



To Start Comprehensive Health Care System with Combination of Traditional, Herbal, Allopathy, Complementary Medicine and Integrative Medicines in Primary Health Care.

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Conflicts of Interest: Nil

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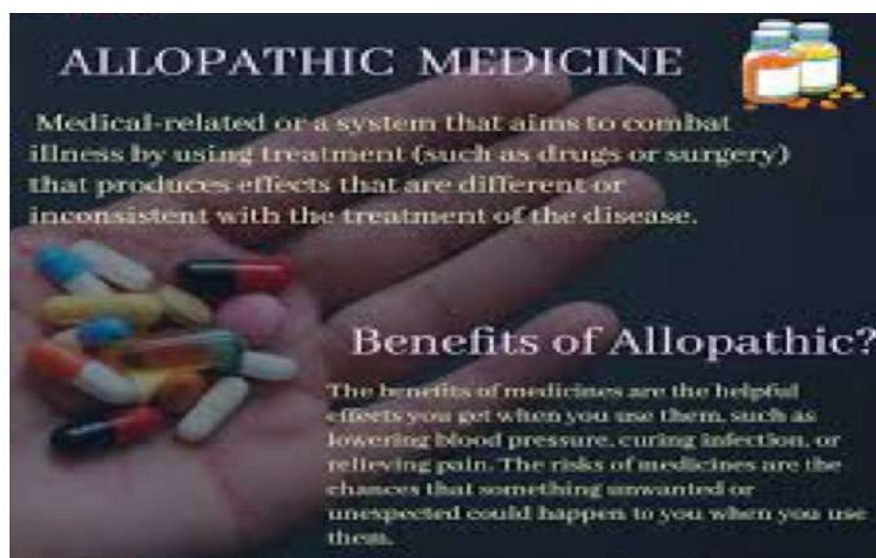
Abstract:

We are reporting an unusual case of a 26-year-old immunocompetent patient of miliary tuberculosis of cerebellum with meningitis and lung involvement, presenting with ataxia without any evidence of systemic inflammation. Since, prognosis depends on correct diagnosis and timely treatment, recognition and prompt diagnosis are important for overall outcome.

Introduction:

Allopathic medicine” is a term used for modern or mainstream medicine. Other names for allopathic medicine include: conventional medicine mainstream medicine Western medicine biomedicine allopathic medicine is also called allopathy. It’s a health system in

which medical doctors, nurses, pharmacists, and other healthcare professionals are licensed to practice and treat symptoms and diseases. Treatment is done with: medication surgery radiation, other therapies and procedure



Pharmaceutical	Advantages	Disadvantages
Acetylcholinesterase inhibitors*	Prolong ACh; some evidence for neuroprotection; FDA approved	Often short-term efficacy; severe side effects; high costs; modest benefits
Memantine*	Decreases glutamate excitotoxicity; possible other neuroprotective effects; well tolerated; FDA approved for moderate-to-severe AD, but also helps mild-to-moderate AD	Possible neurotoxicity; some severe adverse effects; primarily recommended for moderate-to-severe AD; high cost
Antihypertensive drugs	Reduce inflammation; may block Ca ²⁺ ; may reduce βA and increase ACh	Most human research on hypertensive individuals and animals
Anti-inflammatory drugs	May reduce neural inflammation	Most research focused on risk of acquiring AD and not on treatment; human research correlational in nature, making causation impossible to determine; effects on intestinal tract, liver, and kidneys; therapeutic benefit questionable
Secretase inhibitors	May reduce βA and inhibit AChE	Little human research; severe adverse effects; insufficient data
Insulin drugs	Improve energy production and cellular functions; may reduce ADDLs and oxidative stress; reduce cell death	Must be administered nasally to prevent insulin changes in non-brain areas; little human data
Etanercept	Produces dramatic improvement within minutes	Little research; risky spinal injections required
BDNF	Stimulates neurogenesis; reverses synaptic damage; improves signaling; reduces oxidative stress and cell death	Molecule too large to penetrate blood-brain barrier; risky administration via a cannula in the skull; can produce serious side effects; little human research.
Immunization	Reduces βA	Often ineffective; clearing of βA not always accompanied by symptom reduction; early in the development stage

*Denotes therapies with the most research backing and therapeutic potential for AD

Other types or approaches to medicine are referred to as complementary and alternative medicine (CAM), or integrative medicine.

Alternative approaches by definition require stopping of all western medicine.

INTRODUCTION

There are so many alternatives ways of treatment in whole world other than allopathy. Alternative medicine include various healing approaches and therapies that originate from around the world. Alternative medicine include therapies and health care practices However many such practices are popular, and some are used in hospital Patient are most likely to seek alternative medicine for conditions such as chronic low back-pain, stress, migraine, headaches, menopausal symptoms, cancer and arthritis.

Complementary and integrative medicine are commonly used along with mainstream medicine. AYUSH, an acronym for Ayurveda, Yoga and Naturopathy, Unani, Siddha, Sowa-Rigpa and Homeopathy chiropractic care Chinese medicine, represents the alternative systems of medicine

PRINCIPLES OF SIDDHA

- The basic principle of Siddha is that there is an intimate link between man and environment.
- The equilibrium of humor is considered health and its disbalance is disease.
- Based on principle of Triguna-
 - Vatta
 - Pitta
 - Kapha

Table 3. Body Type based on the Vata, Pitta and Kapha Disorders.

Observations	Vata	Pitta	Kapha
Body size	slim	medium	heavy
Body weight	low	medium	overweight
Chin	thin, angular	tapering	rounded
Cheeks	wrinkled, sunken	smooth, flat	rounded, plump
Eyes	small, dry, active, black, brown, nervous	sharp, bright, gray, sensitive	big, beautiful, blue, calm
Nose	uneven shape	long printed	short, rounded
Lips	dry, cracked	red, inflame	smooth, oily
Skin	thin, dry, cold, rough, dark	smooth, oily, warm	thick, oily, cool, white
Hair	dry, black, brown	warm, straight, oily	curly, thick, oily, waxy

Ayurvedic medicine: A system from India in which the goal is to cleanse the body and restore balance to the body, mind, and spirit.

BENEFITS OF AYURVEDA MEDICINE

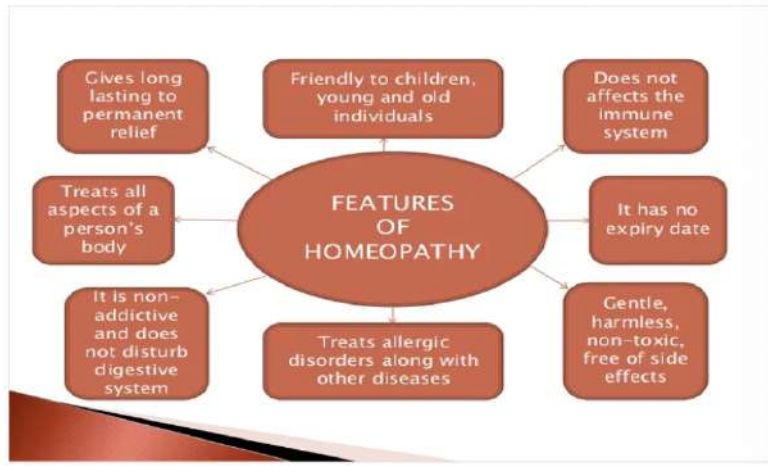
- Helps in Hormonal Balance.
- Helps in Lowering the evel of Anxiety & Stress.
- Normalize the Blood Pressure & Cholesterol.
- Fast Recovery From Illnesses.
- Detox Your Body

Traditional Chinese medicine: Based on the belief that health is a balance in the body of two forces called yin and yang.

It can accurately diagnose physical, mental and emotional imbalances as well as diseases.

It is a non- invasive science that enables to reach the root cause of health issues and not just address the symptoms.

Homeopathy: Uses very small doses of substances to trigger the body to heal itself.




MERAKI HOMEOPATHY

THINGS YOU MUST KNOW ABOUT

ALLOPATHY, HOMEOPATHY & AYURVEDA

	Allopathy	Homeopathy	Ayurveda
Meaning	álios (other) + pathos (disease) = Allopathy (other than the disease)	Hómoios (like) + pathos (disease) = Homeopathy (like disease)	Ayus (life) + Veda (knowledge) = Ayurveda (The Knowledge of Life)
Principle	A drug oriented methodology and relies on three things, hypothesis, experimentation, and the result of the experiment.	"Like cures Like" based methodology i.e. substances that produce symptoms of a disease on a healthy person, will have a curative effect on a sick person exhibiting the same symptoms.	There should be a balance in the three elemental energies, Vayu (air+space = "wind"), pitta (fire+water = "bile") and Kapha (water+Earth = "phlegm") in the body, imbalance makes the body unhealthy.
Focus point	Mostly concentrates on the symptoms of a disease and not on the root causes of those symptoms.	Mostly concentrates on the body's natural response system by attacking the root cause of illness or by encouraging the symptoms of healing.	Mostly concentrates on the root cause of the problem and provide cure and immunity in most of the cases.
Side effects	Some	No	Mild
Why	The effectiveness of allopathic medicines during an emergency is very significant.	Homeopathic medicine stimulates our immune system to fight disease.	The most eco-accommodating approach to get cured

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Traditional medicine

Traditional medicine has a long history. It is the sum total of the knowledge, skill, and practices based on the theories, beliefs, and experiences indigenous to different cultures,

whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness.

Traditional medicine is defined as an amalgamation of knowledge, skill, and practices based on theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used for therapeutic, restorative, prevention, diagnosis and maintenance of physical and mental health Pulse parameters.

Nadi Pariksha understands the vibratory frequency of the pulse at various levels on the Radial Artery

Nadi Pariksha was done by sensing the pulse at three locations on radial artery and assessing doshas from palpation of the pulse. The qualities or properties of the Nadi are

vital in assessing doshas as part of NadiN Pariksha.


Our body consists of 72,000 Nadis (or channels). The 72,000 nadis spring from three basic nadis – the left, the right and the central – the Ida, Pingala, and Sushumna

Nadi Vigyan offers techniques that instantly cures patients from lower back pain and various other back problems. The practice of yoga allows free flow of energy inside the nadi and helps in detoxifying them.

According to Hatha yoga, we can maintain the blood flow through specific nadis by performing few asanas

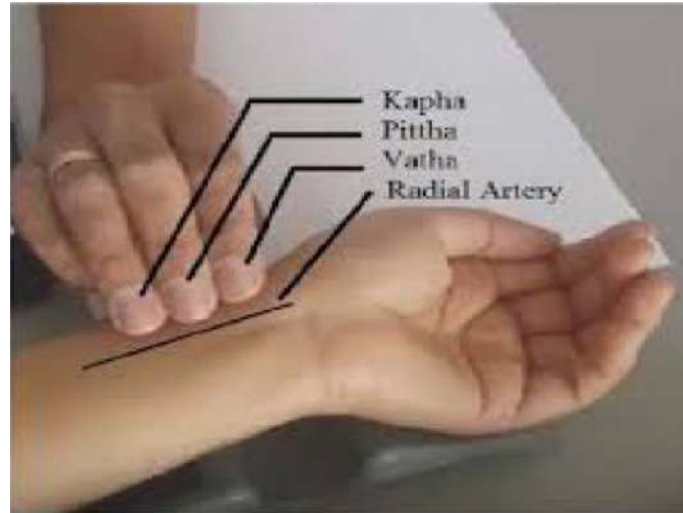
Significance of Nadi Pariksha (Ayurvedic Pulse Analysis)

- Is a unique measure of individual health
- Identifies risk of upcoming disease
- Gives an idea of health status
- Identifies dosha imbalances
- Can diagnose diseases like ,
 - Diabetes**
 - Paralysis**
 - Infertility**
 - Skin disease**
 - Hypertension**
 - Mental Disorder**



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Three Basic Gathis of Nadi

	VATA PULSE	PITTA PULSE	KAPHA PULSE
CHARACTERISTICS	Fast, feeble, cold, light, thin, disappears on pressure	Prominent, strong, high amplitude, hot, forceful, lifts up the palpating finger	Deep, slow, broad, thick, cool, regular
LOCATION	Best felt under the index finger	Best felt under the middle finger	Best felt under the ring finger
GATI	Moves like a cobra	Moves like a frog	Moves like a swimming swan

The traditional parameters are closely associated to the modern parameters such as pulse wave velocity, pulse rate variability and hardness of the artery chakras

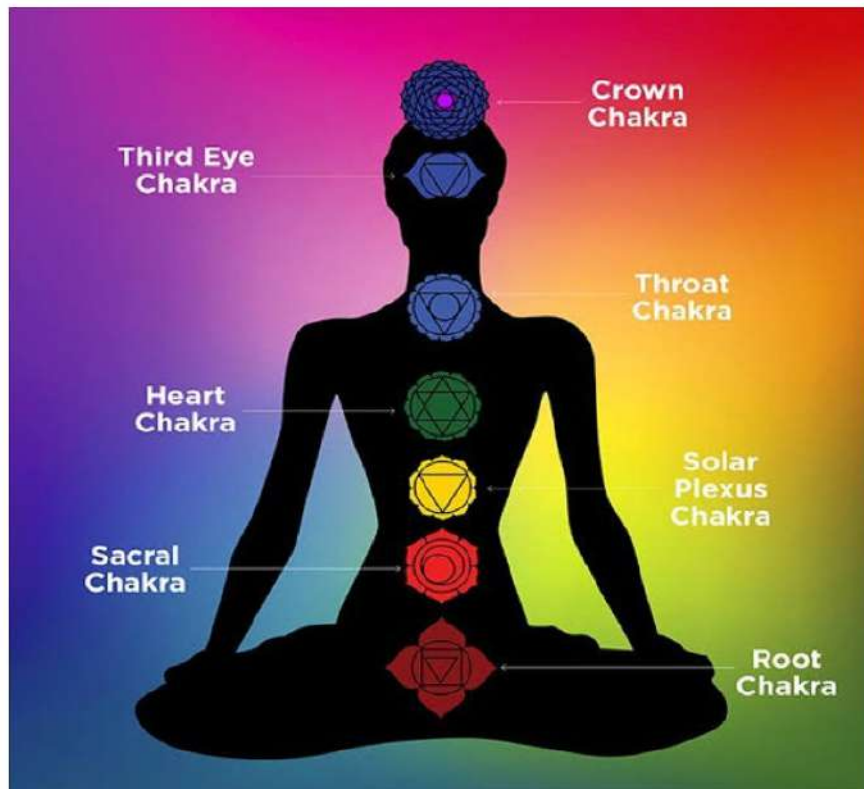
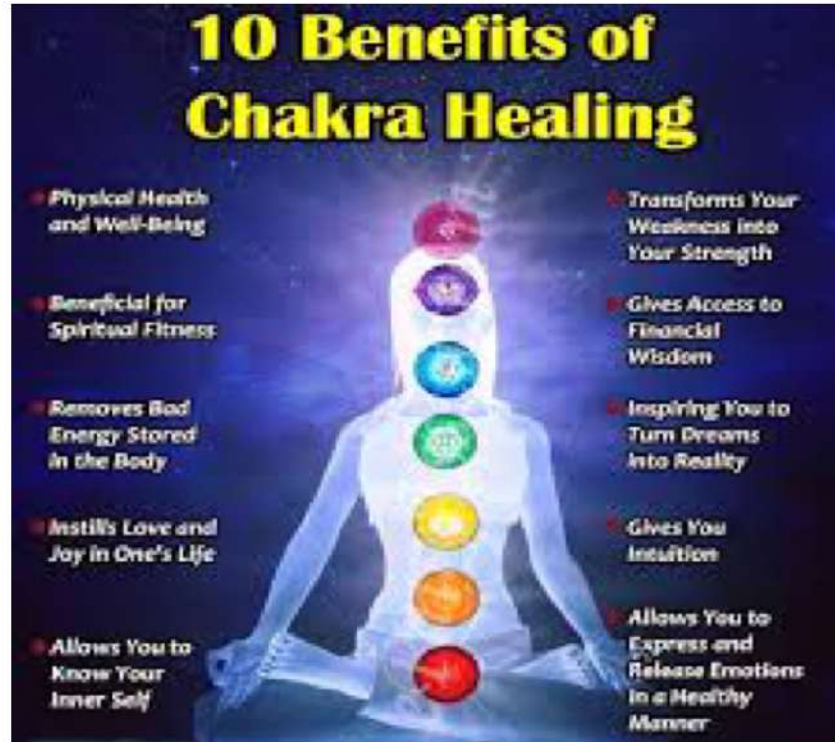
In Sanskrit, the word “chakra” means “disk” or “wheel” and refers to the energy centers in your body. These wheels or disks of spinning energy each correspond to certain nerve bundles and major organs.

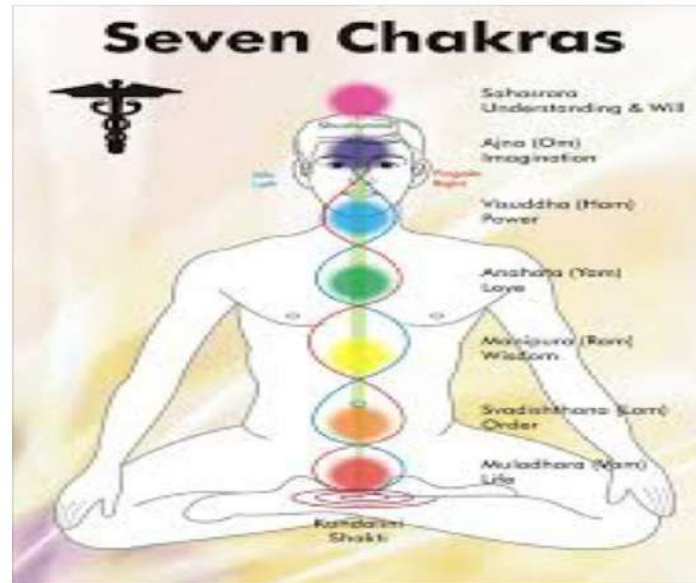
To function at their best, your chakras need to stay open, or balanced. If they get blocked, you may experience physical or emotional symptoms related to a particular chakra.

There are seven main chakras that run along your spine. They start at the root, or base, of your spine and extend to the crown of your head. That said, some people believe you have at least 114 different chakras in the body.

The chakras most often referred to are the seven main ones that we’ll explore in more detail below.

The chakra system refers to the energy centers we have in our bodies. There are seven major chakras, each in a specific location along your spine.





The seven chakras get energy and the heart, lungs, pancreas, thyroid and kidneys function powerfully and helps in

- Improved overall health and well being.
- Greater and faster ability to heal your mental, physical, spiritual and emotional issues.
- Increased openness, memory, concentration and awareness.
- Positive outlook in terms of understanding, perception of behaviors and thought process.

Complementary medicine The terms “complementary medicine” or “alternative medicine” refer to a broad set of health care practices that are not part of that country’s own tradition or conventional medicine and are not fully integrated into the dominant health-care system. They are used interchangeably with traditional medicine in some countries.

Definitions

Allopathic medicine

A system of medicine that embraces all methods of proven value in the treatment of disease.

Conventional medicine, western medicine

Complementary and alternative medicine

A group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine.

3



Naturopathic medicine: Uses various methods that help the body naturally heal itself. An example would be herbal treatments.

Herbal medicines

Herbal medicines include herbs, herbal materials, herbal preparations and finished herbal products, that contain as active ingredients parts of plants, or other plant materials, or combinations.

Diet and herbs. Over the centuries, man has gone from a simple diet consisting of meats,

fruits, vegetables, and grains, to a diet that often consists of foods rich in fats, oils, and complex carbohydrates. Nutritional excess and deficiency have become problems in today's society, both leading to certain chronic diseases.

Many dietary and herbal approaches attempt to balance the body's nutritional well-being.

Dietary and herbal approaches may include: Dietary supplements Herbal medicine Nutrition/diets





Lemon: The health benefits of lemon reduce problems of throat infections, indigestion, constipation, dental problems, fever, internal bleeding, rheumatism, burns, obesity, respiratory disorders, cholera and high blood pressure, it also benefits your hair and skin. It is well known treatment for kidney stones, reducing strokes and lowering body temperature.

These are some points following.

- It helps to strengthen your immune system, cleanse your stomach, and it is considered a blood purifier.
- Drink a glass of water with one lemon juice in the morning before tea. This is a good remedy for cleansing the body internally.

- Lemon juice with water expels toxins from the body
- Lemon has vitamin C in abundance
- Lemon juice cures anemia, joint pain, bleeding, oral diseases and scurvy
- Cures flatulence, indigestion and vomiting
- Helps bowl movement
- Cures sunstroke, dizziness
- Cures blood pressure and heart diseases
- Lemon and water drink helps the body skin to glow
- Lemon + water will cure pimples
- Many people also use it as a washing agent, because of its ability to remove stains.

•Home remedies for common cold and cough is a mixture of lemon, cinnamon and honey. This syrup effectively cures cold and cough.

Amla: Amla is a very special fruit full of antioxidants that are effective in reducing the cell damage which reduces the free radicals that can cause disease in the body”, One can drink a mix of amla powder, ginger powder, honey and lime juice or you can even add amla powder to a glass of fresh juice for breakfast. These are some points to describe Amla benefits.

- Amla is rich in vitamin C.
- The problems of teeth and gums are cured when powder of Amla mixed with water is taken everyday
- Cures throat problems
- Cures acidity
- Amla improves vision
- Amla powder is great for boosting your immunity but it also has other wonderful benefits for your hair, skin and overall health.
- Amla Supari pacifies acidity immediately, stops vomiting and cures indigestion.
- Amla juice mixed with a cup of fresh bitter gourd juice taken daily for two months will stimulate pancreas, enables the secretion of insulin, thus reducing blood sugar.
- It reduces the risk of heart disease by regulating the build-up of bad cholesterol
- Amla powder is good for diabetics. Amla contains chromium which makes the body more responsive to insulin and regulates the blood glucose levels.

Holy Basil (Tulsi): From the leaves to the seed, holy basil is considered a tonic for the body, mind, and spirit. Holy basil has a property of destroying bacteria and insects.

There are two types of holy basil, one has green leaves and other has dark leaves. But the qualities are same. Holy basil for human use and its therapeutic value. The nutritional value is also high, as it contains:

- vitamin A and C
- calcium
- zinc

- iron
- chlorophyll

These are some useful points following.

- Holy basil gives out a lot of oxygen. Therefore the environment is always clean
 - People put holy basil leaves in the drinking water. So water is purified
 - Few drops of juice of holy basil leaves cures earache
 - Reduces cholesterol level in the blood
 - Leaves of holy basil are to be used with tea which cures sore throat
 - Apply the juice of holy basil leaves on the affected parts of insect stings or bites.
 - Reduces stress and anxiety
- Ginger: There are excellent qualities in ginger. This is used in chutney, tea and various curries. Foods that contain ginger include gingerbread, cookies, ginger snaps, ginger ale, and a wide variety of savory recipes. Sun dried ginger has other qualities.
- Decoction of ginger, holy basil leaves and jaggery are useful in curing cold, phlegm, fever, asthma and joint pain
 - It helps digestion problem
 - Dried ginger is used in Ayurvedic medicines. Dried ginger is to be ground with jaggery and make into small tablets. Take 2–3 tablets at a time twice a day. This reduces cholesterol in the blood
 - Mental problems are cured with dried ginger and Ayurvedic medicines. Dried ginger also improves memory.
 - Possible health benefits include reducing nausea, pain, and inflammation.
- Mint: Mint has a strong odour.
- Decoction of mint cures hiccups, cold, cough and throat problems
 - Mint drives away insects. Therefore, mint is to be grown around the house
 - Mint chutney improves glow of the skin
 - Mint leaves are to be used in tea and salads
 - Mint improves iron in the body.

Garlic: Every 100 grams of garlic will serve you with close to 150 calories, 33 grams of carbs, 6.3G grams of protein. Garlic is also

enriched with Vitamin B1, B2, B3, B6, folate, Vitamin C, calcium, iron, magnesium, manganese, phosphorous, potassium, sodium and zinc. The odour in garlic is due to its Sulphur content.

- The garlic kills worms hence this prevents cholera and typhoid
- Reduces cholesterol in the blood
- Helps the blood circulation
- Prevents clots in the blood.
- Cures respiratory problems

Different types of CAM

The term “allopathic” is most commonly used by CAM professionals to separate their type of medicine from mainstream medical practice. Integrative health brings conventional and complementary approaches together in a coordinated way. Integrative health also emphasizes multimodal interventions, which are two or more interventions such as conventional medicine, lifestyle changes, physical rehabilitation, psychotherapy, and complementary health approaches in various combinations, with an emphasis on treating the whole person rather

than, for example, one organ system. Integrative health aims for well-coordinated care among different providers and institutions by bringing conventional and complementary approaches together to care for the whole person.

Many different areas make up the practice of complementary and alternative medicine (CAM). In addition, many parts of one field may overlap with the parts of another field.

For example, acupuncture is also used in conventional medicine.

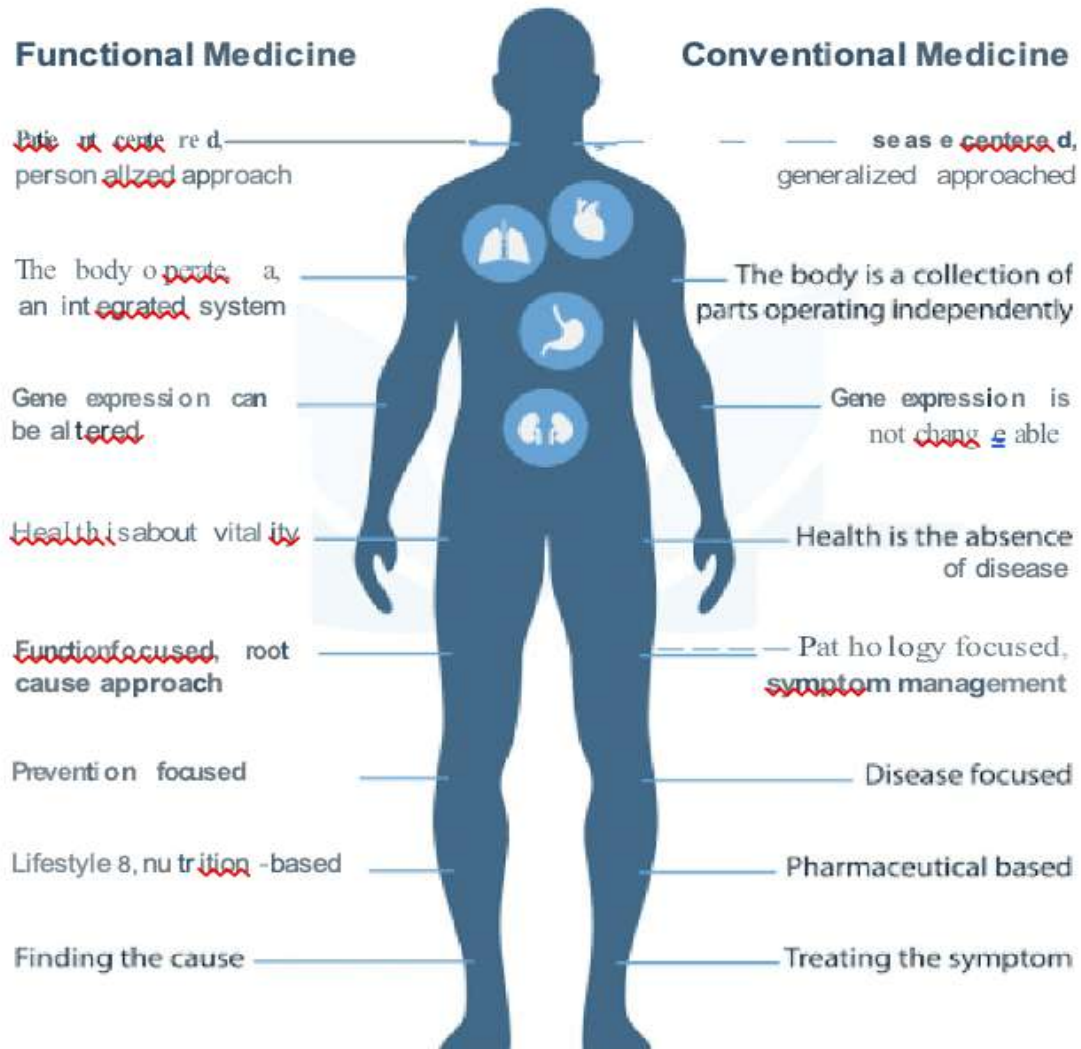
Conventional medicine is a system in which health professionals who hold an

M.D. (medical doctor) or

D.O. (doctor of osteopathy) degree treat symptoms and diseases using drugs, radiation, or surgery. It is also practiced by other health professionals, such as nurses, pharmacists, physician assistants, and therapists. It may also be called allopathic medicine, biomedicine, Western, mainstream, or orthodox medicine. Some conventional medical care practitioners are also practitioners of CAM.



What Is The Difference Between Functional & Conventional Medicine? Functional Medicine vs. Conventional Medicine



Standard medical care is treatment that is accepted by medical experts as a proper treatment for a certain type of disease and that is widely used by healthcare professionals. Also called best practice, standard of care, and standard therapy. Complementary and alternative medicine (CAM) is the term for

medical products and practices that are not part of standard medical care. Complementary medicine is used along with standard medical treatment but is not considered by itself to be standard treatment. One example is using acupuncture to help lessen some side effects of cancer treatment.



Alternative medicine is used instead of standard medical treatment. One example is using a special diet to treat cancer instead of cancer drugs that are prescribed by an oncologist.

People may use the term "natural," "holistic," "home remedy," or "Eastern Medicine" to refer to CAM. However, experts often use five categories to describe it.

These are listed below with examples for each.

This type of CAM uses things found in nature.

Some examples are: Vitamins and dietary supplements.

Botanicals, which are plants or parts of plants. One type is cannabis.

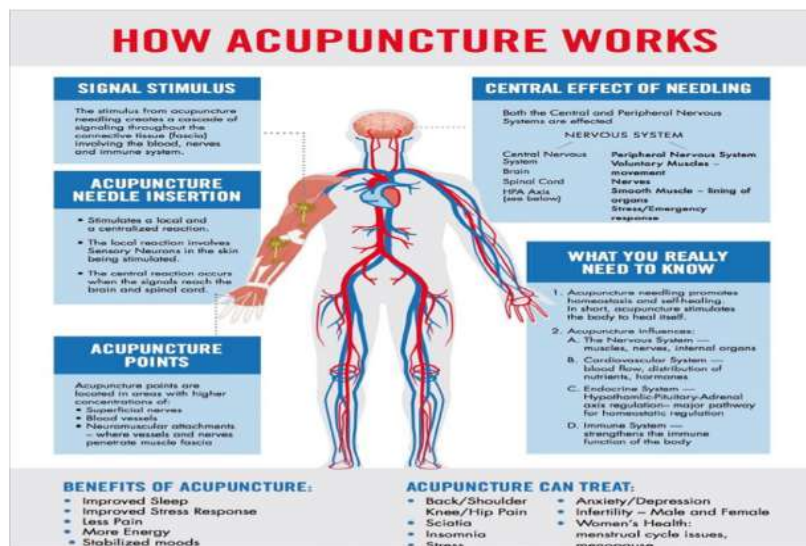
Herbs and spices such as turmeric or cinnamon. (See Herbs at a Glance.)

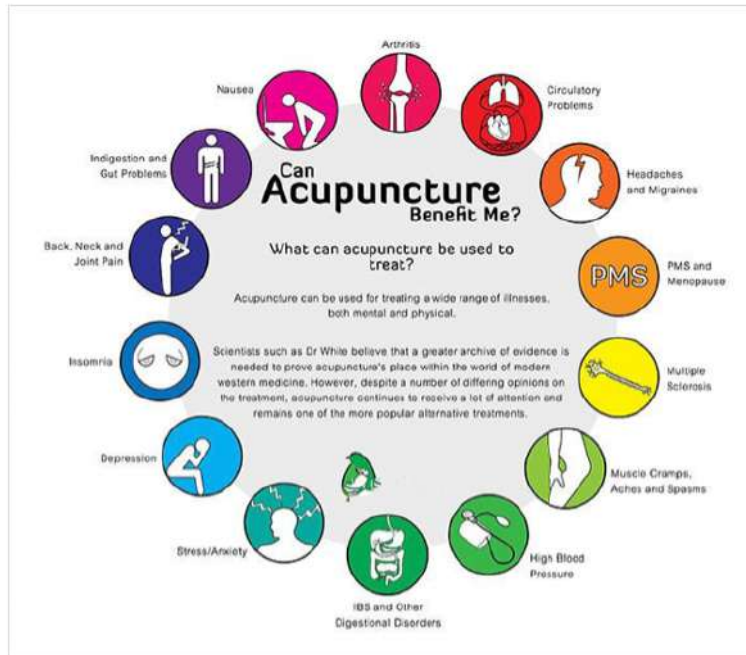
Special foods or diets. Mind–Body Therapies These combine mental focus, breathing, and body movements to help relax the body

This field includes the more mainstream and accepted forms of therapy,

These therapies have been practiced for centuries worldwide.

Acupuncture Acupuncture is a common practice in Chinese medicine that involves stimulating certain points on the body to promote health, or to lessen disease symptoms and treatment side effects.





Body. Touch has been used in medicine since the early days of medical care.

Healing by touch is based on the idea that illness or injury in one area of the body can affect all parts of the body.

If, with manual manipulation, the other parts can be brought back to optimum health, the body can fully focus on healing at the site of injury or illness. Body techniques are often combined with those of the mind.

Mind. Even standard or conventional medicine recognizes the power of the connection between mind and body. Studies have found that people heal better if they have good emotional and mental health.

Examples of body therapies include:

Chiropractic and osteopathic medicine
 Massage Body movement therapies Tai chi
 Yoga Therapies using the mind may included
 Meditation Biofeedback Hypnosis Senses.
 Some people believe the senses, touch, sight, hearing, smell, and taste, can affect overall health.

Examples of therapies incorporating the senses include -Art, dance, and music
 Visualization and guided imagery

Manipulative and Body- Based Practices
 External energy. Some people believe external energies from objects or other sources directly affect a person's health.

These are based on working with one or more parts of the body.

An example of external energy therapy is Electromagnetic therapy Reiki Qigong Reiki: Balancing energy either from a distance or by placing hands on or near the patient Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing.

The health benefits of reiki Reiki promotes relaxation, stress reduction and symptom relief to improve overall health and well-being.

It can: Bring on a meditative state. Foster tissue and bone healing after injury or surgery.

Stimulate your body's immune system.
 Promote natural self-healing. Relieve pain and tension.

Support the well-being of people receiving traditional medical treatments such as chemotherapy, radiation, surgery and kidney

dialysis. These are healing systems and beliefs that have evolved over time in different cultures and parts of the world.

What is Reiki

Reiki is a natural, gentle, and safe energy healing practice that can be used by anyone, anytime, anywhere. It is a natural, gentle, and safe energy healing practice that can be used by anyone, anytime, anywhere.

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Reiki Benefits

- Relaxes aches and Pains of all types
- Relaxes muscles and relieves fatigue
- Improves Self-healing Processes
- Increases Energy
- Detoxifies The body
- Increases Body Awareness
- Promotes Healthy and Positive outlook
- Improves Sleep

Benefits of Reiki

Increased energy levels

Personal growth & development

Increased mental clarity

Emotional healing & stability

Increased self-awareness

Reduction of stress

Cleaning & balancing of chakras

Relief from chronic pain

Peace of mind & body

Strengthened Immune system

Reduced tension & anxiety

Improved circulation

Spiritual growth & development

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Awakening of chakras

AWAKENING CHAKRAS WITH MUDRAS and MANTRAS

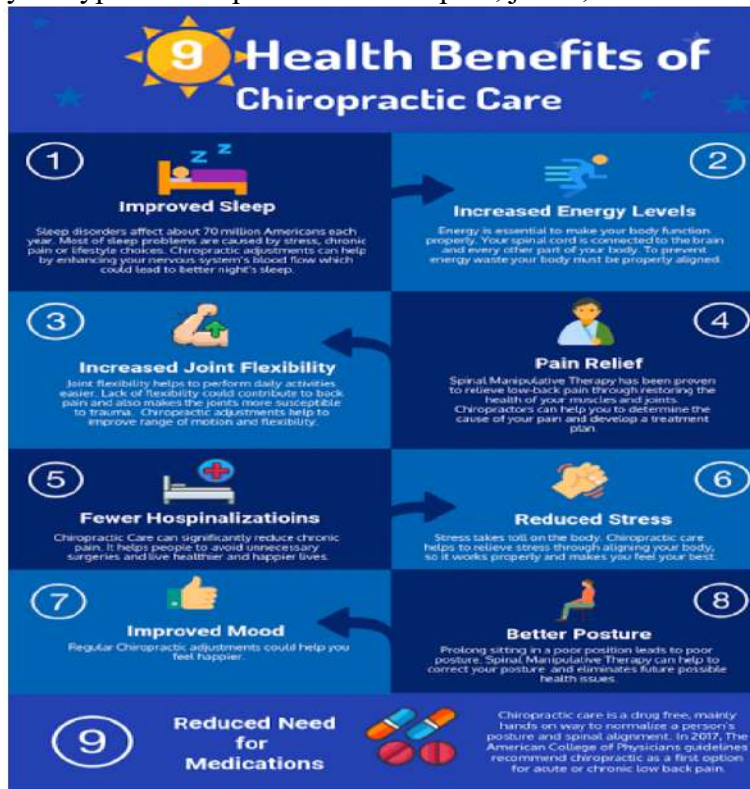
LAM		ROOT CHAKRA Muladhara Grounding Survival Sexual Energy		Thanks to Kundalini Energy Grounding Energy Survival Sexual Energy Chakra Sound Using L A M L A M L A M
VAM		SACRAL CHAKRA Svadhara Creativity Sexual Energy Hips		Rejuvenation of genital system along with creative energy, right palm interlocking with left, Chakra Sound Using V A M V A M V A M
YAM		SOLAR PLEXUS CHAKRA Manipura Self-Confidence Personal Power Stomach		Place hands palm-to-palm interlocking, middle Chakra Sound Using Y A M Y A M Y A M
VAM		HEART CHAKRA Anahata Love Heart		Right hand Index finger is thumb pointing up, thumb points left hand middle finger pointing up, the thumb, 3rd, 4th, 5th fingers Using V A M V A M
HEM		THROAT CHAKRA Vishuddha Expression Throat		Hand to stomach, fingers interlocking, thumb and middle, thumb up, thumb chakra Chakra Sound Using H E M H E M H E M
SHAM		THIRD EYE CHAKRA Ajna Intuition Third Eye		Hands in front of the eyes palm to palm, fingers interlocking, the middle, index fingers touch in front, thumb, third, Chakra Sound Using S H A M S H A M
OHM		CROWN CHAKRA Sahasrara Spiritual Crown		Hands in front of head thumb, fingers interlocking, little fingers interlocking, middle Chakra Sound Using O H M O H M O H M

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Massage: The soft tissues of the body are kneaded, rubbed, tapped, and stroked.



Chiropractic therapy: A type of manipulation of the spine, joints, and skeletal system.



Reflexology: Using pressure points in the hands or feet to affect other parts of the body.

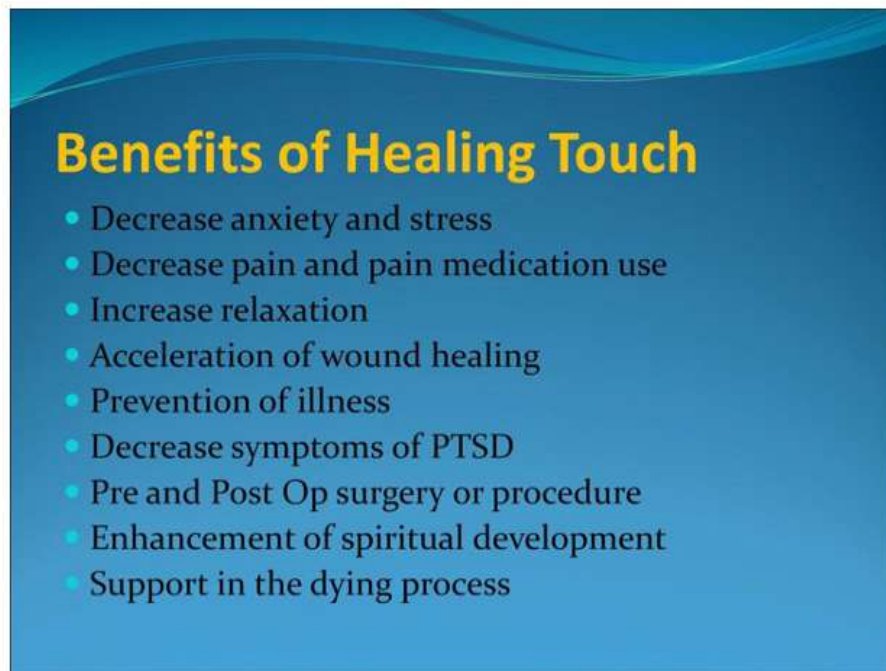


Biofield Therapy

Biofield therapy, sometimes called energy medicine, involves the belief that the body has energy fields that can be used for healing and wellness. Therapists use pressure or move the body by placing their hands in or through these fields.



Therapeutic touch: Moving hands over energy fields of the body



Meditation: Focused breathing or repetition of words or phrases to quiet the mind.



Biofeedback: Using simple machines, the patient learns how to affect certain body functions that are normally out of one's awareness (such as heart rate).

Hypnosis: A state of relaxed and focused attention in which a person concentrates on a

certain feeling, idea, or suggestion to aid in healing.

Yoga: Systems of stretches and poses, with special attention given to breathing.

Tai Chi: Involves slow, gentle movements with a focus on the breath and concentration

Mind-Body Therapies ²		
Therapy type	Therapy Particulars	Clinical Findings from Previous Studies
Meditation	A practice in which the individual trains the mind to a particular state of consciousness in order to achieve calm, clarity, and mental awareness	<ul style="list-style-type: none"> Increases natural killer cell cytotoxicity Decrease in inflammatory cytokines, and cortisol levels
Hypnosis	Patients are induced into an artificial state of consciousness where they are more receptive to suggestion	<ul style="list-style-type: none"> Decreases pain, distress, and anxiety Effective in treating anticipatory nausea in adult and pediatric patients Decreases nausea and vomiting in patients undergoing chemotherapy Particularly effective in pediatric patients
Yoga	Combines meditation, physical movements, and breath control	<ul style="list-style-type: none"> Increases natural killer cells Decreases anxiety, anticipatory nausea, depression Improves mood
Tai chi	Combines meditation, physical movements, and breath control	<ul style="list-style-type: none"> Improves self-esteem, flexibility, muscular strength, and aerobic capacity

Imagery: Imagining scenes, pictures, or experiences to help the body heal.

Creative outlets: Interests such as art, music, or dance. Biologically Based Practices Integrative medicine is an approach to medical care that combines conventional medicine with CAM practices that have shown through science to be safe and effective. This approach often stresses the patient's preferences, and it attempts to address the mental, physical, and spiritual aspects of health.

Physiotherapy

Physical therapy, also known as physiotherapy, is one of the allied health professions. It is provided by physical therapists who promote, maintain, or restore health through physical examination, diagnosis, prognosis, patient education, physical intervention, rehabilitation, disease prevention, and health promotion

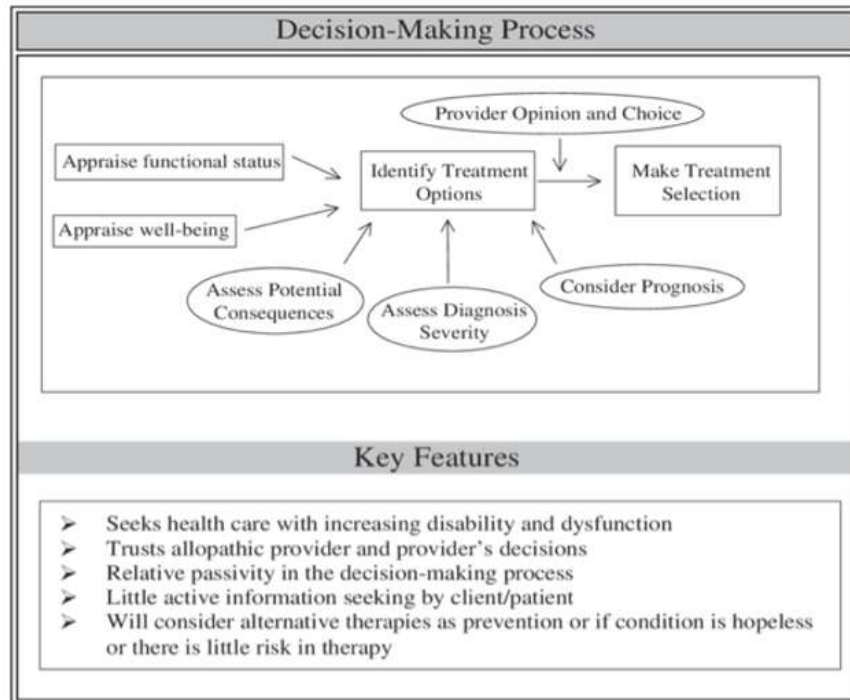
Benefits of taking Physiotherapy



- Get relief from pain
- Avoid surgery
- Improve mobility
- Recover from a stroke
- Recovery from sports injury
- Improve your balance
- Manage diabetes
- Manage age-related issues
- Manage heart and lung disease
- Women's Health management

People with chronic illnesses may use CAM to: Help cope with the side effects of treatments, such as nausea, pain, and fatigue

Comfort themselves and ease the worries of treatment and related stress
 Feel that they are doing something to help with their own care
 Try to treat or cure their illness



Study Breast milk

Domperidone (Motilium ®) is the most effective medicine used to improve breast milk supply. This is a medication that was developed to treat nausea, vomiting, indigestion and gastric reflux, but has been found to be effective when used to increase milk supply.

Foods That Help Boost Breast Milk Supply

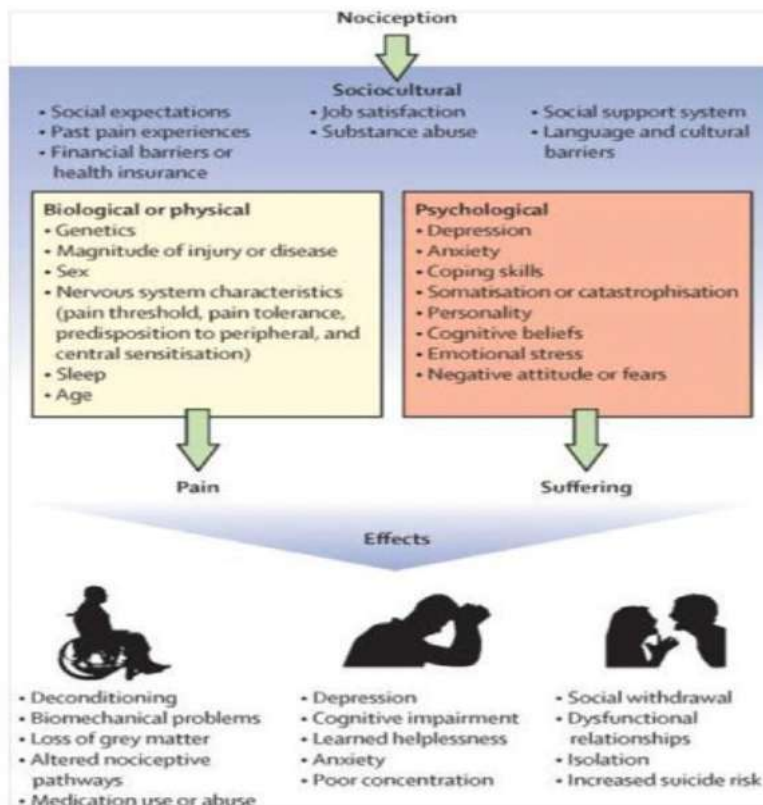
- Fenugreek. These aromatic seeds are often touted as potent galactagogues. ...
- Oatmeal or oat milk. ...
- Fennel seeds. ...
- Lean meat and poultry. ...
- Garlic
- Barley. ...
- Barley malt. ...
- Fennel + fenugreek seeds. ...
- Oats. ...
- Other whole grains. ...
- Brewer's yeast. ...
- Papaya. ...
- Antilactogenic foods.

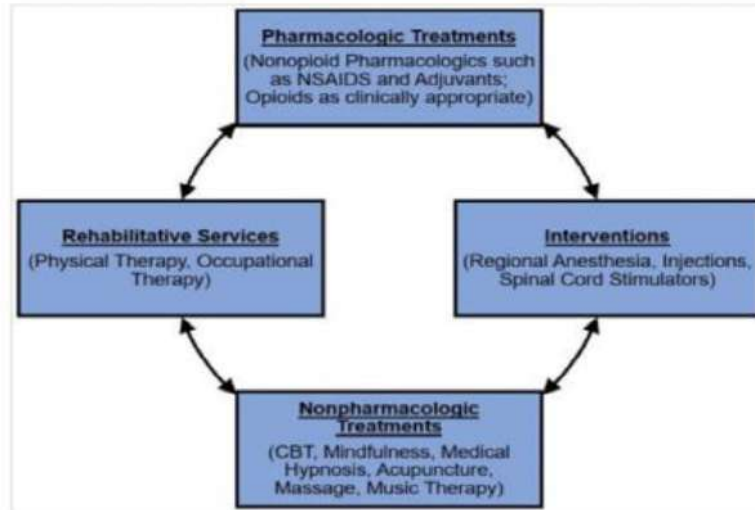
Pain treatment

Identifying your pain

To help your doctor prescribe you the right pain medication, check as many boxes that apply to you and print off this sheet to take to your appointment.

<p>Source / Location</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bone <input type="checkbox"/> Head <input type="checkbox"/> Internal (eg, abdomen, kidneys) <input type="checkbox"/> Joints <input type="checkbox"/> Muscle <input type="checkbox"/> Musculoskeletal <input type="checkbox"/> Nerve-related (eg, face, all over) <input type="checkbox"/> Skin surface <input type="checkbox"/> Widespread <input type="checkbox"/> Hard to pinpoint <input type="checkbox"/> Other <div style="border: 1px solid black; height: 20px; width: 100%; margin-top: 5px;"></div>	<p>Duration</p> <ul style="list-style-type: none"> <input type="checkbox"/> Caused by activity <input type="checkbox"/> Breakthrough (due to medication wearing off) <input type="checkbox"/> Intermittent <input type="checkbox"/> Acute: Lasting < 3 months <input type="checkbox"/> Persistent: Lasting > 3 months <input type="checkbox"/> Sporadic <input type="checkbox"/> Other <div style="border: 1px solid black; height: 20px; width: 100%; margin-top: 5px;"></div>	<p>Emotional state at time of pain</p> <ul style="list-style-type: none"> <input type="checkbox"/> Already in pain <input type="checkbox"/> Anxious <input type="checkbox"/> Bad experience with pain in the past <input type="checkbox"/> Co-existing medical conditions <input type="checkbox"/> Fatigued <input type="checkbox"/> Feeling isolated <input type="checkbox"/> Feeling overwhelmed <input type="checkbox"/> General mood is OK/positive <input type="checkbox"/> Low mood <input type="checkbox"/> Stressed <input type="checkbox"/> Worried <input type="checkbox"/> Other <div style="border: 1px solid black; height: 20px; width: 100%; margin-top: 5px;"></div>
<p>Description and Severity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aching <input type="checkbox"/> Burning <input type="checkbox"/> Dull <input type="checkbox"/> Intense <input type="checkbox"/> Sharp <input type="checkbox"/> Other <div style="border: 1px solid black; height: 20px; width: 100%; margin-top: 5px;"></div>	<p>Severity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Background <input type="checkbox"/> Constant <input type="checkbox"/> Intense <input type="checkbox"/> Mild <input type="checkbox"/> Minor annoyance <input type="checkbox"/> Moderate <input type="checkbox"/> Severe <input type="checkbox"/> Unbearable <input type="checkbox"/> Other <div style="border: 1px solid black; height: 20px; width: 100%; margin-top: 5px;"></div>	





Diabetic treatment

Treatment of Type 2 Diabetes Mellitus

	<i>monotherapy*</i>	<i>add</i>	<i>add</i>
obese	metformin	sulfonylurea	exenatide or insulin or glitazone
non-obese	sulfonylurea or metformin	metformin or sulfonylurea	exenatide or insulin or glitazone
elderly	low dose secretagogue	switch to simple insulin regimen	----
Asians	glitazone	metformin	sulfonylurea or insulin or exenatide**

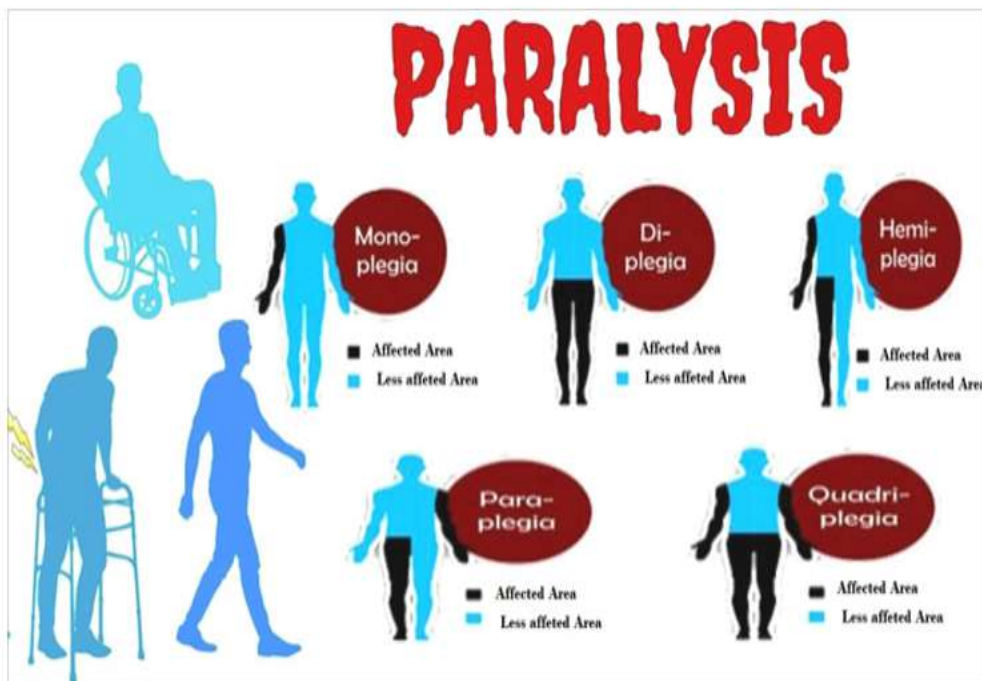
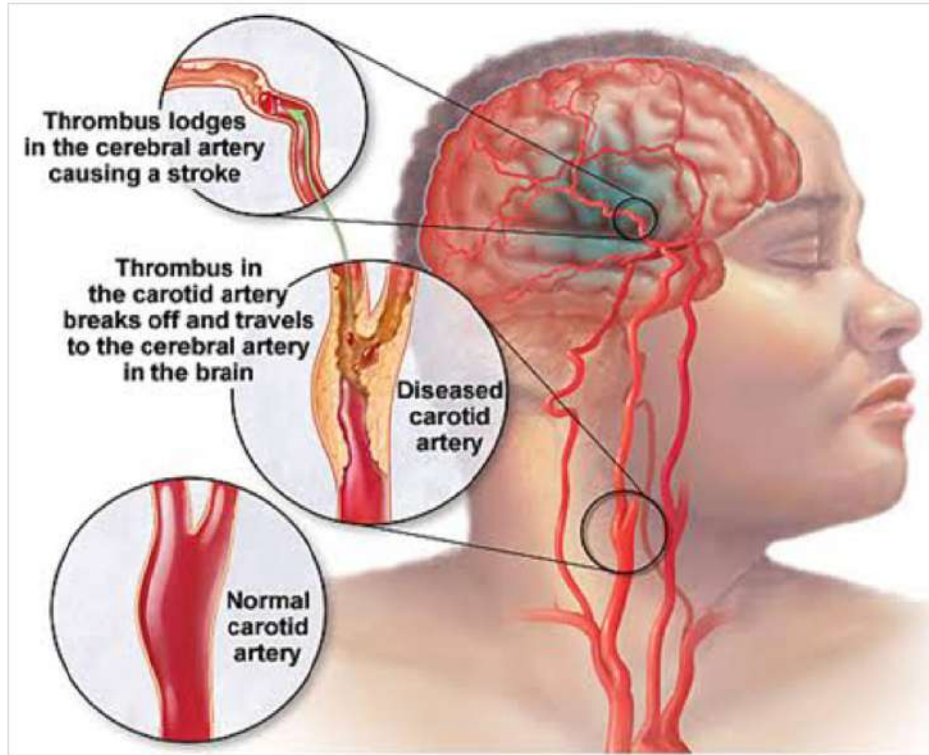
*for symptomatic patients, may initially use secretagogue or insulin to rapidly decrease glucose
**exenatide not approved for use with glitazone

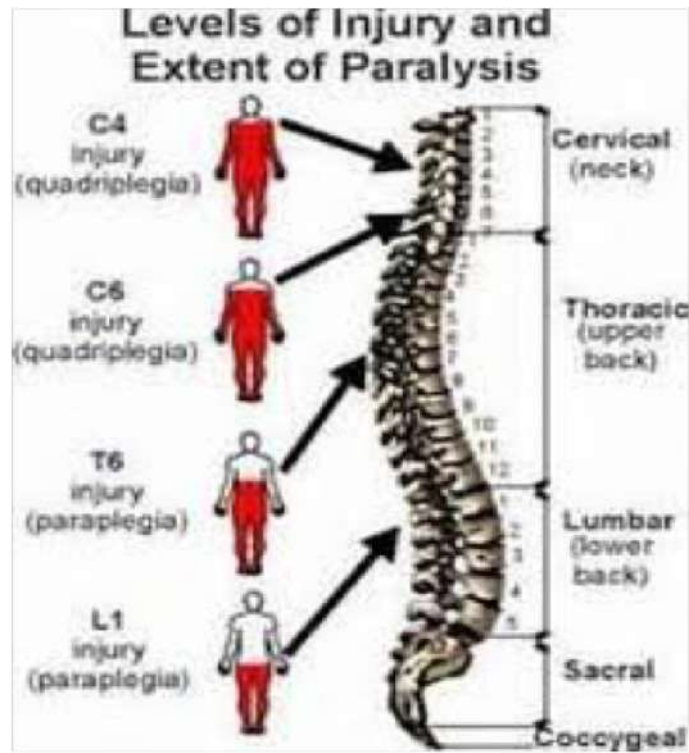


THERAPY	BENEFITS
Acupuncture	Reduces blood sugar Lowers insulin resistance Heals neuropathy
Hypnosis	Helps with lifestyle changes Aids relaxation
Acupressure	Reduces blood sugar Lowers insulin resistance
Qigong	Improves blood sugar and postprandial blood glucose
Mindfulness	Helps manage stress and anxiety Bettters mood
Ayurveda	Improves fasting blood sugar

Paralysis

Paralysis is most often caused by strokes, usually from a blocked artery in your neck or brain. It also can be caused by damage to your brain or spinal cord, like what can happen in a car accident or sports injury



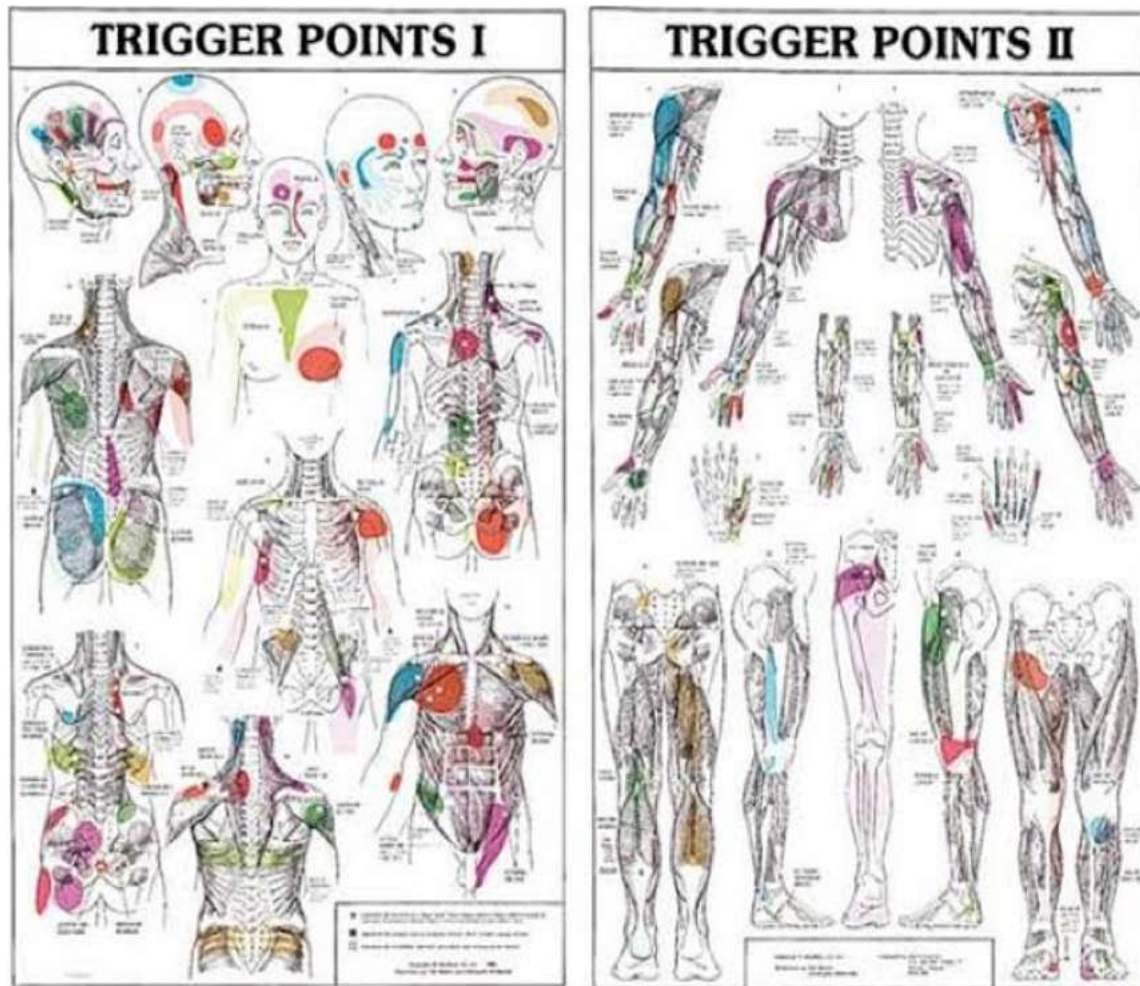


Spinal Nerve Function

VERTEBRAL LEVEL	AREA OR ORGAN	POSSIBLE SYMPTOMS
C1	MASTER CONTROL FOR ENTIRE NERVOUS SYSTEM BRAIN + PITUITARY + FACE EARS + EYES + NOSE + HEAD + PARATHYROID DIAPHRAGM + NECK MUSCLES SCALP + SINUSES + TONGUE TEETH + JAW + THYROID	HEADACHES + MIGRAINES EARACHES + COLDS/FLU SORE THROAT + SINUSITIS FATIGUE + VERTIGO DIZZINESS + ANXIETY ALLERGIES + MEMORY LOSS VISUAL OR AUDITORY DISTURBANCES
C2	NECK MUSCLES + THYROID SINUSES + MOUTH VOCAL CORDS + TONSILLS ARMS + ELBOWS + WRISTS HANDS + FINGERS PARATHYROID + ESOPHAGUS ACROSS SHOULDERS	WEIGHT GAIN + COLD-INSOMNIA + FATIGUE COLDS/FLU + SINUSITIS HEADACHES + SORE THROAT VERTIGO + DIZZINESS ALLERGIES + REFLUX NUMBNESS + TINGLING
C3	HEART + LUNGS + THYMUS BRONCHIAL TUBES + TRACHEA CHEST + BREAST + PLEURA GALL BLADDER + ARMS ACROSS SHOULDERS UPPER BACK SHOULDER BLADES	HEART CONDITIONS + ASTHMA BRONCHITIS + INDIGESTION DIFFICULTY SWALLOWING NAUSEA + HEADACHES FATIGUE + PLEURISY CHRONIC COUGHING SHORTNESS OF BREATH BLOATING AFTER EATING
C4	STOMACH + PANCREAS SPLEEN + LIVER DUODENUM PERITONEUM + MIDDLE BACK	GASTRITIS + ULCERS INDIGESTION + CRAVE SWEETS HEADACHES + FATIGUE FEELING TONGUE + RASHES CATCHES COLDS EASILY DIABETIS + HYPOGLYCEMIA
C5	ADRENALS SMALL INTESTINE KIDNEYS MIDDLE LOWER BACK	STRESS + FATIGUE IRRITABLE BOWELS + HIVES ECZEMA + RASHES HIGH BLOOD PRESSURE GASSY + BLOATING WATER RETENTION
C6	LARGE INTESTINE SMALL INTESTINE ILEOCÆCAL VALVE APPENDIX + BLADDER OVARIES + UTERUS PROSTATE + TESTICLES REPRODUCTIVE ORGANS RECTUM + URETHRA LOW BACK + PELVIS BUTTOCKS + GROIN THIGHS + KNEES ANKLES + FEET + TOES SCIATIC NERVE	CONSTIPATION + DIARRHEA GASSY + BLOATING IRRITABLE BOWEL BLADDER INFECTIONS PAINFUL URINATION BED WETTING HEMORRHOIDS MENSTRUAL PROBLEMS PREMENSTRUAL SYNDROME IRREGULAR PERIODS MENOPAUSE INFERTILITY LOW SEX DRIVE NUMBNESS OR TINGLING YEAST INFECTIONS SCIATIC PAIN SPRAINED ANKLES

There isn't a cure for permanent paralysis. The spinal cord can't heal itself.

Temporary paralysis like Bell's palsy often goes away over time without treatment. Physical, occupational and speech therapy can accommodate paralysis and provide exercises, adaptive and assistive devices to improve function.



- Surgery can address physical barriers. It may be that there is an object fixed in the brain or spinal cord of the person. It needs to be got rid of. Through the surgery, certain portions of the spinal cord can also be fused together.
- Some paralysis medication may be used to reduce swelling, inflammation and infection on the area. If there is chronic pain, it may be addressed with medicines.
- Continuous monitoring of the person is mandatory to ensure that this condition does not get worse

- Psychotherapy can help a lot. Support groups may teach you how to cope with this critical situation.
- To restore muscular and nerve functioning, you may be asked to do certain exercises. Occupational therapy can also help a lot. Work on the injuries and practice them as much as possible. Physical therapy may reverse paralysis by rewiring the brain.
- Some people got great results from alternative treatments like chiropractic care, massage therapy and acupuncture treatments



Health Benefits of Acupuncture

- asthma
- anxiety
- fibromyalgia
- depression
- cystitis
- headaches
- Insomnia
- Irritable bowel syndrome
- chronic low back pain
- fibromyalgia
- strengthens the Immune system
- Improves blood circulation
- overcoming certain addictions like smoking, alcohol, and drugs

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YOUR BODY ON ACUPUNCTURE

Who would have guessed that a tiny needle (or 12) could be such a boon to your well-being? Here are 10 research-backed ways the ancient practice of acupuncture improves your health from head to toe.

Head 20 sessions of electroacupuncture (where a small electric current is applied to the needles) within 4 weeks reduced the number of monthly migraines.

Mood Once weekly acupuncture sessions can treat depression within 3 months (comparable to results from counseling) likely because it regulates happy-making neurotransmitters in your brain.

Heart Regular sessions can decrease markers of stress and lower blood pressure.

Sleep Acupuncture revs up the production of neurotransmitters associated with relaxation and sleep, helping insomnia sufferers sleep better.

Menopause Acupuncture can ease the frequency and severity of hot flashes for up to 3 months after treatment, possibly by helping regulate body temperature.

Nose For seasonal allergy sufferers, 12 acupuncture sessions reduced symptoms and allowed people to use antihistamines less often.

Throat 10 sessions over the course of a month treated acid reflux disease and soothed heartburn better than upping meds, possibly by regulating acid secretion and speeding digestion.

Immune System Well-placed needles can boost the activity of immune cells that seek out and destroy infections.

Back 5 weeks of twice-weekly needling was found to relieve lower back discomfort for up to 6 months.

Weight Acupuncture helped obese adults shed up to 9 pounds over a span of 2-weeks to 4-months.

Prevention

Common Reasons for Chiropractic Adjustment

Sciatica

Headaches

Neck Pain

Low back pain

verywell

the patient of a 26-year-old improved with modern medicines treatment and alternative treatment who was immunocompetent patient of miliary tuberculosis of cerebellum with meningitis and lung involvement, presenting with ataxia without any evidence of systemic inflammation ,

Study was also done on 757 patients out of which 655 were males ,55 are above 60yrs and 450 were in age

group 40-60 and 150 were in age group 30-40 and 102 were females out of which 22 were above 60 yrs, 40 were in age group 30-40yrs and 40 were in age group 40-60 yrs

Some of the patients were treated with modern medicines and alternative medicine treatment and some treated with modern medicines

Irritable bowel syndrome —treated—25% with modern medicines and 75% with both modern medicines and alternative medicine

Paralysis 12% with modern medicines and 88% with both modern medicines and alternative medicine

Diabetes - treated -38% with modern medicines and 62% with both modern medicines and alternative medicine

Breast milk developed 7% with modern medicines and 93% with both modern medicines and alternative medicine

Sleep disturbances —treated -22% with modern medicines and 78% with both modern medicines and alternative medicine

Obesity —treated ~19% with modern medicines and 81 %with both modern medicines and alternative medicine

Joint pains — treated —37%with modern medicines and 63% with both modern medicines and alternative medicine

Chronic Pain treatment -treated- 16% with modern treatment and 84 % patients treated

with both modern treatment and alternative medicine treatment

Hence the medical fraternity should try to start comprehensive health care system with combination of Traditional, herbal, allopathy, complementary medicine and integrative medicines in primary health care and give the best treatment to the patients with illness , in simple words combine modern medicine treatment with ancient medicine treatment and other ways of treatment and do a wonderful treatment schedule and give the best treatment

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