

BASIC PRINCIPLES OF INTEGRATED MEDICINE



By
Dr. Nagendra Prasad Dubey
President
World Association of Integrated Medicine

Revised Edition 2013

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Dr. Nagendra Prasad Dubey

President

World Association of Integrated Medicine.

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**“This Edition is Dedicated in the Memory of my Beloved Elder Son
Late Neeraj Prasad Dubey
Who had been Guiding Force behind me to realize the Truth”**

FOREWORD

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

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

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

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

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

In addition to the descriptions which are made in a simple reader friendly manner which would make the book attractive to lay people, the author has written chapters on the basis of

integration and the concept of an integrated holistic system. These and other chapters are the product of much thought and experience. The chapter on “Integration as a need” should be read by all health care providers, policy makers and decision takers.

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

Prof. Ranjit Roy Chaudhury

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

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

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

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

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

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

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

It will be great injustice on my part if I fail to express my indebtedness to my eldest brother Late Jagdish Dubey who inspired and motivated me to study medicine. My special thanks are to my wife Dr. Sheela Dubey and all the children especially Dr. Namika Tiwari, Dr. Niharika Dubey and Dr. Naveen Prakash Dubey who always stood with me and provided their physical, mental, moral, spiritual and environmental supports in achieving the goal of completion of this book.

(Dr. Nagendra P. Dubey)

INDEX

Sl. No.	Subjects	Pages
	• Forewords	i -ii
	• Acknowledgment	iii -iii
1	Science and Philosophy	1-4
2.	Principal Therapies	5-7
3.	Drug Therapies	8-50
3.01	Modern Medicine	9-16
3.02	Ayurvedic Medicine	17-23
3.03	Siddha Medicine	24-27
3.04	Unani Medicine	28-30
3.05	Homeopathic Medicine	31-37
3.06	Biochemical Remedies	38-40
3.07	Herbal Medicine	41-44
3.08	Other Drug Therapies	45-50
4.	Drugless Therapies	51-82
4.01	Naturopathic Therapy	52-59
4.02	Yogic Therapy	60-63
4.03	Meditation Therapy	64-65
4.04	Acupuncture	66-69
4.05	Acupressure	70-71
4.06	Other Drugless Therapies	72-82
5.	Basis of Integration	83-86
6.	Integrated Holistic System	87-92
7.	Clinical and Social Relevance	93-95
8.	Integration as Need	96-100
9.	Impacts of Integration	101-104
10.	Statistical Basis	105-109
11.	Organizational Management	110-114
12.	Factors in Integration	115-119
13.	Integrated Medicine In India	120-129
14.	Indian Model of Integrated Medicine	130-136
15.	Strategies of WAIM	137-139
	Glossary	140-141

CHAPTER-1

SCIENCE AND PHILOSOPHY

Everything in this universe has two aspects. Each life has its own philosophy which is associated with science and vice-versa. The Divine Cosmic Power (DCP) is enormous. One can not bind it within the strict scientific boundary of subject. ...

DEFINITION

Integration means combination or unification.

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

- Introduction
- Definition
- Science of Integration
- Philosophy of Integration
- Doctrines and Principles
- Philosophical Scientific Derivation

SCIENCE OF INTEGRATION

PHILOSOPHY OF INTEGRATION

Philosophy is ocean of knowledge and is limitless while science is limited. Here, we are only 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*).....

DOCTRINES AND PRINCIPLES

This system has collection of nine specific points called nine gems (*Navratna*) of integrated medicine. These GEMS are:

1. **Perfections** : Nearer to the perfect.
2. **Useful** : Most useful system of treatment and healing.
3. **Meritorious** : Combined merits with added synergistic merits.
4. **Bridge** : Strong Bridge between the existing systems.
5. **Research** : Having wide scope of scientific research.
6. **Limitless** : Not limited in strict scientific boundary only.
7. **Flexibility** : Having Flexibility (Provision of addition and omission).
8. **Totality** : Beneficial for “Comprehensive Holistic Health Care (CHHC).
9. **Need** : Need of the Day (Ever Green or Always Recent)

PRINCIPAL THERAPIES

Health and disease are two facets of a life. Every life in this universe has full rights to enjoy its optimal health with any mode of therapy. In order to keep one healthy various types of treatment, therapies and healing modalities were developed according to culture civilization. Later on these modalities of treatment, therapy and healing were called traditional medicine. 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.
- Drug Therapy.
-Common Drug Therapies.
- Drugless Therapy.
-Common Drugless Therapies.

DEFINITIONS

Some of the common close terminologies are used in general practice of medicine, therapy and healing. These have defined as.....

COMMON DRUG THERAPIES

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

1. Modern or Conventional medicine
2. Ayurvedic Medicine
3. Siddha Medicine
4. Unani Medicine
5. Homeopathic Remedies
6. Biochemic Remedies
7. Herbal Medicine
8. Other Common Drug Therapies.....

II. DRUGLESS THERAPY

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

1. Naturopathic Therapy
2. Yogic Therapy
3. Meditation Therapy
4. Acupuncture
5. Acupressure
6. Other Drugless Therapies are.....

DRUG THERAPIES

These are the system of treatments where one or more than one drugs of various origins (constituents) are used in treatment of various diseases or disorders. In western modern the drug in mainly comprised of chemical origin or chemical constituents of other resources as- herbs, minerals, marine, animal and other resources as active constituents while in traditional medicine the holistic purified constituents are used in treatment and healing. The most commonly available drug therapies in India and adjacent continents are:

1. Modern or Conventional medicine
2. Ayurvedic Medicine
3. Siddha Medicine
4. Unani Medicine
5. Homeopathic Remedies
6. Biochemic Remedies
7. Herbal Medicine
8. Amchi System (Tibetan Medicine)
9. Bach Flower Remedies
10. Other Common Drug Therapies as-
 - Traditional Chinese Medicine
 - Anthroposophical Medicine
 - Korean Oriental Medicine
 - Kampo Medicine.

The fundamental basic principles of some of these systems have been described in coming chapters.

COMMON SOURCES OF DRUGS:

The traditional medicines were usually derived from the natural sources mainly from herbs, mineral, metals and animals resources. With the advent of modern medicine, the source of various traditional medicines widened. The common source of drugs in various drug systems is;

- 1.Plants including herbs.
- 2.Animals.
- 3.Mineral
- 4.Chemicals.
- 5.Biological.
- 6.Marine.
- 7.Natural.

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

MODERN MEDICINE

It is also called Modern Allopathic Medicine or Conventional Medicine. The other synonyms are allopathic medicine, scientific medicine and official medicine. The system is based on scientific documentation. Thus, it is called scientific medicine. It is an official system of most of the countries of the world. Through, it has been derived in one or the other way from the traditional system but 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 medicine.....

- Introduction
- Back Grounds
- Genesis of System
- Basis of Modern Medicine
- Professional Organization
- Medical Research
- Limitation of System
- Need of Integration

BACKGROUNDS

- (I.) **In Diagnosis** –Search for single cause
- (II.) **In Pharmacology** –Search for active principles.
- (III.) **In Doctor-Patient Relationship** – Search for an efficient treatment for the physical cause of symptom.

GENSIS OF SYSTEM

BASIS OF MODERN MEDICINE

PROFESSIONAL ORGANISATION

MEDICAL RESEARCH

It is fundamental of practice and progress of medicine characterizes the outlook of all medical teacher and practitioners. It has organized on various lines and levels of medical care delivery as.....

LIMITATION OF SYSTEM

NEED OF INTEGRATION

.....

AYURVEDIC MEDICINE

Ayurveda is existing on the earth since time immemorial in one or the other name, form or modalities of treatment and healing. As a subject of study, it developed later on during Vedic period about 5000 years 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.....

MYTHOLOGY OF ORIGIN

Out of many concept and mythologies, Ayurveda has two most popular mythologies of its origin.

- (I) Divine Theory
- (II) Vedic Theory

OCTOPARTITE DIVISION

Ayurveda is also called Astang Ayurveda, as it is divided into eight important branches.....

DOCTRINES AND PRINCIPLES

THREE HUMORS (TRIDOSHAS)

BODY TISSUES (DHATUS)

According to Ayurvedic principle, there are seven types of body tissues (Dhatus) which are responsible for formation of basic structure of body.....

WASTE PRODUCTS (MALAS)

The waste products are the ultimate products of metabolic activities.....

MANAGEMENT

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

SIDDHA MEDICINE

In India, there had been two most important ancient systems of treatment and healing are Ayurvedic medicine and Siddha medicine. They are similar in their many aspects. Auyrvedic system is contemporaneous to Chinese, Egyptian, and Greek medicine. There is evidence that it has its Lemurian continent is called Kumarikandam, the cradle of man, which last in Indian ocean. After this, Siddha medicine flourished in South India. It Flourished in Indian subcontinent during first Tamil Sangham period in 6th and 7th B.C and was intimately linked with Tamil culture.....

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

ORIGIN OF SIDDHA MEDICINE

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

DOCTRINES AND PRINCIPLES

DIAGNOSIS

TREATMENT

The treatment in Siddha Medicine is originally derived from metals and minerals. The main minerals used were Mercury (Hg), Sulphur (S), Copper (Cu), Arsenic (As) (Yellow, white and Red), Iron (Fe), Gold (Au) and varieties of other metals and minerals.....

UNANI MEDICINE

In India, Unani Tibb medicine is part of Indian System of Medicine. This system was present during Greek civilization. Hence this medicine is also called Greek medicine. Unani system developed during Arabic civilization. The Muslims call it Unani medicine whereas European calls it Arabic medicine.....

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

DOCTORINES AND PRINCIPLES

According to Unani medicine, every individual is a unique combination of seven working principles grouped under four types of humors which are responsible for specific temperament in isolation or in combinations.

CONSTITUTION OF BODY

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

CONCEPT OF DISEASE

In Unani medicine, the humors (*Akhalat*) are the lock which is of four types i.e. Blood, Phlegm, Yellow bile and Black bile.....

DIAGNOSIS

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

TREATMENT

In treatment, drugs are used according to the temperament and the temperament of the drugs is decided by its action on temperament of the body. For an instance, any drug is said to be hot when given to a person who on interaction with vital faculties of the person produces a hot temperament. In general, the treatment in Unani medicine is of two types-

- (I) Preventive Treatment.
- (II) Curative Treatment.

HOMOEOPATHIC MEDICINE

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

- Introduction
- Homoeopathic Laws
- Concept of Disease
- Highest Ideal of Cure
- Cardinal Rules
- Potency
- Principles of Remedial Action
- Classification of Diseases
- Fundamental Rules

HOMOEOPATHY LAWS

Homoeopathic system is governed by the certain laws called homoeopathic laws.....

CONCEPT OF DISEASE

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

HIGHEST IDEAL OF CURE

Homoeopathic remedies have highest ideal of cure on comprehensive principles.....

CARDINAL RULES

There are three important cardinal rules for use of the Homoeopathic remedies.....

POTENCY

PRINCIPLES OF REMEDIAL ACTION

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

BIOCHEMIC REMEDIES

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

- Introduction
- Dosology.
- Basic Salts.
- Common Salts and Indications.

DOSOLOGY

- It is prescribed in homoeopathic doses by trituration. It is given every hourly, two hourly or four hourly depending on requirement.
- Sometimes more than one salt is administered at an interval of 20 minutes.

BASIC SALTS

These salts are used after proper trituration as in homoeopathic remedies. The following are the basic salts and their special salts used in biochemical remedies:

<i>Sl. No.</i>	<i>Basic Salts</i>	<i>Special Salts</i>
1.	Calc	Calc Flour
		Calc Phos
		Calc Sulph
2.	Ferr	Ferr Phos
3.	Kali	Kali Mur
		Kali Phos
		Kali Sulph
4.	Nat	Nat Mur
		Nat Phos
		Nat Sulph
5.	Mag	Mag Phos
6.	Sal	Salicic Oxide

COMMON SALTS AND INDICATIONS

.....

HERBAL MEDICINE

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.....

- Introduction
- Medicinal Herbs Profile.
- Doctrines and Principles
- Mode of Action.
- Herbal Preparations.
 - Traditional Herbal Medicine.
 - Modern Herbal Medicine.

MEDICINAL HERBS PROFILE

Herbs are used as food, vegetable, medicine and otherwise.....

DOCTRINES AND PRINCIPLES

Herbal medicine work on the “Principles of Wholism...”

MODE OF ACTION

It has its unique way of natural healing.....

HERBAL PREPARATIONS

Herbal medicines are in practice since long in one or the other forms. With the passage of time, the advancement took in herbal medicine and modern herbal medicines were also developed. Based on the available herbal preparations, it is divided in two types-

- (I) Traditional Herbal Medicine
- (II) Modern Herbal Medicine

OTHER DRUG THERAPIES

India has well developed and established modern and traditional medicine. These systems are working under the guidance of Ministry of Health, Government of India. Majority of the countries of the world has their own traditional medicine along with western modern medicine. Out of all, some of the systems are with drug therapy, some are drugless and some are having both. The commonly available drug system in India has been described in earlier chapters. Some of the other drug therapies which are run by the Non Governmental Organizations are describe under this chapter.

- Introduction
- Common Drug Therapies
 - (I) Amchi Medicine
 - (II) Bach Flower Remedies.
 - (III) Chinese Medicine
 - (IV) Anthroposophical Medicine.

COMMON DRUG THERAPY

Some of the most common drug therapies available in different countries are mentioned below:

- I. Amchi Medicine
 - II. Bach Flower Remedies.
 - III. Traditional Chinese Medicine
 - IV. Anthroposophical Medicine
-

DRUGLESS THERAPIES

Drugless therapies are natural ways of healing system. These therapies are in existence since the origin of life in the universe. The following are the commonly practiced drugless therapies. The integration of traditional medicine with acupuncture has given a worldwide popular system known as Integrative Medicine. Integrative medicine is widely used as complementary/alternative medicine in developed and developing countries. The following are the commonly practiced drugless therapies in India and other parts of the world.

1. Naturopathic Therapy
2. Yogic Therapy
3. Meditation Therapy
4. Acupuncture
5. Acupressure
6. Other Drugless Therapies as-
 - Color Therapy.
 - Chiropractic
 - Holistic Healing as-
 - Spiritual Therapy
 - Astrological Healing
 - AUMIC Healing
 - Chakral Healing
 - AURIC Healing

The basic principles of some of the above drugless therapies are mentioned in the coming respective chapter of drugless therapies.....

NATUROPATHIC THERAPY

Drugless therapy is another way of updating the health, preventing the disorders, disease and alleviating the sufferings. 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. The drugless therapy also includes alteration in life styles.

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

(Mahatma Gandhi)

*All the universal creations have Natural constituents,
They beginning, existence and end are within Nature.*

(Dr. N.P.Dubey)

- Introduction.
- Characteristics of Naturopathy.
- Principles of Nature Cure.
- Living and Therapy.
- Cardinal Rules of Naturopathy.
- Principal Therapies
 - Hydrotherapy
 - Massage
 - Magneto therapy
 - Electrotherapy

CHARACTERISTICS OF NATUROPATHY

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

CARDINAL RULES OF NATUROPATHY

Every individual seeking the help of Naturopathy for keeping himself healthy or curing his bodily deformities should keep the following cardinal points in their mind.....

PRINCIPAL NATURAL THERAPIES

There are many systems are used under naturopathy. Out of them, the following are commonly practiced.

- (I) Hydrotherapy
 - (II) Massage Therapy
 - (III) Magneto therapy
 - (IV) Electrotherapy
-
- .

YOGIC THERAPY

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*).

Yogas Chittavrttinirodhah

- Introduction.
- Mode of Healing.
- Integrated Yoga.
- Methods of Practice.
- Effects of Yoga.
 - General Effects.
 - Specific Group Effects.
- Busy Yoga.

MODE OF HEALING

It maintains tranquility of mind and greater calmness in conscious state.....

INTEGRAETED YOGA

Various methods have been described by many sages (*Rishis*), the method described by sage Patanjali is most acceptable and practicable in principles and practice both.....

METHODS OF PRACTICE

According to our culture, the practice of yoga is way of life to lead a divine life (means nearing to divinity). This can be attaining in the following steps.....

BUSY YOGA (VYAST YOGA)⁽¹⁾

Every life in the universe is creation of GOD. They come in the universe for a definite period with definite purpose and ultimately the physical plane submerges in five elements (*Panchmahabhutas*) and higher plane i.e. *Atma with the Permatma*. The higher plane may submerge but not necessarily it is liberated. Thus, the individual being may or may not have attained their ultimate aim. “**Busy Yoga** (*Vyast Yoga*) is one of the best ways for the worldly people to attain the ultimate aim”. (Dr. N.P. Dubey).....

MEDITATION THERAPY

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

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

MODE OF ACTION OF MEDITATION

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

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

METHODS OF MEDITATION

There are various methods of meditation given by various great spiritual scientists (sages). Some of the important methods are

MEASUREMENT OF MEDITATION

To measure the level of attainment of meditation, an electronic device has been developed known as “Bio-feed-back system. It amplify various psychosomatic changes in terms of –

EFFECTS OF MEDITATION

The following effects have been observed as a result of meditation through various methods-

1. Significant increase in Neurohumoral contents as- *acetylcholine catecholamine cholinesterases, histamine and their related enzymes.*
2. Increase in alpha activity of brain in Electro-encephalography (EEG) indicates greater tranquility of mind -Wallace and Benson.
3. It helps in relief of hypertension, drug addiction and alcoholism.

ACUPUNCTURE

Acupuncture is ancient traditional Chinese method of about 5000 years ago. It consists of two words *Acus*-means needle and *Pungus*- means puncture. Thus, the Acupuncture is a method of treatment by pricking with the needle. This is performed in order to make the obstructed flow of energy into constant flow. This was practiced in remote areas in china.....

PRINCIPLES AND PHILOSOPHY

The principles and philosophy of Traditional Chinese Medicine (TCM) is based on vital force known as Chi or Qi, T-Chi. In healthy body, there is free flow of this energy.....

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

DIFFERENCE BETWEEN YIN AND YANG

Yin and Yang are two forces which are equal and opposite of each other. The balance of these forces maintains the status of health of the individual.

YIN AND YANG ORGANS

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

TYPES OF ACUPUNCTUE

ACUPUNCTURE NEEDLES

ACUPUNCTURE POINTS

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

SELECTION OF POINTS

STIMULATION OF POINT

ACUPRESSURE

It is one of the simple, drugless, harmless and scientific method of natural therapy to the maintain health and treat the diseases. In this technique, the healer applies the pressure in order to allow the proper circulation of blood, energy and vital forces. The pressure is applied with finger or palms of hand over certain key points. These points are called acupressure points and are located on various parts of the body. The points are mostly correspondence to the acupuncture points. In some cases, the pressures are applied with mechanically designed devices.....

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

PRINCIPLES AND PHILOSOPHY

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

METHODS OF ACUPRESSURE

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

- (1) Zone therapy
- (2) Foot Reflexology
- (3) Shiatsu therapy
- (4) Meridian points therapy

(1) **Zone Therapy:** The entire body is divided in five longitudinal segments on each side of midline of the body known as zone. All parts in same zone are inter- related in such a way that any problem in particular zone could be treated be pressure and massage at some other areas or in the same zone.

(2) **Foot Reflexology:** Foot is a mirror of all internal organs of the body. Each foot on both sides has been studied and areas of particular organ have been located on them. Blood circulation in particular organs can be stimulated by pressure and massage at certain area of the foot. Feet are a sort of switch-board from where organs can be managed.

(3) **Shiatsu Therapy:** Shiatsu has two words – *Shia-* means finger and *atsu* – means pressure. The Japanese call it *Do-in* while Chinese call it *Tao-yin*. It is local pressure treatment on certain points. The pressure point over the affected region of the body is to be treated for cure. The pressure is applied in on following principles –

(4) **Meridian Points Therapy:** According to the concept of traditional Chinese medicine, the human body has an internal network of the channels called meridian.....

OTHER DRUGLESS THERAPIES

Besides, the commonly earlier mentioned drugless therapies; there are many other drugless therapies. Out of them, some of the occasionally used drugless therapies are:

- (1) Holistic Healing.
- (2) Colour Therapy.
- (3) Chiropractic.

1. HOLISTIC HEALING

The commonest and popular holistic healings are:

- A. Spiritual Healing.
- B. Astrological Healing.
- C. AUMIC Healing.
- D. Chakral Healing
- E. Auric Healing.

2. COLOUR THERAPY

Colour has been used in treatment for thousands of years in *Egyptian, Sumerian, Indian and Chinese medicine*. It has been the part of Indian Ayurveda. The Colouronic Equipment can produce up to 360 shades of colour but in usual practice we consider only eight colour in majority of illness.....

3. CHIROPRACTICE

Chiropractic is drugless system healing. This practice is more common in developed countries. It utilizes the technique of adjusting the spinal vertebrae. This system was developed by Dr. Palmer of Iowa.....

INDICATIONS

Chiropractic is useful in all following disorders.....

BASIS OF INTEGRATION

It is always better to stand on their own strength and if there is any weakness that should be taken care in due course of time. Majority of countries have traditional system in one or the other name. It may be their own or acquired from other country. Before, advent of modern medicine and its development to the present status, there had been the roles of traditional system which is still being in practiced in one or the other ways. In many countries their traditional system has been replaced by modern medicine. To establish the Integrated Medicine the following fundamental basis must be explored.....

- Introduction.
- National Opinion.
- Availability of Systems.
- Professional Dialogues.
- Public Participation.
- Government Involvement.
- Institutions of Integrated Medicine.

- (I) National Opinion.
- (II) Availability of Systems.
- (III) Professional Dialogues.
- (IV) Public Participation.
- (V) Government Involvement.

(I) NATIONAL OPINION

(II) AVAILABILITY OF SYSTEMS

(III) PROFESSIONAL DIALOGUES

(IV) PUBLIC PARTICIPATION

(V) GOVERNMENT INVOLVEMENT

The public interest in any activity in India cannot be initiated without the involvement of the Government.....

INSTITUTIONS OF INTEGRATED MEDICINE

World Association of Integrated Medicine (WAIM) is based on the solid foundation of its first two institutions, rest were initiated after the emergence of World Association of Integrated Medicine.....

INTEGRATED HOLISTIC SYSTEM

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 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.....

APPROXIMATION OF TWO 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.....

- Introduction
- Approximation of two Systems.
- Traditional Medicine.
- Modern Medicine.
- Problems with Systems.
- Integrated Medicine.
 - (i) Origin.
 - (ii) Holistic Aspects.
 - (iii) Applied Science and Philosophy.
- Merits of Integrated Medicine.
- Contributions of Integrated Medicine.

TRADITIONAL MEDICINE

MODERN MEDICINE

PROBLEMS WITH SYSTEMS

MERITS OF INTEGRATED MEDICINE

These merits called Nine Gems (*Navaratna*) of the system ⁽²⁾. This are-

- | | |
|---------------|---|
| • Perfection | : Near to perfect |
| • Useful | : Most useful system of treatment and healing |
| • Meritorious | : Combined merits with synergistic merits. |
| • Bridge | : Bridge between existing systems. |
| • Research | : Wide scopes of research in all spheres. |
| • Limitless | : Not limited in strict scientific boundary only. |
| • Flexibility | : Having flexibility (provision of addition and omission) |
| • Holistic | : Beneficial as Comprehensive Holistic Health Care |
| • Need | : Need of the Day |

CLINICAL AND SOCIAL RELEVANCE

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

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

CLINICAL RELEVANCE

The clinical relevance of integrated medicine programme (IMP) is multi-fold for the benefit of the community/society at large. This can be seen at all levels and sections of the population.....

(II) PREVENTION OF DISEASES

Prevention is the first and basic role of integrated medical programme (IMP) for the good and productive health of the community because prevention is always better than cure.....

(III) CURATIVE ASPECTS

This is second level of prevention in the form of early diagnosis and proper treatment.....

(IV) DISABILITY LIMITATION AND REHABILITATION

These are combined and coordinated use of medical, social, educational and vocational measures for training and re-training of the individual for enabling him for highest of possible level of functional ability and develop a feeling in him of his social relevance and self-confidence.....

SOCIAL RELEVANCE

Since integrated medicine is a sum total of the best of all systems, it is holistic in approach, socially acceptable and relevant to the community health needs. Efforts of the society in mitigating social stigmas and unfounded beliefs and practices about health and disease will be strengthened by age-old healthy, social cultural practices of the community which is emphasized in integrated medical programme.....

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 aspects i.e. principles, diagnostics and therapeutics in one group but it can even be done in principles and or diagnostics and or therapeutics aspect.....

- Introduction.
- Approximation of two Systems.
- Primary Health Care.
- Health for all by 2000 and Onward
- Origin of Integration
- The Backgrounds
- Tips for Integration

APPROXIMATION OF TWO 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.....

PRIMARY HEALTH CARE

Whichever the system may be, the enjoyment of highest attainable standard of health is the fundamental right of every human being without distinction of race, religion and political belief, economic or social condition.....

HEALTH FOR ALL BY 2000 AND ONWARD

In 1977, in the meeting of World Health Assembly (WHA) where more than 150 Member States of the organization adopted a resolution deciding that “the main social target of Governments and WHO was to attain the goal by the people of the world by the year 2000 to a level of health that will permit them to lead a socially and economically productive life” (Resolution WHA 30.43 popularly known as Health for all by the year 2000 (HEA-2000).....

ORIGIN OF INTEGRATION

The WHO recognized four types organizational relationship between official and traditional health care services i.e. Monopolistic, Tolerant, Parallel and Integrated.....

TIPS FOR INTEGRATION

If doctors are to remain relevant to the changing needs of society, they have to shape their roles within the context of total human development.- Tu, Mya.

.....

IMPACTS OF INTEGRATION

Every action has some reaction which may be healthy or non-healthy. The healthy impacts are positive and useful. Various medical systems were developed for relive of suffering in various names. They have definite impacts on health services. The impact is proportional to the merits and demerits of systems. Integrated medicine has emerged with integration of modern and traditional systems exiting in the country. The merits of integrated medicine are at par from any single system. Thus, anyone can have highest expectations and best impacts which can be observed on following parameters.

- Introduction
- Medical Parameters
- Health Parameters.
 - Promotion of Health
 - Prevention of Disease
 - Curative Aspects
 - Rehabilitation
- National Parameters.

1. Medical Parameters.
2. Health Parameters.
3. National Parameters.

1.MEDICAL PARAMETERS

2. HEALTH PARAMETERS

3.NATIONAL PARAMETERS

Integrated medicine has both the direct and indirect impacts on national health services. The good health of the community at large is the good mirror of national of parameters. The national health parameters can be observed as:

1. Improved general health of and increased life expectancy
2. Overall growth of the country will indicate - decreased epidemics, decreased death rates (foetal, infants, maternal and general morbidity and mortality).
3. Development of the country in all spheres (health, productivity and prosperity)
4. Increased demand of natural health resources in the world market.
5. Decreased medical expenses.

STATISTICAL BASIS

Every sentient and insentient in the universe has come with definite life span for assigned works which may be useful or useless. Depending the merits and demerits the existing is defined as good or bad. Amongst all the life, the human being is highly brained. He has his birth right to expect something out of what he is doing. Man has searched and researched so many constructive and destructive things. Medicine is a great gift of nature to the mankind. Amongst the medicine, the traditional medicines were established first and from the traditional medicine, the modern medicine developed.....

- Introduction
- Outcomes
- Variables
- Evaluation

1. Outcomes
2. Variables
3. Evaluation

1. OUTCOMES

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

(2)VARIABLES

These are the changeable parameters which accommodate the healthy aspects of researches and discard the useless and obsolete aspects. In establishing integrated medicine as a system of treatment and healing, there are certain important variables

3. EVALUATION

Evaluation is healthy process in direction of improvement. The evaluation of programme can be in following directions:

1. Minimizing unemployment
2. Service to common man
3. Research for better service.....

ORGANISATIONAL MANAGEMENT

In modern scientific world, one has to work according to rules and regulations. Of course, it is true to certain extent but those who searched and researched certain new for the society and nation had the history of some deviation from the line. Of course the deviations have limits. No one organization /association/institution started with reorganization. Same is the case with medical systems also. Everyone earned the recognition by virtue of its service to the community. The system was started and served the community; the community took the benefit and realized its need and utilities and ultimately the system got the national and international recognitions through the concerned department of the government.....

- Introduction.
- Organizational Management.
- Government Organizations.
 - i. Features of Govt. Organizations.
- Non- Government Organizations.
 - i. Features of Non-Government Organizations.
 - ii. Common Activities of NGOs.
- Government and NGOs.
- WAIM as a NGO
- Salient Features of WAIM.

ORGANIZATIONAL MANAGEMENT

Any development is only acceptable when it is in public interest at mass level. In order to get the popularity, the involvement of the Government in one or the other way is must. The involvement may be direct or indirect by the state or the central or both Governments.....

GOVERNMENT ORGANIZATION

NON- GOVERNMENT ORGANIZATIONS

Here, the likeminded people assemble and held meetings to discuss the plan, its merits and demerits including resources for management.....

WAIM AS A NGO

World Association of Integrated Medicine (WAIM) is a non-governmental organization (NGO) registered under Societies Registered Act XXI of 1860 by the Government of Delhi.....

SALIENT SFEATURES OF WAIM

World Association or Integrated Medicine (WAIM) is Non-governmental Organization (NGO) has following salient features.....

FACTORS IN INTEGRATION

Integrated system is being felt as the need of the day all over the world. It is being practiced in one or the other ways in various names as- integrative medicine, complementary medicine, alternative medicine, holistic medicine and so on. As per definition of World Health Organization, *Integrated System is defined where the modern and traditional medicine is merged in medical education and jointly practiced within a unique health service complex.* The Indian Foundation for development of Integrated Medicine (IFDIM) defined '*Integrated Medicine as combination of modern and traditional medicine together and development of its teaching, training, treatment, research and national implementation*'

- Introduction
- Parameters in Integration.
- Pre- requisites for Integration
- Implementable Aspects.
 - A. Integrated Components.
 - B. Integrated Aspects.
- Operational Factors
 - International level
 - National level
 - Professional level
 - Community level

PARAMETERS IN INTEGRATION

Before, integration there are many aspects of the system to be explored in order to overcome the problem coming across the process of implementation.....

PRE-REQUISITES FOR INTERGRATION

Integrated system has many more merits which are not at all present in any single system but has constraints in its implementation. Some of the important pre-requisites are.....

IMPLEMENTABLE ASPECTS

Integrated Medical System has two invaluable parameters which need to be properly and effectively implemented.....

OPERATIONAL FACTORS

For effective implementation of the integrated medical system globally, there is need to consider some of the important factors as - *Political, Public, Professional and Personal (Ps. Factors)* at following levels.....

INTEGRATED MEDICINE IN INDIA

India is beautiful country with wide scope of integration of all (especially the culture, civilization and medicine). The integration of modern scientific medicine (western medicine) with traditional medicine is the need of the day. World Health Organization and many other national organizations are trying to bring these systems together since long. None of the countries made any effort except China, Korea and Vietnam and to certain extent Nepal. They have integrated their traditional medicine with the acupuncture and other locally available traditional healing systems and gave the name as Integrative Medicine which is available in many countries of the world. Before Alma Ata Declaration, World Health Organization involved all possible traditional medicine in their programme and classified in four organizational group i.e. - **Monopolistic, Tolerant, Parallel and Integrated.** According to World Health Organization, the integrated medicine is defined as- merger of modern and traditional medicine in medical education and jointly practiced within a unique health service complex.....

- Introduction
- Initiation of Integrated Medicine.
- WAIM and Integrated Medicine.
- Planning.
 - Features of Planning.
 - Fundamental Basis.
 - Early Landmarks.
 - Landmarks of WAIM.
- Implementation
 - Important Milestones.
 - Landmarks in Implementation.
- Evaluation
- Feed-Back

INITIATION OF INTEGRATED MEDICINE

India had integration of traditional medicine and healing since long.....

WAIM AND INTEGRATED MEDICINE

World Association of Integrated Medicine took the defined steps of fundamental guidelines as:-

- (I) Planning.
- (II) Implementation.
- (III) Evaluation.
- (IV) Feed Back.

INDIAN MODEL OF INTEGRATED MEDICINE

A well planned implementable programme needs its sound implementation for the production of excellent fruits for the service of the concern nation and thus the entire world. India has been the rich heritage of traditional medicine. It has established modern medicine modern medicine also. Thus, India is the country in the world to for development of the model of Integrated Medicine. World Health Organization has mentioned in the article written by Dr. N.P. Dubey published in World Health Forum regarding its initiation of Integrated Medicine at Prashanti Medical Care Institute at Varanasi, UP, India. There are two broad ways for implementing the Integrated Medical Programme in India.....

- Introduction.
- Government Organization.
- Non Government Organization.
- Model of WAIM
- Levels of Implementation.
- Suggested pattern of Implementation
(I)Institutional Pattern.
(II)Service Pattern.
- Operational Levels
- Evaluation and Monitoring.

1. GOVERNMENT ORGANIZATION

Here, the National government should initiate the implementation of the planning directly or through their agencies after necessary alteration and modification. Here, all the official formalities are smooth and effortless.....

2. NON- GOVERNMENT ORGANIZATION

Here, the like minded people with well established and financial sound non-governmental organization (NGO) think and decide to implement a well planned and government approved integrated medical programme (both academic and service) as per guide lines laid down by the concerned government through the NGO.....

MODEL OF WAIM

World Association of Integrated Medicine has developed a model which has been given to government of India and is still under examination.....

OPERATIONAL LEVELS

EVALUATION AND MONIRORING

STRATEGIES OF WAIM

Innovation is fundamental right of every individual but its implementation and further establishment is not possible individually for the mass benefits. Our project requires huge involvement of man, money and materials which definite require the help of the Government and the Capitalists. India is fast growing country led by the politicians and bureaucrats. For implementation of any innovative works or idea, it requires a lot of perseverance and persuasions to bring it in action of implementation. So for the integrated medicine is concern, India has rich heritage of traditional medicine and well developed modern medicine. World Association of Integrated Medicine (WAIM), the over and above all institutions of integrated medicine, initiated integrated medical programme (IMP) in 1990 through its first Institution Prashanti Medical Care Institute (PMCI) followed by its academic wing Indian Foundation for Development of Integrated Medicine (IFDIM) and registering wing International Integrated Medicine Council (IIMC) has taken the lead in the entire world but still we are looking forward for the approval of the Government of India.....

- Introduction.
- Pre-requisites.
- Strategies.
- Governmental Supports.
- Expectations from Government

I. PRE-REQUISITES

Based on long national and international experience and other favorable conditions, India is most suitable country to initiate the challenge of integrated which has already been initiated by a nongovernmental organization in Varanasi.....

(II) STRATEGIES

World Association of Integrated Medicine has already moved ahead than anyone in the entire world. Some of the basic pre-requisites before establishing any system are needed.....

III. GOVERNMENTAL SUPPORTS

Though, World Association of Integrated Medicine has no any direct financial support of the government of India but have many indirect supports.....

EXPECTATION FROM GOVERNMENT

World Association of Integrated Medicine expects the following supports of national government to speed up the programmes of IMP.....

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