

# SOUVENIR



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## INTEGRATION USHERS IN EXCELLENCE

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### Introduction:

During the last decade, use of traditional medicine has expanded globally and has gained popularity. It has not only continued to be used for primary health care of poor in developing countries but also has been used in countries where conventional medicine predominates in the health care system, out of all therapies, Homoeopathy has obtained international acceptance and acclamation in a big way. To give more thrust/ augmentation to the system integration is essentially required.

In the last few decades enormous advancements have been accomplished in the field of Modern Medicines in terms of application of new technology, manufacturing of new drugs etc. In one hand diseases like small pox have been eradicated from the world and polio is about to be eradicated. But in the other hand many incurable diseases have become more complicated due to aggressive use of powerful drugs. Many drugs have their side effects. People being disgusted with these problems are in search of non toxic, gentle and safer medicines where Homoeopathy is the answer to it. This fact has been accepted by the people world over.

Two centuries back Dr. Hahnemann, a German Physician amazed the medical world with his astounding discovery of scientific technique to establish the curative power of substances in infinitesimal dilutions. The most brilliant medical minds of the era extended their recognition to him. During the course of his life he introduced ideas/principles of standardization, which were trail blazers of his time. The methods were brilliant, considering the technological limitations of time. However, since then technology has progressed astronomically and practice of Homoeopathy has been modernized and has encompassed all modern tools for diagnosis and therapeutic purposes.<sup>1</sup>

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### Literature Review :

In the very beginning of his masterpiece (Organon of Medicine) Hahnemann has written that the physician's high and only mission is to restore the sick to health or cure as it is termed. He further opines that the highest ideal of cure is rapid, gentle and permanent restoration of health or removal or annihilation of the disease in its whole extent in the shortest, most reliable, most harmless way on easily comprehensible principles.<sup>2</sup>

If this is the aim of the physician, then it becomes the first and final duty of every physician to give the relief to his patient, to restore the sick to health in the shortest possible time, without doing any harm to the sick and on the basis of well-known and easily understandable principles. This is the duty of every health caring personnel from whichever stream he may be.

In all over the world there are different systems of therapeutics prevalent in different regions. In addition to the Conventional Medicine or what we call as Modern Medicine, various other systems of therapeutics are available. Some of the important systems of therapeutics viable globally are delineated below.

**Acupuncture** : It is a system of therapeutics where the fine needles are inserted into the body to treat a variety of diseases, including back and neck pain, menstrual cramping, premenstrual syndrome, migraine headaches, arthritis, and many other conditions. It is a bio energetic system based on the flow of chi, blood, and body fluids in the meridians and tissues. An integral part of the traditional system is the application of heat to the acupoints through the burning of moxibustion. Modern acupuncture may also include the use of a variety of sophisticated electrical stimulators, lasers, magnets, ultrasound, and even color therapy devices.

**Allopathic Medicine** : It is a general term used to describe conventional biomedicine as practised by a medical doctor (MD) or osteopath (DO). The emphasis is on the treatment of disease with drugs or surgery. It has been heavily criticized in recent



years because of its high costs, serious and common side effects, and "one size fits all" approach.

**Antipathy** : It may be regarded as a system of medicine; using agents whose action is opposite of the symptoms. Modern conventional medicines are often used this way. This is palliative and suppressive in its action on signs and symptoms.

**Functional Medicine** : It is an evidenced based approach to natural medicine, functional medicine was developed by Jeffrey Bland, Ph.D., emphasizes the use of nutrients and diet in the treatment of many common conditions of modern lifestyle, such as Type II diabetes, hypoglycemia, chronic fatigue syndrome, and arthritis.

**Herbal Medicine** : It is generally thought of as a system of healing using natural plant remedies, in recent years herbal medicine has grown to include standardized extracts of whole plants or their active components, such as Ginkgo biloba extract. It is also referred to as botanical medicine or phyto medicine.

**Holistic Medicine** : The idea of holism (spelled without the "w") was first described in the 1920s by Jan Smuts in his book, "Holism and Evolution." In opposition to the prevailing mechanistic view, the holistic concept was revived in the 1960s to express a broader vision of medical care and health in which life is perceived as a un-divisible unity rather than a grouping of parts. The use of the term holistic medicine has largely fallen out of favor in recent times in favor of alternative, complementary, or integrated medicine.

**Homeopathy** : Derived from the Greek word *homeos*, meaning similar, and based on the principle of "like cures like", homeopathy is a system of medicine developed in the last century by Samuel Hahnemann, a German physician, that treats disease with very minute dosages of a variety of substances, including minerals, drugs, tissues, animal and insect venom, and plants.

**Homotoxicology** : Developed in this century by the German physician and scientist, Dr. Reckeweg, homotoxicology is described as a continuum of homeopathic theory and practice combined with scientific knowledge of pathology, physiology, and toxicology. It emphasizes the use of mini-dosages

of substances to clear the system of a wide variety of autologous, iatrogenic, and environmental toxins.

**Isopathy** : Treatments of disease by the identical agent of the disease. The concept of vaccination has similarities with this system of therapeutics.

**Naturopathic Medicine** : Naturopathy, or "nature cure", is a method of healing by a variety of natural methods to treat illness, prevent disease, and to assist an individual to achieve optimal health and well being. Traditionally speaking, its therapies include herbs, diet, nutritional supplements, exercise therapy, and hydrotherapy. Modern naturopathic physicians also may perform minor surgery and obstetrics, use acupuncture and homeopathy, and prescribe hormone replacement therapies.

**Nutritional Medicine** : The modern approach to diet and nutrient supplementation has expanded to include a large amount of scientific evidence supporting the use of vitamin, mineral, amino acid, enzymes, probiotics, and other nutritional substances to treat and prevent a wide range of illness including cardiovascular disease, arthritis, inflammatory bowel disease, and allergies.

**Oriental Medicine** : Is a general term that includes traditional Chinese medicine, Ayurvedic medicine, and other Asian systems of healing and health practices, such as tai chi, various forms of Indian and Taoist yoga, and even martial arts.

**Sustainable Medicine** : The concept of sustainable medicine is of a system that fully integrates the best of alternative and complementary therapies with scientific evidence based modern methods and is consistent with the new paradigm of sustainable economics, ecology, and environmentally sound lifestyle. In this system, the therapy that works best and has the least detrimental impact on the whole system is emphasized. For example, if acupuncture is proven to work best for migraine headaches because it is ultimately cheaper, has fewer side effects, has the least negative impact on the economy and environment, and produces the most sustained long term outcome, then it becomes the primary therapy for this condition.

**Traditional Chinese Medicine** : Is a complex system of medicine developed by the Chinese, over



a period of several thousand years, that primarily includes the use of herbal formulae and diet therapy. In China, there are hospitals exclusively based on traditional Chinese medicine, including departments of traumatology and orthopedics, gynecology, ophthalmology, internal medicine, gastroenterology, and neurology.<sup>3</sup>

But unfortunately none of them is complete in it. Every system is having its own scopes and merits associated with its limitations and demerits. In spite of large number of limitations and demerits in all the systems of therapeutics, none of the experts of any system of therapeutics are ready to frankly accept or tell the limitations of their system. It is nothing but may be ignorance or lack of courage or lack of boldness, but the important fact is that whenever there is any dis-satisfaction and the individual becomes bold or does not hesitate to tell the truth, a new light comes with new hopes and new revolutions. The best example is Homoeopathy itself. It was the dis-satisfaction of Dr. Hahnemann and also his courage to tell the truth that led the Homoeopathy to be discovered.

When we talk about the Modern Medicine we find that it is an undeniable fact that it has much to offer to the suffering humanity. It has much advanced in field of Imaging System, Surgery and Pathology but also responsible for large number of adverse effects

The large number of experts are feeling the lackness of specificity in modern medicine not only because it moved away from nature but also because it just addresses the physical body, or better stated, the physical dimension of the integrated units and systems of our bodies. Mental, emotional and spiritual aspects of health are connected to its physical counterpart yet not serviced correctly through modern medicine. The United States, the richest and most powerful nation on earth, consistently perform poorly when it comes to deliver health care to its citizens, despite the factor that its spending on health is the highest by far. Over-use of high tech treatments, and especially iatrogenic damages, are partly to be blamed.<sup>4</sup>

Studies carried out at U.S.A. between 1993 and 1998 give the following estimates of deaths caused due to conventional treatments and drugs:

- 12 000 deaths a year from unnecessary surgery

- 7 000 deaths a year from medication errors in hospitals
- 20 000 deaths a year from other errors in hospitals
- 80 000 deaths a year from infections acquired in hospitals
- 106 000 deaths a year from non-error, adverse effects of medications

These total 225 000 deaths a year from iatrogenic causes, constituting the third leading cause of death in the US, after deaths from heart disease and cancer, and way ahead of the next leading cause of death, cerebrovascular disease. The largest category by far, is non-error, adverse effects of conventional medications, 106 000.<sup>5</sup>

Homoeopathy the system of therapeutics, that was discovered at the end of 18<sup>th</sup> century is very popular in all over the world It is very efficacious in cases with dynamic pathology, but the scope of Homoeopathy is very much limited in well advanced structural damage in any disease what we call as organic pathology. Homoeopathy has little or no scope in conditions where gross organic destruction and changes take place suddenly without any preceding stage of dynamic pathology. For example accidents, fractures, dislocations, stab injuries, drownings, poisonings and so on. Homoeopathy has limited scope in cases where the exciting or the maintaining causes are persisting. Homoeopathy offers little scope in cases wherever reversible organic changes or advanced structural changes have taken place. For example advanced stage of pulmonary tuberculosis with multiple cavitations, Insulin Dependent Diabetes Mellitus and advanced stage of cancer etc. This system offers a little scope in artificial chronic diseases resulting from long continued use of heroic medicines in large dose or indiscriminate use of homoeopathic medicines in repeated doses for palliative purpose. Homoeopathy has little scope for the cases where the individualizing features are lacking, as individualization is the basis of the homoeopathic prescription. Homoeopathy offers a little scope in cases where the patient is lacking any of its vital organs. The system offers little or no scope in many medico-surgical, obstetrico-surgical and gynaeco-surgical conditions. For examples strangulations, irreducible hernias, advanced stage of prolapse of uterus, cephalo-pelvic disproportions etc. Homoeopathy has little scope in pseudo chronic



diseases resulting from absolute deficiency of food, vitamins etc.<sup>6</sup>

Now we see that all the systems of the therapeutics are handicap in one or the other aspect if taken separately. But a new ray of hope is coming from many sides where many systems of therapeutics have integrated to provide better results and to remove the sufferings of mankind. As what is the limitation of one system, it can be the scope for the other system, so only the integration of different systems of therapeutics can provide a real solution of the problem.

Integrated Medicine is a new way of understanding health and sickness. It embraces the best of conventional and alternative therapies, but is more than just a mixture of therapeutic techniques. To integrate is to make whole, and the distinctive feature of Integrated Medicine is its application of science to prevent or treat disease by healing the person who is sick, rather than just treating the disease. A person has social relationships, beliefs and feelings, memories and expectations, a sense of identity, a daily pattern of eating and drinking, of rest and exercise (the ancient Greeks called this *diaita*—the precursor to our word "diet"), personal habits, an occupation, an environment, and innate systems for detoxification and repair. It is these aspects of the person that Integrated Medicine attempts to support, applying strategies that are scientifically validated.<sup>7</sup>

Definitely, it would be foolish to seek alternative therapy for conditions that orthodox medicine treats very well, as severe infection, surgical emergencies, immunization and others. The first requirement for taking responsibility in providing health care to a patient is to know when a problem demands immediate intervention by orthodox medicine. Chronic sufferings like arthritis, and the effect of stress are proven to be adequately and successfully handled by other medicine including naturopathy, chiropractic, and homoeopathy. The problem now is to create a system of unbiased thinking towards integration of orthodox medicine with alternative, traditional, natural, holistic, and folk medicines. Such therapies are often safer than invasive procedures, and when they work, are also much less costly. Who knows when they work? The experts? Then experts in different disciplines of alternative medicine are needed to create a panel

of therapists, whose goal is to integrate with experts of modern healthcare physicians, investors, and the public about their strength in providing healing or preventing ailment. Such a panel, by exchange of ideas and expertise, may form an interwoven mesh or fabric that guides towards an effective, less harmful, less costly health care plan that can be administered to patients to provide both healing, safety, and prevention.<sup>8</sup>

Surgery, which in many cases can save lives, is, of course, the sole preserved by allopathy. So is vaccination, which its votaries claim has eliminated many scourges like smallpox from the face of the earth, and controlled childhood diseases such as polio.<sup>9</sup>

Alternatives can certainly supplement and complement even in emergencies. For instance, a person who suffers a heart attack needs to be rushed to an ICU, but this does not mean that Aconitum, Arnica or Cactus, or an individually prescribed remedy cannot help. In fact, the immediate use of homoeopathic medicine can be lifesaving.<sup>10</sup>

Another example is a herniated disk, which requires surgical intervention. A homoeopath may recommend the same, but may also prescribe Hypericum, Bryonia, Agaricus, Aesculus. Further, after the acute attack has subsided, the homoeopath may prescribe constitutional remedies to help strengthen the person's overall health, potentially reducing the risk of another herniated disk.<sup>11</sup>

According to Kewal Semrani of Universal Health services, Mumbai: "Holistic healing is the new mantra for hospitals, with doctors and psychiatrists showing a keen interest in the subject."<sup>12</sup>

There are no easy answers. Only a beginning can be made. Talking to experts or tapping available information can help us understand the strengths and weaknesses of allopathy and complementary systems, which array an entire spectrum from traditional, time-tested systems such as ayurveda and acupuncture, to comparatively recent but well-documented Homoeopathy, to brand new energy healing practices such as reiki and pranic healing.

#### Hahnemann's View :

Hahnemann was well aware of this integrated approach in the field of medicine as it is indicated by his writings in *Organon of Medicine*.



In foot note of aphorism 7 he has recommended to "crush the vesicle calculus; open the imperforate anus of the new born infant, etc"<sup>13</sup>

In aphorism 186 He has recommended that for the treatment of the affected part requiring mechanical aid "may be removed by mechanical means, e.g., by the reduction of dislocations, by needles and bandages to bring together the lips of wounds, by mechanical pressure to still the flow of blood from open arteries, by the extraction of foreign bodies that have penetrated into the living parts, by making an opening into a cavity of the body in order to remove an irritating substance or to procure the evacuation of effusions or collections of fluids, by bringing into apposition the broken extremities of a fractured bone and retaining them in exact contact by an appropriate bandage, etc." This clearly indicates Hahnemann's view regarding the integrated approach of surgery and Homoeopathy while treating the patients.<sup>14</sup>

Hahnemann has even advocated about the use of antipathic or palliative mode of treatment in foot note of aphorism 67 in the most urgent cases where danger to life and imminent death allow no time for the action of homoeopathic remedy as in sudden accidents example in asphyxia and suspended animation from lightning, suffocation, freezing, drowning etc.<sup>15</sup>

While keeping in view this integrated approach Hahnemann incorporated psychoanalysis as well as psychotherapy about which he has completely devoted 21 aphorisms (from 210 to 230) in Organon of Medicine. <sup>16</sup>

In aphorism 286 Hahnemann has opined that the dynamic force of mineral magnets, electricity and galvanism act powerfully upon our life principle and they are also homoeopathic for the diseases, especially diseases of sensibility and irritability, abnormal sensations and involuntary muscular movements which may be cured by those means.<sup>17</sup>

In aphorism 288 Hahnemann described about animal magnetism or rather Mesmerism. In the sick whose vital force within the organism is deficient here and there, in part also in other parts where the vital force has accumulated too much and keeps up irritating nervous disorders it turns it aside, diminishes and distributes it equally and in

general extinguishes the morbid condition of the life principle of the patient and substitutes in its place the normal of the mesmerist acting powerfully upon him, for instance, old ulcers, amaurosis, paralysis of single organs and so forth.<sup>18</sup>

In aphorism 290 Hahnemann has advised the utility of massage to restore the tone of the muscles and blood and lymph vessels.<sup>19</sup>

In aphorism 291 Hahnemann has advised baths of pure water acts partly palliative and partly homoeopathic in cases where the irritability is very unevenly distributed and accumulated too unevenly in some organs as is the case in certain hysteric spasms and infantile convulsions.<sup>20</sup>

Hahnemann has even recommended the use of gymnastics while telling that physical exercise under the supervision of a capable teacher gives dexterity and vigour to the body, strengthen the moral character and assist the activity of the mind in the study of science.<sup>21</sup>

#### **Methodology :**

In order to approach in an integrated manner, it is very important that first of all, all the subjects constituting a discipline must be integrated among themselves. As in Homoeopathy, integrated approach can only be established when the intra subjects like-

Organon of Medicine & Homoeopathic Philosophy, Homoeopathic Materia Medica, Homoeopathic Pharmacy, Homoeopathic Repertory, all the above mentioned subjects those constitute the discipline must be studied and should be used in integration with each other. Beside this the other inter subjects like:-

Human Anatomy, Human Physiology, Pathology, Surgery, Principles and Practice of Medicine, Preventive & Social Medicine, Gynaecology & Obstetrics, Imaging system, Psychology etc have to be integrated with the medical education, practice and research in homoeopathic medicine. Until and unless these intra and inter subjects will not be integrated with each other an excellent discipline cannot be achieved by the prevalent compartmental approach.



It is also important that all the components of a discipline must be integrated with each other to develop an efficacious health care system. It is very important to integrate all the appendages of the discipline like-

Modern Medicine, Homoeopathy, Ayurveda, Yoga, Meditation, Isopathy, Antipathy, Acupressure, Acupuncture, Magneto therapy, Naturopathy, Psycho therapy, Hollistic Medicine, Chinese Medicine, Unani Medicine, Reiki etc.

The integration is very important to provide an appropriate treatment specifically required by the situation.

Beside this the medical science has to be integrated with the other old and new sciences for the better research and development of the medical discipline. It is also essential to integrate with the sciences like

Genetics  
Biotechnology  
Biophysics  
Biochemistry  
Computer Science.  
Statistics  
Environmental Science  
Sociology etc.

Only after such an integration of all the subjects within a discipline and the integration of all the related disciplines can help to provide an efficacious and real health care system for the humanity.

#### Conclusion :

It is very clear from the above passages that Hahnemann was well aware of the integrated approach in the field of medicine. What we find today in the form of Physiotherapy, Acupressure, Naturopathy, Yoga, Reiki, Magnetic therapy, Psychotherapy etc. separately. Hahnemann's dream was to corroborate or integrate them to provide all the types of therapeutic measures to the sick whatever was required according to the demand of the situation. But unfortunately till now integrated approach has not been established in a right manner.

Homoeopathy, the most popular system of therapeutics among so called alternative systems of therapeutics requires to be integrated with other

systems like Modern Medicine, Acupressure, Acupuncture, Reiki, Naturopathy, Yoga, Ayurveda etc. to enhance the efficacy of health care system and to treat the sick accordingly. This integration will not only provide the better health facilities to the suffering population but also open a new way.

In present era it is also very important to integrate with modern advanced technologies like Computer science, Physics, Chemistry, Biochemistry etc.

Integration with Preventive Medicine is also necessary as Homoeopathy provides a very efficacious and cost effective prophylaxis system. Beside this integration in National Health Programmes and Community Medicine will be beneficial to the suffering humanity. Homoeopathy has also been proven to be very efficacious in Veterinary Science and other animal sciences but the proper documentation and research in right direction is needed to make the dream true.

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