



EMERGING ALTERNATE SYSTEM OF MEDICINE AND COMPLIMENTARY THERAPIES IN CARDIOVASCULAR DISEASES

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Abstract

Alternative medical systems are entire systems of health theory and practice (including traditional Chinese medicine, Ayurveda medicine, naturopathy, and homeopathy) that developed separately from conventional medicine. Complementary and alternative medicine includes practices such as massage, acupuncture, tai chi, and drinking green tea. Credit: iStock. Complementary and alternative medicine (CAM) is the term for medical products and practices that are not part of standard medical care Siddha, Ayurveda, Homeopathy and Unani system to reach the global audience. As a whole India, in future can aid the world to achieve Sustainable Development Goal of “Good Health and Well Being.

Key words: Complementary medicine, enhancing, Therapies

DEFINITIONS:

Complementary and alternative medicine is group of diverse medical and healthcare systems, practices, products that are not presently considered to be part of conventional medicine.

- Complementary medicine is used together with conventional medicine.
- Alternative medicine is used in place of conventional medicine

ALTERNATIVE MEDICAL SYSTEMS

Traditional Chinese Medicine

Based on restoring and maintaining the balance of vital energy (Qi) Interventions include acupressure, acupuncture, Chinese herbology, cupping, moxibustion, nutrition, meditation. Tai Chi, and Qi gong, one of the world's oldest complete medical systems.

Ayurveda

Based on the balance of mind, body, and spirit Developed in India Views disease as an imbalance between a person's life force (prana) and basic metabolic condition (dosha). Interventions include breathing exercises, detoxification, nutrition, herbs, meditation, and yoga.

Siddha

Siddha medicine is one of the oldest medical systems known to mankind. The three humors of Siddha media Vaadham, Pitham and Kabam. The seven elements of Siddha medicine are:-

1. **Ooneer (plasma)** responsible for growth, development and nourishment.
2. **Cheneer (blood)** responsible for nourishing muscles, imparting colour and improving intellect.
3. **Oon (muscle)** responsible for shape of the body.
4. **Koluppu (fatty tissue)** responsible for oil balance and lubricating joints.
5. **Elumbu (bone)** responsible for body structure and posture and movement.
6. **Elumbu majjal (bone marrow)** responsible for formation of blood corpuscles.
7. **Sukkilam (semen)** responsible for reproduction.

The treatment in Siddha medicine is aimed at keeping the three humors in equilibrium and maintenance elements.

Native American Healthcare

Based on a spiritual domain whereby all things have "spirit" Community is valued and plays an important role in the healing process. Gratitude and harmony with nature are central themes.

Hispanic Health care

Based on a blend of Native American and Spanish cultural beliefs The healer is the curandero/ curandera. Interventions include herbalism, spiritualism, mysticism, faith healing, and energy medicine.

Homeopathy

Based on "like cures like: Remedies are specially prepared from the same substance that causes the symptom or problem. Extremely small amounts of the substance are used for the remedy. The remedies are generally safe and free from interactions with other medications. Remedies are believed to work through an energy transfer.

Naturopathy

Based on of health rather than symptom management Focuses on enhancing the body's natural healing response using a variety of individualized interventions such as nutrition, herbology, homeopathy, physical therapies and counselling.

MIND-BODY INTERVENTIONS

Therapies that use the mind's ability to affect the physical body Science of psychoneuroimmunology demonstrates the strength of this mind-body connection

Relaxation Breathing

Uses slow diaphragmatic breathing to elicit the relaxation response.

Prayer

Involves communication with the creator or the sacred Found in all cultures a frequently used therapy Nurses may incorporate prayer into their practice

Meditation

State of being with increased concentration and awareness. Focuses one's attention and increases self-awareness two branches exist: (1) inclusive, mindfulness; (2) exclusive, concentrative. Mindfulness meditation focuses on "living moment" without judgment. Concentrative meditation involves "moving inward" often initiated by concentrating on the breath, a mantra, or an object. Outcomes may include relaxation, spiritual growth, and personal healing.

Biofeedback

Involves a method of learned control of physiologic responses of the body Information about physiologic function received, interventions are used, and a feedback loop allows for voluntary control of certain functions.

Imagery

Uses one's mind generate images that have a calming effect on the body. Involves use of vision, sound, taste, as well as the senses of movement, position, and touch. Outcomes may include reduction of anxiety, enhanced immunity, and changes in hormonal responses.

Hypnosis

Involves a state of attentive, focused concentration with suspension of some peripheral awareness May be promoting healing, decreasing pain, managing chronic illness, and preparing for surgery and other procedures

Music Therapy

Includes listening to music and creating music Type of music used is individually determined. Outcomes may include relaxation, decreased anxiety and decreased pain.

Art Therapy

Involves creative expression through a variety of artistic mediums. May be used to facilitate expression of emotions memories and conscious and unconscious concerns Outcomes may include decreased stress, as well as facilitation of healing from past distress or trauma.

Journaling

Involves writing down one's feelings, thoughts, perceptions, personal events, or memories. Outcomes may include stress reduction, as well as personal development through self-reflection.

BIOLOGIC-BASED THERAPIES

Therapies that use substances found in nature for their impact on health and wellness.

Herbal Therapy

Involves use of unrefined plant-based products to treat, prevent, or cure disease. Effects are slow and less dramatic than effects of pharmaceutical drugs.

Nutraceuticals

Involves use of vitamin and mineral supplements. Best source of vitamins and minerals is a well-balanced diet.

Nutritional Therapy

Involves special diets for health promotion Popular diets come and go. Special diets must be studied for potential benefit.

Aromatherapy

Involves use of oils for their beneficial effect this therapy primarily for stress reduction, and use these oils via inhalation or topically.

MANIPULATIVE AND BODY-BASED METHODS

Therapies that manipulate or move one or more parts of the body

Chiropractic Therapy

Restores and maintains health by properly aligning the spine using a variety of adjustment and manipulation techniques correct spinal alignment facilitates self-healing and improves health and well-being.

Acupressure: Involves the use of finger and hand pressure to specific areas of body to improve energy flow, relieve pain, and stimulate the body's innate healing abilities.

Massage therapy

Involves manipulation of soft tissues to improve health and promote healing. Outcomes include relaxation, reduced tension, improved immune function, increased flexibility and pain relief.

Energy Therapies

Therapies that use or manipulate energy field

Therapeutic touch: Involves the use of the practitioner's hands to assess and balance the patient energy field. Healing intent is incorporated Based on the belief that healing is facilitated when the human energy field is in balance.

Healing touch: Includes Therapeutic Touch, as well as other energy healing modalities. Primarily used by nurses.

Reiki: A Japanese therapy that involves use of the hand to affect the human energy field with the intent to heal.

A SPECIFIC COMPLEMENTARY AND ALTERNATIVE MEDICINE IN CARDIOVASCULAR DISEASE

- ❖ Hawthorn is used as cardiac tonic it has a positive inotropic effect on the myocardium. This is due to phosphodiesterase inhibition activity similar to amirnone, milirinone
- ❖ Tarjuna tree bark is called as Indian almond it used an cardiac tonic. It possesses glycosides, flavonoids, tannins and minerals. Glycosides have a positive inotropic effect. Flavonoids have antioxidant, lipid lowering effects. Tannins have antibacterial activity.
- ❖ Omega-3 fatty acids is essential nutrients not synthesized in body must be obtained from diet.it has inflammatory, antiarrhythmic, antithrombotic properties.
- ❖ Flax seed has lipid lowering effect.
- ❖ Red yeast rice is having lipid lowering effect.
- ❖ Garlic has antihypertensive, lipid lowering, antibacterial properties.
- ❖ Coenzyme Q10 has antioxidant property

CONCLUSION CAM use among patients with CVD is prevalent, with biologically-based and mind-body therapies being the most commonly used treatment modalities. This review illustrates the necessity of both more rigorous research to determine the precise physiologic effects and long-term benefits on cardiovascular morbidity and mortality with CAM usage as well as more open lines of communication between patients and physicians regarding CAM use. Finally, it is hoped that both physicians and patients gain an appreciation of what the evidence does and does not say with respect to CAM use for CVD and take this into consideration when determining optimal treatment plans.

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