

INTERGRATED MEDICINE : CURRENT CONCEPT

N.Balaji *

'Integrated Medicine' is an approach to care that can be easily incorporated by all Medical Specialties, Professional Disciplines, And By All Health Care Systems Which Addresses The Full Range Of Physical, Emotional, Mental, Social, Spiritual And Environmental Influences That Affect A Person's Health. The Integrative Approach Emphasizes Prevention, Health Maintenance, Early Intervention, Utilizes All Appropriate, Evidenced-Based and Personalized Therapeutic Approaches To Achieve Optimal Health And Wellbeing In One's Lifespan.

AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha And Homoeopath), the Major Therapeutic Systems Of Traditional Medicine Play A Major Role In Integrative Medicine. With An Increase Life Style Disorders, There Is A Worldwide Interest In Holistic Systems Of Health Care, Particularly With Respect To The Prevention & Management Of Chronic, Non Communicable And Systemic Diseases. It Is Understood That No Single Health Care System Can Provide Satisfactory Answers To All The Health Needs Of Modem Society. Evidently There Is A Need For A New Inclusive And Integrated Health Care That Should Guide Health Policies And Programmes In Future. Medical Pluralism Is Here To Stay And The AYUSH Sector Has A Pivotal Role To Play In New And Emerging Situation.

Traditional Medicine Is A Revival. Many People Around The World Would Have Healed The Sick With Herbal Or Animal Derived Remedies Handed Down Through Generation. In Africa And Asia, 80% Of Population Still Uses Traditional Medicines Rather Than Modem Medicine For Primary Health Care. In Developed Nations Traditional Medicine Is Rapidly Gaining Appeal. A Quarter Of Modem Medicines Are Derived From Natural Products. Many Of Which Were First Used In Traditional Medicine.

The Drug Resistance Caused By Misuse Of Medication Has Rendered Several Antibiotics, And Life Saving Drugs Useless, Which Leads To Urgently Looking For Alternative Medicine.

Across The Globe, Researches, Policy Makers, Pharmaceutical Companies And Traditional Healers Are Joining Forces To Bring Integrated Medicine Into 21st Century. The Important Concepts That Make Integrated Medicine Effective In Patient's Care Are Physicians Should Be Supportive In The Patient's Care, Health Is Seen As A Vital State Of Physical, Mental, Emotional, Social And Spiritual Wellbeing, The Interventions Are Designed Accordingly. Patients Are Taught How To Recognize, Manage And Decrease The Stress. Nutritional Counseling, Individualized Health Plan Based On The Patient's Need, Apart From Conventional Interventions. All Other Appropriate Therapeutic Approaches are To Be Followed.

* Dr. N. Balaji. MD (HOMEO) Director, ISM&H
Directorate of Indian Systems of Medicine & Homoeopathy
Govt. of Pondicherry, Pondicherry.