

INTRODUCTION OF INTEGRATED MEDICINE IN INDIA



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World Association of Integrated Medicine

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“This Book is Dedicated in
Memory of my Parents
NAVLAASKHI DUBEY
INDRASAN DUBEY

FOREWORD

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

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

Doctor Dubey 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.

This book “Introduction of Integrated Medicine in India” 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 first edition of the book at a time when all of us are looking for this information. He has been a lifelong supporter for the development of Integrated Medicine.

In addition to the descriptions which are made in a simple reader friendly manner which would make the book attractive to lay people, the author has written chapters on the basis of integration and the concept of an integrated holistic system. These chapters are the product of much thought and experience. The chapter on “*Integration as Need*” should be read by all health care providers, policy makers and decision takers. This foreword is for the First Edition of the fourth coming book named “Introduction of Integrated Medicine in India”.

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.

I Congratulate Dr. Nagendra Prasad Dubey who is great scholar in the field integrated medicine. His book *“Introduction of Integrated Medicine in India”* is first book of its kind which is the need of the day..I am sure the book is of great importance in the direction of establishment of Integrated Medicine Globally. I wish all the success for the forthcoming edition of “Introduction of Integrated Medicine in India”.

(Padmshri Prof. Ranjit Roy Chaudhury)

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With profound gratefulness, I pay my homage to my beloved mother late Nawlakshi Dubey and father late Indrasan Dubey who prayed Almighty for my presence in this world. I dedicate my most sincere regards, respects and entire works in the “Lotus Feet” of Divine Sri Sathya Sai Baba whose grace, blessings and intuitions inspired me to think, plan and implement the course and curriculum integrated medicine.

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

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 and Bangalore for his continues support.

I express my thanks to Dr. John C. Chah, Program Officer, Office of the Complementary and Alternative Medicine, National Institute of Health (NIH) Maryland, USA and Prof. G Baedeker, Chairman, GIFT of Health, Health Service Research unit, University of Oxford, London for discussing on the steps of integration initiated by World Association of Integrated Medicine.

I acknowledge my thanks to all Great men (thinkers, academician, politicians, social workers and specialists of various systems of treatment and healing) who provided me the solid grounds and further physical, mental, moral and social supports to continue the Endeavour of integration both academically and practically.

I acknowledge my special thanks to Prof. R.R. Dwivedi and Padmshri Prof. R. H. Singh, from Banaras Hindu University for providing their necessary guidance as most experienced academician in modern and traditional medicine in the country.

I acknowledge my special thanks to Padmshri Prof. Ranjit Roy Chaudhury, National Professor of Pharmacology, Consultant SEARO, WHO, Advisor - Govt. of National Capital Territory of Delhi for his constant inspiration and writing the foreword to this edition.

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.

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GENESIS OF INTEGRATED 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 legend, the cosmos existed. GOD might have had thought for some creations. The divine law operated which gave this universe and its contents. According to scientific views in every creation there is requirement of energy. In divine creation also the energy required and the energy appeared in the name of AUM. This was further strengthened by **Big Bang Theory** which is also based on sound energy. According to this theory,

- Introduction.
- Backgrounds.
- Integrated Truth
- Integrated Medicine.
- Integrated Medicine Model.
- Science of Integration.
- Philosophy of Integration.
- Integrated Holistic Health Care.

*“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.*

We know that every creation requires energy. 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 appearance of all universal sentient and insentient.

With passage of time the universal contents were reorganized and organized by spiritual scientist. They searched and researched the useful and useless matters in the universe for the use of masses. For wellbeing of community they identified some herbs and mineral. Later on this health related matters were grouped in different class and subclass.

BACKGROUNDS

The origin and passage of our culture and civilizations through various eras in continuum as - *Divine Cosmic Era, Oral Tradition Era, Pre-Vedic Era, Vedic*

SECTION - 2

BASIS OF INTEGRATION

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

- Introduction.
- National Opinion.
- Availability of Systems.
- Professional Dialogues.
- Public Participation.
- Government Involvement.
- Institutions of Integration.
- Monitoring of Institutions.

- National Opinion.
- Availability of Systems.
- Professional Dialogues.
- Public Participation.
- Government Involvement.

NATIONAL OPINION

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

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

INTEGRATED HOLISTIC MEDICINE

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

- Introduction.
- Approximation of Systems.
- Traditional Medicine.
- Modern Medicine.
- Problems with Systems.
- Integrated Medicine.
- Latest Integrated Medicine.
- Merits of Integrated Medicine.

APPROXIMATION OF SYSTEMS

World Health organization (WHO) was created in 1948 with the help members states of the world. Every country had problem of making health and medical care available to their entire citizen. The traditional medicine was incorporated in WHO program in 1976 keeping in view the various operational aspects of both systems. Initially, there was gap and gulf between practitioners of traditional and modern medicine.

With the passage of time the gulf between the traditional and modern systems appears to have been narrowed. The practitioners of modern medicine have developed some interest in traditional medicine and the practitioners of traditional medicine are beginning to accept and use modern medical technology in diagnosis and treatment.

CLINICAL AND SOCIAL RELEVANCE

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

long thought and gave the place and definition of integrated medicine. Here, *modern and traditional medicine is merged in medical education and jointly practiced within a unique health service complex*. This integrated system of medicine will be in tune with and acceptable to the community utilizing local herbs, minerals, chemicals, planets, and even animal products for primary health care and thus help in achieving the target of “Health for All by 2000 and onward.

- Introduction.
- Clinical Relevance.
 - I. Promotion of Health.
 - II. Prevention of Disease.
 - III. Curative Aspects.
 - IV. Disease Limitation.
 - V. Rehabilitation.
- Social Relevance

CLINICAL RELEVANCE

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

- I. Promotion of Health.
- II. Prevention of Diseases.
- III. Curative Aspect.
- IV. Disability limitation,
- V. Rehabilitation.

I. PROMOTION OF HEALTH

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

INTEGRATION AS NEED

“Integrated Medicine is combination of the modern and traditional medicine and development of its teaching, training, treatment, research and national implementation on possible scientific parameters. The best integration is the combination of its all components i.e. principles, diagnostics and therapeutics in one

- Introduction.
- Approximation of Systems.
- Primary Health Care.
- Health for all by 2000 and Onward
- Organizational Relationship.
- Backgrounds of Modern Medicine.
- Tips for Integration

group but it can even be done in principles and or diagnostics and or therapeutics aspect. Traditional medicine is in practice from the origin of the life in the universe in one or the other form. It has come down through traditions from one to the other generation. In due course of time every traditional medicine has given their services with same aims and objectives i.e. **relieve of sufferings**. In total the health is defined as- “*Positive health is the blending of physical, mental, social, moral and spiritual wellbeing*”. The moral and spiritual aspects of life have been given more importance in these systems. World Association of Integrated Medicine (WAIM) has added another feather in order to widen the sphere of health as – “*Positive health is the blending of physical, mental, social, moral, spiritual and environmental wellbeing*” ⁽¹⁾. The **Environmental aspect** has been given more importance. The revision of definition was announced during “**Universal Conference on Integrated Medicine**” (UCIM-98) organized by World Association of Integrated Medicine in the National Capital of India from 6th to 8th November-1998 at Indian Medical Association, Head Quarter, New Delhi.

APPROXIMATION OF SYSTEMS

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

IMPACTS OF INTEGRATION

Every action has some reaction which may be healthy or non-healthy. The healthy impacts are positive and useful. Various medical systems were developed for relive of suffering in various names. They have definite impacts on health services. The impact is proportional to the merits and demerits of systems. Integrated medicine has emerged with integration of modern and traditional systems exiting in the country. In India, Indian System of Medicine (ISM) is comprised of *Ayurveda*, *Siddha* and *Unani* has been taken in account. Being the most develop popular and developed Ayurveda, it is our first consideration for integration as traditional medicine of India, though WAIM has provision of Siddha and Unani medicine also. The impact is that the merits of integration are at par from any single system. Thus, anyone can have highest expectations and best impacts which can be seen directly or indirectly by common men. This impact can be observed on following parameters.

- Introduction
- Medical Parameters
- Health Parameters.
 - I. Promotion of Health,
 - II. Prevention of Disease,
 - III. Curative Aspects,
 - IV. Disease Limitation.
 - V. Rehabilitation.
- National Parameters.

- Medical Parameters,
- Health Parameters,
- National Parameters.

MEDICAL PARAMETERS

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

- I. Practitioners Views.
- II. Patients Views.

I.PRACITIONERS VIEWS

The medical system will be more enriched in its principles, diagnostics and therapeutics aspects because of the integration of the merits of various systems of treatment and healing.

STATISTICAL BASIS

Every sentient and insentient in the universe has come with definite life span for assigned works. Amongst all the life, the human being is highly brained. Man has searched and researched so many constructive and destructive things. Medicine is a gift of the nature to the mankind. Amongst the medicine, the traditional medicines were established first and from the traditional medicine, the modern medicine developed. With the passage of time, the merits and demerits of modern and traditional medicine came out which inspired to develop the third group known as integrated medicine.

- Introduction
- Outcomes
- Variables
- Evaluation

Many Great men gave their *ideas, thoughts, definition* and *advocacy* for integrated medicine. The actual integration started after decision of organizational relationship by World Health Organization and the definition of integrated medicine.

The integrated medical program was started on possible scientific grounds at Prashanti Medical Care Institute Varanasi and later on taken by Indian Foundation for Development of Integrated Medicine (IFDIM). These institutions took the challenge to initiate and implement the program of integrated medicine. Later on these institutions were merged with World Association of Integrated Medicine (WAIM) after its inception. The achievement of World Association of Integrated Medicine (WAIM) in terms of outcomes, variables and evaluation from 1990 are highly appreciated. I have faced from the steps of criticism to the steps of appreciations and now the ultimate outcome is as – “Integrated Medicine is the Need of the Day”. The statistical assessment of integration can be studied under three heads –

- Outcomes,
- Variables,
- Evaluation.

OUTCOMES

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

- I. Confidence in integrated medicine.

ORGANISATIONAL MANAGEMENT

From very beginning the society and individual follow the rule of society and their family. In due course of time it became tradition which is still going on. In modern world, one has to work according to the defined rules and regulations. Of course, it is true to certain

extent but those who searched and researched certain new for the benefits of society and nation had the history of some deviation from the routine line and later they were known as searcher. Most of the researches are around the searches. In modern scenario, no one organization /association/institution started with registration and reorganization. Same is the case with medical systems also. Everyone earned the recognition by virtue of its service to the community.

The system was started and served the community; the community took the benefit and realized its need and utilities and ultimately the system got the national and international recognitions through the concerned department of the government. They took the necessary steps and then systems were given due considerations by the respective government and were ultimately recognized after some alteration and moderation. The traditional system of treatment and healing in India has also has travelled centuries to get the present status.

- Introduction.
- Organizational Management.
- Government Organization.
- Non- Government Organization.
- Help to NGO from Government.

ORGANIZATIONAL MANAGEMENT

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

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

WAIM AS NGO

World Association of Integrated Medicine (WAIM) is a nongovernmental organization (NGO) registered under Societies Registered Act XXI of 1860 by the Government of Delhi. Well before, the World Association of Integrated Medicine established, the seed of

Integrated Medical Education Program (IMEP) was showed by Padmshri Prof. K N Udupa and Dr. N.P. Dubey on May 28th 1990 in Prashanti Medical Care Institute (PMCI), Varanasi. Prashanti Medical Care Institute (PMCI) was registered by Government under SR Act No XXI of 1860 on 23rd February 1991. Later on “Indian Foundation for development of Integrated Medicine (IFDIM)” was established. It was established to maintain the standard of Integrated Medical Education Program (IMEP) in India through its associated and affiliated institutions. Indian Foundation for development of Integrated Medicine (IFDIM) was registered under Societies Registered Act XXI of 1860 by the Government of Delhi on 29th May 1992 where Padmshri Prof. K.N. Udupa, Former Director, Institute of Medical Sciences, Banaras Hindu University was President and Dr. N.P. Dubey as Secretary.

- Introduction.
- Backgrounds of WAIM.
- Administration of WAIM.
- Academic Landmarks

BACKGROUNDS OF WAIM

On 27th November 1993, Dr. N.P. Dubey, Secretary, Indian Foundation for development of Integrated Medicine (IFDIM) was invited to present a paper on “*Introduction of Integrated Medicine in India*” in Colombo, Sri Lanka. The paper was well appreciated by the mass of the delegates from all over the world. The presentation forced many likeminded people to have a meeting and form an International Organization of Integrated Medicine and ultimately the World Association of Integrated Medicine (WAIM) came in existence on paper on 30th November 1993 in Colombo, Sri Lanka. Prof. John Whitman Ray, Cook-Island was nominated as President and Dr. N.P. Dubey as Secretary of the organization. Initially, few members were nominated as executive members from Thailand, Malaysia, USA, Australia, Sri Lanka, Singapore, Spain, Korea, Pakistan, Abu-Dhabi. Being founder, it was unanimously resolved to have all the powers (academic and administrative) with Dr. N.P. Dubey who has initiated the educational pattern of integrated medicine.

COMPONENTS OF INTEGRATION

“Integrated is the need of the Day”.

The need is not only in India it is all over the world. It is in practice from the origin of the human culture and civilization in the universe. The traditional medicine is practiced in one or the other ways in various names as- integrative medicine, complementary medicine, alternative

- Introduction
- Required Components.
- Pre- requisites Components.
- Implementable Components.
- Educational Components.
- Applied Components.

medicine, holistic medicine / healing and so on. As per definition of World Health Organization, ***Integrated System is defined where the modern and traditional medicine is merged in medical education and jointly practiced within a unique health service complex.*** The Indian Foundation for development of Integrated Medicine (IFDIM) defined ***Integrated Medicine is defined as combination/unification of the modern and traditional medicine and development of its teaching, training, treatment, research and national implementation on possible scientific parameters. The best integration is the combination of 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.*** Indian Foundation for development of Integrated Medicine (IFDIM) established the definition and later on World Association of Integrated Medicine started implementation and move ahead in order to make it more academically acceptable and practically feasible. Each components of integrated medical system is important and invaluable as the system is holistic medical system.

REQUIRED COMPONENTS

Before, implementation, the required components of integration must be clearly understood. The required components are grouped in two major groups –

- Pre-requisites Components.
- Implementable Components.

PRE-REQUISITES COMPONENTS

Integrated system has many more merits which are not present in any single system. Some of the important merits could understand from following pre-requisites:

FACTORS IN INTEGRATION

Integrated medicine is being felt as the need of the day, not only in India but all over the world. The traditional medicine being practiced in one or the other forms in the names as- integrative medicine, complementary medicine, alternative medicine, holistic medicine/ healing and so on. The Indian Foundation for development of Integrated Medicine (IFDIM) defined *-Integrated Medicine is combination/unification of the modern and traditional medicine and development of its teaching, training, treatment, research and national implementation on possible scientific parameters. The best integration is the combination of 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.*

- Introduction.
- Factors in Integration.
- Background Factors.
- Personal Factors.
- Professional Factors.
- Public Factors.
- Political Factors.

The Indian Foundation for development of Integrated Medicine (IFDIM) and its first institution Prashanti Medical Care Institute (PMCI) started the educational program long before which is now led by World Association of integrated medicine (WAIM). It is well designed, developed and appreciated program of integrated medicine which needs to be properly implemented.

FACTORS IN INTEGRATION

During implementation of integrated medical education program (IMEP), we came across many factors which were almost known but were not realize. The necessity is mother of invention. During the initial phase we noted many factors, out of all the following *Integrated Ps. Factors* are ⁽¹⁾:

- Backgrounds Factors.
- Personal Factors.
- Professional Factors.
- Public Factors.
- Political Factors,

OPERATIONAL LEVELS

Integrated medicine had been the dream, thoughts and ideas many great men of the nation. It has long history of its presumptions, assumption and initiation. The ultimate integration on possible scientific grounds was initiated after the definition of World Health Organization as *-Merger of modern and traditional medicine in medical education and jointly practiced within a unique health service before Alma Ata Declaration in*

1978⁽¹⁾ and further the comprehensive definition by Indian Foundation for development of Integrated Medicine (IFDIM) as- ***Integrated Medicine is combination/unification of the modern and traditional medicine and development of its teaching, training, treatment, research and national implementation on possible scientific parameters. The best integration is the combination of 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.*** The present modern integration started in accordance to the definition of Indian Foundation for development of Integrated Medicine which is led by World Association of Integrated Medicine.

- Introduction.
- Operational Prerequisites.
- Operational Levels.
- Community Level.
- Professional Level.
- National Level.
- International Level.

OPERATIONAL PRE REQUISITES

Integrated medical system has many more merits which are not at all present in any single system. Some of pre-requisites for implementation are:

1. Identification of major practiced traditional system in the country.
2. Collection of possible scientific information on traditional systems.
3. Assurance of socio-political acceptability and legal recognitions.
4. Dialogue amongst the practitioners of modern and traditional medicine.
5. Documents of appreciation of system in the country.

GLOBALISATION OF SYSTEM

India is beautiful country with full of medicinal and cultural heritage. India has given many cosmic-universal and ancient spiritual scientific information to the world. The above information is the subjects of global research. The origin of our Indian System of Medicine particularly, the Ayurveda is the base of traditional medicine and healing. Integration of modern medicine (western medicine) with traditional medicine is the need of the day. World Health Organization and many other national organizations are trying to bring these systems together since long. None of the countries made any effort except China, Korea and Vietnam and to certain extent Nepal. They have integrated their traditional medicine with the acupuncture and other locally available traditional healing systems and gave the name as Integrative Medicine which is available in many countries of the world. Before Alma Ata Declaration, World Health Organization has four groups between official and traditional health care.

- Introduction.
- Four Organizational Groups.
- Initiation of Integration.
- Global Scenario.

FOUR ORGANIZATIONAL GROUPS

The increasing demand of better quality of life as well as the awareness of the right of the citizen of the country to lead a socially and economically productive life has sped up the demand of integrated system which could be helpful in attaining the goal of health for all by 2025 and onward.

Before including of traditional systems in World health Organization Program, there had been a wide gap between the administrators and clinicians of modern medicine and traditional system. With passage of time, the gap has narrowed and the cooperation between the practitioners of traditional and modern medicine has increased. World Health Organization recognized four types organizational group for health care services ⁽¹⁾.

- I. Monopolistic
- II. Tolerant.
- III. Parallel.
- IV. Integrated.

INTEGRATED MEDICINE IN INDIA

According to the World Health Forum a prestigious Journal of World Health Organization *“The bringing together of different medical systems offers the prospect of an increase in the quality of care and improved cost-effectiveness. This is discussed with particular reference to initiatives being taken in India.”*⁽¹⁾. The present integrated medical education program (IMEP) has been evolved after collecting the ancient knowledge, wisdom and practice from divine cosmic era till date. To bring the present shape of the system that knowledge, wisdoms and practices has contributed a lot and given a very strong base to integrated medicine. Integrated medicine is as old as the traditional medicine and practice as the then practitioners used the traditional medicine in combination with *naturopath, diet, herbs, life style* etc according to the traditional knowledge, customs and believe. The actual modern integration started after the advent of the modern medicine. The thoughts might have come because of the merits and demerits of traditional and modern medicine. Various Great men (*scientist, social works, politicians, educationists, and academicians*) gave their thoughts, ideas and definitions but the proper definition was given by World Health Organization before declaration of HFA is more appropriate. It was defined as *“Integrated Medicine merger of modern and traditional medicine in medical education and jointly practiced within a unique health service complex”*⁽²⁾.

- Introduction.
- Earlier Landmarks.
- Planning of Integrated Medicine.
- Integrated Goal.
- Integrated Basis.
- Initiation of Integrated Medicine.
- Integrated Medicine Update.

EARLIER LANDMARKS

Almighty, the greatest integrator integrated the Five Elements to constitute the universe. In field of integrated medicine many came to work in their way to serve the humanity. Besides, many unknown, unnamed contributors from divine cosmic era to modern era, the contributions of the Searcher and Great men (*scientist, social works, politicians, educationists, and academicians*) are worth to keep in view. Many organizations like World Health Organization (WHO) have defined the Integrated Medicine in most appropriate scientific manner. The contribution of Indian Foundation for Development of Integrated Medicine (IFDIM) and World Association of Integrated Medicine (WAIM) has moved in

APPLIED APPROACH OF INTEGRATION

Global implementation of integrated medical education program (IMEP) is the ultimate goal of World Association of Integrated Medicine. This is long term goal. After the defining the integrated medical system by World Health Organization, the first institution of integrated medicine known as Prashanti Medical Care Institute, Varanasi initiated the integrated medical education program (IMEP) in 1990. The institute was strengthening by establishing the Indian Foundation of Integrated Medicine (IFDIM) at Delhi. The combine efforts of Prashanti Medical Care Institute, Varanasi and Indian Foundation of Integrated Medicine (IFDIM) has been described by World Health Organization as - *“The teaching process was initiated by the Indian Foundation of Integrated Medicine and the Government of Uttar Pradesh is now taking up the challenge. Integrated Medicine is on the program of Prashanti Medical Care Institute in Varanasi and it is intended to set up similar institute in several of India’s principal cities”*⁽¹⁾. Keeping in view the steps initiated by earlier Great men and suggestion of various institutions the World Association of Integrated Medicine (WAIM) is continuously moving ahead in order to establish the integrated medical education program (IMEP) in India as well as globally.

- Introduction.
- Methods of Approach.
- Institutional Approach.
 - I. National Approach.
 - II. International Approach.
- Academic Approach.
 - I. National Approach.
 - II. International Approach.

The biggest challenge was and is the resources. The founder has accepted the challenges. He had strong Will Power and believes in Divinity, he started with small resources generated through his practice, service and whatever he gets as fee from few of the student. The death of Padmshri Prof. K.N. Udupa was great set back to the institution. He used to inspire Dr. N.P. Dubey *“Strong man moves alone”*. We requested Dr. V.V. Patvardhan, a renowned Pediatrician of Varanasi to accept the chair of the Director of Prashanti Medical Care Institute, Varanasi. Dr. Patvardhan accepted the requested and took as Honorary Director.

METHODS OF APPROACH

World Association of Integrated Medicine has taken the lead of implementation of integrated medical education program (IMEP) in India in 1990. In order to have effective establishment, we evolved two methods of approach.

INTEGRATED MODEL BY WAIM

The Great men (*scientist, social works, politicians, educationists, and academicians*) came for great assigned works which they performed completely and some works to only certain extent. They initiated some newer acts in whatever form they were intuited. Out of all, some great men thought about integrated medicine and laid some important landmarks. World Health Organization defined integrated medicine before declaration of health for all (HFA) in 1977 is more appropriate. They defined as *“Integrated Medicine merger of modern and traditional medicine in medical education and jointly practiced within a unique health service complex.* The above defined fact was implemented by Prashanti Medical Care Institute (PMCI) Varanasi and further strengthens by Indian Foundation for Development of Integrated Medicine (IFDIM) as- *“The teaching process was initiated by the Indian Foundation of Integrated Medicine and the Government of Uttar Pradesh is now taking up the challenge. Integrated Medicine is on the program of Prashanti Medical Care Institute in Varanasi and it is intended to set up similar institute in several of India’s principal cities”⁽¹⁾.*

- Introduction.
- Basis of Model.
- Status of Model.
- Expectation from Government.
- Administrative Levels.
- Implementational Division.
- Operational Levels.
- Location of Zones.
- Applicability at District Level.

BASIS OF MODEL

World Association of Integrated Medicine has developed the model based on strong backgrounds. This model came in existence on the backgrounds of the thoughts, ideas, reports and efforts of great men of the nation, definitions of World Health Organization. The elaborate definition of integrated medicine was given by Indian Foundation for Development of Integrated Medicine (IFDIM) in 1992 as- *Integrated Medicine is defined as combination of the modern and traditional medicine and develops it’s all components i.e. teaching, training, treatment, research and national implementation on possible scientific parameters. The best integration is the combination of all aspects i.e. principles, diagnostics and therapeutics in one combination but it can also be done even in principles and or diagnostics and or therapeutics.*

OPERATIONAL MODE OF MODEL

A well designed and planned operational mode of model need to be implemented at broad base. The educational mode of integrated medical education program (IMEP) was implemented in 1090 through its first institution named Prashanti Medical Care Institute (PMCI), at Varanasi. India is the first country in the world to have an ideal model of integrated medicine education (IMEP). World Health Organization has mentioned in the article published in World Health Forum regarding initiation of Integrated Medicine teaching program at Prashanti Medical Care Institute at Varanasi ⁽¹⁾ UP, India.

- Introduction.
- Qualities of Model.
- Criteria for Institutions.
- Modes of Operation.
- Government Organizations.
- Non- Govt. Organizations.
- Operational Mode of WAIM.

World Association of Integrated Medicine has solid grounds to establish integrated medical education program (IMEP) in accordance to the earlier thoughts, concepts and definitions of the Great men of India and definition of World Health Organization. The Indian Model of integrated medicine is the best way to attain the long term goal of health for all.

QUALITIES OF MODEL

Indian model of integrated medicine is a best model in both ways i.e. *Education* and *Service*. It has its qualitative and effectively implementational values. The under mentioned nine qualities are pertaining to the model of the model World Association of Integrated Medicine.:

1. Acceptable,
2. Economical,
3. Effective,
4. Easily assessable to the common men.
5. Use of available resources of the country.
6. Resource generating.
7. Employment oriented.
8. It will bring name, fame and finance to the country.
9. India is going to be the 'World Teacher (*Vishwguru*)' of integrated medicine.

CONTRIBUTIONS OF WAIM

It is always better to stand on their own strength and if there is any weakness that should be taken care of in due course of time. Majority of countries have their own or acquired traditional medical and or healing system in one or the other name. India is lucky to have its own strong traditional medicines and healing in the name of Indian System of Medicine (ISM) which has recently

- Introduction.
- Backgrounds Contribution.
- Approximation of Systems.
- Integrated Medicine.
- Contributions of WAIM.
- Nine Gems of Integration.

incorporated Homoeopathy and Yoga and has named it as AYUSH (*Ayurveda, Yoga, Unani, Siddha and Homoeopath*). It has its own department and ministry under government of India. This ministry is fully responsible for development of AYUSH program in India. During the period of traditional medicine, the conventional medicine (modern medicine) initiated and gradually well developed in India and many other countries due to its merits without caring of demerits. The extent of development of conventional medicine was to the extent that the user of traditional medicine started switching to conventional medicine and now it is well developed and well established official system in most of the country of the world including India. With passage of time the demerits of conventional medicine surfaced and the merits of traditional medicine were being realized by many and the efforts of use of both systems (conventional and traditional medicine) were being realized. Out of all, some Great men (*scientist, social works, politicians, educationists, and academicians*) came forward with advocacy of use of both systems together as integrated medical system.

BACKGROUNDS OF CONTRIBUTION

The origin of integrated approach is not new but the term integrated medical system (ISM) is definitely new after the four organization group of medical system by World Health Organization before Alma-Ata Declaration in 1977. The term integrated approach with the combination of medicaments, diet, life style, yoga, meditations etc. Before, the modern medicine came in existence integrated approach were practiced which is still continue. The present scenario of integrated medicine (*from Divine Cosmic to Modern Era*) is the contribution of many unknown, unnamed contributors as -Searchers, Researchers and Great men

ACADEMIC PROGRAMS

World Association of Integrated Medicine (WAIM) is the first academic institutions for promotion of Integrated Medical Program (IMP) in the world. The Integrated Medical Program (IMP) includes Integrated Medical Education Program (IMEP) and Integrated Medical and Health Program (IMHP). The academic program of World Association of Integrated Medicine has been appreciated by World Health Organization SEARO, New Delhi and Head Quarter, Geneva, Switzerland. This program is our recognition. Integrated Medical Program (IMP) is our innovative, unique and well accepted in one or the other form in various countries of the world. Academically, we are trying to cover the integration of most common available systems in the country. We have the provision of relaxation to incorporate the applied aspects of medical treatment, healing of other countries depending on many aspects of feasibility. In this chapter we are dealing with the integration of medical systems of India.

- Introduction.
- Types of Institutions.
- Institute of Integrated Medicine.
- Institute of Traditional Medicine.
- Institute of Alternative Medicine.
- Institute of Holistic Medicine.
- Institute of Medico Technical's.
- Confidentiality of Academics.

World Association of Integrated Medicine offers a range of courses from undergraduate certificate to highest research level courses. The academic programs are offered in general and specialty through its head office, country chapters and affiliated/accredited institutions. We are offering courses under its various institutions and academic advisors for the benefit of the practitioners of modern medicine, traditional medicine, alternative medicine and holistic medicine and healings along with the medico technical programs in various allied health sciences. The academic courses are innovative and based on ideas, thoughts and intuition as need of the day. We are trying in direction to establish the Integrated Medical Program as independent National Program like Modern Medicine and Indian System of Medicine through special Act of Government of India.

TYPE OF INSTITUTIONS

In order to achieve the aims and objectives of integrated medical education program (IMEP) and integrated medical health program (IMHP) of various levels,

STRATEGIES OF WAIM

Innovation is fundamental right of every individual but its implementation and further establishment is very difficult in spite of very many merits especially in developing country. The integrated medical program (IMP) has been evolved and developed by World Association of Integrated Medicine (WAIM). Its effective implementation requires huge involvement of man, money and materials. This

needs help of the Government and or the Capitalists after approval of Government of India. India is predominantly leaded by the politicians and bureaucrats. For implementation of any innovative works or idea, it requires a lot of perseverance and persuasions. Even then the innovator is not sure of its applicability. So for the Integrated Medicine is concern, India has rich heritage of traditional medicine and well developed modern medicine.

- Introduction.
- Earlier Medical Systems.
- Plan of Strategy.
- Pre-requisites.
- Strategies.
- Governmental Supports.
- Helps Required.

World Association of Integrated Medicine (WAIM), initiated integrated medical program (IMP) in 1990 through its first Institution Prashanti Medical Care Institute (PMCI) followed by establishment of its academic division known as Indian Foundation for Development of Integrated Medicine (IFDIM). In due course of development the International Institute of Integrated Medical Sciences (IIIMS), World Association of Integrated Medicine and International Integrated Medicine Council (IIMC) were developed and initiated. World Association of Integrated Medicine is looking forward for the approval of the Government of India.

EARLIER MEDICAL SYSTEMS

India has rich heritage of traditional medicine and healing. No system of medicine was started after approval of Government of India. All systems were started first. They served the people, people accepted the benefits of system in terms of relief from the suffering and they followed the system and build up the need of system. They moved self and tried with the Government of India with the help some Great men the system got approved and recognized. The Indian System Medicine is not borne after approval of Government of India. The common systems in India are now recognized and taken care by Government of India are:

1. Indian System of Medicine (Ayurveda, Unani and Siddha Medicine).

WORLD ASSOCIATION OF INTEGRATED MEDICINE

(An Organisation for Global Establishment of Integrated Medicine)



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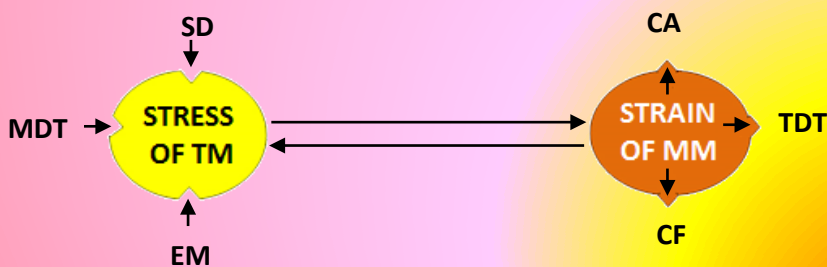
FOUNDER PRESIDENT

INTEGRATED TRUTH

Both existing systems (modern and traditional medicines) have stress and strain 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.



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