

BASIC PRINCIPLES OF INTEGRATED MEDICINE



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Third Edition - 2022

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



FOREWORDS

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

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

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

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

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

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

Prof. Ranjit Roy Chaudhury

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I 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.

I express my great thanks to Dr. Kin Shein, Former Regional Advisor on EDV Program, SEARO, World Health Organization (WHO) New Delhi who was the first man to appreciate the “Concept of Integrated Medicine for Health Care Delivery to the Community” prepared by Indian Foundation for Development of Integrated Medicine which became the catalyst to move forward. I acknowledge my heartfelt best wishes and special thanks to Dr. Xiaorui Zhang, Medical Officer, Traditional Medicine, World Health Organization(HQ), Geneva, Switzerland where the entire program was discussed and further based on discussions an article was asked and published by World Health Organization as **“Integrated Medicine, Many Approaches–One service** in its valuable Journal **“World Health Forum”**.

I acknowledge my special thanks to Late Prof. A.N. Safaya, Former Director, Sri Sathya Sai Institute of Higher Medical Sciences, Prashanti Nilyam Bangalore for his continued support.

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

(Dr. Nagendra Prasad Dubey)

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CHAPTER-1

ORIGIN OF MEDICINE

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

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

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

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

DIVISION OF THE PAST

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

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

DIVINE COSMIC ERA

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

creation in this universe is five elements (*Punchmahabhutas*) which is the precursor of all sentient and insentient of the universe. Amongst, the sentient many types of living animals and plants appeared which were later on organized in various groups and subgroups as complementary to each other in one or the other way.

With the passage of times, evolution took place and the ultimately the developed human beings appeared with varying degree of knowledge and wisdom. During divine cosmic era, they used to perceive and receive the ideas of divine creations and guidance through various sounds in form of verses (*Mantras*) through *Akashvani*. There were some sages (*Rishis*) who used to see verses (*Mantras*) so they were called *Mantradrashtha Rishis*. These *Mantradrashtha Rishis* collected these verses either alone or with the help of their disciples and family members. These verses were used to further enhance their knowledge to enrich the society existing on the earth in terms of useful and non-useful. They were termed as **Spiritual Scientists** (*Those who searched and identified the qualities of universal existence for the benefits of the society*). They searched the useful and no useful (including food grain, fruit, drinks, medicaments etc.) for the welfare of the community.

ORAL TRADITION ERA

This period is in continuum to the divine cosmic era. The inherited traditions of divine cosmic era descended were passed down by their ancestors orally were continued in the family and society. There was no system of recording and reporting in writing. They were also responsible to pass on the same tradition further down orally. They were supposed to guide the society to maintain the existing habits, culture, civilization, medicine and all other necessary practices of survival and healthy living of that time. The traditions were carried and implemented by the head of the family in family and in society by the head of the locality. The then Clairvoyant scholars were also responsible to carried out further search and research in the earlier defined fields as well as to identify the new means, methods and modalities. This period continue till Prevedic era.

PRE-VEDIC ERA

This is the period Vedic Sanskrit, generally dated between 1500 and 800BC which was transmitted orally. This period again cannot be exactly denoted in number of year but there had been the evidence of culture, civilization and medicines in one or the other forms as seen from the civilizations of Indus Valley. The excavation of Harappa and Mohenjo-Daro shows the role of Silajatu, Neem and Red deer horn etc in management of various medical conditions.

VEDIC ERA

Vedic period refers to the time in history from approximately 1750-500 BC, during which the Indo-Aryans settled into northern India, bringing with them specific religious traditions. Vedas are the most ancient pious literatures of not only Hindu Aryans but also of the entire groups of Indo German Aryans. It has special place among the all literatures of the world. It is considered to be of Divine Origin. The meaning of Veda is knowledge which is pious and spiritual. The Vedas comprise four major texts -*Regveda*, *Samveda*, *Yajurveda* and

Athurveda. Of these, the *Regveda* is believed to be the earliest. The verses of earlier eras were collected and compiled into four major Samhita known as Vedas. These Vedas are *Regveda*, *Samveda* *Yajurveda* and *Athurveda* according to ages, *Regveda* is the earliest one and *Athurveda* is recent one while *Samveda* and *Yajurveda* are in between. The range of Vedic era was about 6000 to 10,000 years (4000 to 8000 BC). The four major Vedic Samhita is have special collections which are as-

- (1) **RIGVEDA**–Has the collections of verses (*Mantras*).
- (2) **SAMVEDA** – Has the collections of singing, poems and is mostly from *Regveda* a.
- (3) **YAJURVEDA**- Has the collections of *Yagya*.
- (4) **ATHERVEDA** – Has the collections of magic and remedies of mental problems.

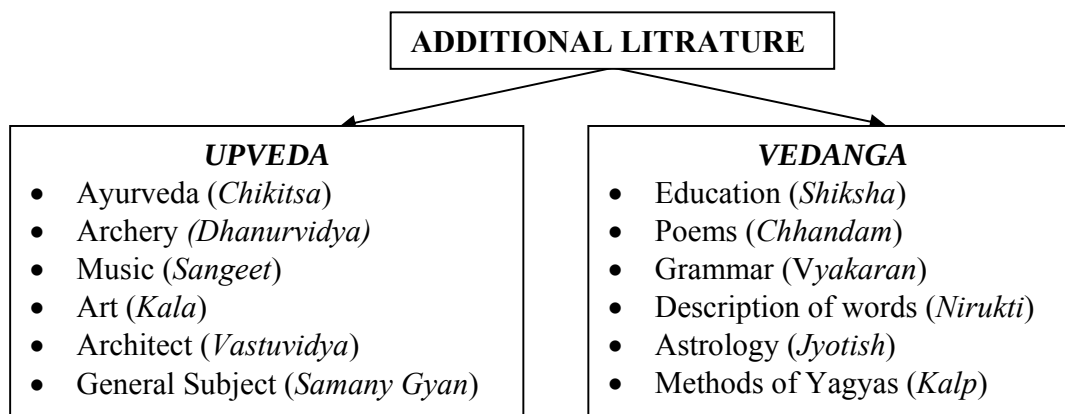
VEDIC LITRATURES

.Veda is the collection of knowledge. Each Veda has some associated literatures. The Vedic literatures are of three types:

1. **SAMHITA**: It has collections of *Mantras*, Prayers, Hypnotism, Methods of Prayers and *Yagya*.
2. **BRAHMIN GRANTH**: Here the ideas of meanings of verses (*Mantras*) and method of their use has been considered, related stories of method of *Yagy* and secretes of *Yagya* have been described. It contains the most ancient philosophies and religions of Brahmins.
3. **ARANYAK ANDUPNISHAD**: It has the concepts of philosophies of Soul (*Atma*), Parmatma and Universe related to human being and sages (*Rishis*).

ADDITIONAL LITERATURES

Vedas have its other additional literatures known as **Upveda and Vedanga**. Each one deals the special subject as mentioned below.



TRADITIONAL ERA

This is the era of traditions where the traditional system defined during Vedic era was carried down. With the passage of time from the traditional Ayurveda many other systems of treatment and healing were developed in various traditions with various names as *indigenous*,

unorthodox, alternative, ethno, fringe, folk, unofficial, healing, traditional etc. Maharishi Patanjali about 2900 years ago propounded his Integrated Yoga (Astang Yoga) to maintain the health of healthy individual and to treat the patients with regulated Yoga. Later on, it was named as Patanjali Astang Yoga as it involves eight steps i.e. *Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi*. The traditional era has extended up to 17th Century and most of the traditions are still followed.

MODERN ERA

Though, *Hippocrates* is considered as father of modern medicine was born in the year 460 BC. He changed many superstitions and gave natural explanation. But the actual modern or scientific medicine era started about 350 years (around 1650 AD). This period can be divide into three separate but inter-related sub-eras of treatment methodology.

- (1) **SUB-ERA - I:** This is period of mechanistic, materialistic and physical medicine which started about 350 years ago with defined subjects. It is guided by the law of matter and energy. The recording system was adopted in this sub-era which became the basis scientific medicine. Here, the medical science developed with time and gradually left its original aspects of traditional system quiet behind and started living in isolation with limited merits which is the cause of strain to the system.
- (2) **SUB-ERA - II:** This started about 50 years ago (around 1950 AD) as era of mechanical surgery. The surgery developed very fast as never before but still behind the earlier surgery was performed by *Lord Shiva* on *Ganesha* (as per Hindu culture, religion and civilization). This era has made the man like machine and dependent on mechanical diagnosis and short cut fast treatment without caring for its long term effects. There is little or minimal use of mental faculty in diagnosis and treatment both. At some places from diagnosis to the treatment is decided by Computer with little insertion of information of the patient as the physician does not have time nor they have to think about traditional systems of treatment and healing. Many want to proceed through integration of system but have no time to think. Some are tightly bound with the delusive ethics modern medicine and fight against integration.
- (3) **SUB-ERA- III:** This is the era of integrated medicine, though; it was thought earlier but remained on paper. It has been started by World Association of Integrated Medicine (WAIM) as a Non Governmental Organization (NGO) in India in 1990 where the best combination comprised of traditional systems known as Indian System of Medicine (*Ayurveda, Unani, Siddha, Homoeopathy, Yoga and Naturopathy*)) and modern medicine was developed in the name of Integrated Medicine in order to make "Comprehensive Holistic Health Care (CHHC)". In order to achieve the Comprehensive Holistic Health Care, the system has included the all processes, practices, measures, ingredients, procedures in diagnosis, prevention, elimination and rehabilitation for physical, mental, social, moral, spiritual and environmental health and well being through drug and drugless therapies available in the world.

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CHAPTER - 2

SCIENCE AND PHILOSOPHY

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

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

INTEGRATED MEDICINE

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

SCIENCE OF INTEGRATION

The science is the systematic component of the philosophy (knowledge) means it is limited. Thus derived systemic components become science. For convenience, the science has been further divided in various groups as- Physical, Chemical, Biological, Geological, and Environmental and so on. 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 aspect of cosmic energy derived by the ancient spiritual scientists descended through a series of steps. Some of these aspects were added in the then traditional medical system and healing in accordance to the climate, cultures and civilizations. These traditional medicine were names as - **indigenous, unorthodox, alternative, ethno, fringe, folk, unofficial traditional medicine and healing** ⁽²⁾. 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, there is an urgent need of integrations as per “**Integrated Truth**”-

- 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. **Omnipotence** 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 integrated medicine has 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 and its origin from philosophy. Here, we are 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 but has more chance to attain the goal. 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 alteration 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 where the stimulus and guidance was 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.
8. Environment.

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

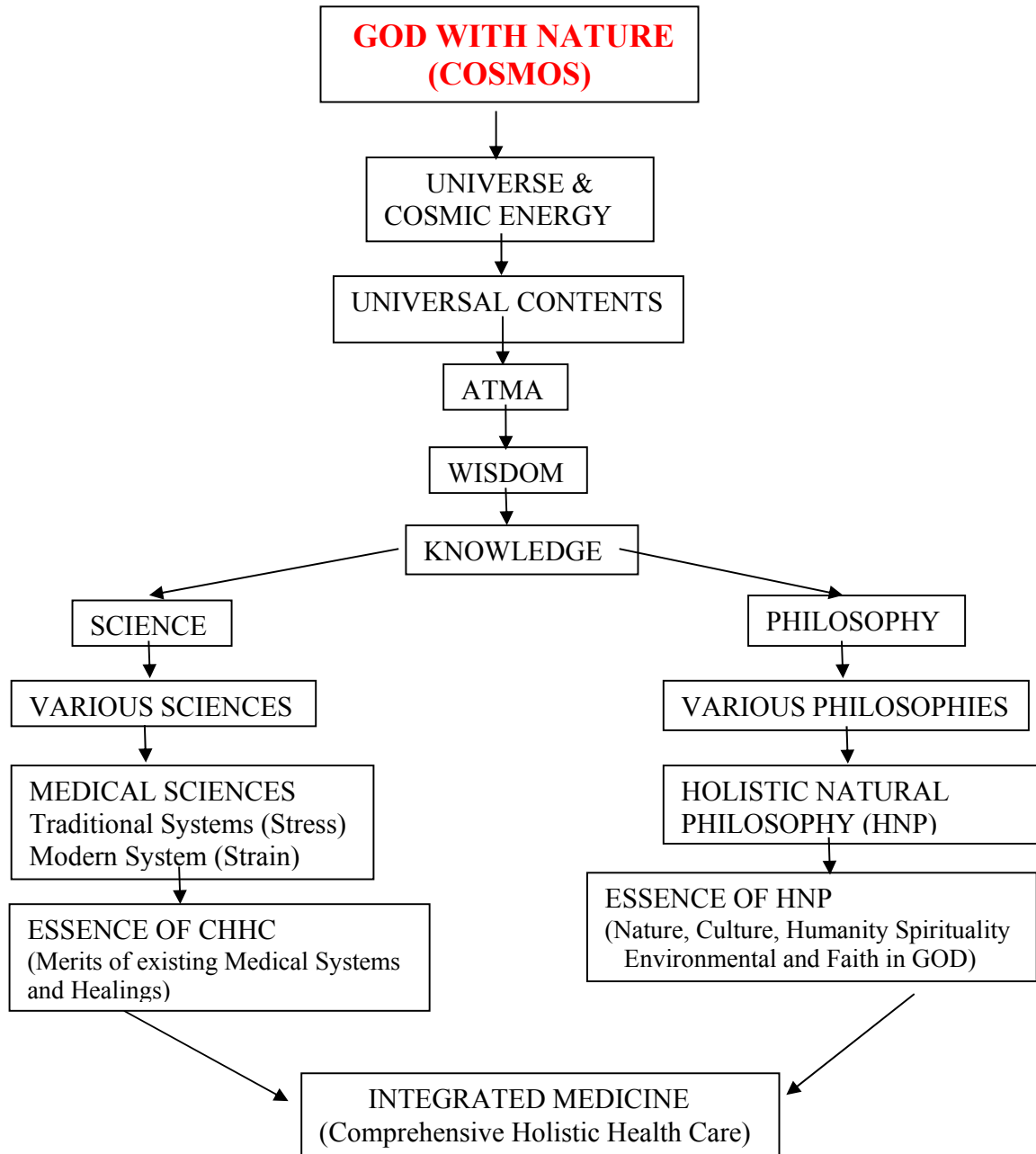
PRINCIPLES OF INTEGRATION

Scientifically, it has been observed that when we add two naturally derived products with the positive purpose, the byproduct is also positive, useful or beneficial for the cause of the society. Thus when the integrated scientific knowledge and wisdom developed for the benefit the health care is of masses is added with Holistic Natural Philosophy the by product comes out of all the merits of both individual components with added merits. Based on these principles, the doctrine of integration has been evolved.

PHILOSOPHICO- SCIENTIFIC DERIVATION

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 have emerged as “Comprehensive Holistic Health Care” The philosophical scientific derivation can be easily understood by the Flow Chart given on coming page.

“FLOW CHART OF PHILOSOPHICO SCIENTIFIC DERIVATION OF INTEGRATED MEDICIE”



DOCTRINES AND PRINCIPLES

The doctrine and principle of integrated medicine is comprised of “**Comprehensive Holistic Health Care (CHHC)**”. The present status of doctrine and philosophy of integrated medicine in India is having divine origin. It has come out of intuitions, revelations and blessings

of Divine Sri Sathya Sai Baba. The integrated doctrines 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).

The entire philosophy has been derived from the cosmic wisdom and knowledge, Out of that the “Holistic Natural Philosophy” (Holistic Care with Faith in GOD) is derived. Keeping in views, the derivation science and philosophy of cosmic origin and integrating the available fragment of merits of various medical sciences with the philosophy, the integrated medicine has emerged along with synergistic additional merits.

Thus, the doctrines and philosophy of integrated medicine is “**Comprehensive Holistic Health Care (CHHC)**” (*For 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. **Holistic** : Beneficial for “Comprehensive Holistic Health Care (CHHC).
9. **Need** : Need of the Day.

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CHAPTER-3

PRINCIPAL THERAPIES

Health and disease are two facets of a life. Every life in this universe has full rights to enjoy its optimal health with any mode of therapy. In order to keep one healthy various types of treatment, therapies and healing modalities were developed according to culture and civilization. Later on these modalities were called traditional medicine and healings. Modern medicine developed on the base of this traditional medicine. Though, there is gap between various modalities of treatment healing but have the same objective of "Alleviation of Suffering". Before, dealing the details, it will be useful to clarify the various therapeutic terminologies.

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

DEFINITIONS

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

- 1. Therapy**-Means treatment of disease or pathological condition with the involvement of various means, methods and materials. It has wider spectrum of coverage or restoration than treatment or healing alone.
- 2. Treatment** –Means any specific procedure used for cure or the amelioration of a disease or pathological condition. The treatment could be medical, surgical and or psychological.
- 3. Healing**-Means cure or restoration of integrity to normalcy in holistic body caused due to any injury as- physical, mental, social, moral, spiritual or environmental.

GROUP OF MEDICINE

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

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

I. MODERN MEDICINE

Modern medicine has its other name as – *Scientific, conventional, allopathic, mainstream medicine practice and system*. This system has emerged from traditional medicine and because of its merits it is practice almost all over the world.

II. COMPLEMENTRY MEDICINE

Complementary medicine refers to non-mainstream practices used together with conventional medicine. The following systems can be used with conventional medicine. They are almost synonyms of complementary medicine:

- Traditional Medicine (Including systems of AYUSH)
- Traditional Chinese Medicine.
- Alternative medicine,
- Holistic medicine,
- Natural medicine,
- Unorthodox medicine,
- Fringe medicine,
- New age medicine.
- *Acupuncture, massage therapy, and tai chi. Natural products* like herbs, dietary supplements, and probiotics etc.

III. ALTERNATIVE MEDICINE

It is use of non-mainstream medicine in place of conventional medicine. The most commonly systems used as alternative medicine Acupuncture. Acupuncture practitioners believe that diseases and ailments are caused due to imbalances of universal energies.

IV. INTEGRATED MEDICINE

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

BROAD DIVISION OF THERAPY

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⁽¹⁾. 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 form (*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 traditionally 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. Before the scientific medicine (*Conventional Medicine*), these drugs were used by the traditional practitioners as traditional medicine. These medicines has various names as- *traditional, indigenous, unorthodox, alternative, folk, ethno, fringe, unofficial medicine and healing*⁽¹⁾.

COMMON DRUG THERAPY

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

1. Modern or Conventional Medicine.
2. Ayurvedic Medicine.
3. Siddha Medicine.
4. Unani Medicine.
5. Homeopathic Remedies.
6. Biochemical Remedies.
7. Herbal Medicine.
8. Traditional Tibetan Medicine.
9. Electrohomeopathy.
10. AUM Therapy.
11. Traditional Osteopathy.
12. Bach Flower Remedies.
13. Traditional Chinese Medicine.

SOURCES OF DRUGS

The traditional medicines are 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 are- ***Plants including herbs, Animals, Mineral, Chemicals, Biological, Marine and Natural.***

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

II.DRUGLESS THERAPY

The detail of therapy and its common involved system has been dealt separately in Chapter 19.

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MODERN MEDICINE

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

Modern medicine has become the official system of treatment in almost all countries of the world. The original traditional system of many countries is serving as alternative medicine in their native countries. Modern medicine is an organized health care system. The other organized systems are Homoeopathy and Osteopathy. There is lesser number of the practitioners in this system so they are less used but more preferred. Modern medicine has been defined “A discipline of medical care advocating therapy with remedies that produces effects differing from those of the disease treatment”⁽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*, *IbnSina (Avicenna) of Persia* took keen interest in developing the system. The descriptions of these great scientists were followed by European practitioners. These observations were added by establishment of great University at Padua and Paris and later on at Cambridge, Oxford, Pennsylvania and Massachusetts etc.

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

- Introduction.
- Back Grounds.
- Genesis of System.
- Basis of Modern Medicine.
- Approach to Diagnosis.
- Approach after Diagnosis

BACKGROUNDS

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

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

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.
- iv. Application of physiological principles of life in support of the diagnosis of disease.
- 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 programs.
- xii. The modern medicine has grown up and developed to the extent that it has been sub-divided into various subject as anatomy, physiology, biochemistry, pathology, microbiology, pharmacology, forensic medicine, community 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.
- xiii. 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. It also deals 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 factor**) leading to biochemical changes and the diseases process leading to pathology which may or not produce clinical feature in the beginning but later prominent clinical features depending on involvement of the organs and extents of lesions. These lesions are diagnosed through various diagnostic tools and are deal 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. In broad 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. Forensic Medicine.
8. Community Medicine.
9. Medicine.
10. Pediatrics.
11. Surgery.
12. Orthopedics.
13. Ear, Nose and Throat.
14. Ophthalmology.
15. Obstetrics and Gynecology.

(II) BASIS OF MANAGEMENT

In modern medicine, we believed 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 are treated medically and or surgically.

APPROACH TO DIAGNOSIS

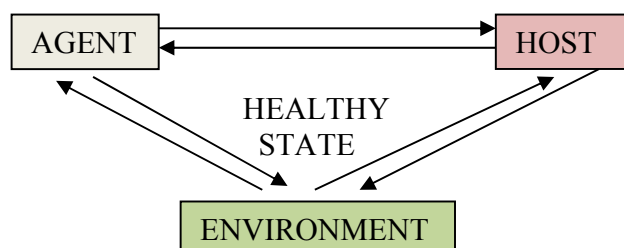
The management of disease has many aspects in clinical medicine but the approach is based following steps:

- I. Trio – Factors (Disease Factors).
- II. Pathogenesis and Pathology.
- III. Clinical features.
- IV. Diagnosis.
- V. Specific Management.

I. 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”

II. 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 and leading to lesion and further the disease. The prognosis of diseases depends on following factors:

- Intensity, quantity and severity of agent.
- Individual's resistance (*Host-Immune Response*).
- Environmental factors.
- Mode of entry of agent.
- Involvement of cells and organs.
- Institution of medical aid.
- Other attributing factors related trio-factors.

III. CLINICAL FEATURES

Depending on pathogenesis, the pathological changes the problem appears are termed as clinical features. The patient comes to physician with definite complaints called Symptoms. The physician examines the patient and elicits the findings called signs and made his provisional diagnosis. For confirmation of diagnosis various investigations are carried out.

IV. DIAGNOSIS

Diagnosis is the most important basis of scientific medicine and management. Some of the commonly used diagnosis tools are mentioned on coming page.

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

- (a) **Blood Examination**- Total White Blood Corpuscles (WBC), Red Blood Corpuscles (RBC), Hemoglobin (Hob) 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.
- (2) **Biochemical test**: Depending on disease.
- (3) **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.
- (4) **Histopathological Examination**: Depending on disease, the tissue is taken and histological changes are seen to decide its prognosis and line of treatment.
- (5) **Serological Examination**: Depending on diseases.
- (6) **Immunological Examination**: Depending on diseases.
- (7) **Radiological Examination**: depending on involvement organs and systems.
- (8) **Ultra-Sonographic (USG) Examination**: To decide the origin and extent of lesions.
- (9) **Co-Axial tomography**: depending on system and lesions.
- (10) **Magnetic Resonance Imaging**: Depending on lesions.
- (11) **Radio-Nuclides Studies**: Depending on lesions.

APPROACH AFTER DIAGNOSIS

Usually the treatment falls in one or the other following modes.

- (1) **Medical Treatment**: The medical treatment could be specific or symptomatic.
 - (a) **Specific Treatment** – Diseases specific treatment.
 - (b) **Symptomatic Treatment** – Depending on symptoms..
- (2) **Surgical Treatment**: Depending on lesions within the surgical limitations.
- (3) **Radiological Treatment**: Depending on indications of radiotherapy.
- (4) **Combined Treatment**: In some patients, there are indications of medical and are surgical and or radiological treatment .It could be any combination.
- (5) **Rehabilitations**: It is indicated in cases where some complications or sequelae have occurred following medical and or surgical and or radiological treatment

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CHAPTER -5

MODERN MEDICAL ORGANISATION

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

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

AIMS AND OBJECTIVES

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

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

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

MEDICAL RESEARCH

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

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

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

LIMITATIONS 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 cannot have the significant health coverage with modern medicine due to unavailability, 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 care expressing the rediscovery of local traditional systems for health care and importance 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 Organizations (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”***⁽¹⁾ Some of the reasons of integration are:

(I). Common Source of Drugs: Many modern drugs are derived from traditional discoveries e.g., digitalis, reserpine and many minerals etc.

(II) Exchange of Techniques: 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.

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CHAPTER- 6

HOLISTIC MEDICINE

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

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

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

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

DEFINITION OF HOLISTIC MEDICINE

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

SPECIAL FEATURES OF MEDICINE

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

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

AIMS OF TREATMENT

The aim of holistic medicine and healing is to achieve optimal health and wellness by aligning the Divine-universal-individual connectivity (DUIC). The practices of holistic medicine and healing treat you fully as per your allotted span of life and ultimately lead to your defined goal.

HOLISTIC MEDICAL SYSTEMS

World Association of Integrated medicine has a long list of holistic treatment and healing. Based on popularity, efficiency, efficacy, availability and other feasible parameters the following common holistic medical systems are:

- AUM Therapy.
- Kundalini Therapy.
- Astro Medicine.
- Yoga and Meditation.
- Natural Medicine.
- Auric Healing.
- Psychic Healing.

CHAPTER – 7

AYURVEDIC MEDICINE

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

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

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

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

MYTHOLOGY OF ORIGIN

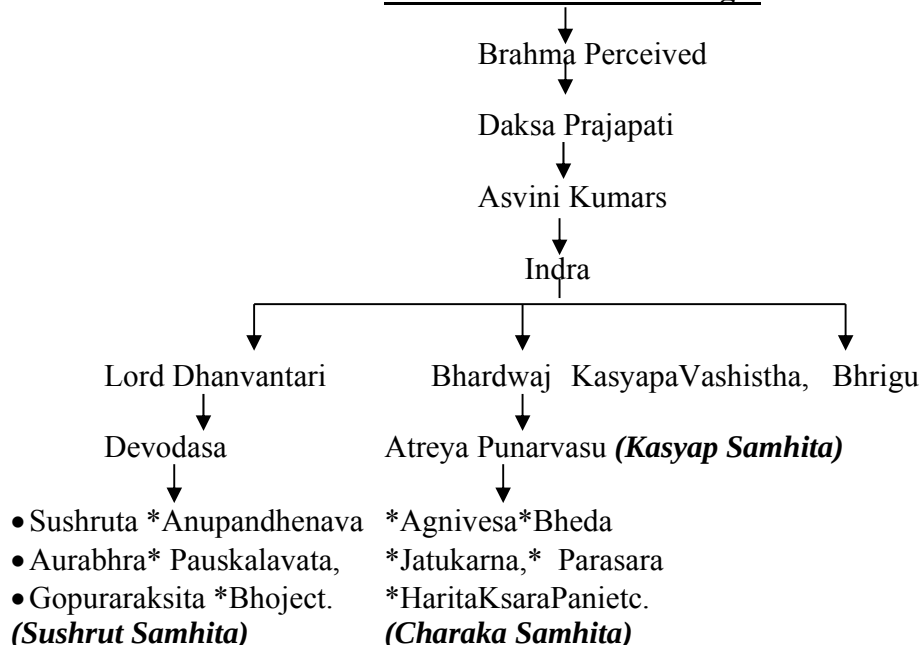
The main classical Ayurveda texts begin with accounts of the transmission of medical knowledge from the gods to sages, and then to human physicians. In *Sushruta Samhita*, he has written that *Dhanvantari*, the Hindu god of Ayurveda, incarnated himself as a king of Varanasi and taught medicine to a group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

- I. Divine Theory
- II. Vedic Theory

I.DIVINE THEORY

According to divine theory, Ayurveda was first perceived by *Brahma* who taught it to *Daksha Prajapati* and he taught to *Asvini Kumars* and they taught to *Indra*. About further hierarchy of Ayurveda, the Ayurveda descended with eras as divine cosmic and oral tradition to Prevedic. From pre-vedic onward, there are some evidences. It can be well understand by following flow chart.

Flow Chart of Divine Origin



II. VEDIC THEORY

As a defined text and subject, Ayurveda is an Upveda of Athurveda or Regveda. It is also consider as Upanga of Athurveda. Over all it 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 Athurveda.

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 treatise is called *Astanghridaya* which is concise version of Charaka and Sushruta Samhita by Vagbhata.

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 in tabular form on coming page.

Sl.No.	Ayurveda	Modern Medicine
1.	Kayachikitsa	General Medicine
2.	Shalya Tantra	General Surgery
3.	Salakya Tantra	Head and Neck(including Eye, Ear, Nose, Throat)
4.	Agada Tantra	Toxicology
5.	Bhutavidya	Neurology (including Psychiatry)
6.	Bala Tantra	Pediatrics
7.	Rasayan Tantra	Rejuvenation Therapy (Geriatrics)
8.	Vajikarantantra	Science of Aphrodisiacs

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.
3. Waste Products (*Malas*) – Party utilized and partly excreted.

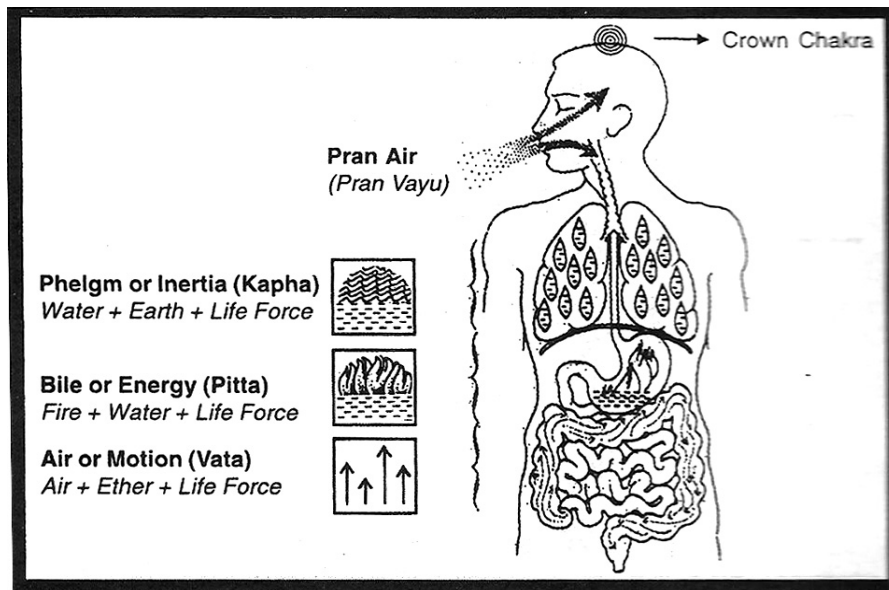
THREE HUMORS (*TRIDOSHAS*)

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:

Sl.No.	Humors (<i>Tridoshas</i>)	Scientific Terms	Nearest, English Terms
1.	Vata	Motion	Air
2.	Pitta	Energy	Bile
3.	Kapha	Inertia	Phlegm

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 on coming page⁽¹⁾.



"Principal Seat of Humors"

HUMORS AND LIFE FORCE

All the three humors (*Tridoshas*) are present only in living organisms. These are the manifestation of five elements. Thus, each humor is consisting of mainly two elements 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

1. 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 space 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 Airts (*Vata*) are:

- Pran,
- Udan,
- Saman,
- Apan,
- Vyan.

FUNCTIONS OF AIR (VATA)

Each Air is present in specific position of body to perform the specific function alone on or combination. The following functions are attributed to Air.

- (a) Movement of body.

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

2. BILE OR 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
- Bhrajak,

FUNCTIONS OF BILE OR ENERGY (*PITTA*)

Bile is present in specific position of body to perform the specific function alone on or combination. The following functions are attributed to Bile.

- (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. 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
- Shleshak.

FUNCTIONS OF PHLEGM (*KAPHA*)

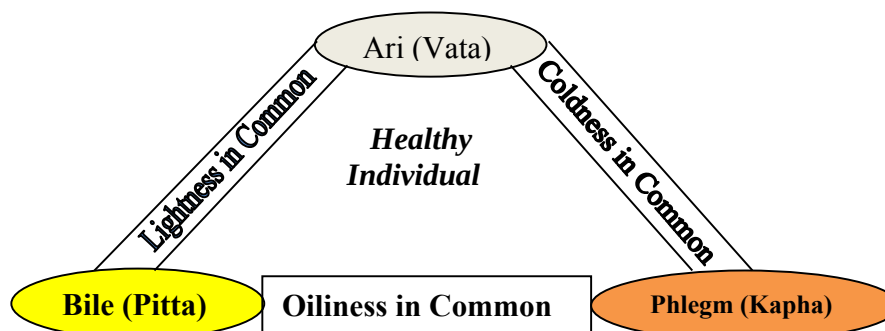
Phlegm is present in specific position of body to perform the specific function alone on or combination. The following functions are attributed to Phlegm (*Kapha*).

- (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-



BODY TISSUES (DHATUS)

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.

Sl.No.	Dhatus	Body Tissues
1.	Ras	Body Fluid (lymph)
2.	Rakt	Blood
3.	Mans	Muscular Tissue
4.	Meda	Adipose Tissue
5.	Asthi	Bone Tissue
6.	Majja	Nerve Tissue and Bone Marrow
7.	Shukra	Sperm and Ova

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 practicing aura can diagnosis and judges the problems from individual aura.

WASTE PRODUCTS (MALAS)

The waste products (*Malas*) are the ultimate products of metabolic activities. Each tissue after metabolism forms the specific waste product. The Hindi, English name of waste products (*Malas*) and its rout of excretions are under mentioned in tabular form on coming page.

Sl.No.	Malas	Waste Products	Route of Excretion
1.	Mal	Stool	Lower GIT
2.	Mutra	Urine	Urinary System
3.	Pasina	Sweat	Skin (Sweat Glands)
4.	Nakhoon	Nail	Hands and Feet
5.	Bal	Hair	Head and other hairy parts of body

PATHOGENESIS

Mostly the agent, host, environment (trio factors) are responsible for vitiation of body humors (*Tridoshas*) 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 –

- I. Avoidance of causative factors.
- II. Medical Treatment.
- III. Surgical Treatment.

I. AVOIDANCE OF CAUSATIVE FACTORS

All known causative factors which affect the three humors to be avoided.

II. MEDICAL TREATMENT

The medical treatment is comprised of following steps:

1. Suitable diet.
2. Regulated activities.
3. Proper Regimen.
4. Pacification or Palliation (*Shaman Therapy*).
5. Purification (*Shodhan Therapy*).

1. **SUITABLE DIETS**– The diet should be vegetarian and following factors to be taken in account:

- Individual nature,

- Nature of disease,
 - Seasonal variation.
2. **REGULATED ACTIVITIES**– Regulated physical activities should be directed.
 3. **PROPER REGIMEN F DRUG**– Proper combinations of drug should be advised.
 4. **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 and black pepper,
 - Sustained hunger and thirst.
 - Sun bath,
 - Fresh air.
 5. **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. The detail is given under separate heading as Panchkarma after the surgical treatment.

III. 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 Surgical era*.

FIVE KARMA (PANCHKARMA)

This is step of purification. Panchkarma is comprised of five processes so called Panchkarma. These processes are employed to remove the blocking channel by the waste products (*Malas*). The loosening the waste in channels corrects the imbalance of three humors (*Tridoshas*). Before going to proper purification therapy, there is step called pre-purification (Pre-karma) comprised of two steps. These steps help in order to loosen the waste products blocking the channels or settled in the cells and tissue. Thus, the entire purification (Panchkarma) is divided in done in two steps.

- I. Pre – Purification (*Prekarma*).
- II. Proper – Purification (*Panchkarma*).

I. PRE- PURIFICATION (PREKARMA)

Pre-purification (*Prekarma*) is the process to be performed before main purification (*Panchkarma*). It is consists in two steps.

1. Oleation.
2. Swedan.

1. OLEATION

Oleation is process of massage which is performed with medicated oils like *Punchgun tail, Til, Olive oils* etc.

2. SWEDAN

Sweating is done by increasing the body temperature to enhance the sweating in order to remove the various waste products through perspiration. Sweating is performed by two methods:.

A. Direct Sweating: Through use of fire, heater, blanket, closed room.

B. Indirect Sweating: Raising the body temperature through increasing the temperature in any chamber by pushing the steam, heating the chamber from outside the wall.

II. PROPER- PURIFICATION (*PUNCHKARMA*)

Proper-purification (*Panchkarma*) involves five processes to remove the loosened waste products in channels or settled in cells or tissue. These are steps.

1. Emesis (*Vaman*).
2. Purgation (*Virechan*).
3. Enema (*Basti*).
4. Bloodletting (*Rakta Mokshan*).
5. Errhines (*Nasya*).

1. EMESIS

It means vomiting (*Vaman*). It is performed 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.

2. PURGATION

It means loosening the motion. This process is performed 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 *Ichhavedivati* is used.

3. ENEMA

It means cleaning the large bowel with pushing some medication through ano-rectal route as enema (*Basti*). It is performed in case of Air (*Vata*) disorders. It helps in 80% disorders of Air (*Vata*). Enema is of two types:

- (i) Oil Enema – Sesame oil
- (ii) Decoction Enema - Medicated enema

4. BLOOD-LETTING

It is process of 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*.

5. ERRHINES

It is also called *Nasya*, means the 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*.

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2. **Dubey, N.P;** Basic Principle of Integrated Medicine, Ayurveda, Revised Editions-2002, P.38-39.

CHAPTER - 8

SIDDHA MEDICINE

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

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

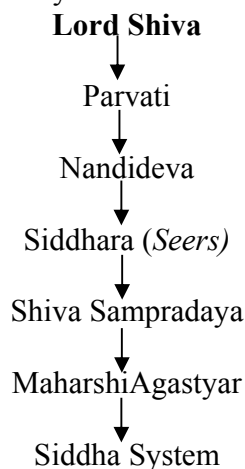
ORIGIN OF SIDDHA MEDICINE

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

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

I.DIVINE ORIGIN THEORY

There is a divine theory of its origin like Ayurveda. Siddha medicine is related to Lord Shiva and the Sivaist cult contains its medicinal counterpart. It consists of therapeutics, astrology, philosophy and yoga. It has its relation of origin from Lord Shiva⁽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.



II.CULTURE BOUND THEORY

It has its Lemurian continental origin. It flourished during the first Tamil Sangham period in 6th and 7th B.C. intimately linked with Tamil culture.

DOCTRINES AND PRINCIPLES

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 madeup 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:

- Solid or Earth (*Munn*),
- Liquid or water (*Neer*),
- Radiance or Fire (*Thee*),
- Gas or Air (*Vayu*),
- Space(*Akash*).

PRINCIPLES SIDDHA MEDICINE

Principles of Siddha include constituents as five Elements (*Aimpootham*), three forces/faults (*Mukkuttram*) and eight methods of examination (*EnvakaiThervukal*). Thus, the theory of management is based on following three major constituents.

- Five Elements (*Aimpootham*).
- Three Forces/Faults (*Mukkuttram*).
- Eight Methods of Examination (*Envakai Thervukal*).

THREE HUMOURS IN SIDDHA

There are three humors of Siddha medicine. The physiological function of body is mediated by three principal humors which are representative of five elements (*Punchmahabhutas*). These three humors are -Vata, Pitta, and Kapha (representing air, fire, and water, respectively). Their inharmonious interaction produces various pathological states. The constitution of the humors is represented by five elements as:

- **Vazhil** (*Vatham*) – Element Space and Air.
- **Azal** (*Pitham*) – Fire and Water.
- **Iyyam** (*Kapam*) - Earth and Water.

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 atleast two elements of the five elements(*Punchmahabhutas*). The similarity of

three humors of Ayurveda and Siddha systems and their combination with five elements is mentioned in table as under ⁽²⁾:-

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

PATHOGENESIS

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 influence 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.

DIAGNOSIS

There are two points to be considered in diagnosis in Siddha system like Ayurveda. These points are:

- I. Noai Nadal.
- II. Noai Mudhal Nodal.

I. NOAI NODAL

Noai Nadal is the way to reach the approach to disease (**approach to disease**). It comprised of collecting the information about the patient through having the patient bio data, complaints and way to progress of disease.

II. NOAIMUDHAL NODAL

Noai Mudhal Nodal is the way to diagnose the disease (**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 (*Astasthanas Pareeksha*) is mentioned in "Agastiya Vaidya Sagarm". These eight examinations 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*)

TREATMENT

Siddha practitioners believe that five basic elements – earth, water, fire, air, sky. They believe that these are available in food, humors of the human body, herbal, animal or inorganic chemical compounds etc. 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. Siddha medicines may be roughly divided into three classes:

- I. Miracle medicines,
- II. Sophisticated medicines.
- III. Common medicines.

THERAPEUTIC TECHNIQUES

The therapeutic techniques in Siddha system are grouped in three groups:

- I. Medical Treatment.
- II. Surgical Treatment.
- III. Kaya Kalpam Treatment.

I. MEDICAL TREATMENT

The medical treatment is comprised of two types of medicine:

1. Internal Medicine.
2. External Medicine.

1. INTERNAL MEDICINE

It is invisible, entry in the body through 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.

2. EXTERNAL MEDICINE

These are the visible derived medicines derived from various sources. These are used through oral and parenteral routes in form 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 KALP TREATMENT

It is the process of preservation of human health without any destruction or attack of disease for long time. It is done by three methods-

1. **By Mani** – Preparation of Mani from Mercury, Sulphur and Salts.
2. **By Mantras**– Recitation of various Vedic mantras based on the principles of Patanjali Astang yoga.
3. **By Medicine** – Routing medicine is used.

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2. **Dubey, N.P;**Basic Principle of Integrated Medicine, Siddha Medicine, Revised Edition 2002 P.45.

CHAPTER-9

UNANI MEDICINE

Unani or Unani medicine is Perso-Arabic traditional medicine as practiced in Muslim culture in South Asia and modern day Central Asia. Unani medicine is pseudoscientific. The term Yūnānī means "Greek", as the Perso-Arabic system of medicine was based on the teachings of the Greek physicians Hippocrates and Galen. Unani medicine originated in ancient Greece but is now practiced primarily in India. Involving the use of herbal remedies, dietary practices, and

alternative therapies, Unani medicine addresses the prevention and treatment of disease. India, Unani Tibb medicine is part of Indian System of Medicine. This system was present during Greek civilization. Hence this medicine is also called Greek medicine. Unani system developed during Arabic civilization. The Muslims call it Unani medicine whereas European calls it Arabic medicine.

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

DOCTRINES AND PRINCIPLES

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

CONSTITUTION OF BODY

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

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

CONCEPT OF DISEASE

In Unani medicine, the humors (*Akhlat*) 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 temperaments 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 Gaelic concept and are of following types:

- I. Sanguine due to blood.
- II. Phlegmatic due to phlegm.
- III. Choleric due to yellow bile.
- IV. 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⁾:

Sl.No.	Humors	Physical Effects	Temperament
1.	Blood	Hot and moist	Sanguine
2.	Phlegm	Cold and moist	Phlegmatic
3.	Yellow bile	Hot and dry	Choleric
4.	Black bile	Cold any dry	Melancholic

DIAGNOSIS

In Unani system, the correct diagnosis is made by considering the following factors:

- I. **Elements:** Ether, Air, Fire, Water and Earth.
- II. **Temperaments:** Sanguine, Phlegmatic, Choleric and Melancholic.
- III. **Humors:** Blood, Phlegm, Yellow bile, Black bile.
- IV. **Organs:** All external and possible internal organs.
- V. **Spirits:** Carrier of different power or life force.
- VI. **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)**.
- VII. **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.

1. Air.
2. Food and drinks.
3. Bodily movement.
4. Psychic movement and response.
5. Sleep and wakefulness.
6. 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 condition. Broadly, Unani medicine includes both medical and surgical treatments. The medical treatment is comprised of following steps:

1. **Regimental Therapy** – A particulars regimen to a particular patient.
2. **Diet therapy** – Restricted diets to the patient having metabolic, endocrinal, cardiac, renal and certain other disorders.
3. **Pharmacotherapy** – Particular Pharmaceutical drug to particular patient.
4. **Surgery** – As and where indicated within limit.

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HOMOEOPATHIC MEDICINE

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

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

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

HISTORICAL BACKGROUNDS

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

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

I. Cure by Contraries.

II. Cure Similarities.

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

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

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

- Christian Friedrich Hahnemann (1755-1843) in his lifetime in the year 1796 founded the system. He was a German Physician.
- Homeopathy achieved its greatest popularity in the 19th century. It was introduced to the United States in 1825 with the first homeopathic school opening in 1835. Throughout the 19th century, dozens of homeopathic institutions appeared in Europe and the United States. During this period, homeopathy was able to appear relatively successful, as other forms of treatment could be harmful and ineffective.
- By the end of the century the practice began to wane, with the last exclusively homeopathic medical school in the US closing in 1920.
- In the 1970s, homeopathy made a significant comeback, with sales of some homeopathic products increasing tenfold.
- In 1978, after Alma-Ata Declaration Homoeopathy became the integral part of Indian System of Medicine (ISM).
- Now, Homoeopathy is an important part of AYUSH (Ayurved, Yoga, Unani, Siddha and Homoeopathy).

HOMOEOPATHY LAWS

Homoeopathic system is governed by the certain laws called homoeopathic laws ⁽²⁾. The important laws are:

1. **Law of Similia, 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 maybe proven in crude form.

INDICATIONS OF HOMOEOPATHY

Some people have used homeopathy to maintain health and treat a wide range of long-term illnesses. Besides, many systemic disorders, some of the specialized common indications of Homoeopathy are:

1. Allergies, atopic dermatitis,
2. Rheumatoid arthritis,
3. Irritable bowel syndrome.
4. Minor injuries,
5. Muscle strains or sprains.

HIGHEST IDEAL OF CURE

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.

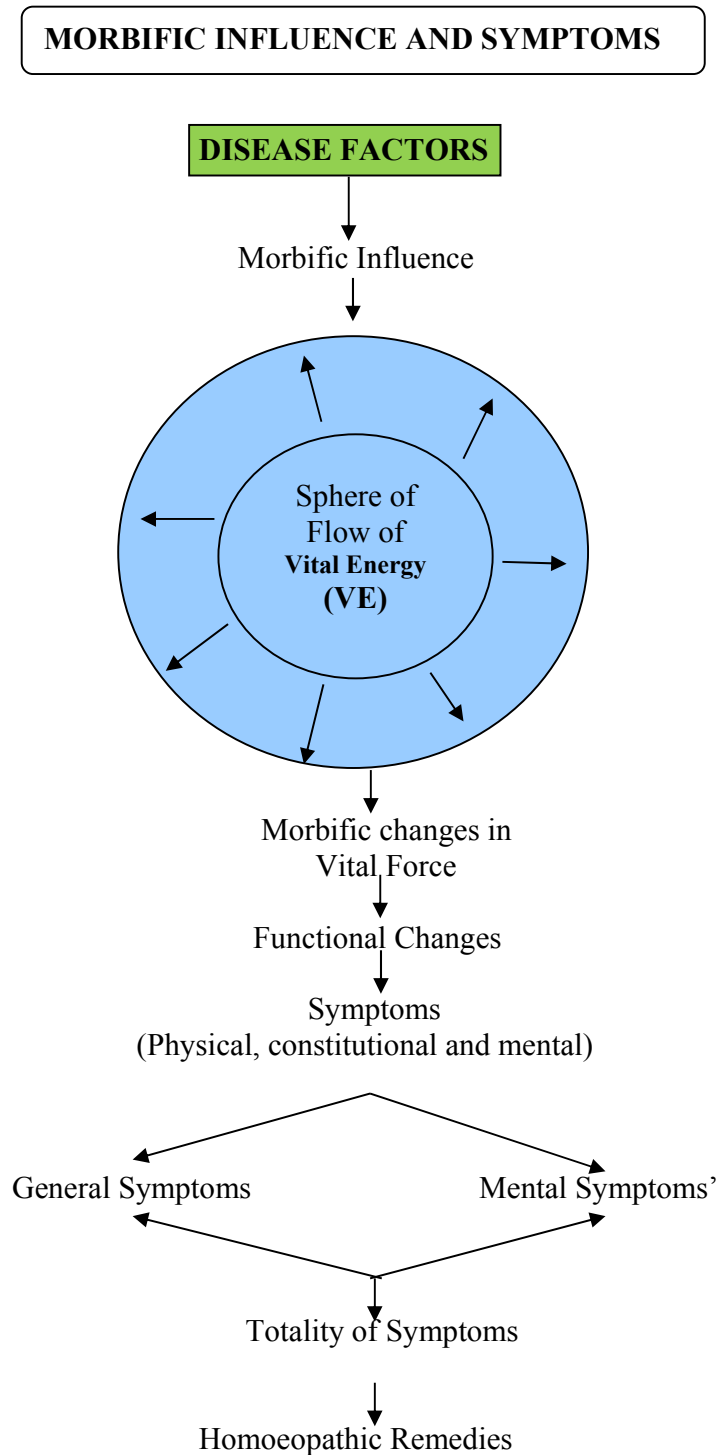
- (i) **Use of Medicine:** On the basis of totality of symptoms, the nearest symptoms producing remedy to be used.
- (ii) **Use of Single Remedy:** A single remedy is used in most of the sufferings.
- (iii) **Use of Minimal Dose:** The remedy to be started with the lower potency of decimal or centesimal potencies.

CONCEPT OF DISEASE

Homoeopathy considers that the disease is a result of morbid influence of disease factors (agent, host and environment) on harmonious flow of vital energy which is dynamic force in living organism. Morbific influence brings morbid changes in vital force. This morbid 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:-



POTENCY AND DILUTION

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

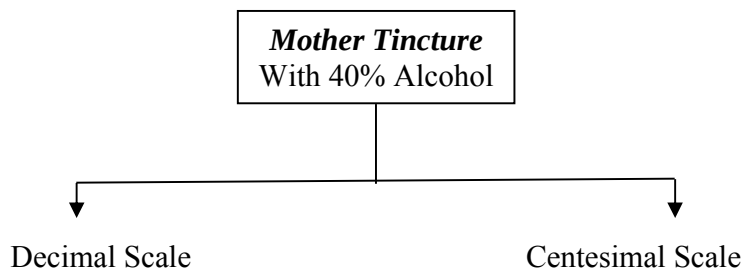
(I) PREPARATION OF HOMOEOPATHIC MEDICINE

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.

A. Soluble substances

B. Insoluble Substances

A. 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.



Decimal Scale: Here, one part of first Decimal is diluted with 9 part of 40% alcohol.

Centesimal Scale: Here, one part of 99 parts of 40% alcohol and successives to produce 2x and 2 c potencies. Further, potencies are prepared as above methods on both scales.

Correlation between Decimal and Centesimal Scale:

The decimal and centesimal dilution can be correlated as:

6x = 3 C = One in a million

30 C = 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.

B. 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 potized in usual manner. 12 C is the cutoff point. Remedies up to 12C are considered low potency and above 12 C is high potency. We commonly start with 6 C under low potency and 30C under high potency.

(i)Decimal Scale *1 Part of mother tincture + 9 Part 40% alcohol with vigorous vibration for few second (<i>Succussion</i>) First Potency or 1 X → *It is designated as X in UK and D on the other countries.	(ii) Centesimal Scale *1 Part mother tincture + 99 Part 40% alcohol vigorous vibration for few second (Succussion) First Potency Or 1C → *It is designated as C in UK and CH on the other countries.
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(II)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 above two scales are used in homoeopathic potencies.
- 2. Initiation of Treatment:** In acute cases, low or medium potencies are used and are repeated every 1, 2, 3, 5 hours. In chronic cases, higher potencies should be used and 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

During the process, there is loss of some the electrons from the atom of the substance. They 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.

CLASSIFICATION 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 *Miasm – Psora, Syphilis and Psychosis*. These Miasm 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.
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

1. **Keit, M. Souter :** Homoeopathic Remedies; How Homoeopathy Works, P-28
2. **Kurup, P.G. :** Introduction to Homoeopathy; Drugless Therapy, Vol. II ; P.218-219
3. **Dubey, N.P.:** Basic Principles of Integrated Medicine; Homoeopathy; .P54-55

BIOCHEMIC REMEDIES

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

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

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

INDICATIONS

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

TWELVE TISSUE SALTS

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

Sl. No	BASIC SALT	SPECIAL SALT	CLINICAL QUALITIES	DEFFICIENCIES& DISORDERS
1.	Calc	Calc. Flour	It helps in Building of- • Connective tissues, • Bones , teeth, • Fibers; elastic tissues, • Muscle tension. Restorative Qualities- • Restores tissue elasticity,	• Varicosities • Cracked crazy pavement skin • Loose teeth • Flabby muscles both skeletal and cardiac

			• Helps hemorrhoids, • Helps hernia pain.	
2.	Calc	Calc. Phos	It helps in building up of- • Blood vessels, • Improve salivation, • Digestion, Restorative Qualities- • Restoration of health of tissue after sickness, • Restores cells, • Heals fractures, • Helps the digestive system.	• Anaemia • Poor assimilation of nutrients, • Weakness
3.	Calc	CalcSulph.	It helps in building up of- Present in connective tissues and helps in: • Normal metabolism, • Keep healthy membranes, • Prevent skin disease, • Nervous complaints. Restorative Qualities- • Purifies blood, • Reduces infection, • Treats skin disorders such as acne, • Prevents sore throats and colds.	• Neurodermatosis. • Kidneydiseases, • Pancreatic diseases. • Retention of toxins.
4.	Ferr	Ferr. Phos	It helps in building up of- • It is present in blood and carries Oxygen (O₂) for body. • Anti-inflammatory.	• Anaemia and hypoxia. • Over expansion of blood vessels with accumulation of toxin. • Decrease metabolism. • Haemorrhage with

			Restorative Qualities- • Reduces fever, • Accelerates healing, • Reduces bleeding.	aches. • Pain all over the body.
5.	Kali	Kali. Mur	It helps in building up of- • It has complex action so used in conjunction with other salt. • Purifies blood. Restorative Qualities- • Treats infection, • Reduces swelling, • Aids digestion.	• Damage of fibres of cells. • Respiratory diseases. • Measles, warts, ulcerations and glandular swellings.
6.	Kali	Kali. Phos	It helps in building up of- • It is present in raw food but lost on cooking. • It is found in CNS and CSF. • It supports nerve health Restorative Qualities- • Lessens anxiety, irritability, and fatigue • Aids memory • Relieves headaches.	• Psychosomatic illness-as depression dyspepsia, migraine, insomnia. • Skin diseases.
7.	Kali	Kali. Sulph	It helps in building up of- It reinforces the action of FerrPhos. Restorative Qualities-	• Immobility of Joints. • Bronchitis,

			• Heals mucous membrane • Heals skin • Balances metabolism • Conditions your pancreas.	
8.	Nat	Nat. Mur (Table Salt)	It helps in building up of- The composition similar to sea water. Restorative Qualities- • Balances bodily fluids • Reduces water retention • Aids digestion • Treats eczema.	• Heartburn. • Gastritis. • Constipation. • Insomnia. • Neuralgia. • Dental problems
9.	Nat	Nat. Phos	It helps in building up of- It is catalyst and alkaline in nature. Thus, it neutralizes acid. Restorative Qualities- • Neutralizes acidity • Relieves seasickness • Treats arthritis • Aids digestion	• Mal assimilation of fat. • Rheumatism. • Gout. • Kidney stone
10.	Nat	Nat. Sulph	It helps in building up of- It is cleanser for eliminating the wastes. Restorative Qualities- • Cleans Pancreas • Cleans Kidneys • Cleans Liver • Treats cold and flue.	• Diseases of liver, pancreas and intestine. • Malaria.

11.	Mag	Mag. Phos	It helps in building up of- It can be used in conjunction with other salt. Restorative Qualities- • Eases cramps • Eases pain • Reduces spasms • Relieves tension headaches.	• Prostatitis, Sciatica. • Dysmenorrhoea. • Cramps. • Twitching. • Tremor
12.	Sal	Salicylic Oxide	It helps in building up of- • It helps in renewal of tissue, • Removal of toxin, pathological waste, • Good for nervous system. Restorative Qualities- • Conditions skin • Conditions connective tissue • Cleanses blood • Strengthens hair and nails.	• Temperature with shivering or sweating. • Restoration of bone damage

DOSOLOGY

- It is prescribed in homoeopathic doses by triturating. 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.

CHAPTER-12

HERBAL MEDICINE

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

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

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

SAFETY

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

MEDICINAL HERBS PROFILE

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

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

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.

(I) **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 life style, 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 fast 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 –

- Rituals** – It is associated with their use (Psycho – therapeutic).
- Placebo** – The medication effect on individual.
- 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.

IMPORTANCE OF HERBAL MEDICINE

The major use of herbal medicines is for health promotion and therapy for chronic, as opposed to life-threatening, conditions. However, usage of traditional remedies increases when conventional medicine is ineffective in the treatment of disease, such as in advanced cancer and in the face of new infectious diseases.

SIDE EFFECTS

Herbal medicines may produce following common side effects:

1. Allergic reactions as - Rashes, Asthma, Fever.
2. Headaches,
3. Nausea,
4. Vomiting,
5. Diarrhea that can range from mild to severe.

Like other prescription medications, herbal medicine should always be prescribed by a qualified and registered practitioner in respective field.

TRADITIONAL HERBAL PRACTITIONERS

The traditional herbal practitioners are those who use to prepare medicines 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.

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 Medicine.
- (II) Modern Herbal Medicine.

I. TRADITIONAL HERBAL MEDICINE

Traditional herbal medicines are those which are procured, prepared and prescribed in traditional means, methodology. 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.
 - (1) Infusion.
 - (2) Decoction

- (1) **Infusion:** It is prepared from 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.
- (2) **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. 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.
6. **Enema** – Suppositories and tampons for purgation.
7. **Injections** – Now some manufacturers are preparing injections for administration through various routes.

REFERENCE

1. **Dubey, N.P.:** Basic Principles of Integrated Medicine; Herbal Medicine; Second Edition. P. 61.

TRADITIONAL TIBETAN MEDICINE

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

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

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

PREVALNCE OF SYSTEM

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

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

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

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

Spain to lecture on the topic. The Tibetan government-in-exile has also kept up the practice of Tibetan Medicine in India since 1961 when it re-established the Men-Tsee-Khang (the Tibetan Medical and Astrological Institute). It now has 48 branch clinics in India and Nepal. The Government of India has approved the establishment of the National Institute for Sowa-Rigpa (NISR) in Leh to provide opportunities for research and development of Sowa-Rigpa.

HISTORICAL BACKGROUNDS

Indian culture flooded Tibet in the eleventh and twelfth centuries, a number of Indian medical texts were also transmitted. For example, the Ayurvedic *Astāngahrdayasamhitā* (Heart of Medicine Compendium attributed to Vagbhata) was translated into Tibetan by *Rinchen Zangpoduring* (957–1055). Tibet also absorbed the early Indian *Abhidharma* literature, for example the fifth-century *Abhidharmakosasabhasya* by Vasubandhu, which expounds upon medical topics, such as fetal development. A wide range of Indian *Vajrayanatantras*, containing practices based on medical anatomy, were subsequently accepted in Tibet. *Yuthok Yontan Gonpo* adapted and synthesized the Four Tantras in the 12th Century. The Four Tantras are scholarly debated as having Indian origins or, as Remedy Master Buddha *Bhaisajyaguru's* word or, as authentically Tibetan with Chinese origins. Around the turn of the 14th century, the *Drangti* family of physicians established a curriculum for the Four Tantras at Sakya Monastery. The 5th Dalai Lama supported *Desi Sangye Gyatso* to found the pioneering Chagpori College of Medicine in 1696.

FOUR TANTRAS

The Four Tantras (Gyuzhi) is a native Tibetan text incorporating Indian, Chinese and Greco-Arab medical systems. The Four Tantras was created in the twelfth century and still today is considered the basis of Tibetan medical practice. The Four Tantras is the common name for the text of the Secret Tantra Instruction on the Eight Branches, the Immortality Elixir essence. It considers a single medical doctrine from four perspectives.

BASIS OF FOUR TANTRAS

The basis of the Four Tantras is to keep the three bodily humors in balance. Here three body humors are - (**Wind or Rlung, Bile or Mkhris Pa; Phlegm or Bad Kan.**)

There are following Four Tantras:

- I. Root Tantra.
- II. Exegetic Tantra.
- III. Instructional Tantra.
- IV. Subsequent Tantra.

I. ROOT TANTRA

It deals with a general outline of the principles of Tibetan medicine, it discusses:

- The humors in the body and their imbalances and their link to illness.
- The visual observation to diagnose predominantly the analysis of the pulse, tongue and analysis of the urine (in modern terms known as urinalysis).

II. EXEGETICA TANTRA

This section discusses in greater detail of the theory behind the Four Tantras. It also describes the general on following subjects:

- Anatomy,
- Physiology,
- Psychopathology,
- Embryology and
- Treatment.

III. INSTRUCTIONAL TANTRA

This is the longest of the Tantras where main applicability of system is applied. It deals with:

- Practical application of treatment,
- Explains in detail illnesses,
- Deals with Humoral imbalance which causes the illness.
- This section also describes their specific treatments.

IV. SUBSEQUENT TANTRA

This is the Fourth Tantra; it deals the following sections in details:

- Diagnosis and therapies, including the preparation of Tibetan medicine,
- Cleansing of the body internally and externally with the use of techniques such as *Moxibustion, Massage and Minor Surgeries*.

Some believe the Four Tantra to be the authentic teachings of the *Buddha 'Master of remedies'* which was translated from *Sanskrit*, others believe it to be solely Tibetan in creation by *Yuthog the Elder or Yuthog the Younger*. Noting these two theories there remain others sceptical as to its original author. Although there is clear written instruction in the Four Tantra, the oral transmission of medical knowledge still remained a strong element in Tibetan Medicine, for example oral instruction may have been needed to know how to perform a Moxibustion technique.

THREE PRINCIPLES OF FUNCTION (HUMORS)

Like other systems of traditional Asian medicine, Tibetan medicine first puts forth a specific definition of health in its theoretical texts. To have good health, Tibetan medical theory states that it is necessary to maintain balance in the body's three principles of function;

- I. *rLung* - as Wind/Air,
- II. *mKhris-pa*, - as Bile,
- III. *Bad-kan* - as Phlegm.

I. r LUNG (AIR)

rLung is the source of the body's ability to circulate physical substances (e.g. blood), energy (e.g. nervous system impulses), and the non-physical (e.g. thoughts). In embryological development, the mind's expression of materialism is manifested as the system of *rLung*. There are five distinct subcategories of *rLung* each with specific locations and functions. These five *rLungs* are:

- *Srog-'DzinrLüng*,
- *Gyen-rGyurLung*,
- *Khyab-ByedrLüng*,
- *Me-mNyamrLung*,
- *Thur-SelrLüng*.

m KHRIS-PA (BILE)

mKhris-pa is characterized by the quantitative and qualitative characteristics of heat. It is the source of many functions such as thermoregulation, metabolism, liver function and discriminating intellect. In embryological development, the mind's expression of aggression is manifested as the system of *mKhris-pa*. There are five distinct subcategories of *mKhris-pa* each with specific locations and functions. The five *mKhris-pa* are:

- *Ju-ByedmKhris-pa*,
- *sGrub-ByedmKhris-pa*,
- *mDangs-sGyurmKhris-pa*,
- *mThong-ByedmKhris-pa*,
- *mDog-SelmKhris-pa*.

III. BAD-KAN (PHLEGM)

Bad-kan is characterized by the quantitative and qualitative characteristics of cold, and is the source of many functions such as aspects of digestion, the maintenance of our physical structure, joint health and mental stability. In embryological development, the mind's expression of ignorance is manifested as the system of *Bad-kan*. There are five distinct subcategories of *Bad-kan* each with specific locations and functions. These five *Bad kan* are:

- *rTen-Byed Bad-kan*,
- *Myag-byed Bad-kan*,

- *Myong-Byed Bad-kan,*
- *Tsim-Byed Bad-kan,*
- *'Byor-Byed Bad-kan.*

TYPES OF THERAPY

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

- I. Drug Therapy.
- II. Drugless Therapy.

- I. DRUG THERAPY:** The usual medicine is prepared from-herbs, minerals parts as single or in combinations.
- II. DRUGLESS THERAPY:** The common method drugless therapies are-Moxibustion, Mysticism and Spiritual healing.

AMCHI / SOWA RIGPA

Sowa-Rigpa commonly known as **Amchi** system of medicine is one of the oldest, living and well documented medical tradition of the world. The term '**Sowa Rigpa**' is derived from Bhoti language which means 'Knowledge of Healing'. **Tibetan** medicine teaches that the purpose of life is to be happy. This holistic tradition consists of analyzing your unique inborn nature or constitution and making supportive lifestyle choice. It is an ancient Indian medical **system** which was enriched in the entire Trans-Himalayan region. It has been popularly practice in Tibet, Magnolia, Bhutan, some parts of China, Nepal, Himalayan regions of India and few parts of former Soviet Union etc.

SOUND HEALING AND MEDITATION

In short, it's a practice that uses vibrations (vocal or instrumental-like gongs, Tibetan singing bowls and tuning forks) in order to relax your mind and body. Some proponents also believe it can relieve certain ailments, including anxiety and insomnia.

The main form of mental training is meditation. Studies show that meditating has many mental health benefits such as reducing stress, anxiety and depression. It accomplishes this over time through teaching people to experience unproductive thoughts from a different perspective.

ELECTROHOMOEOPATHY

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

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

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

PHILOSOPHICAL BACKGROUNDS

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

PRINCIPAL ELECTRICITIES

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

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

CURRENT STATUS OF SYSTEM

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

symposium. Electrohomeopathy is practiced predominantly in India and Pakistan (RAJYA SABHA Parliamentary Bulletin- the Recognition of Electro Homeopathy System of Medicine Bill, 2015 by E. M. Sudarsana Natchiappan, M. P), but there are also a number of Electrohomeopathy organizations and institutions worldwide are one or the other way associated.

ELECTRO HOMOEOPATHY / ELECTROPATHY

Electrohomeopathy or Electropathy maintains homeostasis between the lymph and blood of diseased persons, and thus cures them. This is natural, cheap, simple, harmless, non-toxic, and non-alcoholic, also free of side effects. Medicines for this practice are made from plants. This alternative form of medicine uses extracts from plants which regulate both lymph and blood. Electro Homeopathy was discovered in 1865 in Italy.

LEGALITY IN INDIA

Doctors can practice Electrohomeopathy by settled law of the Government of India which means law allowed. The court also ordered that "Any council in India has no right to interfere in the Practice." Metropolitan Court, Secunderabad recognized the practice of electro homoeopathy on October 23, 2000.

CHAPTER -15

AUM THERAPY

Jai Jai Kripa Nidhan, Sakal Bhuwan Aadhar,
Kan Kan Ke Sansar Tum, Harte Sabka Bhar.⁽¹⁾

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

Therapy means treatment of disease or pathological condition with the involvement of various means, methods and materials. It has wider spectrum of coverage or restoration than treatment or healing alone. The proper term in AUM Therapy is Aumic Management which is comprehensive approach. It allows the universal creation (especially the human being) to lead a happy, healthy, prolonged, peaceful and blissful life. Aumic management / therapy takes care through Aumification of **all planes** (*cosmic, universal and individual*), **all bodies** (*physical, ethric, astral, lower mental, higher mental, buddhic and atmic*), **all health** (*physical, mental social moral, spiritual and environmental*) with **all possible tools and techniques** (*measures, means, method and materials*). It involves all spiritual, holistic, traditional and modern tools and techniques in treatment and healing. It is deeply associated with Motherly natural gift and Fatherly divine care. It also leads to the way of recognition of self with the *Self*.

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

BACKGROUNDS

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

संस्कृत

भूमिरापोऽनलोवायुःखंमनोबुद्धिरेवच।
अहङ्कारइतीयंमेभिन्नाप्रकृतिरष्टधा॥
अपरेयमितस्त्वन्यांप्रकृतिविद्धिमेपराम्।
जीवभूतांमहाबाहोयदेदंधार्यतेजगत्॥

ENGLISH

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

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

BASIS OF AUM THERAPY

Nature is our Mother while GOD is Father. A child is considered to be more safe with the Mother as She provide required nourishment and necessary care, provided the child remains in state of harmony with Her, while Father is to provide the guidance, extra guidance and right path in life. This all happens with the help of Supreme Aumic Energy (SAE) which is subtle and connected though Divine-Universal-Individual Connectivity (DUIC). This Supreme Aumic Energy cannot be scientifically demonstrated but can be realized by those who have attained or attaining the Ultimate Goa I (*AUM Foundation LLC, NY, USA-23. November 2015*).

AIMS OF MANAGEMENT

As regards to management is concern, the aims are multifold. Here, we concerned with following aspects of life.

1. Prevention from problems.
2. Protection of health.
3. Early detection of problem and effective management.
4. Disability limitation and rehabilitation.
5. Prolonged healthy, peaceful and blissful life.
6. Recognition of Self.

METHODS OF MANAGEMENT

Being an integrated holistic management (IHM), it involves all holistic, spiritual, traditional and modern tools and techniques in treatment and healing. Based on measures, means, method and materials, the Aumic management has been divided in three groups –

- I. Material Management.
- II. Remedial Management.
- III. Ritual Management – (*Has been discussed as Aumic Healing under Drugless Therapy in Chapter - 30*).

I, MATERIAL MANAGEMENT

This method is performed with some materials obtained from the universe as well as from the individual's level. It may be used in isolation or in combinations. The prime thing is it should be aumified. Broadly, the materials used for aumic management are divided in two groups:

- Eatable Materials.
- Non Eatable Materials.

EATABLE MATERIALS

Those materials used in one or the other way as food and drink are called eatable material. They are grouped in three categories:

1. General Food.
2. Additional Food.
3. Auspicious Food.

1. GENERAL FOOD

The general food is necessary to lead a routine and regular normal life. The main constituents of vegetarian food are- *carbohydrate, protein, fat, vitamins, minerals and water*. When the animal sources are added to food, it becomes non-vegetarian food. Thus the foods used in various combinations and are divided in three categories.

- A. Pure Food (*Satvic Food*).
- B. Kingly Food (*Rajas Food*).
- C. Mixed Food (*Tamasic Food*).

A. PURE FOOD (SATVIC FOOD):

These are simple, natural food and drinks directly derived from plants and animals in pure natural form without any harm to them. In order to make them eatable, there is hardly any alteration and modification in its original form. Such food are having long lasting effects in the body. It includes - *Fruits, fruit juice, milk and its products, raw vegetable, grains and naturally available minerals*. Most of the consumers of such food have long life. Those who use such diet are entitled to lead a long peaceful and blissful life provided he has added aumified way of life.

B. KINGLY FOOD (RAJAS FOOD):

These are compound food and drinks. They are derived from plants and animals. They are consumed in various forms from simple to spicy one. Such foods contain excessive oil, fats and spices. Such foods are mainly derived from plants. It may or may not contain animal products. Such food includes- *Raw vegetable, cooked, fried and roasted vegetable and or animal products* in excess. Most of the consumers of such food have average ruling life.

C. MIXED FOOD (TAMASIC FOOD):

These are mixed and complex food and drinks. They are derived from animal and plants. It comprised of live and dead products derived from plants and animals. Besides the food, the consumers use various liquors as alcohol (wine) and other beverages in irregular manner. Such food includes- *Raw vegetable, cooked, fried and roasted vegetable and animal meat products*. Majority of the consumer of such food and drinks have short and measurable life.

2. ADDITIONAL FOOD

These are mostly vegetarian spices, juices, medicaments derived from plants and natural resources used in addition of routine food and drinks. It includes – *Spices, juices, minerals, medicaments*.

3. AUSPICIOUS FOOD

These foods and drinks are called *Prasadam*. These are made up of pure (*Satvic*) vegetable and animal products. The food is first offered to GOD and then distributed to devotees. The

common auspicious foods are - *Holy water, Charnamrit, Bibhuti, Prasadam (Leaves, Flowers, Fruits and Sweets)* etc.

NON EATABLE MATERIALS

These are natural materials not use as food or drinks. They are related to the individual celestial structures. These are derived as salt and minerals from the nature. These materials are used in one or the other forms in various religions all over the world. These materials are grouped in two groups:

1. Gems.
2. Auspicious matters.

1. GEMS

Gem (Syn. *Fine gem, Jewel, Precious stone etc*) is non eatable materials. Most gemstones are hard. In modern use the precious stones are *Diamond, Ruby, Sapphire and Emerald*. The stones are identified by gemologists. The description of gems and their characteristics is described in gemology. Gemologist identifies GEM using chemical composition. For example, diamonds are made of carbon (C) and rubies of aluminum oxide. Gemstones are classified gems into different groups, species, and varieties. Gems are characterized in terms of refractive index, dispersion, specific gravity, hardness, cleavage, fracture and luster. Some more qualitative and valued are:

A. .SEVEN PERCIOUS STONES:

Strictly speaking the precious stones are only seven in number. They are - *Diamond, Pearl, Ruby, Sapphire, Emerald, Oriental cat eye and Alexandrite*.

B. LUCKY STONES:

Jade a semi precious stone is the attractive sister of *Aventurine, Jades* associated with money, luck and prosperity. *Jade* are a stone of good fortune and its divine powers of manifestation.

MODE OF ACTION OF GEMS

The Gems are in practice from centuries. It emits light waves which affects the individual's zodiacs, stars and planets. The Gems are identified and aumified for a particular period with *AUM Mantras and Bijakshra* and then used accordingly on the direction of the Aumic healer. It helps by correcting the problems caused by celestial bodies. The gems emit the effective lights of appropriate wave length in astral body of the individual which intersect the adverse effects of opposite celestial bodies from universal plane. The aumified gems emit strong light wave to aumilify the accumulated ill effects in physical body.

2. AUSPICIOUS MATTERS

All the matters used as symbols of worship and meditation as statues, auspicious symbols, logo and religious materials as - *Japamala, Rudraksh, Divine Locket, Rings* etc. by the individual in self or as mass are auspicious matters. These matters are aumified for a particular period and then used as per direction of the Aumic healers.

II. REMEDIAL MANAGEMENT

Keeping in view the presence of Omnipresent and Omnipotent in everything, the remedial management has been initiated. Aumic remedial management is the therapy for certain disease or pathological condition with the involvement of various means, methods and materials of the universe. It has wider spectrum of coverage or restoration through Divine-Universal-Individual Connectivity (DUIC). The proper term is aumic remedial management. It is a comprehensive holistic management. This section deals in details with the therapeutically prepare aumic medication and aumified medications. Aumified medicaments are prepared by aumic processing. Here, the material is procured from the nature. Based on the problems as per aumic diagnosis, the aumified medicaments are prepared with aumic ritual for the sufferers.

SOURCES OF MEDICAMENTS

As per divine facts all the medicaments lie between divinity and individual means within the ***Mother Nature*** in the universe. All the universal existing is useful in one or the other ways to all provided they are properly identified and used judiciously. The aumic rituals and medicaments are derived from three major sources.

1. Higher Sources.
2. Universal Sources.
3. Lower Sources.

1. HIGHER SOURCES

The higher source of an individual is his Soul a representative of GOD. The soul establishes the connectivity with individual lower Material Nature (*Lower Prakriti*). Thus, in every individual, the soul components come directly from GOD (*Parmatma*) at the time of conception during intrauterine life (IUL). The Soul carries mind (*Manah*) and sense (*Indries*) from earlier life. All the components are nourished throughout the life directly with cosmic energy. Thus, the major energy is derived from higher sources are ***Soul, Mind*** and ***Senses***.

2. UNIVERSAL SOURCES

The universe is full of the heavenly bodies (*Celestial bodies*) which emit light as constant energy for universal creations. Every universal existing receives it according to his celestial bodies. These heavenly bodies care for mainly the individual's holistic body which protects the physical body. There are many types of heavenly bodies. Out of these, following three major types of celestial bodies are known effects – ***12 Zodiac, 27 Stars and Nakshatras and 9 Planets***.

3. LOWER SOURCES

The lower sources are available around us. These are comprised of Material Nature (*Lower Prakriti*) like an individual. They are the part of the nature. They care for the physical

body which has the same constituents as of the Material Nature (*Lower Prakriti*) i.e. Five elements plus mind, intellect and egoism. The sources of physical medicaments are:

- **Plants** - - Herbs, shrubs and trees.
- **Minerals** - Metals, gems and crystals.
- **Chemicals** - Elements as Solid, liquid and gases.

PROCUREMENT OF MATERIAL

The procurement is only possible from the lower resources as they are easily available universal materials. The higher resources are beyond the human reach. The usual medicaments are derived directly from - *plants, minerals, chemicals* and indirectly from *celestial* sources.

Out all the lower sources, the plants and its various derivatives are preferred. Once the plant has been decided for an individual, the aumic healer procures the same or its part with the subtle approval / permission of the plant after the aumic ritual. In all case, before collecting the materials, the aumic rituals is made for the permission to take the required quantity of material for the purpose of preparation of medicament for healing and restoration of aumic health.

MEDICINAL HERBS PROFILE

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 ⁽³⁾.

PREPARATION OF MOTHER MEDICAMENT

After procurement of desired part in estimated quantity, the materials are cleaned properly and processed in aumic atmosphere where continuous chanting of AUM is going on in order to add the aumic vibration energy (*aumification*). The chanting is done either self created voice or with the help of continuous chanting device. During the processing, the medicament is prepared in accordance to the problem of the person as directed by the Aumic Practitioner. Usually, after preparation, the aumification is repeated for 1 hour which give the possibly highest desired Absolute Concentrate AUM (AC^0) i.e. $1AC^0=AC^0$. The desired higher and lower concentrations are depending on Nine Aumic Management Factors (**NAMF**) – **Age, Sex, Believe in Divinity, Family Backgrounds, Nature of Food, Tradition and Culture, Nature of Problem, Condition of Suffers and Evaluation Status.**

AUMIC MOTHER MEDICAMENT

It is fully aumified preparation of medicament prepared from derivative source particular for the particular problem. This is the absolutely aumified preparation. This absolute preparation is also referred as highest possible AUM Concentration represented as - AC^0 . This is also called aumic mother medicament which is Absolute Concentration AUM AC^0 . This is presumed to be 100% concentration of the desired aumified medicament. In case of solid therapeutic substance,

the identified material is prepared and processed aumically for 1 hour, this gives the highest desired Absolute Concentrate AUM (AC^0) i.e. $1AC^0=AC^0$.

AUMIC PRESCRIPTION

This is the way to prescribe the medicaments in therapeutic concentration along with aumic rituals and other necessary measures. The prescription is decided by the aumic practitioner. The Absolute Concentration (AC^0) of medicaments is $1AC^0$. Further prescription are as in terms of 3.0, 2.0, 1.0, 0.5, 0.25 AC^0 . The concentration depends on the problems concerned according to Nine Aumic Management Factors (NAMF) – *Age, Sex, and Believe in Divinity. Family Backgrounds, Nature of Food, Tradition and Culture, Nature of Problem, Condition of Suffers and Evaluation Status*. Thus, the medicament is prescribed in total five concentrations i.e. two higher and two lower concentrations on either side of Absolute Concentration $AC^0 = 1$ of one hour of aumification. For higher concentration, the Absolute Concentrations are required to be aumified for two to three hours. In case of children the most commonly used concentration is 0.5 and 0.25 except in rare where Absolute Concentration (AC^0) is required.

VEHICLES FOR MEDICAMENT

The vehicles are the material used to carry out the prescribed higher or lower concentration of aumified mother medicaments. In dispensing of medicaments following main nine aumic vehicles are used:

- (1) Milk of Sugar.
- (2) Sugar.
- (3) Salt.
- (4) Aqua.
- (5) Honey.
- (6) Fruit Juices.
- (7) Oil /Ghee/Glycerin.
- (8) Camphor.
- (9) Auspicious Food.

TYPES OF MEDICAMENTS

There are various types of traditional and modern medications used in treatment and healing of various problems and diseases. Keeping all medicaments in view, the medicaments used are broadly divided in two groups:

- I. Aumic Medicaments.
- II. Aumified Medicaments.

I. AUMIC MEDICAMENTS: These are those medicaments which are procured and prepared in aumic atmospheres in order to get it fully aumified.

II. AUMIFIED MEDICAMENTS: These are the commercially prepared traditional and modern pharmacological preparations which are aumified later depending on various factors pertaining to the individual.

AUMIFICATION OF MEDICAMENTS

The commercially prepared modern and traditional medicaments are aumified for further use in accordance to aumic management. These medicaments aumified for 1 to 3 hours depending Nine Aumic Management Factors (NAMF) – **Age, Sex, Believe in Divinity, Family Backgrounds, Nature of Food, Tradition and Culture, Nature of Problem, Condition of Suffers and Evaluation Status**. The process used is by aumic chanting vibrations which aumify with its subtle aumic energy. Though, there may not be any visible change in macroscopic structure but there is definite holistic change (*subtle holistic changes*) due to aumic vibrations. The subtle changes take place through aumification. The effect of aumification leads to:

1. Reduced dose,
2. Increased efficacy and efficiency,
3. Reduce side effects,
4. Reduced toxicity,
5. Holistic effects.

FORMS OF MEDICAMENTS

In aumic management mostly the natural medicament are used but because of many factors we use even the commercially manufactured medicaments also. The commonly used medicaments are available in following forms - **original form, powder (churn), tablets, globules, aqueous solution, decoction, infusion, paste, capsule, injection, medicated oil/ghee, enemata and Applicaps**.

ROUTES OF ADMINISTRATION

The aumically prepared medicaments are administered through following common routes.

(I) ORAL ROUTE: Most of the drugs and therapeutic agents are given orally. The orally administered drugs and therapeutic agents affect both the gastro intestinal tracts (GIT) as well as systemic effects as *Tablet, Capsules, Syrup, Basti etc*.

(II) PARENTERAL ROUTE: These routes are preferred when the oral administration is not possible due many medical and surgical reasons. The parental administration are administered through:

1. Ryle's Tube,
2. Intravenous Routs,
3. Injections through various Routes.
4. Implantation,
5. Natural Orifices.
6. Inter and Intra-sacs- *Peritoneal, Pericardial and Pleural*.

(III) RECTAL ROUTE: Some of the medicaments are administered through rectal route for local and systemic effects - as *Enema, Seitz bath, Dhauti etc*.

(IV) INHALATIONAL ROUTE: Some of the volatile substances are used through this route as- Aerosols, Inhalers, Medicated, Nasal Decongestant, Neti etc.

(V) LOCAL APPLICATION: Some of the aumified medicaments are applied locally on the skin especially in skin disorders and injuries as- *Washing, Ointment and Oleation etc.*

REFERENCE

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2. *Geeta Press Gorakhpur*; Srimad Bhagwadgita; Chapter Seven; Fourth Reprint; 2010; Rhyme 4 &5; P. 92.
3. *Dubey, N.P.*; Basic Principles of Integrated Medicine; Herbal Medicine; Revised Edition; 2002; P. 60.

TRADITIONAL OSTEOPATHY

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

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

CHIROPRACTOR Vs OSTEOPATH

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

AIMS OF OSTEOPATH

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

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

INDICATIONS OF OSTEOPATH

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

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

PHYSIOTHERAPY AND OSTEOPATH

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

- Osteopaths providing specific treatment for pain relief, and Physiotherapists providing excellent rehabilitation after injury or surgery.
- An osteopathic remedial massage is a massage that is given by one of our trained osteopaths.
- Osteopaths assess the whole body looking at your muscles, joints, bones, nerves, circulation, connective tissue and internal organs to help your body restore its health.

OSTEOPATH AND MEDICATIONS

The Osteopaths, usually don't prescribe the modern drugs but in some cases they need to prescribe the drugs specially when there is pain or where they have applied forced manipulation. They usually prescribe their self developed or traditionally used indigenous medicaments or in some cases they prescribe the essential drug used in Primary Health Care.

CHAPTER -17

BACH FLOWER REMEDIES

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

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

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

PREPARATION OF REMEDIES

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

MODE OF ACTION

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

CLASSIFICATION OF REMEDIES

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

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

Group IV	Detachment	• Due to draining of all energy	• Olives
Group V	Depression	• Self	• Mustard and Red Chest buds
		• Feeling of isolation and neglected	• Water violets
Group VI	Effects of others	• Sense of feeling of effects of others	• Agrimony, Century and Walnut
Group VII	Hatred	• Absence of love and negative emotions	• Holly, Pine, larch
		• Exhaust due to service to others	• Vervain

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. Applicaps.
4. Bath.

REFERENCE

1. **Kurup P.G.:** Drugless Therapy; Bach Remedies; Vol. II; P.273.

TRADITIONAL CHINESE MEDICINE

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

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

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

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

MERITS OF TRADITIONAL CHINESE MEDICINE

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

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

TRADITIONAL PRACTITIONERS

There are also three types of traditional medical practitioners:

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

(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.
- Chemicals.
- Minerals.
- Animals.
- Biological.

PREPARATION

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
2. Multi - dose, sweetened paste like preparation.
3. Single dose solid preparations as – tablets, capsules and dragees.
4. Various liquid preparations for oral administration as – cough syrup and tonics.
5. Ointments, saves, and liniments – lotions paste and Applicaps.
6. Eye washes and drops for – eye ear nose and ulcers.
7. Suppositories and tampons are available – enemata.
8. Injections are also available – as antibiotic and other effects for various routes of administration.

CHINESE INTEGRATION

China is the first country to introduce integration of traditional Chinese medicine (TCM) with the Modern Medicine in the name of Integrative Medicine. The result of their health services are in front of the entire world.

DRUGLESS THERAPIES

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

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

COMMON DRUGLESS THERAPIES

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

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

SOURCES OF THERAPIES

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

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

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

NATUROPATHIC THERAPY

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

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

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

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

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

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

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

CHARACTERISTICS OF NATUROPATHY

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

- **It Involves** – Nature and its direct derivatives.
- **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, ethric and astral body planes. In physical involvement, there is use of body surface and natural orifices in some therapies.
- **Acts on** – Physical, mental, social, moral, spiritual, 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.

COMPONENTS OF THERAPY

The naturopathy involves two major components which are interlinked and dependent on each other.

- I. Life style,
- II. Natural healing.

I. LIFE STYLE

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.

II.NATURAL HEALING

The natural healing is based on nature and its contents. The naturopathic therapy is divided into four broad groups-

1. Elementary Remedy.
2. Natural Diet.
3. Mechanical Remedies.

4. Mental and spiritual Remedies.

1. ELEMENTARY REMEDIES

Elementary remedies are the basic remedies in Naturopathy are done with –

- (a) Water,
- (b) Air,
- (c) Light,
- (d) Earth,
- (e) Magnetism,
- (f) Electricity.

2. NATURAL DIET

Natural diet has no role of chemical and biological products or drugs. The natural 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. The main constituents of scientific diet are – *Carbohydrates, Protein, Fat, Vitamins, Minerals and Water.*
- (b) **Simple Herbal Extracts** – Whole plant for whole man is the principle of herbal extract or preparation.

3. MECHANICAL REMEDIES

These remedies includes varieties of techniques as –

- (a) Corrective gymnastics,
- (b) Yogasana,
- (c) Massage,
- (d) Osteopathic Manipulations.

4. MENTAL AND SPIRITUAL REMEDIES

Any problem to anyone has its first attack at mental level. If the problem is not taken due care, it may affect to great mental level and thus become chronic one. This is dealt in following ways. –

- (a) Hypnotism,
- (b) Music therapy,
- (c) Scientific relation,
- (d) Normal suggestions,
- (e) Constructive thoughts.

CARDINAL RULES

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.
9. A disciplined life make you live long and happy.
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. Use 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

(Each one has been dealt separately as sub-chapter in brief)

CHAPTER -20.01

HYDROTHERAPY

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

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

WATER AND EFFECTS

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

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

MODE OF ACTION

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

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

METHODS OF HYDROTHERAPY

Hydrotherapy is a form of physical medicine using the therapeutic application of water in a variety of ways, both internally and externally, on the body. There are following ways of application of hydrotherapy.

- Topical applications of cold or hot water packs,
- Compresses,
- Baths,
- Pools,
- Steams,
- Sweats,
- Showers,
- Enemas.

HEALING BENEFITS OF HYDROTHERAPY

The following benefits are very useful and important.

1. Reduces muscle tension and relieves pain.
2. Reduces muscle tension and relieves pain.
3. Rehabilitates injured muscles.
4. Boosts the immune system.
5. Encourages detoxification..
6. Relieves stress.

PRECAUTIONS DURING HYDROTHERAPY

Hydrotherapy may be used with caution in people with the following health conditions:

- Cardiovascular disease.
- High blood pressure.
- Colds, flu, or other respiratory infections.
- High fever.
- Incontinence.
- Kidney disease.
- Thrombosis.
- Skin infections.

CONTRAINDICATIONS OF HYDROTHERAPY

Hydrotherapy may need to be avoided people with the following health conditions:

- Open or infected wounds.
- Skin infection.

- Cold/flu or infectious disease eg gastro.
- Incontinence.
- Uncontrolled heart condition.
- Heart disease.
- Uncontrolled high blood pressure.
- Kidney disease.

MASSAGE THERAPY

Massage therapy is used to help and manage a health condition or enhance wellness. It involves manipulating the soft tissues of the body. Massage has been practiced in most cultures, both Eastern and Western, throughout human history, and was one of the earliest tools that people used to try to relieve pain. Massage therapy relaxes muscle tissue, which reduces painful contractions and spasms. Massage can also reduce nerve compression.

To understand this, consider that when muscles are contracted, they sometimes compress the nerves around them. Massage is manipulation of tissues of the body by kneading in systematic manner. Patient is allowed to lie down in a relaxed manner on cushioned table of 80 inches long, 30 inches wide and 36 inches high. The massage movements are manual by a masseur.

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

METHODS OF MASSAGE

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

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

MODE OF ACTION

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

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

BENEFITS OF MASSAGE

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

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

FULL BODY MASSAGE

A full-body massage usually includes your arms, legs, hands and feet, your neck and back, your stomach and buttocks. The area around the breasts is usually massaged but not the breasts themselves. You can always say you hate having your breast area or buttocks or whatever touched.

CONTRAINDICATIONS

Massage is contraindicated in following conditions.

- I. Fever.
- II. Pregnancy.
- III. Menstruation.
- IV. Skin eruptions.
- V. Diarrhea.
- VI. Dysentery (acute).
- VII. Inflammation.
- VIII. Fasting State.

SWEDISH MASSAGE

Swedish massage is a gentle type of full-body massage that's ideal for people who has had following massage.

- I. Hot stone massage.
- II. Aromatherapy massage.
- III. Deep tissue massage.
- IV. Sports massage.
- V. Trigger point massage.
- VI. Reflexology.
- VII. Shiatsu massage.

MAGNETOTHERAPY

Athurveda has numbers of *Mantras* in Kanda 1 to 4 detailing the use of magnet in various disorders specially in bleeding and diseases of reproductive system. Magneto therapy is method of healing through magnets. It has intrinsic properties to affect the living tissue to cause physical and chemical changes in body and thus healing. If it is used as in association with other natural therapy like diet, hydrotherapy, yoga, fasting etc. the effect of magneto therapy is accelerated ⁽¹⁾. Some people use magnet therapy for treating pain, such as foot, back, or joint pain. Research studies have been done on magnets, but there are not consistent results showing that magnets help in relief of all pain.

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

TYPES OF MAGNETS

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

MAGNETIC STRENGTH

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

PRINCIPLES OF ACTION

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

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

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

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

1. Reduce Pains.
2. 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.

MODE OF ACTION

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:

- I. For upper half of body – Magnet under both palms
- II. For lower half of body – Magnet under both soles
- III. Position of body and use of magnet-
 1. Right Side NR.
 2. Left Side SL.
 3. Upper Part NR.
 4. Lower part SL.
 5. Front NR.
 6. Back SL.

MAGNETIC EFFECTS

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 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.

BIO MAGNETISM

Medical biomagnetic is also called biomagnetic pair therapy. It is a natural complementary therapy that diagnoses and treats a large number of illnesses as - *Acne Aids Allergies, Anemia, Anxiety, Arrhythmia, Arthritis, and Asthma.*

BENEFITS OF 3D BIOMAG PULSE MAGNETIC THERAPY: The human body consists of several billion living cells. 3D Biomag pulsed magnetic therapy creates optimal conditions to accelerate healing, reduce pain and generally regenerate the body.

REFERENCES

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2. **Kurup, P.G.;** Drugless Therapy, Magneto therapy; Vol. II, P.67

ELECTROTHERAPY

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

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

INDICATIONS OF THERAPY

Electrotherapy is indicated in following conditions:

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

CONTRAINDICATIONS

The electrotherapy is contraindicated in following conditions:

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

POSITION OF THE PATIENT

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

SIDE EFFECTS OF THERAPY

The most common side effect with electrotherapy is:

1. Skin irritation or rash caused by the adhesives in the electrodes or the tape holding the electrodes in place.
2. Overusing electrotherapy may cause a burning feeling in the skin

MODE OF RELIEF OF PAIN

For muscular stimulation, the pulses will reach the muscles, signaling them to contract. Pulses aimed at the nervous system block the transmission of pain signals from reaching the spinal cord and brain. The pulses also stimulate the body to produce more natural pain-relieving chemicals called endorphins.

TYPES OF DEVICES

There are various types of devices for practical use in Electrotherapy. Some of the most useful and available 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.

ACUPUNCTURE

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

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

PRINCIPLES AND PHILOSOPHY

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

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

DIFFERENCE BETWEEN YIN AND YANG

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

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

YIN AND YANG ORGANS

As per division Yin (solid) and Yang (hollow), the following are the Yin and Yang organs.

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

TYPES OF ACUPUNCTUE

The commonly used method of acupuncture is:-

1. Body Acupuncture
2. Ear Acupuncture
3. Scalp Acupuncture
4. Face Cosmetic Acupuncture
5. Acupuncture Anesthesia

ACUPUNCTURE NEEDLES

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.

Length (inches)	0.5	1.0	1.5	2.0	2.5	3	4	5	6
Diameter (Gauge No.)	26	28	30	32	34	36	-	-	-

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

Acupuncture points are those points which are used for acupuncture treatment. There are three types of Acupuncture point.

1. Channel Point (CP): All the point located along the paths of fourteen channels is called channel point.

2. Extra ordinary Point (EOP): All those 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 a fixed place nor a fixed 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. Homeostatic 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 above 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.

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.

- I. Direct Stimulation.
- II. Indirect Stimulation.

I. DIRECT STIMULATION

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 at 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.

II. 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.

MOXIBUSTION

Moxibustion 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 orgyi or vulgaris*.

METHOD OF MOXIBUSTION:

The Moxibustion 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.

CHAPTER-22

ACUPRESSURE

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

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

INDICATIONS OF ACUPRESSURE

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

4. Back pain.
5. Headache. Fatigue,
6. Anxiety,
7. Stress and Tension.
8. Feeling of Melancholy,
9. Immune System Deficiency.

PRINCIPLES AND PHILOSOPHY

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

METHODS OF ACUPRESSURE

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

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

I. ZONE THERAPY

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

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

II. 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.

III. 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.

IV. MERIDIAN POINT 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 in depth of 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 is no need of needling; only pressure and massage is applied.

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COLOUR THERAPY

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

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

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

MODE OF ACTION

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

METHODS OF USE

It is used in following ways.

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

EFFECT OF COLOUR

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

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.

SPIRITUAL HEALING

Spiritual healing or Spirit healing is with us from the origin of our civilization and culture. It became widely known through the spiritualist movement especially in England. No healing comes just from the healer. The healing forces and energies come from Spirit or GOD through the medium known as healer. The word spirit is used in two ways, one as divine, positive and holistic called as GOD and other as devil, negative and deteriorating called as Ghost. It is often used to describe

the healing through GOD. Here, the healer is mediator through whom the divine energy passes to the sufferer. Spiritual healing is super healing activity of making a person healthy without using medicines or other physical methods, sometimes as part of a religious ceremony. It is treatment that involves the transfer of energy through the healer to the recipient. It promotes self-healing by relaxing the body, releasing tensions and strengthening the body's own immune system.

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

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

DEFINITION

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

PHILOSOPHY

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

MODE OF 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, universal and environmental energy vibrations through Divine-Universal-Individual-Connectivity (DUIC) . 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.

TYPES OF HEALING

There are two types of healing. In both cases, the healer knows that with the grace of GOD a bountiful, endless supply of healing energy is flowing through them. Based on the facts, the healing is of two types:

I. ACTIVE HEALING: Here, the spirit guides the doctors or the healer through subtle energy to keep for the healer's hands to certain places on the patient's body where healing can best be effected.

II. PASSIVE HEALING: Here, the healer's physical body acts as a medium of flow of energy between GOD's healing energies and the patient.

COMPONENTS OF HEALING

Here, universal energy or spiritual force (non religious) is directed with intention to open the channel and heal with the problems in following ways:

- When focused on the human body via the aura (human energy field), it raises the 'spiritual vibrations' of that person.
- This improves health and allows one's highest nature to unfold.
- For optimum healing, repeated healings are needed.
- When people are ill, it is common for them to say that they are 'low in energy'; conversely when people are healthy, we talk about them bursting with energy.
- Often, 6-8 sessions may be required to bring about improvement.

SPIRITUAL HEALINGS

Some of the common spiritual healings practiced are::

- Yogic Healing.
- Meditational Healing.
- Astral Healing.
- Mantra Healing.
- Auric Healing.
- Chakral Healing.

YOGA THERAPY

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

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

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

“Yogas Chittavrttinirodhah” (योगश्चित्तवृत्ति निरोधः)

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

MODE OF HEALING

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

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

INTEGRATED YOGA

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

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

4.	Pranayam	Pranayama	Breath holding practices
5.	Pratyahara	Pratyahara	Restraining the sense of organs
6.	Dharana	Dharana	Contemplation
7.	Dhyan	Dhyana	Meditation
8.	Samadhi	Samadhi	Attainment of Goal.

STEPS OF PRACTICE

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⁾.

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

IMPACTS OF YOGA

Yoga being the way to divinity has great impacts on health and life style. It brings a lot of changes during the life time of individual. Some of the positive impacts which could motivate the others to move for yoga are:

- Regulate blood glucose levels,
- Improve musculoskeletal ailments.
- Keeping up date Cardio-vascular system.
- Psychological benefits,
- Increase mental energy and positive feelings.
- Decrease negative feelings of aggressiveness, depression and anxiety.

GENERAL BENEFITS

Practicing yoga come with many benefits for mental and physical health. The following general benefits are mentioned as under.

- **Decrease Stress** - Due to relaxation, decrease Cortisol and stress hormone.
- **Decrease Anxiety** – Due to decrease Cortisol.
- **Improved Heart Function** – Due to changed life style and reduced risk factors.
- **Reduce Inflammation** – Due to reduced inflammatory marker.
- **Improve Sleep:** to effect on Melatonin on other factors.
- **Improve in Depression** - Due to reduced Cortisol and stress hormone..
- **Relieve in Chronic Pain** – Due to exercise and relaxation.
- **Improve Quality of Life** - Due to modified life style.

BUSY YOGA (VYAST YOGA)⁽²⁾

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 body 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 goal following definite path sincerely, regularly and honestly”.(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.

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MEDITATION THERAPY

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

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

MODE OF ACTION OF MEDITATION

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

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

METHODS OF MEDITATION

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

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

1. PATANJALI MEDITATION

The definition of meditation (or yoga) by Patanjali as “restriction (or stilling) of the fluctuations of the mind”, Dharana, Dhyana and Samadhi are directly related to the practice of meditation and together are called '*Samyama*'. Patanjali describe various objects of meditation that a seeker can choose to begin his or her meditative practices. For a sincere

seeker, these are just obstacles in the way of Samadhi. There are nine popular types of meditation practice:

- Mindfulness Meditation.
- Spiritual Meditation.
- Focused Meditation.
- Movement Meditation.
- Mantra Meditation.
- Transcendental Meditation.
- Progressive Relaxation.
- Loving-kindness Meditation.
- Visualization Meditation.

2. VIPASANA MEDITATION

Vipaasana, which means to see the things as they really are, It was rediscovered by Gautama Buddha more than 2500 years ago and was taught by him as a universal remedy for universal ills, i.e., an *Art Of Living*. This non-sectarian technique aims for the total eradication of mental impurities and the resultant highest happiness of full liberation. It is an ancient mindfulness meditation technique. It involves observing your thoughts and emotions as they are. Vipaaasana focuses on self-transformation through self-observation. In Vipaaasana meditation, there is commonly taught during 10-day, silent retreats with instructions on mindfulness and alternating periods of sitting and walking meditation.

Vipaasana is a way of self-transformation through self-observation. It focuses on the deep interconnection between mind and body. It is this observation-based, self-exploratory journey to the common root of mind and body that dissolves mental impurity, resulting in a balanced mind full of love and compassion.

TEN DAYS COURSE

The technique is taught at ten-day residential courses during which participants follow a prescribed Code of Discipline to learn the basics of the method, and practice sufficiently to experience its beneficial results. course requires hard, serious work. There are three steps:

1. The first step is, for the period of the course, to abstain from killing, stealing, sexual activity, speaking falsely, and intoxicants. This simple code of moral conduct serves to calm the mind.
2. The next step is to develop some mastery over the mind by learning to fix one's attention on the natural reality of the ever as breath enters and leaves the nostrils. By the fourth day the mind is calmer and more focused, better able to undertake the practice of Vipaaasana.
3. Finally, on the last full day participants learn the meditation of loving kindness or goodwill towards all.

3. TRANSDENTAL MEDITATION OF MAHARISHI MAHESH YOGI

Transcendental Meditation (TM) is a technique for avoiding or distracting thoughts and promoting a state of relaxed awareness. The late **Maharishi Mahesh Yogi** derived **TM** from the ancient Vedic tradition of India. He brought the technique to the U.S. He taught the mantra that “**Aham Prema**” This mantra helps beginners achieve a state of deeper reflection and connection to the sanctity of love. Also, it makes the heart, spirit, and mind calm and peaceful.

METHOD OF PRACTICE

Sit in a comfortable chair with your feet on the ground and hands in your lap.

1. Close your eyes and take a few deep breaths to relax the body.
2. Open your eyes and then close them again.
3. Repeat a mantra in your mind..
4. When you recognize you're having a thought, simply return to the mantra.

4. BENSON'S METHOD OF RELAXATION

Patient will also be instructed to perform the Bensons Relaxation Technique according to the following steps: Sit quietly in a comfortable position. Close your eyes. Deeply relax all your muscles, beginning at your feet, progressing up to your face, and keep them deeply relaxed. Breathe through your nose. The Benson relaxation method (BRM) is a non-pharmacological, behavioral method devised to cope with anxiety. Among relaxation methods, BRM is among the easiest to learn and apply to a given patient.

STEPS TO RELAX RESPONSE

1. Sit quietly in a comfortable position.[Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Text Box Tools tab to change the formatting of the pull quote text box.
2. Close your eyes.
3. Deeply relax all your muscles, beginning at your feet and progressing to face..
4. Breathe through your nose.
5. Continue for 10 to 20 minutes.

FINDINGS OF MEDITATION

Benson's study found that when the subjects meditated.

- Metabolic rate markedly decreased in a matter of minutes.
- Meditation over several weeks lowered blood pressure.

5. ZEN MEDITATION

The definition of Zen is slang for feeling peaceful and relaxed. Zen meditation, also known as Zen, is a meditation technique rooted in Buddhist psychology. The goal of Zen meditation is to regulate attention. People usually sit in the lotus position or sit with their legs crossed during Zen meditation and focus their attention inward. Zen Buddhism is a mixture of Indian Mahayana Buddhism and Taoism. It began in China, spread to Korea and Japan, and became very popular in the West from the mid 20th century. The essence of Zen is attempting to understand the meaning of life directly, without being misled by logical thought or language. Zen is the Japanese version of the Chinese word Chan, which is the Chinese version of the Sanskrit word Dhyana, which means concentration. 'Zen' is the Japanese word for 'Chan' in Chinese, and 'Dhyana' in Sanskrit. Zen is a philosophy that was born out of Mahayana Buddhism in the 11th century. Zen puts less emphasis on ancient religious practices and focuses on meditation, selflessness, and unity in the universe.

BENEFITS OF ZEN MEDITATION

It's thought that practicing Bompū Zen

- Can improve physical and mental health by bringing about feelings of happiness and well-being.
- It has no negative side effects.
- Bompū Zen can teach you to concentrate and to control and calm your mind.

METHOD OF PRACTICE

To begin practicing Zen meditation, find a comfortable place and position. Try short sessions where you focus on your breath. With time, develop a routine that works for you. Meditation can be difficult at first, as it takes practice to clear the mind, but you'll eventually find a meditation routine that works for you.

6. SUFISM METHOD OF MEDITATION

Prophet Muhammad was a deeply spiritual man, and often spent time in meditation on *Mount Hira*. The traditional story of the Qur'an tells how one night in 610 he was meditating in a cave on the mountain when he was visited by the angel *Jibreel* who ordered him to recite.

MAIN PRINCIPLES

Outlining the four principles are:

- Repentance,
- Sincerity,
- Remembrance,
- Love.

It traces the fundamental stages and states of the spiritual novice's transformative journey. It emphasizes the importance of embracing both human limitations and God's limitless love.

METHOD OF MEDITATION

The easiest way to begin is to sit quietly and focus on your breath for 20 minutes every day. Then you should sit for an hour.” All kidding aside, it's best to start in small moments of time, even 5 or 10 minutes, and grow from there. The Sufism aims communion with God through spiritual realization; soul being the agency of this communion and propounding the God to be the only real existence. It may provide a vital link to understand the source of religious experience and its impact on mental health.

7. AUTOGENIC TRAINING IN WESTREN COUNTRIES

Autogenic training is desensitization-relaxation technique developed by the German psychiatrist Johannes Heinrich Schultz. Here, psycho physiologically determined relaxation response is obtained. The technique was first published in 1932. Studying the self reports of people immersed in a hypnotic state. The technique involves repetitions of a set of visualizations that induce a state of relaxation and is based on passive concentration of bodily perceptions. The technique is used to alleviate many stress-induced psychosomatic disorders. Biofeedback practitioners integrate basic elements of autogenic imagery and have simplified versions of parallel techniques that are used in combination with biofeedback.

8. KUNDALINI MEDITATION

In Hinduism, Kundalini is a coiled energy like a snake in resting state. It is a form of divine feminine energy (or *Shakti*). It is believed to be located at the base of the spine, in the Mooladhara *Chakra*. It is an important concept in *Shiva Tantra*, where it is believed to be a force or power associated with the divine feminine or the Goddess. This is energy in the body, when cultivated and awakened through various *Yogic, Meditational, Mantral* and *Tantral* practices it awakens. Kundalini is associated with **Parvati** or **Adi Parashakti**.

Kundalini awakenings are said to occur by a variety of methods. Many systems of yoga focus on awakening Kundalini through: meditation; Pranayama breathing; the practice of asana and chanting of mantras. Kundalini Yoga is influenced by *Shaktism* according to Tantra schools of Hinduism. The awakening of Kundalini energy is performed through regular practice of *Mantra, Tantra, Yantra, Asana or Meditation*. Kundalini experience is frequently reported to be a distinct feeling of electric current running along the spine.

ADVANTAGES

The purpose is to promote spiritual enlightenment. There are several science-backed benefits of *Kundalini yoga*.

- It may help ease stress and anxiety, improve cognitive functioning,
- It boosts self-perception and self-appreciation.

FEELING OF AWAKENING OF KUNDALINI

The feeling of awakening of Kundalini can be realized by:

- Intense energy surges through the body and spine, or milder sensations of energy “working” in some area of the body, such as **feeling** a tingling sensation in the brain.
- Energetic intolerance: Inability to tolerate certain people, your energy body rejects them.

WAYS TO AWAKEN KUNDALINI

1.

The following Seven ways are the suggested methods to awaken the Kundalini.

- Focus on Your Breath.
- Reject Negativity.
- Keep A Good Posture.
- **Access** The Central Channel.
- Use Visualization.
- Activate Your Interests.
- Cut Out Distractions.

9. AUM MEDITATION

The practice of AUM is AUM Yoga and its advancement is AUM Meditation which is performed with the sacred mantra. It is, simply put, fixing the mind on the designated AUM Mantra. “AUM” symbolizes and embodies Brahman, the Absolute Reality. The constant repetition of Mantra in union with breath led the way Absolute Reality. The purpose of AUM meditation is to become free from suffering and limitation.

AUM YOGA

Here, individual is self-directed to sit in comfortable posture considering himself sitting in the image of AUM (*Aumic Asana*) and concentrate on it with closed eyes. In case of any physical disability or disorder, the individual sit in most comfortable posture. By adjusting the posture (*Asana*), the individual concentrate to a focused point fixed by the individual at Eyebrow Chakra (*Agya Chakra*) for certain time. It starts Aumification from outside to inside.

AUM MEDITATION

It is also called **AUM Atman Meditation**. It is later stage of AUM Yoga. Here, individual is directed to contemplate the thinking of the fourth stage of AUM inwardly. Here, the person is directed to sit according to his convenient position (Preferably Padmasana). He is directed to realize that he is enveloped within AUM. He is directed to start thinking from Mooladhara Chakra and gradually upward to Swadhisthana to Manipura to Anahata to Vishuddha to Anjna to and ultimately to Sahashrara Chakra the highest of Individual Chakra. This is followed by Atmic Chakra or Atmic levels (*Spiritual Plane, Monadic Plane and Atmic*

Plane). After reaching to Atmic level one should contemplate the thinking of Parmatmic Chakra and its four Quarters as *Vaisvanar*, *Taijas*, *Pragyan* and *Atman*. The ultimate aim is to focus on *Atman*. This stage is also known as Atman. It is state of experiencing pure consciousness or Superconsciousness. It is state of thoughtless awareness. It is Absolute. Here, the individual soul rest in his own **Sat Chit- Anand Swarupa**. This is Lord of All, the Omniscient; the Indwelling Controller; the Source of All. This divine cosmic field is soundless. This is the beginning and end of all beings. It is infinite, cannot be described in words. Its sole essence of being conscious of own self. This is to be realized. He who knows merges his self in the *Self* and attain ultimate goal.

MEASUREMENT OF MEDITATION

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.

EFFECTS OF MEDITATION

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.

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ASTROLOGICAL HEALING

It is also known as Astro medicine. Most of the European knows that astrology is used to be good science of health. It is essential part of both the theory and practical aspects of medical practice. There is established relation between the body and the cosmos according to Vedic Astrology (*Jyotish*). The life is directly and indirectly influenced by the various celestial bodies specially the planets which are responsible for health and diseases. Since the ancient time, Ayurvedic knowledge without the knowledge of astrology was incomplete. Astrology deals with close relationship between celestial bodies and human being. These celestial bodies exert varying degree of influence on human body depending on the position of planets at the time of their birth and in later part of life.

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

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

ASTROLOGY AND AYURVEDA

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

ASTRO MEDICINE

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

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

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

understanding of disease. The astrological diseases have three main phases.

1. Pre-Disease State (*Udbhava*): - This is the state of beginning or the genesis of disease. The genesis of the disease may be local or general.

2. Disease State (*Vyakta*): Here, the person is in position to tell his complaints and the astrologer (healer) may be in position to find the related signs in their planets.

3. State of Complication (*Anista*): This is the state of danger where anything from handicapped to death may take place.

BASIS OF ASTRO- MEDICINE

According to Ayurveda human being is replica of universe in miniature and so has close relation with universe. 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 ultimately affected. The basis of astrology is permutation and combinations of –

- Zodiacs.
- Stars.
- Planets.

ZODIACS

It is band of the celestial sphere extending about 8° on either side of ecliptics. It represents the path of path of movement of Moon and Sun. This band is divided into twelve equal parts called signs of zodiac. They are 12 in numbers. It is belt of the heavens outside which the sun, the moon and the other planets do not pass. It predicts the natures, strength and weakness of the individual. It contains 12 zodiacal constellations. Each part is 30° wide. They are 12 in numbers.

- Aries (*Mekh*)
- Taurus (*Brikhabh*)
- Gemini (*Mithun*)
- Cancer(*Kark*)
- Leo (*Singh*)
- Virgo (*Kanya*)
- Libra (*Tula*)
- Scorpio (*Brishchik*)
- Sagittarius (*Dhanu*)
- Capricorns (*Makar*)
- Aquarius (*Kumbh*)
- Pisces (*Meen*).

SIGNIFICANCE OF ZODIACS

On the basis zodiac signs, we can find out the compatibility between two individuals and can predict the nature and routine nature (liking and disliking) of an individual. Some of the findings date nature as well as routine nature (liking and disliking) of each zodiac is given below.

Sl. No.	Zodiacs	Date	Nature	Routine nature (liking and disliking)
1.	Aries (<i>Mekh</i>)	March 21 to April 19	Enthusiastic	- Honest and romantic partners, - They are self dependent, They are highly dependent on each other, - They discuss the matters daily which is purposeful, focused, and dynamic.
2.	Taurus (<i>Brikhabh</i>)	April 20 to May 20	Very Progressive in matters of love.	- They are caring and loving for their partners, - Poor controlling nature, - They are manipulative and frank individual. - Once involved in love will continue throughout life.
3.	Gemini (<i>Mithun</i>)	May 21 to June 20	Fascinating (they are difficult to Predict)	- Frequent changing moods, - Making appointments can be difficult, - Their interactive style is flirtatious and persuasive.
4.	Cancer (<i>Kark</i>)	June 21 to July 22	Affectionate	- Enjoy a steady relationship with their partners, - They are dependent on their partner for all matters from

				financial to sex in life, • They are kind and generous, • They become irritated when denied their wishes, • They are self-protective and well accepted individuals.
5.	Leo (<i>Singh</i>)	July 23 to August 22	Committed and enthusiastic.	• They are quite supportive in their relationships, • They are career oriented, • They are always confident in their abilities, • They are demanding and forceful in their interaction.
6.	Virgo (<i>Kanya</i>)	August 23 to September 21	Preplanned in their calculation	• They are uncontrollable, • They will not change any program in last minute, • Their interactive style is precise, orderly and calculated.
7.	Libra (<i>Tula</i>)	September 22 to October 23	Choosy, good looking better to talk.	• They are very selective in all respects, • They require constant appreciation and attention from their partner, • They are quite caring in relationships, • Do not avoid problems.
8.	Scorpion (<i>Brischik</i>)	October 24 to November 21	Caring and protective	• They are very much concern for the well being and

				happiness of their partner, • They are self contained and satisfied with their family November relations, • They expect involvement of their partner and if failed they become angry and depressed.
9.	Sagittarius (<i>Dhanu</i>)	November 22 to December 21	Ardent and intense partner.	• They are relaxed, enjoying, good humor and pleasures of life, • They have orientations and excessive energies, • They are easily disappointed, • Their philosophical orientation forces them to do better next time.
10	Capricorn (<i>Makar</i>)	December 22 to January 19	Fond of developing serious and deep relationship	• They holding back capacity (for right person), • They unnecessarily waste their time and energy, • Their interactions are demanding and direct.
11.	Aquarius (<i>Kumbh</i>)	January 20 to February 18	Interesting, exciting and fun loving.	• They are unfaithful and non committed individuals, • For maintaining the longer relationship one has to peruse a lot, • There are bright, cheerful and open individuals.

12.	Pisces (Meen)	February 19 to March 20	Committed and romantic	- The partners are seductive, passionate and demanding in relationships - They are highly involved in their relationships.
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ZODIACSAND HEALTH

Each zodiac represents different part of human body and has different influences. The adverse influence is mentioned in under lying table:

Sl. No.	Zodiacs	Representing Body Parts	Adverse Effects.
1.	Aries	Head, Brain and Eye	Headaches, Migraines, Mental illness and Eye problems
2.	Taurus	Neck, Vocal cords and Thyroid gland	Chronic sore throats, Hypo and Hyper-Thyroidism.
3.	Gemini	Nervous system, hands, arms, and lungs	Breathing problems and Anxiety.
4.	Cancer	Chest, Breast and Stomach:	Indigestion, eating disorders.
5.	Leo	Heart, Spine, Spinal Column and Upper Back:	Heart palpitations,
6.	Virgo	Entire body.(Psychic level)	Struggling to clean out the excess from body.
7.	Libra	Kidney, Skin, Lower Back and Buttocks.	Desire for balance of all body parts leads the quest to create balance leads to possessiveness causing loses balance and ultimately Problem.
8.	Scorpio	Human Genitalia.	Chronic UTIs, yeast infections, and bacterial infections.
9.	Sagittarius	Always out of home.	Problems liver problems
10.	Capricorn.	Joints and Skeletal System:	To aim higher, to reach the top.
11.	Aquarius	Ankles and Circulatory System.	Nervous sign.
12.	Pisces	Feet and Lymphatic System.	Affect their immune system. Sensitive to harmful substances.

ZODIAC AND CONSTELLATION

The ancient Astrologers and Sages (*Rishis*) divided the 360 degree zodiac into 12 houses which form 12 zodiacal constellations. Each house is further subdivided in 27 Nakshatras (Star-constellations).These Nakshatr are further subdivided into four quarters each called Pada. The

placement of a planet in these divisions and subdivisions was studied to fine tune the predictions. The Nakshatr in which your moon is placed in your birth chart is called your Janm Nakshatr.

STARS (*TARE*)

These are the celestial bodies that produce their own heat and light. They are self luminous celestial bodies consisting of mass of gas held together by its own gravity. They are very far from us so they appear tiny visible at night. There are millions of stars. Many stars join together, forming a pattern called Constellation. One of the constellations is Ursa Major (Great Bear) which can be seen in northern sky. It is called Seven Sages (***Sapt Rishi***). These are relatively stationary. They appear usually as twinkling point of light in the night. There are about 28 such constellations of stars in Indian astrology

ZODIAC AND NAKSHTRAS

According to Hindu astrology, there are 28 Nakṣatra or sectors along the ecliptic. The Nakshatr system became prevalent from about the 2nd century. Although there are 27-28 days in a sidereal month, by custom only 27 days are counted for practical purpose.

BRIEF DESCRIPTIONS OF NAKSHATRAS

Each zodiacal constellation is further subdivided in 28 Nakshatras (Star-constellations). The Nakshatras (Star-constellations) and its description are given in underlying table:

Si. No.	Name	Descriptions
1.	Ashvini (Physician to Gods)	- Lord: Ketu. - Symbol : Horse's head, - Deity : Ashvini, - Indian zodiac: 0° - 13°20' Mesh, - Western zodiac 23°46' Aries - 7°06' Taurus.
2.	Bharani (The Bearer)	- Lord: Shukra. - Symbol: Yoni. - Deity: Yam, - Indian zodiac: 13° 20' - 26°40' Mesh, - Western zodiac 7°06' - 20°26' Taurus.
3.	Kritika (Nurses of Kartikey).	- Lord: Sury (Sun), - Symbol: Knife, - Deity : Agni, - Indian zodiac: 26°40' Mesh - 10° Vrishabh, - Western zodiac 20°26' Taurus - 3°46' Gemini.
4.	Rohini	Lord: Chandra (Moon)

	(Brahm)	• Symbol: Cart or chariot, temple, banyan tree • Deity: Brahma. • Indian zodiac: 10° - 23°20' Vrishabh, • Western zodiac 3°46 - 17°06' Gemini.
5.	Mrigashīrsha (The deer's head)	• Lord: Chandra (Moon) • Symbol: Cart or chariot, temple, banyan tree • Deity: Brahma. • Indian zodiac: 10° - 23°20' Vrishabh. • Western zodiac 17°06'-0° 26' Gemini.
6.	Ardra (The storm god)	• Lord: Rahu (North lunar node) • Symbol: A human head • Deity : Rudr, • Indian zodiac: 6° 40' - 20° Mithun, • Western zodiac: 0°26' - 13°46 Cancer
7.	Punarvasu (Dual) (The two restorers of goods)	• Lord: Guru (Jupiter), • Symbol : Bow and quiver, • Deity: Aditi, • Indian zodiac: 20° Mithun - 3°20' Kark, • Western zodiac 13°46 - 27°06' Cancer.
8	Pushya (Known as Sidhya)	• Lord: Shani (Saturn), • Symbol : Cow's udder, lotus, arrow and circle, • Deity : Brihaspati, • Indian zodiac: 3°20' -16°40' Kark, • Western zodiac 27°06' Cancer - 10°26' Leo
9.	Ashlesh (The Embrace)	• Lord: Buddh (Mercury), • Symbol: Serpent, • Deity : Sarps or Nags, • Indian zodiac: 10°26' - 30° Kark, • Western zodiac 10°26' - 23°46 Leo.
10	Magha (The Bountiful)	• Lord: Ketu (South lunar node), • Symbol : Royal Throne, • Deity : Pitras, • Indian zodiac: 0° - 13°20' Simh, • Western zodiac 23°46 Leo - 7°06' Virgo.
11.	Poorva Phalguni (The first reddish one)	• Lord: Shukr (Venus). • Symbol: Front legs of bed. • Deity : God of marital bliss and prosperity • Indian zodiac: 13°20' - 26°40' Simh, • Western zodiac 7°06' - 20°26' Virgo.
12	Uttara Phalguni (The Second reddish)	• Lord: Surya (Sun) • Symbol: Four legs of bed. • Deity : Aryaman,

	one)	- Indian zodiac: 26°40' Simh - 10° Kanya, - Western zodiac 20°26' Virgo - 3°46' Libra
13	Hast (The hand)	- Lord: Chandra (Moon) - Symbol: Hand, - Deity : Sury (Sun), - Indian zodiac: 10° - 23°20' Kanya, - Western zodiac 3°46' - 17°06' Libra.
14.	Chitra (The bright one)	- Lord: Mangal (Mars), - Symbol: Bright jewel or pearl, - Deity : Vishvakarma, - Indian zodiac: 23°20' Kanya - 6°40' Tula, - Western zodiac: 17°06' Libra - 0°26' Scorpio.
15.	Swati (Sanskrit)	- Lord: Rahu (North lunar node), - Symbol: Shoot of plant, - Deity : Vayu (Wind), - Indian zodiac: 6°40' - 20° Tula, - Western zodiac 0°26' - 13°46' Scorpio.
16.	Vishakha (Forked, having branches)	- Lord: Guru (Jupiter) - Symbol: Triumphal arch. - Deity : Indr& Agni, - Indian zodiac: 20° Tula - 3°20' Brischik, - Western zodiac 13°46' - 27°06' Scorpio
17	Anuradha (Radha)	- Lord: Shani (Saturn) - Symbol : lotus - Deity : Mitr, - Indian zodiac: 3°20' - 16°40' Brischik, - Western zodiac 27°06' Scorpio - 10°26' Sagittarius.
18.	Jyeshtha (The eldest)	- Lord: Buddh (Mercury), - Symbol: Umbrella, - Deity : Indr, - Indian zodiac: 16°40' - 30° Brischik, - Western zodiac 10°26' - 23°46' Sagittarius.
19.	Mool (The root)	- Lord: Ketu (South lunar node), - Symbol: Bunch of roots tied together, - Deity : Goddess of dissolution and destruction, - Indian zodiac: 0° - 13°20' Dhanush, - Western zodiac 23°46' Sagittarius - 7°06' Capricorn.
20	Poorv Ashadh (The first of the Ashadh)	- Lord: Shukr (Venus), - Symbol: Elephant tusk (Large bed), - Deity : Apah (God of Water), - Indian zodiac: 13°20' - 26°40' Dhanush, - Western zodiac 7°06' - 20°26' Capricorn.

21.	Uttar Ashadh (The Second of the Ashadh)	• Lord: Sury (Sun), • Symbol : Elephant tusk (Small bed), • Deity : Vishvdevas, (Universal Gods), • Indian zodiac: 26°40' Dhanush - 10° Makar, • Western zodiac 20°26' Capricorn - 3°46' Aquarius.
22.	Shrawan	• Lord: Chandra (Moon) • Symbol: Ear. • Deity : Vishnu, • Indian zodiac: 10° - 23°20' Makar, • Western zodiac 3°46' - 17°06' Aquarius
23	Dhanishta (Most famous - "swiftest")	• Lord: Mangal (Mars) • Symbol : Drum or flute • Deity : Eight Vashu, • Indian zodiac: 23°20' Makar - 6°40' Kumbh, • Western zodiac 17°06' Aquarius - 0°26' Pisces
24.	Shatabhisha (Requiring a hundred physicians)	• Lord: Rahu (North lunar node), • Symbol : Empty circle, 1,000 flowers or stars • Deity : Varun (God of cosmic waters, sky and earth), • Indian zodiac: 6°40' - 20° Kumbh, • Western zodiac 0°26' - 13°46' Pisces
25.	Poorv Bhadrapad (The first of the blessed feet)	• Lord: Guru (Jupiter), • Symbol: Swords, • Deity: Ajikapad (An ancient fire dragon), • Indian zodiac: 20° Kumbh - 3°20' Meen , • Western zodiac 13°46' - 27°06' Pisces.
26	Uttara Bhadrapad (The second of the blessed feet)	• Lord: Shani (Saturn) • Symbol: Twins. • Deity: AhirBudhyan. • Indian zodiac: 3°20' - 16°40' Meen.
27	Rewati (Prosperous)	• Lord: Buddh (Mercury) • Symbol: Fish. • Deity: Pushy, • Indian zodiac: 16°40' - 30° Meen. • Western zodiac 10°26' - 23°46' Aries.
28	Abhijit (Victorious)	• Lord: Brahma (Creator) Indian zodiac: 06° 40' - 10° 53' 40 Makar.

COR RELATION OF ZODIAC AND STARS

There numerous heavenly/celestial bodies divided in three main groups as Zodiacs, Nakshatras and Planets. Some of these celestial bodied seen as stars. Some of the stars are under the zodiacs while some are under other heavenly bodies. However, each planet is part and partial of some zodiac. They are associated with each other in isolation and combination. Some correlations of zodiac and stars are given in under mentioned table.

Sl. No.	Name of Zodiacs	Name of the Stars
1.	Aries (<i>Mekh</i>)	Kaster(<i>Ashwini</i>), Arites(<i>Bharini</i>), Touri (<i>Kritika</i>)
2.	Taurus (<i>Brikhabh</i>)	Touri(<i>Kritika</i>), Aldebara (<i>Rohini</i>), Oeyonis(<i>Mreegshira</i>)
3.	Gemini (<i>Mithun</i>)	Oeyonis(<i>Mreegshira</i>), Bitlegage(<i>Ardra</i>), Jasminorium(<i>Punarvasu</i>)
4.	Cancer (<i>Kark</i>)	Jasminorium (<i>Punarvasu</i>), Kenruri(<i>Pushya</i>), Hydra (<i>Ashlesha</i>)
5.	Leo (<i>Singh</i>)	Regulous Leonis(<i>Magha</i>), Leonis(<i>Purvafalguni</i>), Leonit(<i>Uttarafalguni</i>)
6.	Virgo (<i>Kanya</i>)	Leonit(<i>Uttarafalguni</i>), Korbi(<i>Hast</i>), Spika (<i>Chitra</i>)
7.	Libra (<i>Tula</i>)	Spika(<i>Chitra</i>), Butis(<i>Swati</i>), Libre(<i>Vishakha</i>)
8.	Scorpio (<i>Brischik</i>)	Libre(<i>Vishakha</i>), Scarpionis (<i>Anuradha</i>), Antaris (<i>Jyestha</i>)
9.	Sagittarius (<i>Dhanu</i>)	Mool(<i>Mool</i>), Sagitari(<i>Purvashadha</i>), Sagrtari(<i>Uttarashadha</i>)
10.	Capricornus(<i>Makar</i>)	Sagrtari(<i>Uttarashadha</i>), Vega(<i>Abhijit</i>), Aquari (<i>Shrawana</i>), Keprikarti(<i>Dhanistha</i>)
11.	Acquarius(<i>Kumbh</i>)	Keprikarti(<i>Dhanistha</i>), Ekawari (<i>Shatbhish</i>), Pegasi(<i>Purvabhadrapad</i>)
12.	Pisces (<i>Meen</i>)	Pegasi (<i>Purvabhadrapad</i>), Andromedia (<i>Uttarbhadrapad</i>), Piscium(<i>Rewati</i>)

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.

PLANETS

Planets are heavenly bodies revolving around sun. They do not have their own heat and light. They shine with the light reflected from the sun. All the planets are spherical in shape. The planets move at varying speeds, some are faster and some are slower depending on the distance of the planet from the Sun. Each planet applies its most powerful energy over the Sign it Rules. The planets in the solar system have its significant role in individual's life. The planets in the

solar system have its significant role in individual's life. These planets produce different results while placed in the 12 different signs.. A planet has following three Criteria:

- It must orbit a star (specially sun),
- It must be big enough to have enough gravity to force a spherical shape,
- It must cleared away of any objects of a similar size near its orbit.

LOCATION OF PLANETS

There are mainly nine Planets in the Solar System. In order of increasing distance from the Sun they are grouped in two groups as:

A. Smaller Rocky (*Terrestrial*) -Mercury, Venus, Earth, and Mars.

B. Large Low-Density (*Giant Planet*) - Jupiter, Saturn, Uranus, and Neptune.

These planets produce different results while placed in the 12 different signs. There are nine known planets till date.

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

STARS VERSES PLANETS

Based on certain criteria the difference between stars and planet has been mentioned as under:

Sl. No.	Criteria	Stars	Planets
1.	Energy Radiation (through nuclear reaction)	High radiation.	No radiation.
2.	Brightness	Very bright.	It reflects some radiation from parent stars.
3.	Twinkle	Present, seen by necked eye, it comes to change the color.	Absent but seen by necked eye.
4.	Appears	As pin point of light.	As pin point of light.

EXTRA SOLAR PLANETS

Extra-solar planets are also called exoplanet, any planetary body that is outside the solar system and that usually orbits a star other than the Sun. Extra-solar planets were first discovered in 1992. More than 4,301 are known extra solar planet in 3176 planetary system identified up to August 01, 2020 and about 6,000 await further confirmation. Their sizes are variable which is

ranging from the Moon to twice of Jupiter. Out of these more than 100 planets are the sizes of earth.

CHAKRAS, PLANETS AND FUNCTIONS

Sl. No.	Name of the Chakra	Planetary Energy	Functions
1.	Mooladhara Chakra.	Marsh or Base Energy	Self-preservation and survival
2.	Swadhisthana Chakra.	Venus Energy	Emotional Identity, Satisfaction, Attractions and creativity.
3.	Manipura Chakra	Sun Energy	Individuality, power of personality, will, self-confidence, self-awareness, ego, action
4.	Anahata Chakra	Moon Energy	Love, acceptance, forgiveness, inner peace, empathy, compassion
5.	Vishuddha Chakra	Mercury	Communication, speech, active listening, expressing authentic nature
6.	Anjna Chakra	Jupiter Energy	Conviction, cognition, vision, intuition, understanding, memory
7.	Sahashrara Chakra	Saturn Energy	Spirituality, integrity and connection with oneself, inner equilibrium, ability to let go, acceptance

INFLUENCE ON PLANETS

These nine planets produce different results while placed in the 12 different signs. The roles of planets can be understood by placing them in 12 zodiac sign in respect to birth chart. Normally, every individual being is radiating some invisible energy in the universe and vice-versa. 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. There nine planets produce different results while placed in the 12 different signs. The roles of planets can be understood by placing them in zodiac sign in respect to birth chart. Mercury causes disturbance of all the three humors. The horoscope provides the detail of illness of individuals. Astrological knowledge helps the Ayurvedic physicians to select the required herbal medicine for correcting the imbalance of humors. The influential factors of horoscope are:

1. Dietary Influence.
2. Humoral Influence.

I. DIETARY INFLUENCE

Every individual has some or the other taste of their diet. Depending on the taste and other factors they are broadly classified in three groups. Each group of diet has influence of some planets as mentioned below:

Sl. No.	Group	Influenced by Planets
1.	Purely (<i>Satvic</i>)	Sun, Moon and Jupiter
2.	Kingly (<i>Rajasic</i>)	Venus and Mercury
3.	Mixed (<i>Tamasic</i>)	Saturn, Mars, Rahu and Ketu

II. HUMORAL INFLUENCE

Each body humor has some influence of the planet but the major influence comes on the predominating humor as mentioned below:

Sl. No.	Humoral Factors (<i>Doshas</i>)	Effect of Planets
1.	Energy (<i>Pitt</i>)	Sun and Mars
2.	Inertia (<i>Kaph</i>)	Venus, Moon and Jupiter
3.	Motion (<i>Vat</i>)	Saturn, Ketu and Rahu

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.

PLANET AND HEALTH

Planetary health is the health of human civilization and the state of the natural systems on which it depends. When the nine planets are placed in twelve zodiac signs, they show their effects and the net effects appear as problems. The planet related problems are of two types:

- I. Regulatory Problems.
- II. Responsibility Problems.

I. REGULATORY PROBLEMS

The planets related regulatory organs and diseases are mentioned below-

1. Single Planet Problem:

- Sun controls soul.
- Moon rules mind.
- Jupiter controls thigh, fat, brain, liver, kidneys, lungs, ears, tongue, memory, spleen etc.
- Mercury influences nervous system.

2. Combined Planet Problem:

- Moon, Mercury and Mars or Saturn ☐ Cause mental disorders.
- Sun, Jupiter, Mars conjoined on Mercury or Moon ☐ Causes Schizophrenia.

- Moon and Saturn ☹ Cause Melancholia.

II. RESPONSIBILITY PROBLEM

There are some planets that are responsible for certain health problems are given on coming page::

1. Planet for Good Health:

- Sun is responsible for natural health and energy it frees from Saturn or Rahu.

2. Planet for Bad Health:

- Saturn is considered responsible for any prolonged diseases when afflicted by Mercury.

3. Planet for Long Life:

- Jupiter is divine planet, when Jupiter in 8th place then one will live long life.

4. Planet Makes Attractive:

- Two planets i.e. Moon and Venus is beauty provider. Venus is God of beauty.

5. Planet for Skin Problems:

- Mercury and Jupiter affected by Rahu will always cause some problems.

6. Planet for Eyes Problems:

- Weak position of Mars may cause disturbance in acuity of vision.
- Mercury represents mind, nervous system, senses and sight.

7. Planet Governing Money:

- Jupiter and Venus rule wealth and money.

CHAKRAL HEALING

The Chakra is Sanskrit word standing for wheel or disk. There are many chakras in holistic body plane of human body. The major chakras are grouped in two groups i.e. **Divine Chakras** and **Individual Chakras**. The divine chakras are in the continuum of individual self to Almighty GOD (*Parmatma*). They are ill defined, limitless and widely spread. They are achieved in steps manners. Individual

chakras are concerned with the holistic body indicate seven major individual energy centers in the body. They are the openings of life energy to flow into and out of aura. They are the whorls of high energy lotuses situated in astral, ethric and some in higher body planes. The Individual chakras are made up of three concentric interblending whorls of energy i.e. Left (*Ida*), Right (*Pingla*) and Centre (*Sushmana*). They signify basic energy center in the body. Each individual chakra correlates with the major nervous plexuses branching from the spinal column. In addition, the chakras also correlate to various levels of consciousness and developmental stages of life. It also correlates with colors, sounds, body functions etc.

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

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

TYPES OF CHAKRAS

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

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

I. DIVINE CHAKRAS

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

1. Parmatmic Chakra.
2. Atmic Chakra.

1. PARMATMIC CHAKRA

This is the highest level for individual. They are achieved in step manner. This is the level of GOD (*Parmatma*) who cannot be bound in any structure like figure, shape or form. This is representative of GOD for individual. It is ill defined Omnipresent and Omnipotent. According to yogic philosophy the attainment is union of individual self to His Self (GOD. This Self (Divinity level) is GOD. The Self has four steps. According to Aumic philosophy, AUM is the sound and representative of GOD so AUM is GOD and GOD is AUM. All the universal creations are the gift of GOD (*AUM*) in his image. Based on the above all is AUM and the Self. The Self has four quarters ⁽¹⁾.

- A. Vaisvanara.
- B. Taijasa.
- C. Pragyan.
- D. Turiya (Atman).

A. Vaisvanara (*Phase of Prosperity*) :It is first quarter. It enjoys gross objects. It is the first sound **A** which encompasses all, thus who knows it, encompasses all desirable objects. It brings prosperities.

B. Taijasa (*Phase of Knowledge and Wisdom*):It is second quarter. It enjoys subtle objects. It is the second sound **U**. It is an excellence and contains the qualities of other two also i.e. A and M. Those who knows U exalts the flow of knowledge and everyone who will be born in his family will be enlightened. It brings knowledge and wisdom.

C. Pragyan (*Phase of Attainment*):It is third quarter. Here, one becomes undivided, an undifferentiated mass of consciousness, consisting of bliss and feeding on bliss. It is the third sound **M**. This is the measure that knows this, measures all and becomes all.

D. Turiya (*Phase of Liberation*): It is Sanskrit word meaning is fourth. This stage is also known as *Atman*. It is state of experiencing pure consciousness or Superconsciousness. It is state of thoughtless awareness. It is Absolute. Here, the individual soul rest in his own **Sat Chit-Anand Swarupa**. This is Lord of All, the Omniscient; the Indwelling Controller; the Source of All. This divine cosmic field is soundless. This is the beginning and end of all beings. It is infinite, cannot be described in words. Its sole essence is being the consciousness its own self. This is to be realized. He who knows merges his self in the *Self* and attain ultimate goal

2. ATMIC CHAKRA

This is also called *Para Chakras* situated in divine plane of an individual. This is the highest plane of individual higher body and its respective auric field. It is well connected with the Supreme Realty (GOD) as well as with higher and physical body plane of individual. This chakras control the individual chakras through divine pathways. This is divided in three sub planes.

- A. Divine Plane.
- B. Monadic Plane.
- C. Spiritual Plane.

A. Divine Plane (*First Cosmic Ether*): It is also called Superconscious Plane. It represents the first part of cosmic ether so called First Cosmic Ether. It is in continuum to Monadic Plane below and above to outer sphere of Parmatmic Chakra which represent the Vaisvanara part of AUM.

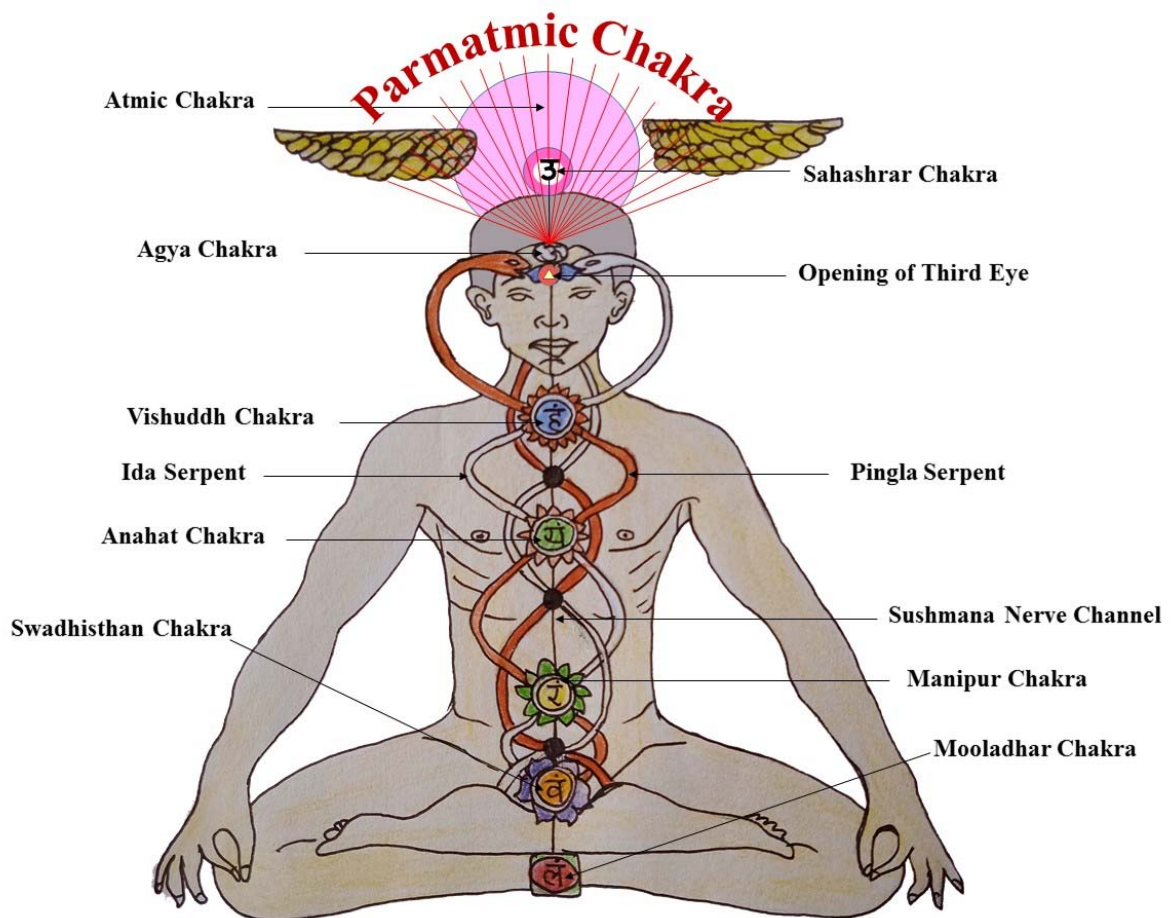
B. Monadic Plane (*Second Cosmic Ether*): It represents the second part of cosmic ether so called Second Cosmic Ether. It is in continuum to the Spiritual Body below and above to Divine Plane. It is called *Monadic Plane*. It is the highest aspect for a human being. It uses consciousness (*Chetna*) as vehicle of expression. This consciousness (*Chetna*) also used to gain the experience from lower planes. It is responsible for –

- Intelligence.
- Love.
- Wisdom.

C. Spiritual Plane. (*Third Cosmic Ether*): It represents the third part of cosmic ether so called third Cosmic Ether. It is in continuum to the Intuition Plane below and above to Monadic Plane.

LOCATION OF CHAKRAS

The approximate location of Divine and Individual chakras has been shown diagrammatically as below:



II. INDIVIDUAL CHAKRAS

These chakras are under the control of divine chakras. They are further divided in two groups Higher and Lower Chakras. They are located in ethric, astral and some in higher body plane of the individual's physical body. They are linked with divine chakras with the intermediary chakra known as *Sahashrar chakra*. These chakras (**from above down words**) are:

1. Sahashrara Chakra.
2. Agya Chakra.
3. Vishuddh Chakra.
4. Anahat Chakra.
5. Manipur Chakra.
6. Swadhisthan Chakra.
7. Mooladhar Chakra.

FUNCTIONS OF 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*.

SITUATION OF INDIVIDUAL CHAKRAS

The individual chakras are situated in ethric body, astral and concrete mental body except *Vishuddh* and *Anahat* which are contained in lotus of soul at higher mental plane. The chakras reflect the physical, mental, emotional and spiritual quality of the individual..

SOURCES OF ENERGY

The lower chakras receive the various types of energy from following sources:

1. Cosmo-universal Energy (Cosmic electromagnetic energy).
2. Sun (Solar energy).
3. Colour (Colour energy).
4. Smell (Essence energy).
5. Sound (Voice energy).
6. Touch (Heat and cold energy).
7. Taste (Nutritional energy).
8. Thought (Constrictive energy).

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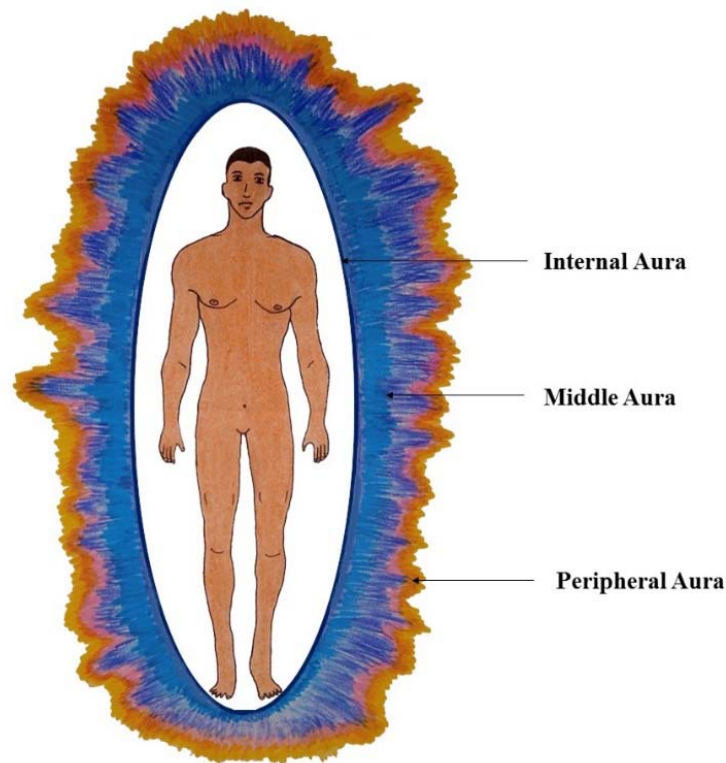
AURIC HEALING

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

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

APPEARANCE OF AURA

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



“Appearance of Aura”

KILIAN PHOTOGRAPHY

For centuries, the specialists had been able to see auras by necked eyes. The color of aura exhibits meanings. During 1939, Semyon David Kirlian was working in a high voltage atmosphere. Accidentally, he discovered that if an object on a photographic plate is connected to a high-voltage source, an image is produced on the photographic plate. The technique has been variously known as "electrography" or "electro photography", corona discharge photography (CDP), "bioelectrography", "gas discharge visualization (GDV)", "electro photonic imaging (EPI)", and, in Russian literature, "Kirlianography". Kirlian photography has been the subject of scientific research but it has been used in alternative medicine research.

Semyon David Kirlian developed a photographic camera of high voltage to measure the *aura*. Photography through this camera is known as Kirlian photography. Kirlian photography equipment captures a subtle field of electromagnetic energy which radiates from all living and non-living things.

APPLIED INTERPRETATIONS

As human beings, we radiate a very low level of electricity that's otherwise known as an electromagnetic field," says Christina Lonsdale, Ancient medical systems believe that this energy is expressed in seven layers. Each layer is said to correlate to a different element of your physical, mental, spiritual, and emotional health. In western religious traditions, one often sees a halo surrounding saints or deities. In eastern religious traditions, it comes out from the chakras or centers of energy within the body. It is often depicted as a multi-colored body of light surrounding a person. Kirlian photography has been used to reveal the following important information:

1. Emotional energetic state which helps in identifying the signs of rising energy-stress.
2. It also helps in getting the earlier information before physical symptoms arise.
3. After many decades research and development produced a more sophisticated version of Kirlian photography called biofeedback or energy technology.

AURIC CHANGES

The disease comes much earlier in *Auric body* (astral and ethric 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 healers with 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:

Sl. No.	Parameters	Variations
1.	Area	Normal/Diminished/Reduced
2.	Colour	Normal/Altering/Altered
3.	Contour	Normal Smooth/Elevated/Depressed/Torn/Fractured.
4.	Feeling	Good/Satisfactory/Weak

METHODS OF HEALING

The auric healing can be performed in following ways.

- I. Self-cultivation of Aura.
- II. Spiritual Healings.

I. SELF CULTIVATION OF AURA

The cultivation of certain discipline is explained to the sufferer and they are instructed to act accordingly in order to cultivate positive aura.

2. Be thankful to small gain and gift.
3. Keep on develop confidence in your-self.
4. Remove negative ideas and thoughts.
5. Always observe and monitor your aim.
6. Feasible exercise.
7. Do not disturb with failure.

II. SPIRITUAL HEALINGS

Some of the common spiritual healings that can be practiced to auric healing area;

- Yogic Healing.
- Meditational Healing.
- Astral Healing.
- Mantra Healing.
- AURIC Healing.
- Chakral Healing.

AUMIC HEALING

Aumic healing is process of Divine Cosmo-Universal healing through Divine-Universal-Individual-Connectivity (DUIC) process initiated through vibrations created by the aumic sound energy. The entire process happens through aumification. AUMIC vibrations of varying frequencies (volume) helps in restoring and re-

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

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

PRINCIPLES OF HEALING

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

METHODS FOR AUMIC VIBRATION

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

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

individual chanting initiate the inner strengthening first then the outer one. It is a way to initiate the holism also in individual self.

- (b) **AUM Chanting Devices:** It is manmade mechanical device (MMD) to chant AUM continuously of varying pitch (volume). 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 Bijamantra or Bijakshra*. These Brahm Mantras are chanted with the 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 *Bijamantra or Bijakshra* is also used for individual *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 shape 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 cases 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 or shape of AUM (*AUM Asana*). This is followed by contemplation of thinking inwardly by thinking and repeating *AUM* or *AUM Bijamantra or Bijakshra*.
- (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 helps in maintaining Divine-Universal-Individual-Connectivity (DUIC).
- (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, gold, stones, wood 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 three components are highly charged with divinity for general and individual 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.

MODE OF HEALING

Here, the aumic energy is generated through define aumic processes and sound energy of varying intensities which enters in individual's higher and lower body planes. After entering the energy in various planes of the body, it acts on the target cells, tissues and organs where the varying degree of vibration moves takes place to dislodge and mobilize the obstruction caused by negativity. Thereby it reestablishes the positivity and removes the negativity from the individual's cells, tissues and organs through various defined and ill-defined opening of the body. 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 aumic holistic care effects.

INDIA NEED INTEGRATION

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

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

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

SYSTEMS OF MEDICINE

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

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

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

NEED OF INTEGRATION

There are ample of reasons for integration of traditional and modern medicine. The reasons are being realized by the practitioner and administrators. World Health Organizations (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⁽¹⁾ Some of the reasons of integration are:

(I). Common Source of Drugs: Many modern drugs are derived from traditional discoveries e.g., digitalis, reserpine and many minerals etc.

(II) Exchange of Techniques: 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.

AVAILABLE MEDICAL SYSTEMS

There are many systems of treatment and healing available in India. Based on the definition and broad classification the available systems in India have been divided in two major groups:

- I. Traditional Medicine (Indian System of Medicine).
- II. Modern Medicine.

I. TRADITIONAL MEDICINE

Traditional medicine TM is in existence in one or the other name 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. In India, the traditional medicine was known as indigenous medicine in earlier days. Later on it was renamed as Indian System of Medicine (ISM) and now called AYUSH which is well developed and well established. It includes:

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

MERITS OF TRADITIONAL MEDICINE

Every traditional medicine TM has merits in terms of treatment and healing. Depending on merits, most of the traditional systems are termed as holistic system. There are following merits pertaining to traditional medicine.

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.
6. Maximum use of mental faculty in diagnosis and treatment.
7. It is effective in chronic, degenerative, behavioral and spiritual disorders.
8. It has wide range of health and management thus called Holistic Medicine..
9. Easy carriage.

DEMERITS OF TRADITIONAL MEDICINE

Traditional medicine has following demerits:-

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 modern 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.
9. No response in psychosomatic disorders.
10. It is easy to adopt leading to quackery.

PROBLEMS WITH SYSTEMS

Due to various merits and demerits in each system, there are problems for the people of the country as well as to the concern governments. The demerits of traditional system leads to stress to system while the demerits of modern system leads to strain to the system and their practitioners. The solutions of stress and strain are in opposite system. The stress and strain to either system are given below.

STRESS OF TRADITIONAL MEDICINE

The traditional medicine (TM) has following stress because of its following demerits.

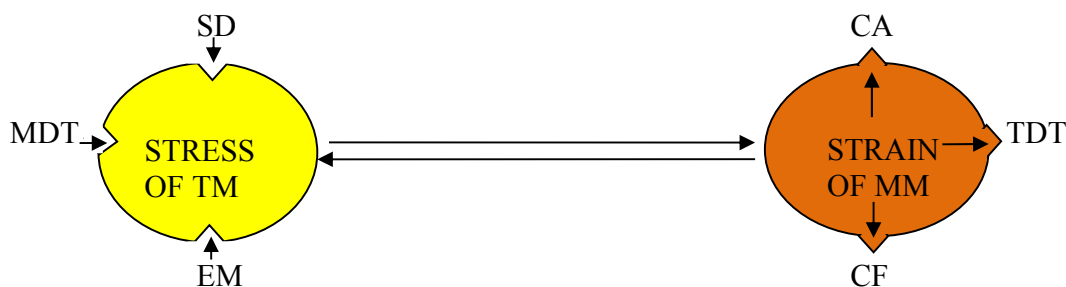
1. Scientific Documentation (SD).
2. Modern Diagnostic Tools (MDT).
3. Emergency Management (EM).

STRAIN OF MODERN MEDICINE

The modern medicine (MM) has following strains because of its following demerits:

1. Curative Aspects (CA).
2. Traditional Diagnostic Tools (TDT).
3. Cost Factors (CF).

The state of stress and strain due to respective demerits has been diagrammatically represented as:



“State of Stress and Strain”

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

Integrated Medicine (IM) 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 believe. 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 HFA1976 “**as integrated medicine where modern and traditional medicines are merged in medical education and jointly practiced within a unique health service**”⁽²⁾Based on this definition the World Association of Integrated Medicine (WAIM) has given the definition as under.

DEFINITION OF INTEGRATED MEDICINE

Integrated Medicine (IM) is defined as combination of the modern and traditional medicine and develops its’ **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 combination but it can also be done even in principles and or diagnostics and or therapeutics ⁽³⁾.

INTEGRATED MEDICINE THE NEED OF THE DAY

In order to achieve the optimal holistic medical and health care delivery **Integrated Medicine** is the need of the day as per **Integrated Truth**⁽⁴⁾ as under -

- 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, Revelations and Blessings of Sri Sathya Sai Baba*).

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

“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⁽⁴⁾

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 ⁽⁵⁾. 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.

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 Superconscious plane
- **New Dimension to the Health** - As environmental health.

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(An Organisation for Global Establishment of Integrated Medicine)



DR NAGENDRA PRASAD DUBEY

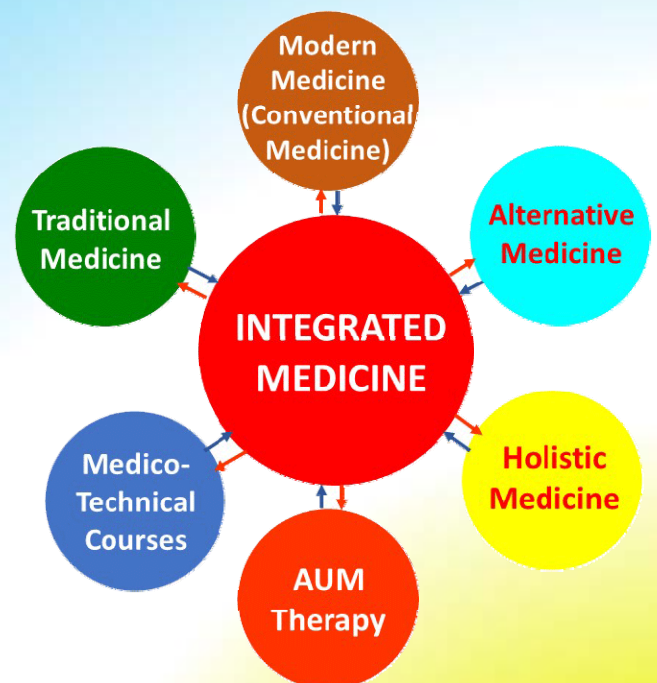
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INTEGRATED MEDICINE

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



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