM GOVERNMENT

World Association of Integrated Medicine expects the following supports of national government to speed up the programmes of IMP.

1. National recognition by the Government.
2. Approval for World Association of Integrated Medicine to conduct all the programmes (administrative and academic) of Integrated Medicine.
3. Financial Supports / Assistance if not possible even as “**Token Grant**” will be appreciable.
4. National Recommendation to other International Organization as WHO, UNICEF and other similar organizations to support WAIM.
5. To get Patent the “**Ideas, Course and Curriculum of IMP**”.
6. Other legal and moral supports necessary to establish the programmed.
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