

Various Alternative Therapies and their Treatment on Various Disease

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Abstract: *The alternative medicine encompasses a diverse array of therapies and practices diverging from conventional biomedical approaches. This study delves into the multifaceted nature of alternative therapies, including Ayurveda, homeopathy, acupuncture, naturopathy, yoga, herbal medicine, massage therapy, and more. Emphasizing its widespread use globally, the research examines the reasons behind its popularity, citing factors like patient autonomy and alignment with personal beliefs. The assessment evaluates the effectiveness of these therapies in treating various illnesses and their acceptance among diverse populations. Additionally, the paper discusses the coexistence and integration of alternative medicine with traditional healthcare systems and highlights the challenges and perceptions surrounding its adoption. This exploration underscores the increasing embrace of alternative medicine and its role in healthcare alternatives for a substantial segment of the population*

Keywords: Alternative medicine, Ayurveda, homeopathy, yoga in cancer therapy, herbal medicine and its benefits

I. INTRODUCTION

Alternative medicine is the most extensively used remedy systems, in the treatment of various disease.

Alternative medicine is used extensively because there are a large health care alternative to be more harmonious within the own values and beliefs towards health.

Alternative medicine is more compatible with cases, offers more particular autonomy and control over the health care opinions.

It's accepted worldwide because of its comity and adequacy in adding the beliefs regarding the nature and meaning of health and illness.

This review deals with various alternative curatives used similar as Ayurveda, homeopathy, acupuncture, naturopathy, yoga, herbal drug, massage remedy; effectiveness of the alternative medicine; assessment of the effectiveness of alternative medicine; sources of information about the alternative medicine; alternative medicine curatives in treatment of various conditions; perceived benefits of alternative medicine and thereby concluding with the increased position of acceptance of alternative medicine, its wide use in various conditions and their treatment with various alternative concluded.

Alternative medicine is a type of any health care remedy or a system which isn't accepted generally in the ultramodern biomedicine or curatives that are generally offered in place of or as a cover for the conventional curatives.

The main sluice of medical practice generally includes the Allopathic drug. The Various volition curatives used are homeopathy, acupuncture, naturopathy, herbal drug, diet fashions, folk drug, faith mending, Ayurveda drugs, chiropractic, yoga, massage remedy and music remedy. Courses in the indispensable drug are also known as reciprocal drug; private medical insurance agencies decreasingly include the indispensable drug options among their content.

The term reciprocal drug and the alternative medicine relate to a set of health care practices that aren't a part of the country's own traditional or the conventional drug and aren't completely integrated into the dominant health care system.

In some countries they are used interchangeably with traditional medicine in some countries. The public is becoming aware of the alternative medical therapies through all forms of the media and large proportions of the public self-prescribe alternative medicines and also by visiting the alternative practitioners in Europe, the United States and Australia. Alternative medicine is used not so important because of their dissatisfaction with the conventional medicine but largely because that they find these health care alternative to be More harmonious with their own values and beliefs towards health and life. The curatives have endured the loftiest increase in use including the homeopathy, energy Alternative medicine has a wide use by over 40 percent of the total U.S population which has been a considerable challenge to the conventional health care guru which has shown a necessity to appreciate the different mending approaches of conventional drugs and numerous reciprocal and alternative curatives and the understanding of how these differences affect the treatment approaches and the dimension issues. In addition, one must understand how the conventional exploration methodologies and the substantiation reporting limit or conflict with the capability to directly assess the effectiveness of alternative curatives and where to find dependable information about similar curatives. Effectiveness of care generally implies the positive outgrowth of the treatment which is the result of combination of the factors like efficacy of an intervention, the approach to the case, response of the case and setting in which care is given. Effectiveness also reflects the aspects of placebo or the expectation effect. Due to the costs, safety issues and the dominance of the pharmaceutical interventions, the demonstrating efficacy reckoned heavily on a single tool for the dimension of a natural remedial effect

Randomizes controlled clinical trial (RCT). The RCT approach to determining of all the clinical graces of the alternative invention are generally important, given the largely personalized and the multifaceted treatment protocols generally employed. The RCT exploration fashion generally tests a well specified and formalized treatment, delivered slightly in a standard setting to specified subjects, designed for those who immaculately have only the target condition being treated and also includes agreements with subjects to misbehave and cleave to the protocol generally for a price. Due to this design the efficacy studies specifically count the multiple, real world clinical factors which include the approach to the case, treatment setting, life style issues and the adherence to drug protocol. The model of the single intervention clinical trials are more useful for the pharmaceutical treatments than for assessing the issues of the most alternative medicine curatives where treatment protocols are acclimatized to individualities rather than a standard group of subjects. Assessment of the volition remedy effectiveness may bear a different approach for the gathering and interpreting substantiation. In the clinical world of the alternative practices the treatment isn't generally single medicine or intervention, but is a complex remedial modality that also may involve physical and emotional commerce with the therapist.

II. VARIOUS ALTERNATIVE THERAPIES AND THEIR TREATMENT ON VARIOUS DISEASE

AYURVEDA :

Ayurveda(ayush = life, vid = wisdom- Sanskrit) is the ancient medical systems within ancient Vedic tradition offering the wealth of knowledge for meaning full life and health.

Ayurveda, part of Atharvaveda, the last bone of the four Vedas is dateless and unbounded it has applicability indeed to the present day.

The gospel of Ayurveda believes that everything in this macrocosm is composed of five rudiments, the panchamahabhootas. They, in turn constitute the tridoshasorbioenergetic forces that govern our health and determine our constitution. Mental and the spiritual are determined by the trigunas or psychic forces.

The ultramodern threat factor thesis pales into nullity in the view of utmost elaborate knowledge in Ayurveda

The recent additions to the ultramodern medical list like hostility from the base of Ayurveda threat factors. Viz. Krodha, sokha, bhaya, aayasa, virudhaannabhojana,

Thaponnalaan, lavanakshararekta pitta prakopayeth. ”(wrathfulness, depression

and anguish, extreme fear, prostration, wrong foods, sedentary living, too important swab and spices lead to utmost of the major killer conditions).

The result for this is Nityahitha, mithaaharasevi, sameekshkaari,

dhasamahasathyapara Kshamavaanaaphopaseviaarogyam. ”(Have food in temperance and also that which pleases

the mind. Don't cheat tell falsehoods. Work veritably hard, forgive others indeed if they hurt you. Treat all as your own kin and kin.

Vedic wisdom is the right approach for holistic assessment of health and complaint. The Vedic wisdom aims not only to heal the sick, but also to save life by precluding illness- the most complete system of health care known. It follows non – direct mathematics. Ayurvedic treatment depends on restoring the distributed balance of the three dosha – vata, pitta and kapha. It considers the whole human being not only the phenotype. It includes the genotype as also the mind in classifying cases. Grounded on the indigenous type's treatment differs from individual to individual indeed for the same complaint. Ayurveda divination generally plays an important part in complaint and its cure but the wisdom of divination is good but not the astrologers ' prognostications, utmost prognostications including those in the scientific prognostications are just “ prognosticating the changeable' 'The long term prospective studies from the base of remedy in Ayurveda, includes the treatment

In the below chapter the symptoms of heart conditions and brewing death by heart attacks is described by Bhagavan Dhanvanthari(God of Healing).

There are eight branches of Ayurveda integrated at all situations Surgery, drug, gynecology, pediatrics, toxicology, otorhinolaryngology, rejuvenation and the virilification remedy. The pledge of Indian croaker is much more elaborate compared to that of the Hippocratic Pledge. In a classic, the Greek annalist described how Aryans(dressed men-Sanskrit) migrated from India to Greece via Sumeia and numerous other countries.

History shows the important data how the ancient Indian textbooks and pundits were taken to Greece by the army of Alexander the Great. Charaka Samhitha and the Susrutha Samhitha, were the most notorious of all the textbooks, numerous others like MadhavaNidhaana are also said to be significant.

Several thousands of medicinal shops mentioned in the ancient textbooks hold the key to unborn affordable pharmacology. Charaka, the great Ayurveda savant wrote. “ That's designated as Ayurveda or the wisdom of life wherein are laid down the good and bad of life, the happy and unhappy life and what's wholesome and what's unwholesome of life, as also the measure of life ”. In order to round ultramodern drug whitins all of its disadvantages, Ayurveda fits the bill impeccably with less precious and inversely effective styles good for long term care and is largely effective. Ayurveda isn't just an alternative medicine but the crucial base of India's health.

HOMEOPATHY :

Homeopathy is defined as the remedial system using medication of substances whose effect when administered to healthy subjects correspond to the instantiations of the complaint(symptoms, clinical signs and pathological states) in the individual case.

Homeopathy as an volition and reciprocal drug and a holistic drug can break some of the ultramodern medical problems.

This system was developed by- Samuel Hahnemann(1755- 1843) a German croaker in 1810 and treatment for conditions with about 3000 homeopathic remedies was addressed grounded on the golden principles and now it's rehearsed throughout the world.

Homeopathy is grounded on two main headliners. The first principle- ‘ like cures like principle ’(similia similibus curentur), states that cases with particular signs and symptoms can be helped by a homeopathic remedy that produces their signs and symptoms in healthy individualities. The alternate principle state that homeopathic remedies retain the natural exertion after repeated dilution and race indeed when adulterated beyond Avogadro's number.

The origin of homeopathic medicines includes the following percentages of Herbal >80 %, Salts 10 %-15 % and Animal about 5 %.

The Food and Drug administration of the United States of America in 1938 recognized all the Homeopathic remedies as “medicine”, not a supplement or vitamin

Homeopathic remedies were proven to be effective, safe and cost-effective. After this study Switzerland joined the countries of Germany, England, France, Denmark and Luxembourg and handed the homeopathic remedies under insurance. Now a day's homeopathy is honored as the alternate important drug of world in terms of the extent of the cases covered. 40 of the French people use these homeopathic drugs for common cold wave and disinclinations. In Germany, the most generally used treatment for Hay Fever(a seasonal perceptivity) is homeopathy.

A scientist named Cohort revealed that homeopathy could effectively reduce cases' complaint inflexibility and ameliorate their quality of life from his study on 3981 cases with antipathetic rhinitis, headache and 6 atopic dermatitis. Homeopathy could significantly drop the pulmonary discharge in cases with habitual obstructive pulmonary conditions (COPD) who admitted in the ferocious care unit (ICU) and mechanically voiced and the cases were separated and discharged from the ventilator device briskly than the control arm.

The effect of Homeopathic remedies efficacy on creatures and herbals has been proven and these attestations discourage induction in homeopathy (the use of *Blattaorientalis* in Indian guinea gormandizer and rat has been led to reduction of acetyl choline, histamine, eosinophil, immunoglobulin E (IgE) and mast cell in hypersensitive lungs accompanied with bronchospasm. Gamma interferon product rate by T cells has been increased up to 24 % after the homeopathic remedies use.

This also discourages the induction in homeopathy.

ACUPUNCTURE :

Acupuncture means "to perforation with a needle". The term acupuncture implies two different words from Latin *aces* mean needle and perforation means insertion.

It's the best known of alternative and reciprocal curatives.

Acupuncture is a treatment system that began further than 3000 y ago in China and also rehearsed in utmost of the world

Traditional Chinese drug defines acupuncture as the stimulation of certain points on or near the face of the mortal body through any fashion of point of stimulation with or without the insertion of needles, these include the use of electrical, glamorous, light and sound energy, cupping and moxibustion (the burning on or over the skin of named sauces), to homogenize the physiologic functions or to treat various conditions of the human body.

The practice of acupuncture consists of fitting fine, solid needles (generally 32 to 36 needles) into named body locales (acupuncture points). It describes there are 365 points located in methodical fashion on meridians or "channels of energy flow" that are counterplotted onto the surface of the body.

The crucial principles in traditional Chinese drug (TCM) are that both heartiness and illness sult from an imbalance of yin and yang. Yin refers to the womanlike aspect of life nourishing, lower, cool, deficient, outside, open, defensive, soft and yielding. Yang is the manly negation hard, dominant, energetic, upper, hot, inordinate, outside and creative. The movement between these contrary forces, named Qi, is considered to be the essential element in the mending system of TCM. Within the wide operation of acupuncture, patients self-refer to acupuncturist for a variety of suggestions.

Acupuncture may be useful in delicate conditions similar as soft countries ("tired all the time", "low energy"), autonomic dysregulation diseases (Anxiety, sleep disturbance, bowel dysfunction) and vulnerable dysregulation diseases

NATUROPATHIC:

Naturopathic medicine is a distinct system of primary health care an art, science, philosophy and practice of opinion, treatment and forestallment of illness.

It's a distinct type of primary health care drug that generally blends age-old mending traditions with scientific advances and current exploration.

It's guided by unique set of principles that fete the body's ingrain mending capacity, emphasize the complaint forestallment and encourage individual responsibility to gain optimal health

Principles of naturopathic medicine :- The mending power of nature – naturopathic recognizes the body's natural mending capability and trusts that the body has the ingrain wisdom and intelligence to heal itself given the proper guidance and tools Identify and treat causes – ND's attempt to identify and treat the underpinning causes of illness, rather than fastening on individual presenting symptoms; First do no detriment ND's begin with minimum interventions and do to advanced position interventions only as determined necessary; Croaker as schoolteacher – ND's educate cases, involve them in the mending process and emphasize the significance of croaker - case relationship; Treat the whole person naturopathic drug takes into account all aspects of an existent's health including

physical, internal, emotional, inheritable, environmental, social and spiritual factors; Prevention – naturopathic medicine emphasizes optimal wellness and the prevention of disease.

Treatment addresses the case's beginning condition rather than the individual presenting symptoms. The naturopathic physician (ND) strives to completely understand each case's condition and view symptoms as the body's means of communicating and underpinning imbalance. The main modalities the ND's use are diet, clinical nutrition, behavioural change, hydrotherapy, homeopathy, botanical drug, physical drug, medicinals and minor surgery. Naturopathy can also be traced back to the European "nature cure," rehearsed in 19th century, which was a system for treating complaint with natural modalities similar as water, fresh air, diet and herbs.

Naturopathy is most directly viewed as a "whole system" medical practice, a paradigm guiding the selection and tradition of complex, individualized, multimodality treatments rules. Naturopathy has defined reduction to single modality. Naturopaths will take care of reviewing salutary and life patterns and may offer conventions in these areas at a position of detail that exceeds what's generally handed by allopathic primary care croakers. Naturopathic croakers having a good training and moxie in herbal drug, which allopathic croakers generally warrant. According to Ayurveda, the indigenous system of Indian drug, which predates naturopathy by thousands of times, dairy products duly set, are a "stavic" food, of the loftiest order of nutritive value.

Treatment modalities those employed by the ND's include the diet and clinical nutrition, behavioural change, hydrotherapy, homeopathy, botanical drug and physical medicine, also perform minor office procedures and surgery, administer vaccinations and define numerous conventional medicines (38). Proper nutrition is the foundation of a naturopathic practice; then the food is employed for both health creation and complaint forestallment. The ND's recommended diets to each case a set of balanced whole-foods diet rich in fruits, vegetable, whole grains, legumes, wild caught fish, spare beast proteins, whole dairy products. Although acupuncture and chiropractic care have achieved a set of measure of acceptance within mainstream drug, the integrative part of naturopathy has yet to be well specified.

YOGA :

Yoga is specified as a mind and body remedy comprising of various breathing and relaxation ways. This includes the contemplation, postures and expression enumeration to ameliorate the internal illness and physical illness.

Yoga (Sanskritयोग, lit.'servitude' or'union') is a group of physical, internal, and spiritual practices or disciplines which began in ancient India and aim to control (servitude) and still the mind, feting a detached substantiation- knowledge untouched by the mind (Chitta) and mundane suffering (Duhkha).

There's a wide variety of seminaries of yoga, practices, and pretensions in Hinduism, Buddhism, and Jainism, and traditional and ultramodern yoga is rehearsed worldwide.

Yoga is specified as a mind and body remedy comprising of colorful breathing and relaxation ways. This includes the contemplation, postures and expression enumeration to ameliorate the internal illness and physical illness.

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Yoga- suchlike practices are first mentioned in the Rigveda as anon-Brahminical practice. Yoga is appertained to in a number of the Upanishads. The first given appearance of the word "yoga" with the same meaning as the ultramodern term is in the Katha Upanishad, which was presumably composed between the fifth and third centuries BCE. Yoga continued to develop as a methodical study and practice during the fifth and sixth centuries BCE in ancient India's ascetic and Śramaṇa movements.

The most comprehensive textbook on Yoga, the Yoga Sutras of Patanjali, date to the early centuries of the Common period; Yoga gospel came known as one of the six orthodox philosophical seminaries (Darśanas) of Hinduism in the alternate half of the first renaissance CE. Hatha yoga textbooks began to crop between the ninth and 11th centuries, forming in tantra

Yoga nidra is a type of relaxation fashion, a form of sleep to attain a form of joyful mindfulness which isn't attained with other forms of yoga. Iyengar yoga generally helps in postural alignment and movement; this generally promotes the use of blocks, mats, robes and belts. Hatha yoga incorporates yoga postures(asanas), breathing exercises(pranayama's), contemplation(dyana), balancing of contrary parcels(heat/ activation with cool/ comforting) for internal health development, kripalu and awareness grounded stress reduction also include in the Yoga. Sudarshankriya yoga helps in metrical breathing ways performed within sitting posture eyes and mouth kept unrestricted. Yoga is used to treat colorful conditions and diseases like anxiety, depression, menstrual irregularity, fibromyalgia, hypertension and stress also used in the treatment of cancer.

Anxiety is most common psychiatric diseases with colorful comorbidities like depression, restless leg pattern, cancer and hypertension. The advanced costs of pharmacological curatives, gave rise to the use of indispensable styles of treatment. Yoga is used as a remedy to lower the heart rate and blood pressure in case of people suffering with anxiety. Symptoms associated with anxiety include short and choppy breaths yoga is suitable to treat the warning signs of anxiety. Yoga works because of the activation parasympathetic nervous system and increases the neurotransmitter Gamma aminobutyric acid(GABA) in the brain and thereby relieving anxiety.

Yoga also decreases anxiety in cases with psychiatric diseases(anxiety, stress or depression).

Yoga also helps to reduce the physiological and cerebral responses to stress.

YOGA IN CANCER THERAPY :

The use of yoga as reciprocal and indispensable drug(CAM) is proven to be salutary. utmost of the studies reported that yoga bettered the physical and physiological symptoms, quality of life and labels of impunity of the cases furnishing a strong support for yoga's integration into conventional cancer care. Cancer affects the quality of life from its starting stage of opinion, progression, adverse goods of its treatment and individual procedures by affecting the physical, physiological and emotional problems of cases. Yoga interventions are salutary in perfecting the adverse symptoms in cancer cases caused either by the complaint or its treatment. The topmost challenges of cancer care providers are How to help the onset of cancer(metamorphosis of a cell into a cancer cell); How to arrest its progression; How to cure cancer; How to maintain the survivors Quality of life(QOL). The studies proved the substantiation of the salutary goods of yoga on the physical and the emotional health and QOL of cancer cases.

Yoga prevents the tumorigenesis and progression and eventually cures cancer. Cancer caregivers are trained and certified as the ' Yoga therapists ' who have knowledge of the particular complaint and understand the requirements of the cases.

Greater sweats must be made to integrate yoga as a main sluice remedial program.

HERBAL MEDICINE :

Herbal drugs are the use of medicinal shops for the forestallment and treatment of colorful conditions. Herbal drug is substantially grounded on the remedies those containing active principles at veritably low attention, or counting on magical-energetic principles. Traditional medicine are sum aggregate of practices grounded on propositions, belief and experience of different societies and times used in the conservation of health substantially in the forestallment, opinion, enhancement and treatment of illness. The mind body medicine is considered as indispensable or the reciprocal mode of traditional western medicine and colorful modes used are a part of the mind body connection. A successful treatment using these herbal drugs and the assessment of efficacy isn't different from that of conventional medicine.

Herbal medicinal shops are used in the treatment of colorful types of conditions similar as Garlic(*Allium sativum*L.) used for the treatment of Influenza and Diarrhoeaetc etc.

Diabetes mellitus emerges due to colorful factors – inhibition of glucose immersion, up regulation of glucose transporters, increase in glucose uptake, glycogen metabolism, dropped insulin product, activation of the nuclear receptors peroxisome proliferator- actuated receptors(PPARs), Also because of goods of some opioids on glucose homeostasis and antioxidants. Diabetes mellitus generally affects a set of 150 million people worldwide. Herbal drugs and their medications are useful for the treatment of diabetes mellitus, 200 traditional shops and their bioactive ingredients retainantidiabetic property. Phytochemicals of various shops are said to be important effective as alternative medicine

Excerpts of colorful medicinal shops act at different situations by inhibiting the glucose immersion from intestine, adding the insulin stashing from pancreas, adding the uptake of glucose by adipose and muscle cells, inhibiting the glucose product from hepatocytes.

Anti-diabetic effect of oral borapetol B emulsion isolates from the factory *Tinosporacrispa*, helps by stimulating the insulin release. Stevioside attained for the factory *Stevia rebaudiana* Bertoni increases the insulin perceptivity in 3T3-L1 adipocytes, also exerts the antihyperglycemic effect. Hence, herbal drug as an indispensable drug helps in treating diabetes mellitus by colorful mechanisms of action.

MASSAGE THERAPY :

Massage therapy is substantially used to manage a health condition or to increase the heartiness, by manipulating the soft tissues of the body. Massage therapy is defined as the soft tissue manipulation substantially for the remedial purposes done by the trained therapists (58). This therapy is substantially used to relieve pain. Massage therapy has been followed using the mechanical bias in addition to the therapists, applied to single or multiple body corridors. Swedish/ classical massage is the main type of massage therapy in several countries, clinical massage and sports massage is substantially used for muscle spasms. Other colorful massage curatives are Shiatsu, Rolfing, reflexology and craniosacral therapy. Massage curatives are substantially used to treat several types of pain similar as low reverse pain, shoulder pain, neck pain and pain from osteoarthritis of the knee and headache. Massage therapy is also known to be the spare remedy to help prepare the case for exercise or any other interventions. Massage therapy is infrequently administered as main treatment.

(a) Alternative medicine therapies on Muscular Atrophy :-

Muscle atrophy is defined as the reduction in the muscle mass that includes the partial or complete wasting down from the muscle. The functional and morphological changes those caused by the muscular atrophy generally affect in dropped protein content, muscle fibre cross sectional area, muscle strength and increased insulin resistance. The muscle atrophy also occurs in cachexia, a comorbidity of abnormal conditions similar as cancer, AIDS, congestive heart failure and habitual obstructive pulmonary complaint, also occurs in sarcopenia, a decrease in muscle mass and strength associated with aging. The symptoms of muscular atrophy are treated using acupuncture, herbal medicine and chuna treatment. Various CAM curatives for muscular atrophy have also been reported. The CAM remedy promoted protein conflation and inhibited the declination by enhancing the phosphoinositide 3-kinase (PI3K)/ protein kinase B (Akt)/ mammalian target of rapamycin (mTOR) signaling pathway. CAM soothed cadaverous muscle metabolism through modulating mitochondrial biogenesis factors, thereby forestalling muscle loss, it also restored the expression of proteins involved in the cell apoptotic pathway and autophagy pathway in the colorful models of muscular atrophy.

BENEFITS OF ALTERNATIVE MEDICINE

It treats the factual Beget. One of the stylish advantages that indispensable drug offers is that it heals the body and is designed to actually treat the cause of the pain or complaint that has passed. By understanding and treating the complaint, Chiropractors and other indispensable drug professionals are suitable to work at the root of the problem. Mainstream drug, on the other hand, tends to treat the symptom that the complaint or pain is causing, not actually treating the cause.

It's an enhancement of the Quality of Life. When we use tradition medicines we generally see an enhancement in pain, but once the medicine goes out of our system the pain returns. When using indispensable drug, there's a drastic enhancement in the quality of life a person has.

It's safer. Indispensable drug is a wide diapason of curatives, and they're nearly always considered to be much safer than mainstream drug. Natural remedies are used to correct the problem. There are no man-made, unnatural substances that you would be using to put in your body.

It doesn't have bad side goods. When using mainstream drug, you might be suitable to get relieve of your headache, but the side goods might include nausea, visions and threat of stroke in the process. Nearly all mainstream drug has some type of advising about the bad side goods that come from taking it, where natural remedies don't.

It's more flexible. Indispensable drug allows further inflexibility in treatment plans. numerous chiropractors and indispensable drug professionals ' change their treatment plans according to life changes, where mainstream medical professionals wouldn't.

It looks at overall health of your body. Indispensable drug focuses on mending pain and complaint by balancing out other aspects of your life. Sleep, nutrition and stress can affect your body, so conforming health plans with these in mind is important with indispensable drug. Mainstream drug isn't nearly as well rounded.

It does n't offer reliance treatment options. tradition capsules can beget reliance and other dangerous side goods to the body and mind. Indispensable drug doesn't have those same disadvantages.

III. CONCLUSION

Alternative medicine has come popular and numerous of the professionals working in occupational and environmental medicine feel the need to learn about it and apply it. numerous grown-ups and children, several cases, itinerant ambulatory patients use alternative medicine in addition to the traditional curatives. A wide spread of increase in the use of alternative medicine and practicing

has been noted in the recent times. There's a need for the alternative medicine assiduity and also its health professionals to ameliorate its tone regulation and norms. The public has gained accurate information about the alternative medicine within the internet and alternative medicine websites where

the safety and efficacy information is easily presented. Several challenges have been set for the experimenters to find more applicable ways of studying the effectiveness of reciprocal and alternative curatives. various alternative curatives are assigned to treat various conditions, utmost of the alternative curatives are used to treat various conditions which could be mentioned as problem with the conventional medicine remedy. CAM is and decreasingly important system which implies good case compliance . Hence alternative medicine serves as the important curatives in treatment of several conditions and increases the position of acceptance in cases which is reported to be a problem with some conventional curatives and serves to a lesser degree within some or all of its principles.

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