UNIT 4 : ALTERNATIVE MEDICAL PROCEDURE

UNIT STRUCTURE

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4.1 LEARNING OBJECTIVES

After studying this chapter, you will learn about –

- different kinds of alternative medical procedures.
- how diseases are cured and prevented by these procedures.

4.2 INTRODUCTION

Apart from western or modern medical procedures, there are some medical procedures in our society, which are related to historical and traditional healing practice, and these are called Alternative Medical Procedures. These are listed as follows –

Reiki, Naturopathy, Acupuncture, Acupressure, Aromatherapy, Ayurveda, Traditional Chinese Medicine, Hypnotherapy, Homoeopathy, Yoga etc.

These Alternative Medical Practices are now recognized by World Health Organization (WHO).

4.3 REIKI

Reiki is a Japanese word which has originated from the words 'Rei' and 'Ki'. The meaning of Rei is 'universal' and the meaning of Ki is 'vital energy' i.e. Reiki means 'universal life energy'.Through Reiki, we can lead a physically and mentally healthy life.

Development of Reiki Healing: Through Reiki, the vital energy spreads throughout our body. Through Reiki, various diseases can be cured by self.

Reiki is not a religious practice, instead it is a spiritual procedure which connects us with the powerful force of the Universe i.e. the Supreme Being. Reiki Medical Healing is performed with hands, but, when it is needed, it can also be performed by chanting mantras from a distance.

Reiki Medical Practice helps to get rid of mental pressure and tension, and it also strengthens the mind. It also takes out the toxins from our body with natural method. It also increases the vital energy of the body.

4.4 NATUROPATHY

After Reiki, the next medical procedure is Naturopathy. Naturopathy is a kind of medical practice whose aim and objectives are to cure the diseases of human kind with the help of natural elements. Those are sun rays, wind, water, balanced diet etc.

Sun rays are applied through Sunbath. Water in both forms i.e. liquid and gas are used in Naturopathy. Our bodies are cleaned both internally and externally with the help of water.

Since the ancient times, soil is used in Naturopathy to cure diseases. The medical practice, in which layers of soil are applied on the skin, provides liveliness and vital energy to our body. This treatment removes different problems of the skin. It is also used in enhancement of beauty. Treatment

of different diseases can be done by applying soil. In Naturopathy, massages are also used for treating diseases. Naturopathy increases immunity and resistance against diseases.

4.5 ACUPUNCTURE

Now you will briefly know about Acupuncture. Acupuncture is an ancient Chinese medical procedure. In Acupuncture medical practice, certain points in our body are activated through needles. Acupuncture helps in the circulation of vital energy in our body. The Acupuncture medical procedure is used in curing mental stress, deafness, joint pain, muscle related diseases etc.

4.6 ACUPRESSURE

Acupressure is another medical procedure like Acupuncture. Now-a-days, Acupressure is a popular alternative medical procedure. In this medical procedure, the circulation of the vital energy in our body is activated by applying pressure on certain points of our body, especially on the palms of our hands and feet, which are also called Acupoint.

The medical practices of Acupunture and Acupressure are almost similar. However, in Acupressure medical practice, treatment is given by applying pressure with fingers on the Acupoints of the body.

Acupressure activates the controlled nerves and veins in our body, provides relief to pain, and removes fatigue. This procedure also helps in keeping the brain cells active.

4.7 AROMATHERAPY

Another alternative medical practice is Aromatherapy. In Aromatherapy, scents and oils, which are produced naturally from trees, leaves, and flowers, are used. This medical procedure helps in the improvement of our physical and mental health. Aromatherapy has a special effect on the brain and the nervous system.

Aromatherapy helps to get rid of mental stress and tension, and also activates the circulation of energy in the body.

4.8 AYURVEDA

In the previous chapters, you have already studied about another alternative medical procedure i.e. Ayurveda. Ayurveda is a 5000 years old medical procedure. Ayurveda is practiced in India since the Vedic ages.

Ayurveda is based on three laws: Vata (Air), Pitta (Bile), and Kapha (Phlegm). One can remain free from diseases when there is balance among the three elements.

Ayurveda keeps our body healthy by maintaining a balance amongst our body, mind, and the soul. Ayurveda is not only a medical procedure, it also teaches us the ways to lead a long and healthy life. In Ayurveda, the healing is performed through herbs, exercise, yoga, meditation, massage etc.

The balance amongst the three elements (Air, Bile, and Phlegm) is maintained through a balanced diet, healthy lifestyle, and Pancha Karma.

Better To Know:

Traditional Chinese Medicine: Traditional Chinese Medicine is an ancient medical procedure. Herbs, massage, Acupuncture, Heat Therapy, Nutritionals etc. are used in this procedure.

4.9 HYPNOTHERAPY

Hypnosis is a person's state of mind where the conscious mind moves gradually towards a sleeping state and the subconscious mind is treated with the help of hypnosis. No external force is applied for this change, and instead, the hypnotizer wakes the unconscious mind by pushing his conscious mind towards a sleeping and mind, and the subconscious mind operates according to the direction of the hypnotizer. The eyes, ears, mouth and nose are controlled by the hypnotizer. The hypnotized person can speak or write according to the direction given by the hypnotizer.

Hypnotherapy is used in psychological medical practice. Through this medical procedure, various phobias like: Cynophobia (fear of dogs), Nyctophobia (fear of darkness), Acrophobia (fear of heights) etc. are cured.

Apart from this, addiction can also be cured through this procedure. Bad habits, pain etc. can also be treated through this procedure.

4.10 HOMOEOPATHY

The inventor of Homoeopathy was Samuel Hahnemann. In Homoeopathy, there are no side effects of medicines. Every kinds of diseases are treated in this medical procedure. Homoeopathy is performed on the basis of the symptoms of the diseases.

Better To Know:

1. Alternative medical procedures can completely heal a person both physically mentally.
2. Alternative medical procedures do not have any side effects.
3. The diseases which cannot be cured by modern medicines are cured in alternative medical procedures.
4. Alternative medical procedures can helps a person to get rid of mental stress and tension.

4.11 YOGA

Yoga is a valuable gift provided to us by our sages. Yoga brings unity amongst our body, mind, and soul.

The present age is the age of Science. Science has provided us with various amenities. However, we have to face several problems because of this luxurious lifestyle. Our lives are surrounded by emotional instability, insomnia, anger, tension, mental stress etc. We should practice Yoga in order to get rid of these problems. Yoga is a spiritual science, a way of a healthy lifestyle. Yoga helps to bring out the inner strength of the body. Yoga also helps in the development of physical, mental, emotional, intellectual, and spiritual aspect of the m

Yoga eliminates the lethargy of the body, increases the flexibility of

the spine, and also increases the capacity of the body to hold oxygen. It also helps in the smooth functioning of Respiratory, Digestive, Endocrine, Reproductive and Excretory systems. Yoga also helps in calming down the mind. It also increases our self confidence to face the various problems faced in our life.



4.12 LET US SUM UP

We have discussed the following topics in this chapter –

- Reiki is a Japanese word which has originated from the words 'Rei' and 'Ki'. The meaning of Rei is 'universal' and the meaning of Ki is 'vital energy' i.e. Reiki means 'universal life energy'.
- Naturopathy is a kind of medical practice whose aim and objectives are to cure the diseases of human kind with the help of natural laws.
- Acupuncture is an ancient Chinese medical procedure. In Acupuncture medical practice, certain points in our body are activated through needles.
- Acupressure is another medical procedure like Acupuncture. Now-a-days, Acupressure is a popular alternative medical procedure. In this medical procedure, the circulation of the vital energy in our body is activated by applying pressure on certain points of our body, especially on the palms of our hands and feet, which are also called Acupoint.
- In Aromatherapy, scents and oils, which are produced naturally from trees, leaves, and flowers, are used.
- Ayurveda is a 5000 years old medical procedure. Ayurveda is practiced in India since the Vedic ages.
- Traditional Chinese Medicine is an ancient medical procedure. Herbs, massage, Acupuncture, Heat Therapy, Nutritionals etc. are used in this procedure
- Hypnosis is a person's state of mind where the conscious mind moves towards a sleeping state and the subconscious mind is healed.

- The inventor of Homoeopathy was Samuel Hahnemann. In Homoeopathy, there are no side effects of medicines.
- Yoga is a valuable gift provided to us by our sages. Yoga brings unity amongst our body, mind, and soul.



4.13 FURTHER READINGS

1) Shealy, C.N. (1999). *Alternative Healing Therapies*. Mumbai: Rajendra Publishing House Pvt. Ltd.



4.14 ANSWERS TO CHECK YOUR PROGRESS

Ans to Q No 1: What is the meaning of Reiki?

Answer: Universal vital energy.

Ans to Q No 2: What are the three laws of Ayurveda?

Answer: Air, bile, cough.

Ans to Q No 3: What is hypnosis?

Answer: Hypnosis is a state of mind where the conscious mind is put to sleep and the unconscious mind wakes up.

Ans to Q No 4: On what basis diseases are cured in Homoeopathy?

Answer: On the basis of the symptoms of the diseases.



4.15 MODEL QUESTIONS

A) Objective Questions

Q 1: Write the meaning of the word Reiki.

Q 2: How is Acupuncture performed?

B) Short Questions

Q 1: What is Alternative Medical Procedure?

Q 2: What is the role of Alternative Medical Procedure in curing diseases?

C) Essay Questions

Q 1: Discuss the various kinds of alternative medical procedures.

Q 2: Discuss the prevention of diseases through alternative medical procedures.

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