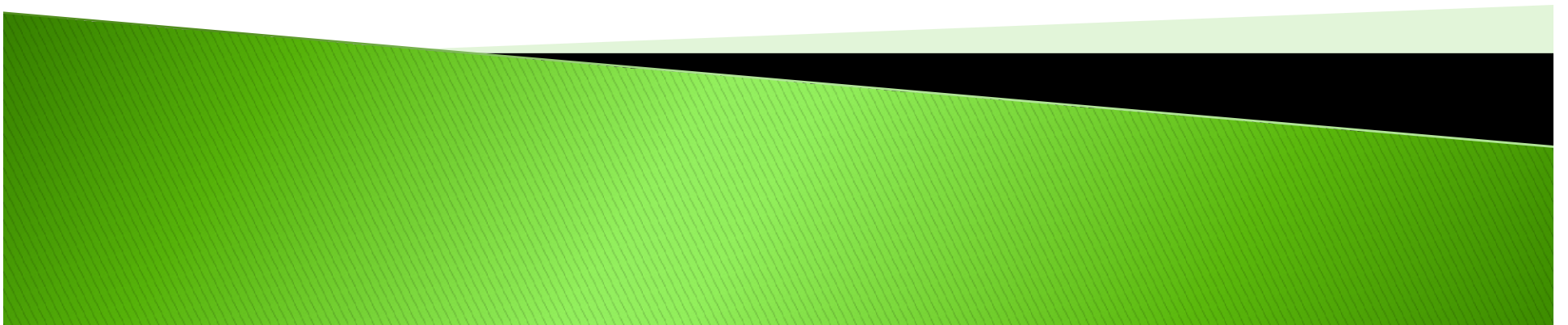


Alternative Medicine Therapies



Mind Body Techniques

Mind–body practices are techniques designed to enhance the mind's positive impact on the body. These techniques practices include behavioral, psychological, social, expressive, and spiritual approaches.



1. Support groups

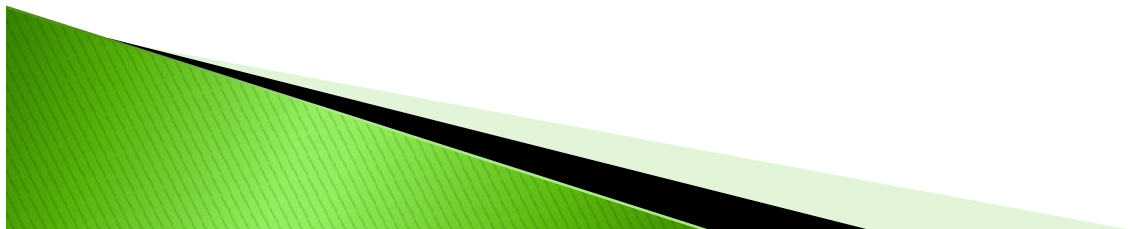
- ▶ A support group provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about diseases or treatments.
- ▶ For many people, a health-related support group may fill a gap between medical treatment and the need for emotional support. A person's relationship with a doctor or other medical personnel may not provide adequate emotional support, and a person's family and friends may not understand the impact of a disease or treatment. A support group among people with shared experiences may function as a bridge between medical and emotional needs.



2. Counselling

Types of Counselling:

- ▶ **1. Directive Counselling:**
 - ▶ Under directive counselling the counsellor issues certain instructions to the counsellee or he is directed to do certain things e.g.: he is asked to behave in a particular manner, asked to abstain from alcohol or drug, asked to respect his colleagues and superiors.
- ▶ **2. Non Directive Counselling:**
 - ▶ Under non directive counselling counsellor does not issue directions but observe the behaviour and attitude of the counsellee towards his work and his colleagues and superiors and subordinates. If he errs then counsellor comes to his rescue and corrects him realizing him that he was wrong. He will not issue him any instructions or will not direct him.
- ▶ **3. Cooperative Counselling:**
 - ▶ This is a kind of counselling that can be done through extending full cooperation to the counsellee and makes him realize his mistakes relating to his behaviour and attitudes so that he himself will be back on the track and improve himself. It is winning the heart of the counsellee through cooperation. His confidence will be won by the counsellee and he in turn will extend his cooperation and become self disciplined.
- ▶ **4. Marital and Family Counselling:**
 - ▶ Employees need counselling in respect of marriage and family problems. The troubled employees can discuss out their problems with the counsellor who can take them into confidence and prescribe solutions for their ills.



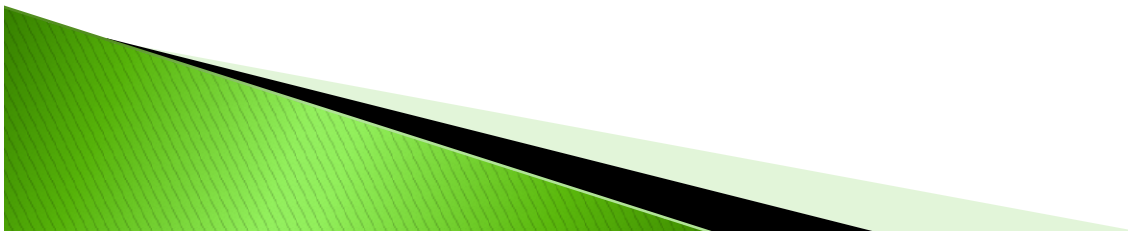
3. Art Therapy

- ▶ Art therapy integrates psychotherapeutic techniques with the creative process to improve mental health and well-being.
- ▶ Techniques used in art therapy can include drawing, painting, coloring, sculpting, or collage. As clients create art, they may analyze what they have made and how it makes them feel. Through exploring their art, people can look for themes and conflicts that may be affecting their thoughts, emotions, and behaviors.
- ▶ People do not need to have artistic ability or special talent to participate in art therapy, and people of all ages including children, teens, and adults can benefit from it. Some research suggests that just the presence of art can play a part in boosting mental health



4. Hypnosis

Hypnosis or hypnotherapy uses guided relaxation, intense concentration, and focused attention to achieve a heightened state of awareness that is sometimes called a trance. The person's attention is so focused while in this state that anything going on around the person is temporarily blocked out or ignored. In this naturally occurring state, a person may focus his or her attention with the help of a trained therapist on specific thoughts or tasks.



Body Based Practices

Body based practices encompass a system of therapies that use either manual manipulation or movement of one or more parts of the body to address structural or systematic imbalances of the bones and joints, the soft tissues, and the circulatory and lymphatic systems.

The term body-based practices refers to complementary therapies that work directly on your body. They may also be described as bodywork or touch therapies.

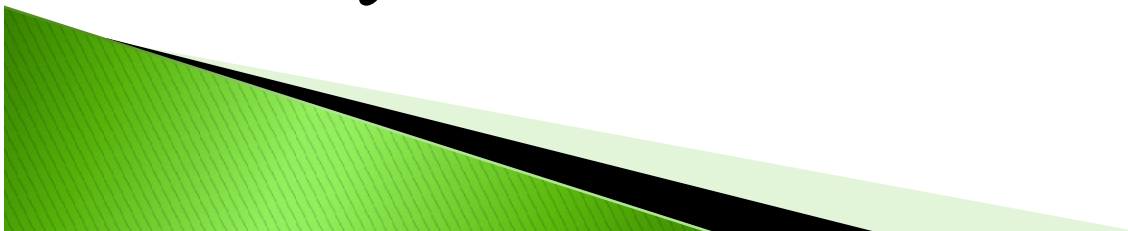


- ▶ **Benefits:** The benefits of body-based practices include reducing tension, anxiety, insomnia and pain, and increasing energy, vitality, quality of life and wellbeing. Exercise, even if gentle, can also improve stamina, muscle tone (strength), flexibility and agility.
- ▶ **Side effects/safety:** To reduce the potential for harm, check the practitioner is qualified.



1. Massage Therapy

Massage therapy is the scientific manipulation of the soft tissues of the body, consisting primarily of manual (hands-on) techniques such as applying fixed or movable pressure, holding, and moving muscles and body tissues.



▶ **General massage technique:**

1. **Brushing:** A superficial technique in which the skin surface is slowly, lightly and rhythmically stroked, often after a full massage.
2. **Connective tissue technique:** Manipulation of connective tissues with the aim of enhancing circulation and, by extension, healing.
3. **Cupping:** A technique in which the cupped hands are gently clapped on the skin surface, with the intent of increasing local blood circulation.
4. **Effleurage:** A “soft tissue” technique that entails the use of small circular pressure strokes from the fingertips, thumbs, knuckles and palms, which may be combined with aromatherapy.
5. **Friction:** A “soft tissue” technique that entails the use of small circular pressure strokes from the fingertips, thumb pads and palms, with the aim of freeing stiff joints and enhancing the circulation in tendons and ligaments.



▶ **Different types of massage:**

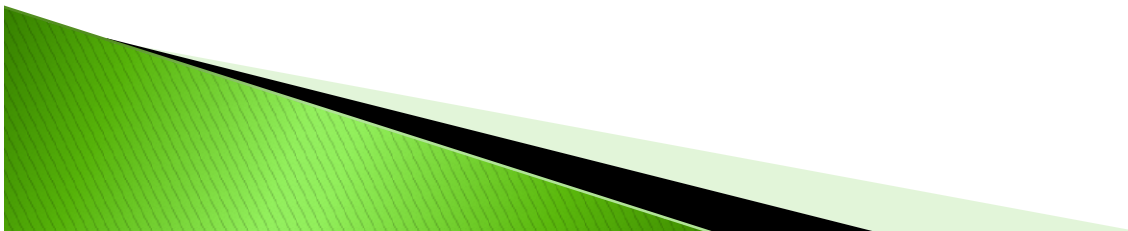
Systematic therapeutic stroking or kneading of the body or part.

- a) **Acupressure massage:** massage therapy based on the Chinese meridian theory in which pressure is applied to acupuncture points to keep energy channels open.
- b) **Cardiac massage:** intermittent compression of the heart by pressure applied through the chest wall or directly to the heart through an opening in the chest wall.
- c) **Cold massage:** uses ice to massage to skin. Vasoconstriction and delayed nerve conduction in deep tissues raises the pain threshold.
- d) **Friction massage:** applied across the direction of underlying fibers to promote blood flow and prevent adhesions.
- e) **Genitalic massage:** of the seminal vesicles in bulls or the penis in male dogs for the purpose of collecting semen, of the clitoris in cows and goat does for the collection of urine.
- f) **Massage therapy:** a technique of physical therapy in which hands and body are used to massage soft tissues. Its objective is to improve circulation and muscle function, release scar tissue and produce relaxation.
- g) **Trigger massage:** massage technique are centered on areas of maximal tenderness in muscle tissue, detectable as taut bands. Called also myotherapy.
- h) **Vibratory massage:** massage by rapidly repeated light percussion with a vibrating hammer or sound.

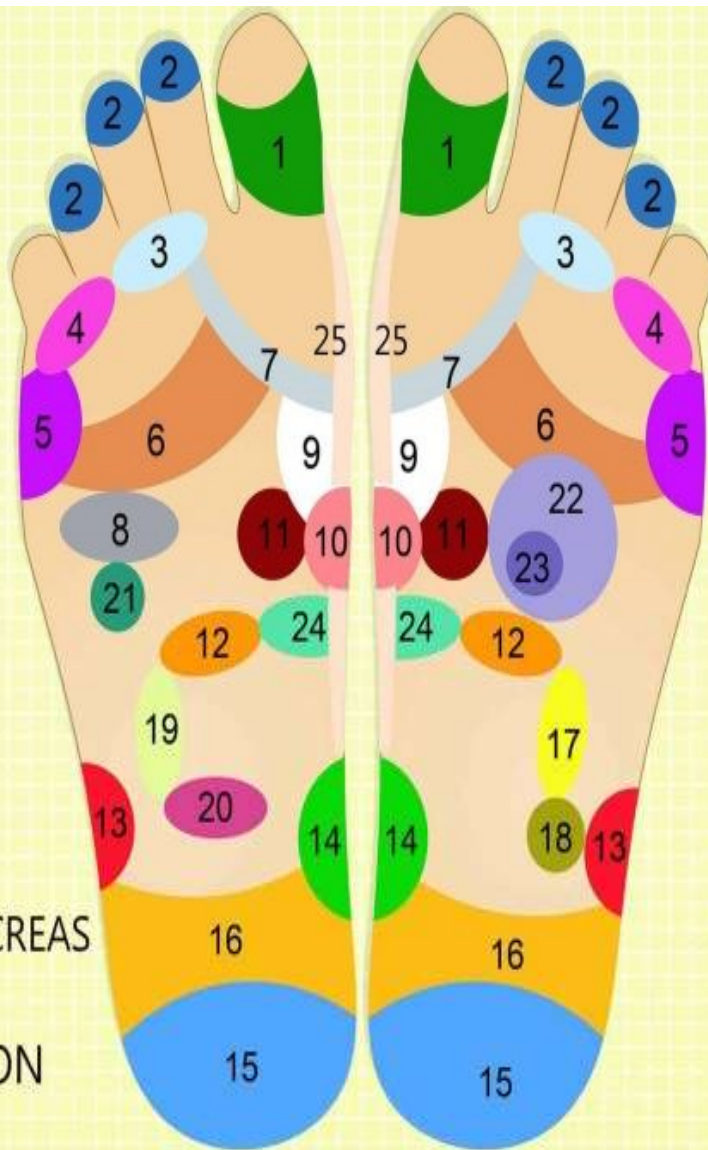
2. Reflexology

Reflexology is also known as zone therapy, is an alternative medical practice involving the application of pressure to specific points on the feet and hands. This is done using specific thumb, finger, and hand massage technique without the use of oil or lotion. It is based on a pseudoscientific system of zone and reflex.

There is no convincing scientific evidence that reflexology is effective for any medical condition.



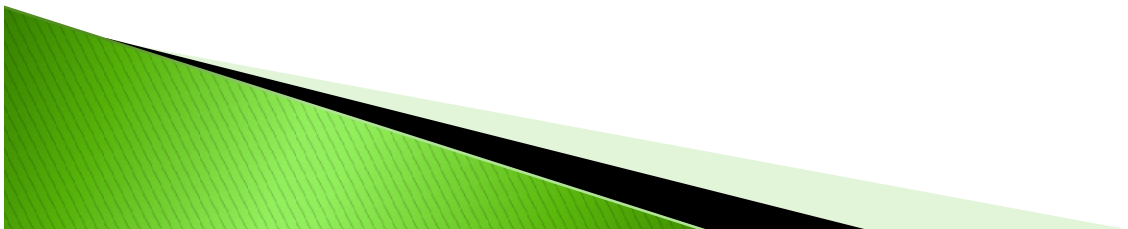
- 1. HEAD
- 2. BREASTS FRONT
- 3. EYES
- 4. EARS
- 5. SHOULDER
- 6. LUNGS-BRONCHI
- 7. THYROID
- 8. HEART
- 9. STOMACH
- 10. DUODENUM-PANCREAS
- 11. KIDNEY
- 12. TRASVERSE COLON



- 13. KNEE
- 14. BLADDER
- 15. OVARIES-TESTICLES
- 16. NERVO SCIATIC
- 17. ASCENDING COLON
- 18. APPENDIX-ILEO
- 19. DESCENDING COLON
- 20. INTESTINE RETTO
- 21. SPLEEN
- 22. LIVER
- 23. GALLBLADDER
- 24. DUODENUM
- 25. SPINE

▶ **The principles of reflexology:**

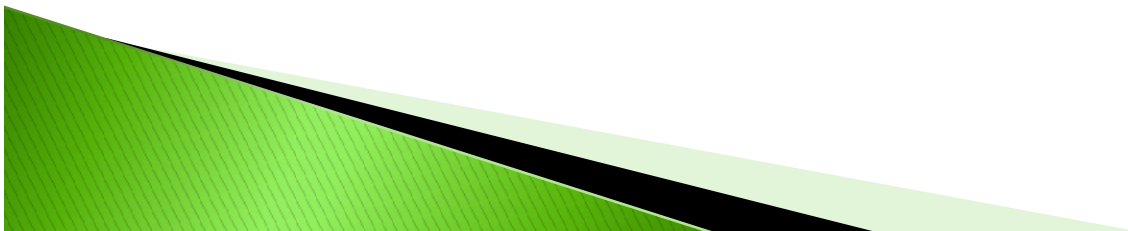
- ❖ Reflexology is a gentle art, a fascinating ancient science and an extremely effective form of therapeutic foot massage that has been impressive in the field of complementary medicine. It is both a science and an art, a science because it is based on physiological and neurological study and an art because much depends on the therapists apply their knowledge.
- ❖ The feet are a microcosm of the body. All the organs, glands and body parts are represented by reflexes in similar arrangement on the feet. Their locations and relationships to each other on the feet follow a logical, anatomical pattern which closely resembles that of the body itself.
- ❖ Pressure is applied to the reflex areas using specific thumb and finger techniques. This causes physiological changes to take place in the body as the body's own healing potential is stimulated.
- ❖ The goal of Reflexology is to trigger the return of homeostasis in the body, a state of equilibrium or balance. The most important step towards achieving this is to reduce tension and induce relaxation. The body's organs can function normally.



3. Aromatherapy

Aromatherapy is the therapeutic use of plant-derived, aromatic essential oils to promote physical and psychological well-being. It is sometimes used in combination with massage and other therapeutic techniques as part of a holistic treatment approach.

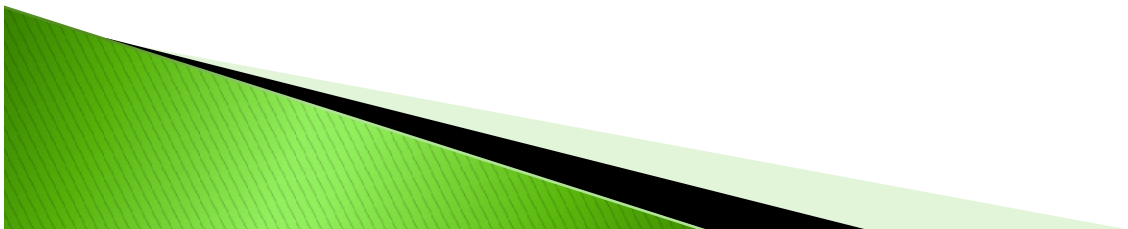
A form of herbal medicine that uses various oils from plants. The route of administration can be absorption through the skin or through inhalation. The action of antiviral and antibacterial agents is proposed to aid healing. The aromatic biochemical structures of certain herbs are thought to act in areas of the brain related to past experiences and emotions.



Name	Description	Conditions treated
Bay laurel	Antiseptic, diuretic, sedative, etc.	Digestive problems, bronchitis, common cold, influenza, and scabies and lice. CAUTION: Don't use if pregnant.
Clary sage	Relaxant, anticonvulsive, anti-inflammatory, and antiseptic	Menstrual and menopausal symptoms, burns, eczema, and anxiety. CAUTION: Don't use if pregnant.
Eucalyptus	Antiseptic, antibacterial, astringent, expectorant, and analgesic	Boils, breakouts, cough, common cold, influenza, and sinusitis. CAUTION: Not to be taken orally.
Chamomile	Sedative, anti-inflammatory, antiseptic, and pain reliever	Hay fever, burns, acne, arthritis, digestive problems, sunburn, and menstrual an menopausal symptoms.
Lavender	Analgesic, antiseptic, calming/ soothing	Headache, depression, insomnia, stress, sprains, and nausea.
Peppermint	Pain reliever	Indigestion, nausea, headache, motion sickness, and muscle pain.
Rosemary	Antiseptic, stimulant, and diuretic	Indigestion, gas, fluid retention, and influenza. CAUTION: Don't use if pregnant.
Tea tree	Antiseptic and soothing	Common cold, bronchitis, abscesses, acne, vaginitis, and burns.
Thyme	Stimulant, antiseptic, antibacterial, and antispasmodic	Cough, diarrhoea, gas, and intestinal worms. CAUTION: Don't use if pregnant or have hypertension.

▶ **Purpose:**

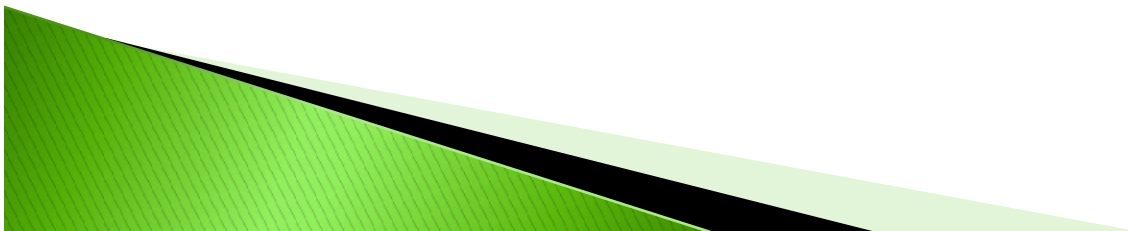
- Aromatherapy offers diverse physical and psychological benefits, depending on the essential oil or oil combination and method of application used.
- Some common medicinal properties of essential oils used in aromatherapy include: analgesic, antimicrobial, antiseptic, anti-inflammatory, astringent, sedative, antispasmodic, expectorant, diuretic, and sedative.
- Essential oils are used to treat a wide range of symptoms and conditions, including, but not limited to, gastrointestinal discomfort, skin conditions, menstrual pain and irregularities, stress-related conditions, mood disorders, circulatory problems, respiratory infections, and wounds.
- Essential oils contain active agents that can have potent physical effects. While some basic aromatherapy home treatments can be self-administered, medical aromatherapy should always be performed under the guidance of an aroma therapist, herbalist, massage therapist, nurse, or physician.



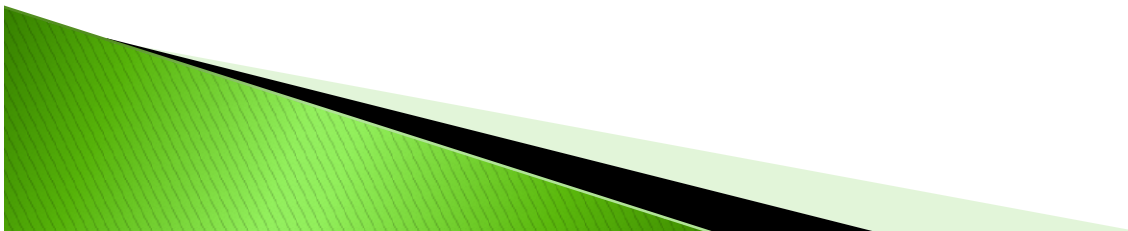
4. Osteopathy

Osteopathy is a system and philosophy of health care that separated from traditional and medical practice about a century ago. It places emphasis on the musculoskeletal system, hence the name 'osteo' refers to "bone" and 'path' refers to "disease". Osteopaths also believe strongly in the healing power of the body and do their best to facilitate that strength.

Osteopathy is a type of alternative medicine that emphasizes physical manipulation of muscle tissue and bones. Practitioners of osteopathy are referred to as osteopaths. Its name derives from Ancient Greek "bone" and "sensitive to" or "responding to".



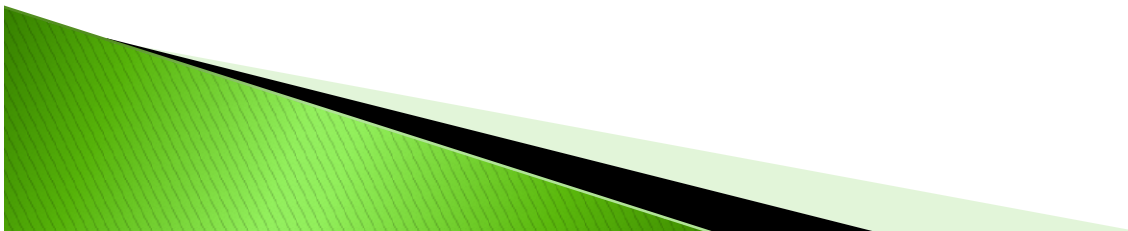
- ▶ **Purpose:** Osteopathy shares many of the same goals as traditional medicine, but places greater emphasis on the relationship between the organs and the musculoskeletal system as well as on treating the whole individual rather than just the disease.
- ▶ **Precautions:** Pain is the chief reason patients seek musculoskeletal treatment. Pain is a symptom, not a disease by itself. Of critical importance is first to determine the cause of the pain. Cancers, brain or spinal cord disease, and many other causes may be lying beneath this symptom. Once it is clear that the pain is originating in the musculoskeletal system, treatment that includes manipulation is appropriate.



5. Acupuncture

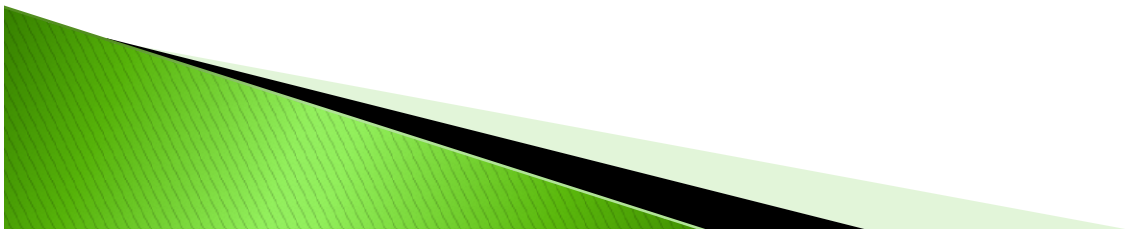
Acupuncture is a form of alternative medicine in which thin needles are inserted into the body. It is a key component of traditional Chinese medicine (TCM). As such, acupuncture is considered a pseudoscience because the theories and practices of TCM are not based upon modern scientific knowledge. Acupuncture is generally used only in combination with other forms of treatment.

The conclusions of numerous trials and systematic reviews of acupuncture are largely inconsistent, which suggests that it is not effective. An overview of Cochrane reviews found that acupuncture is not effective for a wide range of conditions.

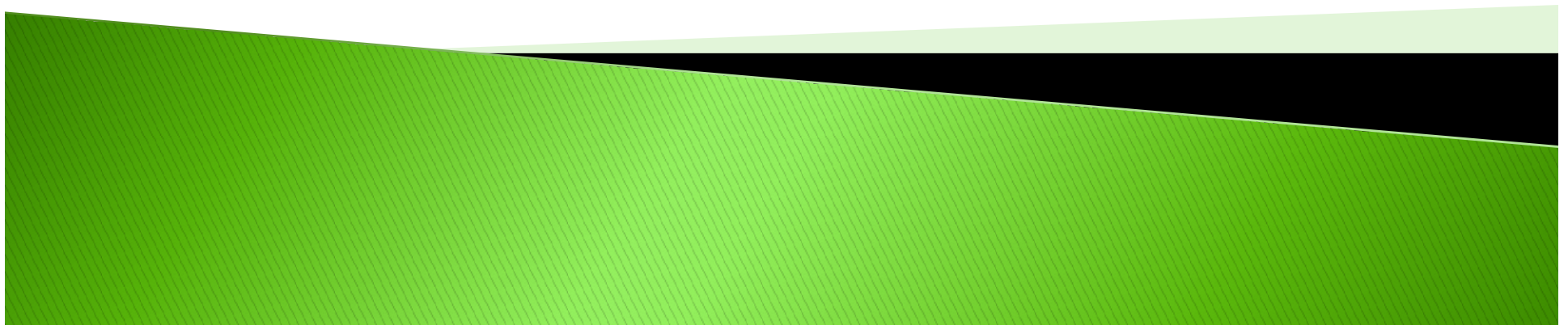


► **Needles:**

- The most common mechanism of stimulation of acupuncture points employs penetration of the skin by thin metal needles, which are manipulated manually or the needle may be further stimulated by electrical stimulation.
- Acupuncture needles are typically made of stainless steel, making them flexible and preventing them from rusting or breaking. Needles are usually disposed of after each use to prevent contamination. Reusable needles when used should be sterilized between applications.
- Needles vary in length between 13 to 130 millimetres (0.51 to 5.12 in), with shorter needles used near the face and eyes, and longer needles in areas with thicker tissues; needle diameters vary from 0.16 mm (0.006 in) to 0.46 mm (0.018 in), with thicker needles used on more robust patients. Thinner needles may be flexible and require tubes for insertion. The tip of the needle should not be made too sharp to prevent breakage, although blunt needles cause more pain.
- Apart from the usual filiform needle, other needle types include three-edged needles and the Nine Ancient Needles. Japanese acupuncturists use extremely thin needles that are used superficially, sometimes without penetrating the skin, and surrounded by a guide tube. Korean acupuncture uses copper needles and has a greater focus on the hand.

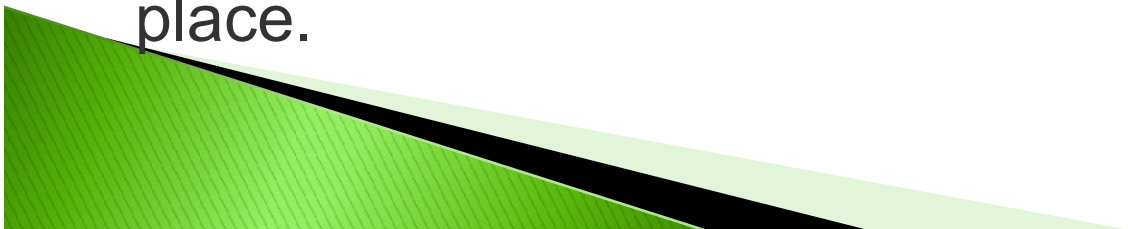


IMPORTANCE AND CONCEPT OF DIET IN YOGA



ROLE OF DIET IN YOGA THERAPY

Although many people don't realize it, diet is an integral part of yoga. Much of the yogic prescription for food comes straight from the *yamas* and *niyamas*. It is well established in Western science that a poor diet can contribute to the development of a wide variety of diseases, including Type II diabetes, high blood pressure, heart attacks, and some cancers. Modifying the diet can, in turn, improve health, reduce the need for medications, and in some cases reverse all signs of disease. In addition, yoga would suggest that a good diet can improve your mood, energy level, and overall well-being, and even help make the world a better place.



YOGIC DIET

A diet that is wholly conducive to the practice of Yoga and spiritual progress is called Yogic diet. Diet has intimate connection with the mind. Mind is formed out of the subtlest portion of food. Diet is of three kinds viz., Sattvic diet, Rajasic diet and Tamasic diet. Milk, barely, wheat, cereals, butter, cheese, tomatoes, honey, dates, fruits, almonds and sugar-candy are all Sattvic foodstuffs. They render the mind pure and calm. Fish, eggs, meat, salt, chillies and asafoetida are Rajasic foodstuffs. They excite passion. Beef, wine, garlic, onions and tobacco are Tamasic foodstuffs. They fill the mind with anger, darkness and inertia.

Food plays an important part in meditation. Different foods produce different effects on different compartments of the brain. For purposes of meditation, the food should be light, nutritious and Sattvic. Milk, fruits, almonds, butter, sugar-candy, green gram, Bengal gram soaked in water overnight, bread, etc., are all very helpful in meditation. Theed (a kind of root available in abundance in the Himalayan regions) is very Sattvic. Tea and sugar should be used in moderation. It is better if you can give them up entirely. Dried ginger-powder can be mixed with milk and taken frequently. Indian Yogins like this very much. Another health-giving stuff is myrobalan of the yellow variety which can be chewed now and then. It takes care of the body better than a mother does. A mother gets annoyed with her child sometimes, but myrobalan always keeps an even temperament and is cheerful and enthusiastic in attending to the well-being of human beings. It preserves semen and stops all nocturnal emissions. Potato, boiled without salt or baked on fire, is also an excellent food for practitioners.

The YOGIC concept of food takes into consideration the total dimensions of human existence. Apart from the atoms and molecules, from which are gross physical body is made of, Prana, mind, intellect, emotions and spiritual dimensions. YOGA is that process by which we can bring in an integration of entire personality at all these levels. A balanced diet according to Yoga, is the diet which stores balance at all levels. The Yogic diet believes in the concept of Mitahara. This postulates that the final effect of intake of diet depends upon the following three factors:

- a. **Quality of food:** it should be sattvik and more akin to the natural form of it.
- b. **Quantity of food:** half of the stomach should be filled with food, one fourth with liquid and the rest one fourth should be empty for the free flow of air.
- c. **State of mind while taking food:** while during meals one should be calm and quiet, should relish the food, and not be engaged in any form of intense thinking activity.

Sattvik food

The foods which are fresh, whole, natural, of good quality yet mild, neither over nor undercooked are experienced as leading a calm alertness and at the same time a state of quiet energy. Such foods are called sattvic.

They are said to nourish the consciousness. They not only provide nourishment for the body, but they do not adversely affect the overall energy state. They add vitality to the total system by bringing a perfect, harmonious balance of energy states in the food itself. They don't pull energy from the body, they don't weigh it down, they don't make it heavier, n

Rajasik Foods

Food which is cooked a great deal to increase its taste appeal, that which stimulates the nervous system speeds up metabolism and activates is called rajasic. Such foods as coffee, tea and tobacco are usually considered rajasic. The foods will energize but not in the sense of leading a clear, balanced energy. Rather they tend to stimulate and push the organism to increase its speed and to indulge more in physical activity, sensual pleasure and creature comforts.

Tamasik Foods

Those foods which are dead, partly spoiled, have been processed a great deal, have been preserved in some way, have no spark of life about them, lack the vitality of food that is alive or has been

NATUROPATHY

Diet therapy is both an art and a science.

Naturopathy deals with the subject of diet therapy in an elaborative way. It is so important that the food is given the status of medicine in Naturopathy. The real factors concerned in diet are a proper balance of food, food production, preparation and consumption in accordance with natural requirements.

Naturopathy believes that 'food has a great influence on the mind because everything we eat and drink is transported by the blood which sustains the nervous system. Therefore, quality of food has much to do with the quality of mind.

In Naturopathy foods are generally classified on

Raw Diet:

Raw fruits and vegetables are the ideal foods, low in calories, but high in nutritive value. They contain the vitamins and minerals required by the body in their natural state apart from their healing properties. Raw diet consists of fresh and dry fruits, raw vegetables, nuts, sprouted whole grain cereals and pulses, etc.

Mono Diet:

The mono diet means using only one kind of food at a meal, and not the same one continuously.

Eliminative Diet:

The dietary items beneficial in the cleansing of the system come under eliminative diet. During the first stage of treatment eliminative diet pattern is followed which encourages the detoxification of body by eliminating the morbid matter and toxins from the system by way of activating the eliminating organs i.e. kidney intestines. The eliminative diet is very close to fasting. Therefore, food items like citrus juices

Soothing Diet:

In the second stage of Naturopathy treatment when the body is almost clean and detoxified, the patients are kept on soothing diet for sometime which is slightly filling wherein patient don't feel as he or she is fasting and action is not as vigorous as eliminative diet. The food items in this phase generally consists of the fruit, salads, steamed vegetables, sprouts, vegetable soups, butter milk, wheat grass juice, etc.

Constructive Diet: In the third phase of treatment when the body is fully detoxified and patient is free of disease condition, he is prescribed constructive diet whereby his new blood, lymph and body cells are building up normally. The food item in this phase generally consists of

REFERENCES

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