

Alternative and Integrative Medicine

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Editorial Note

Unconventional medical practices which take whole body systems and associated lifestyle into account are grouped under alternative and integrative medicine. Complementary and alternative medicines (CAM) are increasingly being used for the management of medical conditions that are recalcitrant to conventional allopathic treatment. Alternative and Integrative Medicine journal provides open forum for enhanced communication and exchange of opinions ranging from basic research to clinical aspects and aims to cover research advancements in this field from all cross the world. The current issue comprises of studies pertaining to the evaluation of curricula for complementary medicine and integrative health modules in education; the efficacy of Narrative Exposure Therapy (NET) in the management of the psychological symptoms of Post-traumatic Stress Disorder (PTSD), and the use of Ayurveda for the treatment of chemical induced hepatotoxicity. El-Olemy [1] evaluated a new complementary medicine and integrative health module which was introduced for the medical students. The methods of teaching included seminars, interactive lectures, practical sessions, field visits, simulation, assignments, case studies, problem based learning, hands-on learning, and self-directed learning. The assessment through the course included seminars, assignments, field visit report and mid-term exam constituting 50% of assessment results which was carried over for final evaluation. Based on the knowledge, understanding as well as intellectual and transferable skills that were gained by the students, the feed-back was supportive of the module. Cognitive-behavioural therapy (CBT) is a type of complementary/alternative medicine which is generally used as the first-line therapy for many psychological disorders in adolescents and children. Narrative exposure therapy (NET), a variant of CBT, is used for the management of post-traumatic stress disorder (PTSD) associated psychological behaviour. In NET, with the assistance of a therapist, the patient constructs a chronological narrative of his/her life story with special focus on the traumatic

experiences. Based on a review study, Grech and Grech [2] have explored the evidence-based studies regarding the effectiveness of NET in remediating the symptoms of PTSD and regarded NET as a potentially effective means of treating the PTSD symptoms, especially among refugee populations. The study emphasized on considering adequate sample size and cultural issues prior to NET application. Polyherbal formulations are used as alternative medicine for the treatment of liver diseases in Bangladesh because management by conventional methods is very expensive. Nazmul and Mosaddik [3] investigated the hepatoprotective effect of a polyherbal formulation called Rohitakarista comprising of different parts of ten distinct plant species, on carbon tetrachloride induced hepatitis in rat model with Silymarin, a well-documented herbal agent with hepatoprotective properties as a control. Silymarin as well as Rohitakarista restored the diagnostic enzyme parameters of liver to normal in a dose dependent manner. This protective effect can be attributed to the stabilization of the structural integrity of the hepatic cells as well as the repair of the damaged tissue. The studies published in this issue of Alternative & Integrative Medicine are of seminal importance in designing student friendly study modules for imparting health education; effective intervention for treating the psychological symptoms and functional characterization of polyherbal formulation for improving liver pathophysiology.

References

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