

Editorial Note on Alternative & Integrative Medicine – Holistic Medicine

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Editorial

Holistic medicine is a whole body approach to healthcare. It aims to improve health and wellness through the body, mind, and soul. Usually, holistic medicine combines traditional medicine and complementary and alternative medicine (CAM). Your exact treatment plan will depend on the type of holistic specialty.

There are several kinds of holistic practitioners. Some are doctors with a medical degree. They might base their treatments on holistic principles, which make them a holistic doctor. Other holistic practitioners are not “real” medical doctors. They may be called “doctor” in their field, but they aren’t licensed to practice medicine. In general, holistic medicine isn’t meant to be used in place of traditional medical care. It’s typically recommended as a complement to regular treatments.

Holistic medicine is based on several core values:

1. good health is a combination of physical, emotional, mental, spiritual, and social wellness
2. prevention first, treatment second
3. disease is caused by a problem with the whole body, rather than a single event or body part
4. the goal of treatment is to fix the underlying cause of disease, instead of just improving the symptoms
5. treatment involves a wide range of options, including education, self-care, CAM, and traditional medicine
6. a person is not defined by their condition
7. the relationship between a doctor and the person being treated determines the treatment outcome.

A holistic doctor is a health professional who practices holistic medicine. Common types of holistic doctors include:

Osteopath

An osteopath, or doctor of osteopathic medicine (DO), is a licensed physician who treats health problems with osteopathic manipulative medicine. This form of medicine involves physically manipulating the musculoskeletal system. The idea is that the musculoskeletal system, which includes your muscles, bones, and nerves, affects the entire body. Like a doctor of medicine (MD), an osteopath is a medical doctor.

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They are licensed to practice medicine. Both MDs and DOs attend medical school, choose a specialty, and complete a residency. They take the same exam to become a licensed physician. When treating a condition, MDs and DOs use conventional treatments. But some DOs may incorporate musculoskeletal manipulation, unlike traditional Ms.

Integrative Physician

Integrative physicians are licensed medical doctors who have an integrative approach to healthcare. This involves combining conventional treatments and CAM. Integrative medicine is meant to be used with traditional medical care. It can also involve a wide range of therapies. There isn’t a formal degree for becoming an integrative doctor. Instead, a person attends medical school, becomes a licensed physician, then receives training or experience in CAM. They can also become board certified in integrative medicine.

Ayurvedic Doctor

An Ayurvedic doctor uses Ayurveda to treat health conditions. Ayurveda is an ancient system of Indian medicine. In Sanskrit, Ayurveda means “knowledge of life.” Practitioners believe health problems are caused by imbalanced doshas, or life energies. Ayurveda aims to balance these doshas through alternative treatments, diet, herbal remedies, and lifestyle changes.

Naturopathic Doctor

A naturopathic doctor, or doctor of naturopathic medicine (ND), is trained in naturopathic medicine. This system of medicine combines Western science, natural therapies, and holistic approaches to treat health conditions. Natural therapies may be used as both primary and complementary treatments. Naturopathic physicians attend a naturopathic medical college, where they study the same coursework as traditional medical doctors. They also take a professional board exam to become licensed, but they aren’t recognized as medical doctors.

Related Journals of Traditional Chinese Medicine

Chinese Herbal Medicine Journals, Alternative Medicine Journals, Journal of Traditional Chinese Medicine, Chinese Traditional and Herbal Drugs, Journal of Traditional Chinese Medicine.

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