Holistic Medicine is defined by the Canadian Holistic Medical Association as follows.

Holistic medicine is a system of health care which fosters a cooperative relationship among all those involved, leading towards optimal attainment of the physical, mental emotional, social and spiritual aspects of health.

It emphasizes the need to look at the whole person, including analysis of physical, nutritional, environmental, emotional, social, and spiritual and lifestyle values.

It encompasses all stated modalities of diagnosis and treatment including drugs and surgery if no safe alternative exists.

Holistic medicine focuses on education and responsibility for personal efforts to achieve balance and well being.

In the United States, the first National Conference on Holistic Health was held with the University of California, San Diego School of Medicine in June 1975.

Complementary and Alternative Medicine- Complementary and alternative medicine (CAM) is the term for medical products and practices that are not part of standard care. Alternative medicine means treatments that you use instead of standard ones. Complementary medicine means nonstandard treatments that you use along with standard ones. Examples of CAM therapies are acupuncture and herbal medicines.

In India, which is the home of several alternative systems of medicines, Ayurveda, Siddha, Unani, and Homeopathy are licenced by the government, despite lack of reputable scientific evidence. Naturopathy will also be licensed soon because several Universities now offer bachelor's degrees in it. Other activities connected with AM/CM, such as Panchakarma and massage therapy related to Ayurveda are also licenced by the government now. Research into and licensing of these activities is carried out by the Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH).

Alternative Medicine- However, the term Alternative Medicine can also refer to any experimental drug or non-drug technique that is not currently accepted by "conventional" medical practitioners. As non-invasive, non-pharmaceutical techniques become popular and accepted by large number of "conventional" practitioners, these techniques will no longer be considered Alternative Medicine but what is currently accepted is quickly changing. Even the definition of "conventional practitioners" is quickly changing. Therefore, techniques that are now considered part of Alternative Medicine will soon be considered part of "conventional" medicine. Such techniques could include non-invasive, non-pharmaceutical techniques such as Ayurveda, Acupuncture, Homeopathy, Reiki, and many others.

The terms Holistic Healing and Holistic Medicine are slightly more stable than Alternative Medicine and are therefore preferable.
Explanations for the appeal of alternative medicine

Critics cite both socio-cultural and psychological reasons to explain why people would choose to use alternative medicines in lieu of conventional medicine.

Socio-cultural reasons cited include:

- The low level of scientific literacy among the public at large.
- An increase in anti-intellectualism and antiscientific attitudes riding on the coattails of new age mysticism.
- Vigorous marketing of extravagant claims by the "alternative" medical community.
- Inadequate media scrutiny and attacking critics.
- Increasing social malaise (conspiracy theories) and mistrust of traditional authority figures - the antidoctor backlash.
- Dislike of the delivery methods of scientific biomedicine.

Psychological reasons cited include:

- The placebo effect
- The will to believe.
- Self-Serving Biases that help maintain self-esteem and promote harmonious social functioning.
- Demand Characteristics - the obligation to respond in kind when someone does them a good turn.

Complementary Medicine- is often used by "conventional" medical practitioners to refer to non-invasive, non-pharmaceutical techniques used as a complement to "conventional" medical treatments such as drugs and surgery.

In many cases, properly chosen non-invasive and non-pharmaceutical healing techniques plus properly chosen lifestyle changes can completely and safely heal both acute and chronic illnesses. In other cases, "conventional" medicine is only needed in emergencies or when the safer non-invasive, non-pharmaceutical methods fail. In some cases "conventional" medicine will be a major part of a Holistic Healing Plan, but in some cases it is not needed at all.

Definitions of complementary and alternative medicine

- A group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine.

- CAM. Forms of treatment that are used in addition to (complementary) or instead of (alternative) standard treatments. These practices generally are not considered standard medical approaches.

- A broad range of healing philosophies and approaches not typically used in conventional medicine. A therapy is called "complementary" when it is used in addition to conventional medicine, whereas it is called "alternative" when it is used instead of conventional treatment.

Includes all such practices and ideas which are outside the domain of conventional medicine in several countries and defined by its users as preventing or treating illness, or promoting health and well-being.

Natural Healing- usually refers to the use of non-invasive and non-pharmaceuticals techniques to help heal the patient. When most people use the term Natural Healing, they are usually referring to physical healing techniques only.

Complementary medicine

Complementary medicine is treatments used in addition to the conventional therapies prescribed by a physician.

As its name suggests, complementary medicine differs from alternative medicine in that it does not offer a competing (or 'alternative') viewpoint to that based on science-based knowledge. Complementary medicine can also be referred to as mind-body or as a psychosocial intervention. Physicians who practice complementary medicine usually discuss and advise patients as to available complementary therapies that may provide improvement in their health status. Patients often express interest in mind-body complementary therapies because they offer a non-drug approach to treating some health conditions.

Complementary therapies are often used in palliative care or as a way of managing chronic pain in patients. Complementary medicine is considered more acceptable in the interdisciplinary approach used in palliative care than in other areas of medicine. "From its early experiences of care for the dying, palliative care took for granted the necessity of placing patient values
and lifestyle habits at the core of any design and delivery of quality care at the end of life.

Now one of the new coming parts of conventional system of medicine is Physiotherapy. Sometimes ago it was considered only exercise but with experimental and scientific parameter evaluation, it comes true and included as a part of conventional system of medicine (Allopath). Ayurveda have a very vast dimensions in the field of treatment and preservation of health, So it is not to easy to prove all the component of Ayurveda therapy on scientific background. But some of the drugs and principle has been proved and included as part of conventional system of medicine.

Ayurveda has explained various aspect of treatment, which included all the component of complementary and alternative system of medicine.

1. Three type of Aushadhi

(i) Dauvyapasraya- 

Use of various treatment modalities related with the worship of God for the treatment of various diseases.

(ii) Yuktivapasraya- 

Use of pharmacological medicine and appropriate diet for the treatment of diseases.

(iii) Satvyajaya- 

Diversion of mind from unhelthymeans with use of yogic practices.

2. Two type of Chikitsa

(i) Adravyabhuta- 

Use of nonpharmacological procedure for the treatment of various diseases.

(ii) Davyabhuta- 

Use of Pharmacological medicine for pacification or elimination of diseases.

3. Two type of Bhesaja

(i) Swasthojaskar- 

Medicine is useful for maintaining health.

(ii) Aturasvikarnuta- 

Medicine is useful for treatment of various diseases.

Conclusion

Ayurveda system of medicine is one of the most effective holistic systems of medicine, which deals with both complementary and alternative system of medicine. Only scientific research needed to prove the effectiveness of pharmacological and non pharmacological component of Ayurvedic medicine. After scientific evaluation Ayurveda change from complementary and alternative system of medicine to conventional system of medicine.

References