



Holistic Medicinal Approaches and its Need

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Abstract: *The health systems continue to struggle with issues of quality, safety and responsiveness to the needs, legitimate demands and reasonable expectations of the people whom health care systems were set up to serve. Economic, demographic and social forces have increasingly put pressure on health systems not only to provide universally accessible, effective and scientifically sound health care, but also to ensure that services are designed and delivered in ways that respect people's rights, needs and preferences for information, psychosocial support and participation in decision making for their own health and health care. The need for innovative, balanced, and holistic approaches to health care has become a matter of urgency for health systems worldwide, because we live in a time of great imbalance. There are more pollutants and chemicals in our food and environment than ever before. We face epidemic rates of obesity and chronic disease. Most people have poor diet and exercise habits. Almost everyone in our fast-paced society struggles to manage daily stress, and many are afflicted with chronic depression and anxiety. There has never been a greater need for the holistic health approach, and people are demanding medical alternatives and actively seeking better options for their personal wellness.*

Key words: *Ayurveda; Naturopathy; Chinese Traditional Medicine; health systems & holistic health approach*

Introduction

The health systems continue to struggle with issues of quality, safety and responsiveness to the needs, legitimate demands and reasonable expectations of the people whom health care systems were set up to serve. Economic, demographic and social forces have increasingly put pressure on health systems not only to provide universally accessible, effective and scientifically sound health care, but also to ensure that services are designed and delivered in ways that respect people's rights, needs and preferences for information, psychosocial support and participation in decision making for their own health and health care. The need for innovative, balanced, and holistic approaches to health care has become a matter of

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Long before penicillin or x-rays, faith healers recognized the importance of emotional and spiritual wellbeing in achieving physical health. Two of the most well documented ancient holistic health traditions are Chinese Traditional Medicine (CTM), Ayurveda and Naturopathy. Though the Ayurveda and



Naturopathy originated almost 5,000 years ago and has continued to evolve into a complex system of diagnostic and treatment methods that are still practiced today.

For millennia, people around the world have healed the sick with herbal or animal-derived remedies, handed down through generations. In Africa and Asia, 80 per cent of the population still uses traditional remedies rather than modern medicine for primary healthcare. In developed nations, traditional medicine is rapidly gaining appeal.

There has never been a greater need for the holistic health approach, and people are demanding medical alternatives and actively seeking better options for their personal wellness.

The fundamental principle underlying Holistic Treatment is that the natural defence and immune system of an individual when strengthened, has the potential to heal and prevent diseases. The Holistic approach nevertheless combines the pick of the past, interlaced with the best of the present and prepares you for the future, giving you a comprehensive insight into the hitherto unknown areas of your system.

Mind; Body; Spirit & Naturopathy

The mind is an important and integral part of the human being. The mind mediates between the inner and outer world. It is powerful and yet vulnerable, and any ailment can manifest itself in both the psychic and somatic spheres. Meditation, deep relaxation techniques and yogasanas improve concentration and help in providing clarity of thought.

The human body needs to be rejuvenated from time to time. Repetitive and routine work takes its toll on your body. Perennial ailments such as aches, fatigue, etc., are incorrectly accepted as part of the misery of daily life. It need not be this way - isn't it time to experience lightness in your body that allows you to sail through your regular routine. Muscular tension is released through energy-balancing massage, and the whole system is refreshed with the help of these treatments. Therapies are in many forms available at the centre that lead to a profound rejuvenation.

The real source of energy is more powerful than the mind or body. The inner self needs to be at peace, contented and in a state of radiant health. Harness your potential and your inner power. Move into the realm of personal transformation - synchronise your mind, body and spirit and tap your inner strengths.

Naturopathy is a natural healing technique using the healing powers of nature. The principle of Naturopathy is that the accumulation of toxins is the root cause of all diseases. Prevention and elimination of toxins is the route to health. Treatments are based on the 5 great elements of nature that have immense healing properties. There is no role of internal medications in the nature cure system.

The Five great elements of nature and the treatments based on them are:

Earth - Mud baths, Mud packs,
Water - Hydrotherapeutic methods in the form of Baths, Jets, Douches, Packs, Compresses, **Immersion**s
Air - Breathing exercises, Outdoor walking, Open air baths



Fire - Sun baths, Thermoleum baths, Magnetised water, Colour charged oils / water

Ether - Fasting therapy

Other Naturopathic Therapies:

Yoga

Oriental healing techniques: Reflexology, Acupressure, Acupuncture and Auriculotherapy

Food and Nutrition

Magnetotherapy

Physiotherapy

Chromotherapy

Earth - mud therapy:

Of the five elements of nature, mud represents Earth and has tremendous impact on the maintenance of health and prevention of diseases. Minerals and trace elements present in the mud are known for its renowned effects and healing properties. Mud also has the remarkable property of holding moisture for a long time, which has a cooling effect on the part of the body applied.

Helps improve circulation and relax the muscles

Improves the digestive activity and sets right the metabolism

Local application helps relieve inflammations, swellings and reduces pain

Excellent in skin conditions without open lesions

Helps bring down blood pressure

Nourishes the skin

Conditions the hair

Specific kind of application relieves the stiffness of joints

Water - Hydrotherapy

This uses the therapeutic properties of water. This medium was made use in therapeutics hundreds of years ago. Water has great healing properties and

exhibits different properties at different temperatures. The temperature of the water for any treatment depends on the effect desired. Kellogg is considered to be the Father of Hydrotherapy.

Water is used internally and externally in all its forms- steam, liquid or ice, to cleanse and restore health. It is used in the form of Baths, Jets/Douches, Packs, Compresses and Immersions to name a few.

Drinking a specific amount of water also has therapeutic effects:

Helps maintain hydration of the body

Helps in proper secretion of body fluids and maintenance of Ph.

Aids digestion and prevents constipation

Improves skin condition and nourishes it

Maintains the flexibility of joints

Helps in detoxification

Air Breathing Therapy

"We're all born knowing how to inhale and exhale correctly, but with today's technology, hurried schedules, and everyday stress, most of us have lost that ability. "As a result, most of us 'under-breathe' in a dysfunctional way."

This dysfunctional breathing can make you feel winded during cross fit or after climbing a few flights of stairs, no matter how fit you are. Oxygen is fuel, and part of feeling fatigued during exercise has to do with not fuelling our cells well enough through our breath.

There are two breathing techniques that can help you get the air you need without working so hard to breathe: Pursed-lips breathing and Diaphragmatic (also called Belly or Abdominal) Breathing.

Better Breathing Tip: It's normal to hold your shoulders tense and high. Before starting any breathing technique, take a



minute to drop your shoulders down, close your eyes, and relax.

Naturopathy has gifted us with several forms of air therapy procedures to help us rejuvenate. Simple joyful procedures like candle blowing and balloon blowing have bestowed health benefits. This therapy involves three elements to motivate breathing: 1) The Bansuri; 2) The Pranav Mantra; and 3) The Pranayama Exercise.

Bansuri pranayama is the “art and science of performing pranayama exercises along with the silent intonation of Pranav mantras with the help of bansuri”. This therapy is a novel attempt to introduce the golden element of “Pranav mantra” to augment breath. Sound and breath goes hand in hand to bring about rejuvenation. Sound includes both intonation and music as per the patient’s choice.

Benefits of the therapy: The multifold benefits attained through this therapy can be listed:

Breath management exercise; Chakra activation; Meditation for positive mood change; All age group low pressure aerobic therapy; Joy of playing music for health; System detoxification; Good metabolism; Mudras that augment acupressure point for air flow; A good precursor to yoga nidra related meditations.

Healing Benefits of Sun Bath

Sunlight therapy known as Helios therapy dates back to the ancient Greeks. Sunlight is the best source of vitamin D. Dermatologists have brainwashed our mind with the concepts that the ultra violet rays of the sun is harmful and we should stay away from sun. This has made people sun-phobic. Exposure to the sun

does not mean burning the skin or getting tanned. The key lies in safe, limited, healthy and strategic exposure to sun.

Depriving people from healthy exposure, they miss out on optimizing on the numerous benefits of vitamin D required to build bones, reduce inflammation, and build strong immune system. Vitamin D can also prevent many types of cancer. Chromo Therapy is just another name for Sun Therapy. The word chromo comes from Greek work ‘Chroma’ meaning color. So it is also known as color therapy.

Usually the notion is that basking in the sun is the job of lazy ones. But in fact it is not so. It gives tremendous benefits to our health when we make it our habit to have sun bath every day. In the morning one should have sun bath with fewer clothes. The duration should be 10-15 minutes in the summer and 20-30 minutes in the winter. But one should avoid the windy place.

It is said that where there is darkness there is death and decay. Indeed it’s due to the sun light that life is possible in this earth. The expanded light destroys the germs. The rising and setting sun obliterates all the germs from the earth through its rays. Sun rays improve the vitality, and alleviates from nervous disability. Empowers the digestion, stimulates the digestive fire and increases the force of excretion. Gives mobility to the blood, cures all the skin diseases and strengthens the bones. Sunrays improve to increases the proportion of calcium, phosphorus, and iron in the blood. “Sun rays increases strength, intelligence and beauty.”



Some of the essential benefits of sunrays are:

Boosts bone health and strengthens teeth by the production of vitamin D.
Sun light is supposed to be anti-cancer and send breast cancer into remission.
Sunrays boost the immune system. The white blood cells called lymphocytes are activated by exposure to the sun and it plays a major role in guarding the body against infections.
Sunrays has unique healing power, it disinfects and heal wounds and also kills the bad bacteria and cures fungal infection of the skin. protects against dementia and brain aging
Good for loosing excess fat and essential for decreasing symptoms of asthma.

Fasting Therapy

Fasting- in Sanskrit 'Upvasam' means staying near (God). Fasting is a great remedy. It is an art and science of living. Fasting has been practised in India since the time ancient by its sages for their spiritual upliftment and by different religions to worship the God. Fasting is as old as Man. Fasting is much more than simply not eating, it is for overall well-being. It affects psychological and emotional aspects too. Fasting is defined as 'Total abstinence from all kinds of food for definite period of time'. There are various types of fasting, according to the purpose and the duration. Here we are concerned with therapeutic fasting.

Rules and Regulations of fasting

Patient's positive mental and emotional attitude is necessary.
Complete rest – physical, mental and sensory is essential
Sufficient amount of clean filtered water should be taken during fast.
Sunbath is advisable.
Patient is advised to take enema during fast.

Crisis like headache, weakness, nausea should be handled with care.

Long fasting should be done under expert's guidance.

Benefits of Fasting

Fasting helps the vital energy to remove the toxic matter from blood and purify the system.

Give complete physical, physiological, mental and sensory rest.

Improves and strengthens immune system.

Repairs and rejuvenates the whole system.

Prevents damaging changes in vital organs and improve their functional efficiency.

Fasting awakens the mind, develops inner tranquillity.

Other Naturopathic Therapies

Yoga

Yoga is a discipline to improve or develop one's inherent power in a balanced manner. It offers the means to attain complete self-realization. The literal meaning of the Sanskrit word Yoga is 'Yoke'. Yoga can therefore be defined as a means of uniting the individual spirit with the universal spirit of God. According to Maharishi Patanjali, Yoga is the suppression of modifications of the mind.

Oriental healing techniques:

Reflexology; Acupressure; Acupuncture and Auriculotherapy:

An Oriental healing technique used to relax the nerves and release the trapped energy. There are energy zones that run throughout the body and reflex areas in the feet that correspond to all the major organs, glands and parts of the body. Based on the principle that reflex points in the feet and palms correlate to



individual organs and parts of the body, manipulations on these reflexes help stimulate the organs. It helps those suffering from insomnia, menstrual problems and pains.

Food & Nutrition

Using food as medicine, an individually devised, wholesome and natural diet is aimed at balancing nutritional deficiencies, combating allergies, digestive disorders and building resistance to disease. Medical nutrition therapy and specific diet strategies are advised for chronic conditions, illnesses, or injuries.

Magneto Therapy

This is the treatment of diseases with the healing powers of magnets. Magnets are natural substances which exhibit different properties on different poles. The same properties of magnetism are exhibited in humans as well. It is this similarity which helps in therapeutic administration.

It is a totally non-invasive therapy where no medications or radiations are involved and no side effects are seen. Through the application of magnetic field on the body, it has proved beneficial in certain diseases, especially in rheumatic and muscular aches and pains, as it has the power of draining pains out of the body. It is contraindicated in case of those having pace makers, pregnancies or carcinomas.

Physiotherapy:

Physiotherapy can involve a number of different treatment and preventative approaches, depending on the specific problems you're experiencing. As your first appointment, you will have an

assessment to help determine what help you might need.

Three of the main approaches a physiotherapist may use are:

- Education and advice
- Movement and exercise
- Manual therapy

Physiotherapy can be used to treat specific problems, such as back pain, but may also be useful for a range of conditions that don't affect the bones, joints or muscles. For example, massage may improve quality of life for some people with serious or long-term conditions by reducing levels of anxiety and improving sleep quality. Manual techniques are also used to help certain lung conditions.

Chromo therapy: Colour Therapy is a complementary therapy for which there is evidence dating back thousands of years in the ancient cultures of Egypt, China and India. Colour is simply light of varying wavelengths, thus each colour has its own particular wavelength and energy.

In colour there is life. To understand this power, is living. Colour could very well be the most magnificent experience we take for granted. Look around; it's everywhere, surrounding and embracing us. We interpret life as much through colour as we do shape, texture and sound. The truth is, the power of colour is the very essence of life. Our most important energy source is light, and the entire spectrum of colours is derived from light. Sunlight, which contains all the wavelengths, consists of the entire electromagnetic spectrum that we depend on to exist on this planet. Light flows through our eyes and triggers hormone



production, which influences our entire complex biochemical system. This biochemical system then affects our being. And light does not travel alone. Light travels with other energies only. Thus good health and wellbeing is achieved by a balance of all these energies. Balance of the energy in each of the body's chakras is very important for health and wellbeing. Colour therapy can help to re-balance and/or stimulate these energies by applying the appropriate colour to the body and therefore re-balance our chakras.

Red relates to the base chakra, orange the sacral chakra, yellow the solar plexus chakra, green the heart chakra, blue the throat chakra, indigo the brow chakra (sometimes referred to as the third eye) and violet relates to the crown chakra.

This multi-disciplinary approach uses the healing power of natural resources like foods, herbs, earth, water, air, sun and magnets to allow the body to heal itself. It helps in degenerative and chronic conditions like asthma and arthritis, gastro-intestinal problems, skin diseases and hypertension.

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