

Complementary and Alternative Medicine is Mother Medicine

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Right to health includes access timely, acceptable and affordable health care of appropriate quality. Traditional medicine has satisfied all needs of the people therefore may be 80% population of some Asian and African countries relies on it for their primary health care needs. According to World Health Organization, Traditional Medicine defined as the health practices, approaches, knowledge and beliefs incorporating plant, animal and mineral-based medicines, spiritual therapies, manual techniques and exercises, applied singularly or in combination to treat, diagnose and prevent illnesses or maintain well-being [1]. Traditional medicine is a knowledge system that developed over generation within various societies based on the culture before the development of modern medicine. Some of traditional knowledge was codified and available in form of books like-Ayurveda system of Medicine, Siddha system of Medicine, Unani System of Medicine, Tibetan medicine, Chinese traditional medicine Acupuncture, Korean traditional medicine etc. Some practices are still prevailing as oral communication from father to son or not codified and practice based on experience is known as folk medicine. The traditional medicine when adopted outside its traditional culture is often called as complementary and alternative medicine. The important modern drugs like- digoxin, atropine, artemisine, quinine, morphine, taxol etc are derived from traditional practices. So it is better to rename complementary and alternative medicine as **Mother Medicine** when traditional medicine adopted out its culture.

Traditional medicine is the mother of modern medicine because Ayurveda and Chinese traditional Medicine (which are still in active practice) were exists before 600B.C. The traditional medicine is so scientifically designed which has specialties like modern medicine take an example of Ayurveda which has eight branches of medicine: kāyācikitsā (internal medicine), śalyacikitsā (surgery including anatomy), śālākyaçikitsā (eye, ear, nose, and throat diseases), kaumārabhrtya (pediatrics), bhūṭavidyā (spirit medicine), and āgāda tantra (toxicology), rasāyana (science of rejuvenation), and vājīkaraṇa (aphrodisiacs, mainly for men).

Traditional medicines still remain a largely untapped health resource: they are not only sources of new leads for drug discoveries, but can also provide lessons and novel approaches that may have direct public-health and economic impact. Traditional Medicine is accepted and effective drug therapies for many infectious diseases like-respiratory infection, urinary tract infection, protozoan and helminthes infection [2]. Ayurveda and Chinese traditional medicine have anti microbial as well as immune modulatory effect. These medicines may be acting by stimulating the leukocyte activities and increase phagocytosis. Traditional medicinal plants are used worldwide for the treatments bacterial infections. Some of these have also been subjected to in vitro screening [3] and the efficacy of such herbal medicines has been tested in controlled clinical trials also [4]. Conventional drugs usually provide effective antibiotic therapy for bacterial infections but there is an increasing problem of antibiotic resistance and a continuing need for new solutions. Natural products are safer than anti biotic and some people prefer to use traditional medicine for infectious diseases. Some medicinal plants are even effective against multidrug resistance human pathogens [5]. Practice of traditional medicines is not limited only to bacterial infection but malaria like protozoa infection [6]. Randomised Control Clinical trial shows encouraging results in human malaria7.

Many clinical success stories in the treatment of viral diseases like- HIV and hepatitis [7-9].

Now we examine the role of traditional medicine in new challenges of health care which magnitude is more than 60% and in epidemic form i.e, Non Communicable diseases. Non-communicable diseases, chiefly cardiovascular diseases, diabetes, cancer and chronic respiratory diseases are the major cause of adult mortality and morbidity worldwide. "Most of the non-communicable diseases, for example diabetes or heart disease, affect the person in the productive years. It puts immense pressure on the public health expenditure as in most cases the treatment costs are higher compared to the communicable diseases. Traditional Medicine has a potential role in prevention, treatment of diseases, prevent complication, reduce the need of hospitalisation and prevent premature death. Ayurveda and Yoga have emphasised upon diseases prevention [10]. There is a significant number of Asian patients are opted Ayurveda and CTM care for diabetic and cancer [11,12]. Ayurveda medicine has grater efficacy in neurological disorders [13]. Now a day's allopathic doctors are also prescribe Ayurvedic medicine for the treatment of liver diseases, arthritis, cough and cold, piles, constipation, menstrual disorder, dyspepsia etc and 68% resident doctors wants to integrate modern medicine with Ayurveda medicine [14].

Really traditional medicine is the mother medicine but in order to best use of traditional medicine, we have to examine and should generate better data for its safeties and potentialities, cost effective and to guard against the risk of danger or waste.

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