

FUNDAMENTALS OF APPLIED INTEGRATED MEDICINE



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World Association of Integrated Medicine

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WORLD ASSOCIATION OF INTEGRATED MEDICINE

(An Organisation for Global Establishment of Integrated Medicine)



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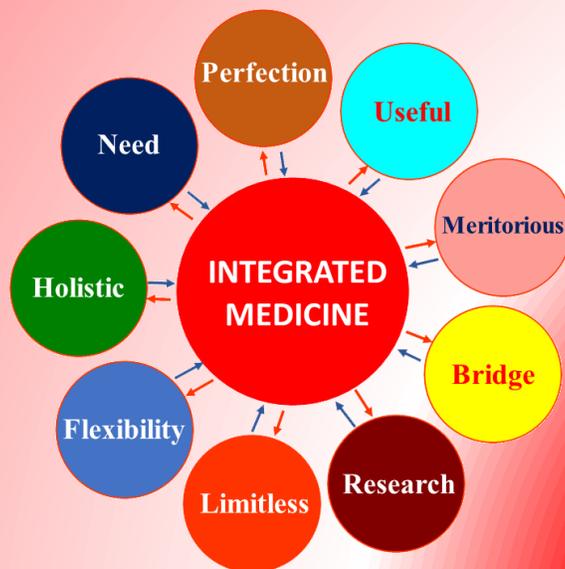
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NINE GEMS OF INTEGRATED MEDICINE

The integrated medicine involves the merits of traditional and modern medicine/healing. Thus, integration neutralizes the stress and strain of one another by removing the existing demerits in both the systems. Hence, there is no 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*) to integrated medicine as represented diagrammatically below:.



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FOREWORDS

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

It is being realized today that 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. In fact amalgamation is possible when one system has exhausted and other system has adequate to offer. This requires a cooperation and coordination of the various specialists required in related fields.

Dr. Nagendra Prasad Dubey is one of the first people in the country to recognize this fact. 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 good number of medical school in the USA, have department of Integrated Medicine.

The different systems of traditional medicines and other systems of medicine that we would like to function in an integrated manner are well described in the book “fundamental of Applied Integrated Medicine”. Dr. Dubey has very neatly and precisely described these characteristics of the different system of medicine including Allopathic Medicine. The book has got 24 Chapters which gives account of description of the subject concerned.

This book “Fundamental of Applied of Integrated Medicine” provides information and knowledge which would form the basic knowledge around which the applied aspects of integrated medicine could be established. Dr. Dubey deserves our congratulation for bringing out the first edition of the book at a time when all of us are looking for this type of 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 by the student’s of undergraduate and postgraduate of traditional and modern medicine along with the practitioners in order to have the fundamentals of knowledge and skills in implementation of integrated medicine globally. I wish all the best for success of this first edition of “Fundamental of Applied Integrated Medicine”.

Prof. (Dr) Rana Gopal Singh

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PREFACE

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 form. 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 with both systems

The traditional system has some of the important stress and modern system has some important strain. The solutions of stress and strain are in opposite system. Various Great men (*scientist, social works, politicians, educationists, and academicians*) gave their thoughts, ideas and definitions for integration 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.*** World Association of Integrated Medicine (WAIM) emerged in 1990 for the cause of establish of Integrated Medicine System and defined Integrated Medicine as ***“Combination of the modern and traditional medicine and develops it’s. 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 integrated medicine is the need of the day 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 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. The present book is the basis of above thoughts, intuitions and definitions to make the strong basic fundamental foundation of integrated medical system.

(Dr. Nagendra Prasad Dubey)

Founder President

World Association of Integrated Medicine

ACKNOWLEDGEMENT

With profound gratefulness, I pay my *Homage* to my beloved *mother (Late) Nawlakshi Dubey* and *Father Late Indrasan Dubey* who brought me in this world to do something for the suffering humanity. I dedicate my most sincere regards, respects and entire works in the “Lotus Feet” of *Bhagwan Sri Sathya Sai Baba* whose grace, blessings and intuitions inspired me to think about the possibilities of integration of various systems of treatment and healings for education and treatment under an umbrella.

I express my gratitude and sincere thanks to *Padamshri Late Prof. K. N. Udupa*, Former Director, Institute of Medical Sciences, Banaras Hindu University and *Padamshri Late Prof. R H Singh*, Dean, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University and Former Vice-Chancellor Ayurveda University Jodhpur, Rajasthan who were with me from very beginning of the initiation of the present concepts of Introduction of Integrated Medicine in India. Both had been the source of my inspiration. I acknowledge my special thanks to *Late Prof. A.N. Safaya*, Director Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), Prashanti Nilayam and Bangalore who has been always with me in this endeavor of Integrated Medicine

I express my special thanks to *Dr. Kin Shein*, Former Regional Advisor on EDV Program, South East Asian Region Office (SEARO) World Health Organization (WHO) New Delhi who was the first man to appreciate the “Concept of Integration” prepared by Indian Foundation for Development of Integrated Medicine (IFDIM) which became the catalyst to initiate the undergraduate level book for students of Integrated and alternative medicine. I acknowledge my heartfelt best wishes and special thanks to *Dr. Xiaorui Zhang*, Medical Officer, Traditional Medicine, World Health Organization (HQ), Switzerland, Geneva where the entire program was discussed and she encouraged for continuing the efforts. My heartfelt grateful and thanks to *World Health Organization* who inspired, encouraged and popularized the Integrated Medicine by publishing my article “**Integrated Medicine, Many Approaches – One service**” in its valuable journal “World Health Forum”.

I express my thanks to *Dr. John C. Chah*, Programmed Officer, Office of the Complementary and Alternative Medicine, National Institute of Health (NIH) Maryland, USA who discussed about my project and appreciated the steps of initiation of Integrated Medicine in India in December 1998 at NIH, MD, USA. I acknowledge my special thanks to *Dr. Harshvardhan*, Former Union Health Minister, Government of India and *Padmshri Late Prof. Ranjit Roy Chaudhury*, National Professor of Pharmacology, Consultant SEARO, WHO, Advisor - Govt. of National Capital Territory of Delhi for their regular presence in the academic conferences and their constant inspiration.

I am highly grateful and thankful to *Darmin T Bachu*, Attorney At Law, 8746, Van Wyck Express way, Jamaica, NY 11419, USA who helped me in establishment of our AUM Foundation in USA and getting the further strengthening the AUM Therapy and Integrated Medicine.

I acknowledge my special thanks to *Dr. Namika Tiwari* and *Dr. Niharika Dubey* for their support as co-author and always ready with references in completing this book. My special thanks to my family members specially my wife *Dr. (Smt.) Sheela Dubey*, *Dr. Naveen Prakash Dubey* and *Navneet Prakash Dubey* for their support as and when required in completion of this book.

Dr Nagendra Prasad Dubey – Founder President
World Association of Integrated Medicine

CONTENTS

SL. NO.	SUBJECTS	PAGES
•	Forewords	i - i
•	Preface	ii - ii
•	Acknowledgement	iii - iii
1.	Genesis of Integrated Medicine.	01 - 09
2.	Integrated Medicine in India	10 - 21
3.	Fundamentals of Integration	22 - 25
4.	Integration as Need	26 - 30
5.	Principal Therapies	31 - 34
6.	Modern Medicine	35 - 39
7.	Basics of Ayurvedic Medicine	40 - 44
8.	Applied Ayurvedic Considerations.	45 - 47
9.	Integrated Ayurveda.	48 - 52
10.	Common Ayurvedic Medicines	53 - 56
11	Basics of Homoeopathic Medicine.	57 - 61
12.	Common Homoeopathic Remedies.	62 - 67
13.	Herbal Medicine.	68 - 70
14.	Therapeutic Herbology.	71 - 78
15	AUMIC Concepts of Body	79 - 84
16.	AUM Therapy	85 - 99
17.	Integrated Evaluations.	100 - 152
18.	Drugless Therapies.	153 - 154
19.	Naturopathy Therapy	155 - 168
20.	Yoga Therapy	169 - 176
21.	Meditation Therapy	177 - 183
22.	Indian Integration.	184 - 188
23.	Integrated Academic Programs.	189 - 207
24.	Applied Concepts of Integration.	208 - 213
	Index	214 - 214

CHAPTER - 1

GENESIS OF INTEGRATED MEDICINE

The genesis of integration is since the origin of universe in one or the other form. Before, moving ahead, it will be worth to have some basic understanding of cosmos and universe which is the base of all universal creation. To stand understand better philosophical knowledge and its technical implementation, one should have clear meaning and their extents divine, universal and individual mystery. The study of applied cosmology has following major terms to understand and further follow. **Cosmos** - This is a whole (entire) harmonious and orderly system. It is governed by Cosmic Natural Law. Cosmos is 250 times bigger than visible universe. **Universe** - This space including every existing thing as - time, space, matter. This is governed by Universal law. Life of Universe is about 14 billion years old thus; we cannot see the things beyond 14 billion light years away at a glance. **Cosmology** - This is a broad discipline covering *scientific, religious or philosophical* aspects of the cosmos and its nature. The religious and philosophical approaches include the spiritual entities from cosmos. The cosmos also deals the matters outside the physical universe.

- Introduction.
- Genesis of Five Elements.
- Developmental Era.
- Backgrounds of Integration.
- Indian Integration.
- Approximation of Systems.
- Integrated Medicine Model.
- Science of Integration.
- Philosophy of Integration.
- Integrated Holistic Health Care.

GENESIS OF FIVE ELEMENTS

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,

*“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.

INTEGRATED MEDICINE IN INDIA

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.
- Indian Landmarks.
- Planning of Integration.
- Implementation of Integration.
- Modes of Implementation
- Institutional Approach.
- Academic Approach.

The biggest challenge was and is the resources. The founder has accepted the challenges. He had strong Will 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. Udapa 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.

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⁾.

FUNDAMENTALS 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 ⁽¹⁾.

- 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.
2. **Professional Opinion:** Majority of modern and traditional practitioners are in favor of integrated medicine except few arrogant of both systems. It is surprising that in present scenario specially in India, one hand most the practitioners of modern medicine are practicing traditional system without any teaching, training or certification and on the other hand some of them are opposing the traditional practitioners to practice the modern medicine in spite of their teaching and training of modern medicine. However, majority of the practitioners of both systems are in favor of Integrated Medicine.
3. **Preservation of Traditional Values:** Development of integrated medicine will definitely help in preserving and modernization of the traditional medicine values (cultures, customs and believes) and the rituals used in preparation of medicine and performance of drugless healings.

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 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*. The *Environmental Aspect* ⁽¹⁾ 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.

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

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. 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. In addition, some health administrators of developing countries have recommended the inclusion of traditional healers in Primary Health Care on the grounds that⁽²⁾ –

1. Healers know the socio-cultural background of that area.
2. Healers are highly respected and experienced in their work.
3. Economic consideration by using local resources.
4. To reduce the distance in providing health facilities.
5. To strengthen the traditional believes.
6. To overcome the shortage of health professionals for the service of community.

PRINCIPAL THERAPIES

Life is union of body, senses, mind and soul. 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.
- Grouping of Medical System.
- Division of Therapy.
- Drug Therapy.
- Drugless Therapy.

DEFINITIONS

Some of the common close terminologies are used in general medical practice, treatment and healings. They 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.

GROUPING OF MEDICAL SYSTEMS

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.

CHAPTER- 6

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⁾.

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

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.

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

BASICS AYURVEDIC MEDICINE

Ayurvedic medicine is one of the World's oldest holistic healing systems. It exists in one or the other form healing. 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 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

- Introduction.
- Octopartite Division.
- Doctrines and Principles.
- Humors and Life Forces.
- Three Humors (Tridoshas).
- Body Tissues.
- Waste Products.

is exiting on the earth since time immemorial in one or the other 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. 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*. Ayurvedic medicine is a system of traditional medicine native of India which uses a range of treatment, including Panchkarma, yoga, massage, acupuncture and herbal medicine. These therapies are to encourage health and wellbeing.

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 on coming on tabular form.

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

APPLIED AYURVEDIC CONSIDERATIONS

Ayurveda is one of the major traditional Indian systems of treatment and healing of India system of medicine (ISM). The name of Indian System of Medicine has recently renamed as AYUSH. Each letter of AYUSH represent a major system of treatment and healing as - *Ayurveda, Yoga, Unani, Siddha and Homoeopathy*. Over and above, The recent year, Ayurvedic system has retained the most of the traditional arts of treatment and healing along with its modernization in accordance to the scientific medicine. The traditional components of Ayurveda provide the status of holistic system.

- Introduction.
- Pathogenesis.
- Management.
- Avoidance of Causative Factors
- Medical Management.
- Surgical Management.
- Panchkarma.

Most of the traditional medicine (TM) has wider base of their philosophy than the modern medicine (MM). Every aspect of the TM system cannot be bind in strictly scientific boundary as there are no scientific explanations to deal with all aspects of the traditional medicine. In spite of all, Ayurveda is more scientific. The applied aspects of Ayurveda can be briefly understood by keeping the following concepts in the mind.

PATHOGENSIS

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

Ayurvedic management 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. Management consist of –

- Avoidance of causative factors.
- Medical Treatment.
- Surgical Treatment.

AVOIDANCE OF CAUSATIVE FACTORS

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

INTEGRATED AYURVEDA

Ayurveda is one of the oldest systems of treatment and healing available in the world in other name and forms. The present Ayurveda is the result of a lot of addition and omission as time to time. In India, it is one of the major traditional systems of treatment and healing in India system of medicine (ISM). The present name of Indian system has been revised as - AYUSH. AYUSH is the name indicating involvement of- *Ayurveda, Yoga, Unani, Siddha and Homoeopathy*. Over and above, Ayurvedic system has retained the most of the traditional arts of treatment and healing along with its modernization in accordance to the scientific medicine. The traditional components of Ayurveda provide the status of holistic system. Most of the traditional medicine (TM) has wider base of their philosophy than the modern medicine (MM). Every aspect of the TM system cannot be bind in strictly scientific boundary as there are no scientific explanations to deal with all the aspects of the TM systems. In spite of all, Ayurveda is more scientific. The integrated aspects of Ayurveda are mentioned as under.

- Introduction.
- Status Profile.
- Basic Concepts.
- Patho physiological Concepts.
- Concepts of Pharmacodynamics.
- Concepts of Management.

STATUS PROFILE

Ayurveda is not the system of treatment only, it is way to life. The status profile can be understood on the basis of following considerations.

- **Ancient System:** It is documented ancient system of treatment.
- **History and Development:** it has long history even before of Vedic era. It had developed in many kinds with different names in various eras.
- **Health Care Delivery:** At present in India, there are more than 210 Ayurvedic colleges, 60 Unani College and two Siddha Colleges.
- **Policy and Government Initiatives:** Now, the Government of India has policy for its development through a separate Ministry known as Ministry of AYUSH earlier named as Indian System of Medicine (ISM).
- **Indian Drugs and Cosmetics Act:** It came in enforcement in 1940, before that traditional drug were used without any proper act.
- **Ayurvedic Pharmacopeia and Formularies:** It has it pharmacopeia and prepares the drugs in accordance.
- **Ayurvedic Education elated Act. 1970:** The Indian System of Medicine (ISM) act came in existence in 1970. Before that is was used as Indigenous system in education and treatment.

COMMON AYURVEDIC MEDICINES

Ayurvedic medicine is one of the world's oldest medical systems and remains one of the India's traditional health care systems. Ayurvedic techniques include dietary change, herbal medicine including combining herbs with metals, minerals or gems (known as Rasha Shastra Medicines). The Resha Shastra medicines are usually available in form as tablet, pellet and powder. Ayurvedic treatment combines products (mainly derived from plants but may also include animal, metal, and mineral), diet, exercise, and lifestyle. *Ayurveda* optimizes the philosophy of total health care. The aim of treatment is to improve vitality to resist the disease and strengthen the immune mechanism to prevent and cure the disease. The source and preparation of Ayurvedic are mentioned as under.

- Introduction.
- Sources of Ayurvedic Drugs.
- Medical Management.
- Common Pacifying Medicines.
- Available Preparations.

SOURCE OF AYURVEDIC DRUGS

The Ayurvedic drugs are derived chiefly from vegetable sources as Herbs, Shrubs and Trees, The under mentioned parts of these are used:

- Roots,
- Leave,
- Barks,
- Heartwood,
- Flower,
- Seeds,
- Fruits,
- Kernel,
- Oils,
- Gums,
- Resins
- Parts of whole plant.
- Animal by products as –Ghee, Milk, Honey

MEDICAL MANAGEMENT

Medical management with Ayurvedic treatment is called pacification therapy. Pacification or palliation is also called **Shaman therapy**. In Ayurveda, there are drugs which help in pacification of certain disorders. Here, we prescribe symptomatic drugs as describe as

BASICS OF HOMOEOPATHIC MEDICINE

Homeopathy or homoeopathy is a 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.

Homeopathy is a gentle form of scientific medical system of treatment and healing. It consists of two Greek words *Homoeo* - -means like and *Pathos*-means disease or suffering. Thus, Homeopathy 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*.

- Introduction.
- Historical Backgrounds.
- Homoeopathic Laws.
- Indications of Homoeopathy.
- Highest Ideal of Cure.
- Cardinal Rules.
- Classification of Diseases.
- Body Force Reaction.
- Applied Concept of Disease.

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 - Homeopathy 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 Homeopaths are mentioned on coming page.

COMMON HOMOEOPATHIC REMEDIES

Homeopathy is a scientific system of alternative medicine. The system was evolved and initiated by Dr. Samuel Christian Friedrich Hahnemann (1755-1843). The practitioners of the system 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 of the system is called *Similia, Similibus, Curanture* or "like cures like". Homeopathic preparations are termed as *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. Homoeopathy is a gentle form of scientific medical system of treatment and healing.

- Introduction.
- Backgrounds.
- Potency and Dilution.
- Fundamental Rules.
- Common Remedies.
- Principles of Management.
- Precautions in Management

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).

BACKGROUNDS

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).
- Teaching of two ways of treatment of patient.

HERBAL MEDICINE

The end result of the settlement of universally created Five Elements is earth where animal and plant kingdom was established as complementary and supplementary to each other. 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

- Introduction.
- Doctrines and Principles.
- Mode of Action.
- Importance of Herbal Medicine.
- Traditional Herbal Practitioners.
- Herbal Preparations..

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.

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

DOCTRINES AND PRINCIPLES

Herbal medicine work on the “Principles of Wholism ⁽¹⁾” where whole plant are used for whole people. Both the plants and animals are having the basic elements of five elements which is the basis of Wholism and holistic care. 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.

THERAPEUTIC HERBOLOGY

Therapeutic herbology deals details therapeutic of medicinal plants as its group, indications, side effects, preparations, effects, dosage etc. Plant kingdom is unique gift of nature for fulfil the needs of animal kingdom. Herbal preparations are prepared herbal medicaments used for relieve various problems of the individual living on physical plane. There are 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⁽¹⁾:

- Introduction.
- Plant in Aumic Image.
- Plant and Human Life.
- Mode of Action.
- Common side Effects.
- Therapeutic Herbal Plants.
- Common Herbs and Indications.

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

PLANT IN AUMIC IMAGE

In the beginning, there was nothing except the creator as GOD. HE might have thought to create something in the Cosmos. With the help of Mother Nature, HE created universe and its contents in its own image. Thus all universal creation is in one or the other way exists in shape of the image of AUM. According to ***Big Bang Theory***.

“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 (2)”



“PLANT IN THE IMAGE OF AUM”

AUMIC CONCEPTS OF BODY

AUM is the beginning and end of all the beginning. Study of AUM in scientific term is called Aumology. The Aumic philosophy has descended down through a series of alteration and moderation to the level of general and subsequently to individual level for the benefit of all existing. From the vast philosophy, the systemic demonstrable knowledge emerged known as Science. Thus, AUM is precursor of all philosophy and all sciences. Out of so much

- Introduction.
- Spiritual Concepts.
- Aumic Planes.
- Chakral Body and AUM.
- Holistic Structure of AUM.
- Aumic Plane and Holistic Body.
- Structural Correlation.

innovation and scientific development, there is no yet modern scientific scale to define, identify and classify the science of AUM in many respects of life. Some efforts have been made through *Cosmology* (the study of cosmos and its energy) and *Vedology* (the study of Veda and Vedic sciences). These have revealed some facts which are not enough to understand the complete Aumic science. Modern science is moving around the studies of these Sciences (*Cosmology* and *Vedology*). The divine energy AUM appeared as supreme source of energy (SSE) inform of sound energy in the cosmos. The sound created motion due to vibration in the sky (*Ether*) resulted blowing of air (*Vata*). The faster blowing of air produced fire (*Agni*) through frictions which on cooling formed water (*Jala*), the water settled to form the earth (*Prithvi*). This way, the creation of five elements (*Punchmahabhutas*) took place in this universe for further creations. The divine creation of five elements (*Punchmahabhutas*) was followed by appearance of various zodiacs, stars, planets and other celestial bodies with its contents. Earth is a planet which is equipped with many livings and non-livings. The living beings were grouped in animal and plant kingdoms. All the existing (living and non-living) is the creation of GOD (AUM) in his own image; means AUM (GOD) is present in all. Human being acts as an ordained shoulder of GOD according to their *Sanskara* (Sanskara is collection of generational acts i. e. Karmas).

Every existing in this universe needs certain energy for their survival. This energy comes from AUM i.e. supreme source of energy (SSE) through Cosmo-universal medium. Human body itself is integrated mass of matter having condensed energy. This energy is under control of AUM and used by individual according to his *Sanskara* which may be or creative or destructive.

SPIRITUAL CONCEPTS

All the knowledge has been derived from AUM. According to *Hindu mythology*, *Vedas* are considered to be the most ancient and sacred collections of knowledge and wisdoms derived during various cultures. The culture and tradition descended down and later were compiled in four major text known as Vedas i.e. *Atharveda*, *Regveda*, *Yajurveda* and *Samveda* according to its age (from earliest to the latest) and its allied literatures as *Upanishads* and *Aranyaka*. Out of all these literatures, *Mandukya Upanishad* is one compiled by *Mandukya Rishi* has given the physical structure of monosyllable AUM (ॐ) which helps in meditations and yogic practices.

CHAPTER - 16

AUM THERAPY

जय जय कृपा निधान, सकल भुवन आधार
कण कण के संसार तुम, हरते सबका भार (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 Management.
- Methods of Managements..

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।
अहङ्कारइतीयमेभिन्नाप्रकृतिरष्टधा॥
अपरेयमितस्त्वन्यांप्रकृतिविद्धिमेपराम्।
जीवभूतांमहाबाहोययेदंधार्यतेजगत्॥

ENGLISH

BhumirapoanloVayuh Rawam Mano Buddhirew Ch,
Ahankar Iteeyam Me Bhinna Prakritirshadha.
Apreyemitastwnya 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*).

AUMIC 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.

- Introduction.
- Sources of Medicaments.
- Medicinal Herbs Profile.
- Procurement of Materials.
- Preparation of Medicaments.
- Types of Medicaments.
- Aumification of Medicaments.
- Aumic Prescription.
- Route of Administration.

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.

- (I) Higher Sources.
- (II) Universal Sources.
- (III) Lower Sources.

I. 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**.

II. 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,

AUMIC MATERIAL MANAGEMENT

Besides, remedial and ritual managements, the aumic management are also performed with certain physical materials. These materials are basically comprised and derived from five elements which are the precursor of all sentient insentient of this universe. They 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 derived from the nature and are divided in two groups as mentioned below:

- Introduction.
- Eatable Materials.
- Non Eatable Materials.

- 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:

- I. General Food.
- II. Additional Food.
- III. Auspicious Food.

I. 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*. The pure combination of these constituent is called vegetarian food, when the animal or its parts 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 (milk, oil and ghee) 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 foods have 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 have longer peaceful and blissful life provided he has also added aumified life style.

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. The main constituents of such foods

AUMIC RITUAL MANAGEMENT

Aumic ritual management is process of Divine Cosmo-Universal Healing (DCUH) 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.

- Introduction.
- Principles of Healing.
- Aumic Pathway.
- AUMIC Merger.
- Creation of Aumic Vibrations.
- Mode of Healing.

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. The details have been described under AUMIC healing in another chapter of this book in drugless 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.

AUMIC PATHWAY

Divine Universal Individual Connectivity (DUIC) is an aumic pathway between GOD (AUM) to an individual self. It is the subtle link between divinity and the individuality. The explanation of various plane and Khands (*Divisions*) explain the way of invisible divine connectivity between the individual and GOD. The pathway passes through **Three Planes i.e. - Divine, Universal and Individual** and **Five Cosmic Khands i.e. - Brahm, Deo, Brahmand, Gyan and Bhautik**. It has long pathway from Supreme Self to individual self connected with divine thread from one end to another end. The diagrammatic representation (*Flow Diagram*) of aumic pathway known as divine universal individual connectivity (DUIC) is given coming page ⁽¹⁾.

INTEGRATED EVALUATION

Before the modern, the traditional medicines were in existence since the origin of human being in one or the other forms. These traditional medicine were names as - ***indigenous, unorthodox, alternative, ethno, fringe, folk, unofficial traditional medicine and healing*** ⁽¹⁾. Modern medicine initiated

around 16th century and developed a lot because of its scientific grounds. The aetiology and evaluation is the back bone of modern medicine. In traditional medicine there were traditional ways of evaluation which are having its roles in modern medicine also. Thus, to have the knowledge of important traditional evaluations and their integration with modern evaluation is of great importance in implementing the integrated evaluation.

- Introduction.
- Integrated Evaluation.
- Roles of Evaluations.
- Types of Integrated Evaluation

INTEGRATED EVALUATION

Integrated evaluation is defined as– *Combination of the modern and traditional evaluations and development of its teaching, training, treatment, research and national implementation on possible scientific parameters. The best integration is the combination of all evaluations in one combination but it can even be done in isolation also as per condition problems”*.

ROLES OF EVALUATION

This evaluation is the broad base to detect the cause of problems pertaining to individual. The integrated evaluation has following roles in solving the problems of individual.

- To evaluate the status of Individual and community health.
- To evaluate the root cause of the problems, sufferings, disorders and diseases.
- To evaluate the prognosis and fate of individual.

TYPES OF EVALUATIONS

Our *Rishis* and *Sages* had strong observatory gifted power to observe most of the problems of individual. In the field of evaluation, the traditional practitioners had practiced the traditional medicine and healing with the involvement of their mental faculty keeping in view the problems, sufferings, disorders and diseases. The traditional evaluations were based on intuitions, experience, culture and civilization. The modern medical science being scientific is more mechanical and evidence based. Based on the long list of evaluations of various groups, the World Association of Integrated Medicine has groped the all evaluations in integrated evaluation under following groups:

- 17.01. Observatory Evaluations.
- 17.02. External Evaluations,
- 17.03. Modern Evaluations.

OBSERVATORY EVALUATIONS

The observatory or visual evaluation is process where the practitioner/ healer observe the individual from certain distance without touching or having any conversation with the concern person. The minimum distance between the healer and the sufferer should be three Meter. An experienced healer / practitioner observes and makes a tentative or even confirmatory diagnosis of much disorder without further any evaluation in a first glance or sometimes in second or third visit. This makes very positive impacts on the sufferer as well as the person accompanying him.

- Introduction.
- Observatory Parameters.
- Parameters and Findings.

OBSERVATORY PARAMETERS

The observatory evaluations are performed by visualizing the individual from a distance of at least three meters. The following parameters are usually observed.

1. Attitude.
2. Behaviours.
3. Looks.
4. Way of walking (Gate).
5. Response.
6. Nature.

Under above heads, certain findings are noted which may lead correlation with some common problems. The observatory evaluation may also give direction towards the nature and seriousness of the problems and its management.

PARAMETERS AND FINDINGS

The above parameters are evaluated and findings are analyzed. The most probable findings are noted. The common parameters, observatory findings and probable suffering are as under.

Sl. No.	Parameters	Observatory Findings	Probable Sufferings
1.	Attitude	Normal/Silent/Violent	Mental State
2.	Behaviors	Cooperative/Non- cooperative	Mental State
3.	Look	Healthy/ Ill-looking	Normal to Chronic Illness
4.	Gate	Normal/ Draggling	Healthy to drunken
5.	Response	Proper/slow/non responsive	Mental Status
6.	Nature	Simple/Meditative/Disturbed	Related Associated Problems

The summary of above parameters helps in attaining the personal attitude, behavior, look/ outlook, way of moving / walking, response to external and certain stimuli along with nature. Based on these certain observatory, external, internal, constitutional, traditional, holistic and if required certain modern evaluation is further indicated and carried out.

EXTERNAL EVALUATION

What we see externally is physical body which is a fraction of visible holistic body. Physical body is a condensed mass of energy. In terms of holistic body it is something more than visible physical body. The external evaluation is process of individual by observation of certain parts of physical body or organs externally. The external evaluations are of prime importance in all systems of treatment and healing in order to reach for proper diagnosis and further management. The external evaluation is back bone of internal evaluation and assessment. External organs are considered as a mirror of certain internal organs. It is performed on the physical body and helps a lot in diagnosis and management of problems, sufferings, disorders and diseases.

- Introduction.
- Parts to be evaluated.
- Evaluation of Nail.
- Evaluation of Pulse.
- Evaluation of Face.
- Evaluation of Lips.
- Evaluation of Eyes.
- Evaluation of Tongue.

PARTS TO BE EVALUATED

As we know the physical body part of aumic holistic body is visible. Some of the physical external parts of body are the mirror of internal organs problems. Thus, the following common external parts are evaluated.

- I. Evaluation of Nail.
- II. Evaluation of Pulse.
- III. Evaluation of Face.
- IV. Evaluation of Lips.
- V. Evaluation of Eyes.
- VI. Evaluation of Tongue.

I. EVALUATION OF NAIL

During the evaluation of nail, one should keep in view the evaluation of its colour, contour and shape. It reveals the under mentioned common disorders.

Sl. No.	Parameters	Observatory Findings	Disorders
1.	Colour	• Pale	• Anemia
		• Yellow	• Liver disorders
		• Blue	• Heart and Lung disorders
		• Lunar changes - Blue Luna* - Red Luna*	- Liver disorders - Cardiac disorders
		• White spots on Nails	• Calcium deficiency

MODERN MEDICAL EVALUATION

Before the modern medicine came in existence, the traditional medicines were in existence since the origin of human beings in one or the other forms.

These traditional medicine were names as - *indigenous, unorthodox, alternative, ethno, fringe, folk, unofficial traditional medicine and healing* ⁽¹⁾ .

Modern medicine initiated around 16th century and developed a lot because of its scientific grounds. 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.

- Introduction.
- Approach to Diagnosis.
- Clinical Evaluations.

APPROACH TO DIAGNOSIS

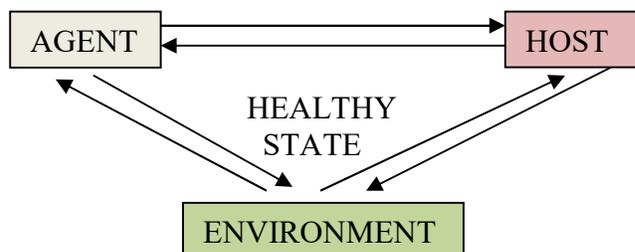
The approach in modern medicine to have proper management of disease is based following steps:

- I. Trio – Factors (Disease Factors).
- II. Pathogenesis and Pathology.
- III. Clinical Features.

I. TRIO-FACTORS:

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). These three common factors called Tridoshas in Ayurveda, Siddha and Unani medicine. The Tridoshas are Air (*Vata*), Bile (*Pitta*) and Phlegm (*Kapha*). The vitiation of either one or more factors leads to the cause of problems which further start producing Waste called Malas. The Malas (Waste) produced at cell to systemic levels and flow through the micro and macro channels and ultimately block it and produces symptoms and signs.

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 ⁽²⁾.



“Diagrammatic Representation of Trio Factors”

INTEGRATED CONSTITUTION EVALUATION

Integrated Constitution Evaluation (ICE) is process of combined evaluation with the factors of traditional, modern and holistic medical systems based on Indian System of Medicine to ascertain the major cause of the problems and its further management.

The physical body of an individual is comprised of three humors (*Tridoshas*), seven body tissues (*Saptadhtus*) and five elements (*Punchmahabhutas*). A person is healthy when all the constituents are in state of equilibrium. Any imbalance leads to production waste products (*Malas*). In due course of life these Malas flow through micro and macro channels in the body and ultimately block the channels depending of the waste products and cause problems and diseases. Efforts were made by our ancient sages (*Rishis*) and Ayurvedic Physicians (*Vaidyas*) to develop various diagnostic tools and they succeeded also to certain extents to find out the cause of illness and its holistic management. There are urgent need of emergency measures and more specific and sensitive diagnostic tools in traditional medicine. The World Association of Integrated Medicine (WAIM) has integrated some of the modern, traditional, holistic and spiritual parameters in the light of modern evaluations.

- Introduction.
- Constitutional Parameters.
- Observation.
- Calculation.
- Interpretation.

CONSTITUTIONAL PARAMETERS

The integrated constitution evaluation (ICE) is made on the basis of following 22 parameters and their associated variables.

1. Body built.
2. Look.
3. Eyes.
4. Face.
5. Appetite.
6. Liking of food.
7. Liking of weather.
8. Mental status.
9. Mood.
10. Memory.
11. Nature.
12. Nail.
13. Bowel habit.
14. Organs (*Indries*) Control.
15. External Response.
16. Sleep.
17. Skin status.
18. Thrust.
19. Vocal status.
20. Common causes of disorders.

HOLISTIC EVALUATION

“Holistic medicine is combination of divine, universal, individual components to deal the holistic body and health of an individual and leading 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”.⁽¹⁾

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 i.e. **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.

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.

- Introduction.
- Features of Holistic Medicine.
- Aims of Treatment.
- Holistic Systems.
- Holistic Evaluators.
- Holistic Evaluations

FEATURES OF HOLISTIC MEDICINE

Holistic medicine tries to consider the complete life cycle 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 bodies.
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, 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 holistic medicine and healing treat and heal fully to the extent of allotted span of life and ultimately lead to your defined goal.

ASTROLOGICAL EVALUATION

According to Big Bang moment about 13.8 billion years ago the universe began as a tiny, dense, fireball that exploded. Thus it began with explosion of space. It started from extremely high density and temperature, space expanded and later cooled led to formation of elements. Due to gravitational forces the matters were drew together to form the first stars and first galaxies. Most astronomers use the Big Bang theory to explain how the universe began. But what caused this explosion in the first place is still a mystery. The birth of our universe may have come from a black hole. Most experts agree that the universe started as an infinitely hot and dense point called a singularity. The Universe is everything. Here we can touch, feel, sense, measure or detect. The universe is the whole of space. Before the birth of the Universe, time, space and matter did not exist. There is not only one universe means there are other universe thus, it called Multi-universe. Universe includes - *Living things, planets, stars, zodiacs, galaxies, dust clouds, light and even time.*

- Introduction.
- Extent and Shape of Universe.
- Celestial Bodies.
- Astrology.
- Astro Medicine.
- Aspects of Evaluation.

EXTENT AND SHAPE OF UNIVERSE

Universe is space including every existing thing as - time, space, matter. This is governed by Universal law. Life of Universe is about 14 billion years old thus; we cannot see the things beyond 14 billion light years away at a glance. Universe starts from individual and extent up to Individual Visual Thought (IVT) which is measured as distance between individual and their thought of distance of vision. The shape of the universe one cannot bind in exact boundary and shape. However it has three basic shapes.

- A Flat Universe (*Zero Curvature*),
- A Spherical or Closed Universe (*Positive Curvature*),
- A Hyperbolic or Open Universe (*Negative Curvature*).
- A Infinite Universe – (*Without any shape merges with Supreme Self*).

CELESTIAL BODIES

Celestial bodies are strongly bonded entities that are complex in terms of shape and structure and comprise thousands of sub-objects inside them. Celestial bodies can also be called heavenly bodies and are objects in space such as the sun, moon, stars, and planets. Celestial objects are a part of the universe that appear in space and are located very far away from earth. They mostly appear in the night sky and cannot be seen through the naked eye. Celestial bodies are as large as earth and some are even bigger. They are found outside the earth's atmosphere. There are millions of celestial bodies in either single or in group. Out of all, following seven are major types:

DRUGLESS THERAPIES

Drugless therapies are natural ways of healing system. These therapies are in existence since the origin of life in the universe. According to AUM Foundation, the basic principle is based on the existence of GOD, Mother Nature and their products present in the universe. Here means, methods and materials employed in order to alleviate the suffering or promote healing are drugless. These methods are employed externally as well as through natural orifices for alleviation of suffering. The major division of drugless therapy is naturopathy.

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

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⁾:

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 devoces.
6. **Holistic Healing as**- Holistic natural philosophy, yoga, meditation.
7. **Spiritual Healing as** - Worships, Auric, Chakral, Mantras, Tantra and Yantra.

COMMON DRUGLESS THERAPIES

There are many drugless therapies practiced all over the world. The following therapies / healing are practiced in India.

- Naturopathic (Therapy including – *Hydrotherapy Therapy, Massage Therapy, Magneto-therapy, Electro-therapy*),
- Yoga Therapy,
- Meditation,
- Acupressure ,
- Acupressure,
- Colour Therapy,
- Spiritual Healing,
- Astrological Healing,
- Chakral Healing,
- Auric Healing,

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 ⁽¹⁾.

- Introduction.
- Naturopathic Approaches.
- Characteristics of Naturopathy.
- Principles of Nature Cure.
- Components of Therapy.
- Cardinal Rules.
- Principal Natural 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.

NATUROPATHIC APPROACHES

There are many methods of approach but broadly 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.

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. 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 an 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*).

- Introduction.
- Mode of Healing.
- Integrated Yoga.
- Impacts of Yoga.
- General Benefits.
- Applied Yoga.

“Yogas Chittavrttinirodhah” (योगश्चित्तवृत्ति रियोधः)

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 other 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 over comes 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 mention 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

MEDITATION THERAPY

Meditation is an act of contemplative thinking. It improves focusing and clears the mind by using the mental and physical and techniques. 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.
- Way of Meditation.
- Mode of Action.
- Methods of Meditation.
- Measurement of Meditation.
- Effects of Meditation.
- Benefits of Meditation

WAY OF MEDITATION

The following steps to be followed in mind before starting meditation.

- Find a comfortable place for relaxation in or out of home.
- Set a timer of three to five minutes for mediation.
- Close your eyes.
- Follow your breath both inspiration and expiration.
- When your thoughts wander, control it and again bring to breathing.
- When the time is over, open your eyes.

MODE OF ACTION

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.

INDIAN INTEGRATION

The universe is a unique creation of Almighty GOD. The entire universe is comprised of Prime Components known as Five Elements (*Ether, Air, Fire, Water and Earth*). Thus all the sentiment 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 as well as

elimination of the problems. With the passage of time various systems of medicines and healing were 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* ⁽¹⁾. All these systems whether they are drug or drugless were named as Traditional Medicine (TM). India is rich heritage of traditional medicine.

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. Modern medicine developed later by western world but was given enough time, money and space to develop by the government and developed also.

- Introduction.
- Philosophy of Integration.
- Science of Integration.
- Philosophic-Scientific Derivation.
- Doctrines of Integration.
- Institutes of Integrated Medicine.
- Future of Integrated. Medicine.

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**.

INTEGRATED ACADEMIC PROGRAMS

World Association of Integrated Medicine (WAIM) is the first academic institutions for promotion of academic 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 ⁽¹⁾. This program is our recognition. Integrated Medical Program (IMP) is our innovative, unique and well accepted in one or the

- Introduction.
- Backgrounds.
- Types of Institutions.
- Institute of Integrated Medicine.
- Institute of Traditional Medicine.
- Institute of Alternative Medicine.
- Institute of Holistic Medicine.
- Institute of Medico Technical.
- Examination and Evaluation.
- Certification and Registration.

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 in academic program of India. 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 Education Program (IMEP) as independent National Program like Modern Medicine and Indian System of Medicine through special Act of Government of India.

BACKGROUNDS

The background of academic integrated medical education program could be very well understood and explained on the following basis;

1. Searchers and Great men Thoughts.
2. Declaration of HFA 2000 and Onward.
3. Organizational Relationship of Practitioners.

1. SEARCHERS AND GREAT MEN THOUGHTS:

Besides above 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

APPLIED CONCEPTS OF INTEGRATION

Man has borne with the medicine in his surroundings. The searchers and researchers identified some of these and using them for prevention, promotion, protection and amelioration of their sufferings. With the passage of time various systems of medicines and healing were developed according to their tradition, believe, culture and customs. These medicines and healings systems have various names based on many factors. Some of the commonly known names of the systems are 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). India is rich heritage of traditional medicine. 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. The concerned health care authorities of various countries are making efforts to overcome the problems but still the efforts are not satisfactory with modern medicine only because of very many factors.

- Introduction.
- Approximation of Systems.
- Traditional Medicine.
- Modern Medicine.
- Problems with Systems.
- Integrated Medicine.
- Merits of Integrated Medicine.
- Contributions 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. In addition, some health administrators of developing countries saw and realized the need and importance of traditional medicine. They have recommended the inclusion of traditional healers in Primary Health Care on the grounds that ⁽¹⁾:

1. Healers know the socio-cultural background of that area.
2. Healers are highly respected and experienced in their work.
3. Economic consideration by using local resources.
4. To reduce the distance in providing health facilities.
5. To strengthen the traditional believes.
6. To overcome the shortage of health professionals for the service of community.

INDEX

A

Absolute Concentration 88
Academic Approach 18
Additional Food 93
Air (Vata) 42
Alternative Medicine 32
Appearance of Aura 126
Approach to Diagnosis 37
Applied Yoga 170
Associated Plants 72
AUM Meditation 182
Aumastak Circle 174
Aumastak Yoga 171
Aumic Environment 172
Aumic Pathway 95-96
Aumic Merger 97
Auric Evaluation 126

B

Basic Nature 95
Basis of Diseases 31
Bile 42
Body Tissues 43

C

Cardinal Rules 57
Celestial Bodies 133

D

Decimal Scale 64
Divine Healer 69
Divine Plane 80
DIUC 86, 95, 113
Drug Therapy 32,
Drugless Therapy 30
Dynamisation 60

E

Electrotherapy 167
Environmental Aspect 27

H

Herbal Preparations 70
Higher Source 87
Holistic System 114
Homoeopathic Law 58
Humoral Equilibrium 44

I

Individual Plane 80
Individual Chakras 119
IHHC 8
Integrated Medical Model 6-7
Integrated Truth 6
International Approach 17

M

Magnetic Effects 165
Miasm 57
Mother Tincture 63
Morbific Influence 63

N

National Approach 15
National Opinion 19
N P Score Evaluation 129

O

Octopartite Division 40

P

Panchkarma 46
Phlegm 43
Planets 124
Planetary Effects 145

S

Seats of Humors 41
Spiritual Concepts 79

T

Trio Factors 37, 107
Three Humor 41
Types of Institutions 192
Tu, Mya: Rome 2 8, 211

U

Universe 1
Universal Plane 80
Universal Sources 87

V

Vital Force 60
Vipasana Meditation 178

W

Waste Products 44