

Analyse how 3
complementary
therapies
(acupuncture, herbal
medicine, massage)
dif...

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Analysis of Complementary Therapies Introduction “ Complementary therapies aim to treat the whole person, not just the symptoms of disease” (Complementary Therapies, 2013). These are also known as alternative therapy. A Holistic Approach is the basis of alternative therapy. It aims at bringing harmony to the body, mind and spirit in order to facilitate good health. Alternative therapies include Acupressure, Massage, Herbal medicine, Homeopathy, Yoga, Ayurveda, Reiki etc. Conventional medicine is defined as “ the treatment of medical conditions with medications, by doctors, nurses and other conventional healthcare providers who employ methods developed according to scientific traditions”(What is Western Medicine? 2003). It is also known as Western medicine or Allopathic Medicine. It follows proven scientific procedures and techniques in treating the symptoms of disease, unlike the former where the root cause of the disease is addressed. Conventional therapy is based on the fact that diseases are caused by Bacteria and Virus. It is very successful in acute conditions, accidents and surgery. Western medicine includes all types of conventional medical treatments like surgery, chemotherapy and radiation. Nevertheless it is important to know about both possible benefits and potential harms of different system of therapies.

” Herbal medicines include herbal materials, herbal preparations and finished herbal products that contain parts of plants as active ingredients” (Traditional Medicine: Definition, 2013). Herbal products are gaining prominence in the recent years due to various developments in analysis and quality control. Herbal products come in the form of capsules, pills, teas, syrups, oils liquid extracts. Simple decoctions can be made at home for

common ailments like cough, cold, sore throat, indigestion etc... “ Recently, the World Health Organization estimated that 80% of people worldwide rely on herbal medicines for some part of their primary health care” (Herbal Medicine, 2011). Acupressure is a procedure involving stimulation of vital nerve points on the body through the penetration of thin metallic needles on the skin. It gives instant relief for pain. It is a traditional Chinese practice. Massage is a technique intended to relax muscles by applying pressure on the flesh. Generally, medicated oils are used for massage. It increases the flow of oxygen and helps to release toxins. Besides, it also help to relieve the body of any stress. Head massage is very popular to improve blood circulation and gives a general feeling of relaxation.

Herbal products, Massage and Acupressure are gaining popularity in recent years due to its “ Holistic approach” (Catron, 2010). The “ etiology of diseases is one major difference” (Catron, 2010) between allopathic medicine and alternative healing. Is alternative therapy safe to follow? She should approach it with prudence. “ Dosage calculations are intuitive among the traditional healers” (Catron, 2010). It is easy to purchase herbal medicines without prescription. Doctors’ practicing alternative medicine focus on prevention and believe in the body’s ability to heal on its own. Life style modifications are prescribed to promote good health. Alternative medicine is perceived to be natural and safe and it has no side effects. Massage and Acupressure are cost effective. Western medicine offers emergency solutions for problems that need to be fixed at once. Consuming herbal products without consulting a certified doctor or pharmacist is risky because some herbs may cause allergic reactions or interact with other

allopathic drugs. Taking high doses of herbal medicine may cause toxicity. The main disadvantage is that treatments through alternative medicines are not reimbursed by many medical insurance companies.

Conclusion:

The type of therapy ultimately depends on the belief, values, preference and the type ailment of the patient. To promote good health among “ Native Americans” “ the World Health Organization had encouraged the integration of traditional healing and Western medicine” (Herbal Medicine, 2011). The use of these natural medicines and allopathic medical science “ can come together so we can get the best of both worlds” (Herbal Medicine, 2011).

Reference List

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