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Comparing ancient medical systems with modern medicine: Synthesis for ideal medicine

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The author's practice of Modern Medical systems of Internal Medicine, Hematology, Oncology, and Palliative Medicine in the 'West' (USA, UK, New Zealand) and the 'East' (Malaysia, Middle Eastern countries, and Japan) provided a golden opportunity to experience and observe Ancient Medical systems of Ayurveda, Traditional Chinese Medicine, Unnani, Homeopathy, Folk Medicine, Acupuncture and numerous modalities of physical and cognitive treatments, etc. The author defines Ideal Medicine as one that cures ailments of body and mind, with no harm to the patient, and the practitioners are trusted by people of all countries. The goal of any medical system is to achieve status of Ideal Medicine. Modern Medicine, with dazzling success in curing infection diseases, and reigning high in surgical treatments, is far from ideal. Suffering due to chronic diseases remains lifelong. Modern Medical Professionalism is losing trust in the society because of the financial conflict of interest is 'in' and tradition of altruism is 'out'. By contrast, Ancient Medical systems are still thriving, remain steadfast, being humane in their orientation, treating diseases according to human 'constitutional pathology' to maintain 'equilibrium' with the Universe itself. Numerous examples are provided by presentations in this conference. In the pursuit of finding the Ideal Medical system, the author compares and contrasts Modern Medical systems with Ancient Medical systems. Weaknesses of both medical systems are analyzed and their strengths are presented. Elements of excellence are chosen to synthesize the concepts of Ideal Medical systems.

Biography

Suresh K. Joishy, M.D., FACHPM is Board Certified in Internal Medicine, Hematology, and Palliative Medicine from the USA; Clinical Oncology from the UK, and Fellowship from Royal Australasian College of Physicians Chapter in Palliative Medicine. His scholarly contributions include a textbook in Palliative Medicine ("*Palliative Medicine Secrets*") and more than 25 articles published in peer-reviewed journals and presentations in numerous national and international conferences. He is an accomplished artist in medical graphics and Traditional Chinese brush painting. He is a Palliative Medicine Specialist at the V.A. Medical Center, in Salt Lake City, Utah, USA.

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