

# Functional and Anthroposophic Medicine

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## Commentary

Integrative medicine is a concept that mixes conventional and complementary medicine and has become a growing topic of interest for both patients and professionals. Complementary medicine rules are continually evolving, and professional licensure and health insurance programmes are fast expanding. While traditional medical therapy mostly focused on reacting to pathologic values, new integrated medicine attempts to promote salutogenetic and hygiogenetic health as sources in a proactive manner.

To attain optimal health and healing, IM in the framework of anthroposophic medicine focuses on the human being as a whole—body, vigour, mind, and spirit. Natural products, as well as mind and body therapies and acupuncture, are the most extensively employed approaches to supplemental medicine. This involves the use of suitable therapy and lifestyle methods, as well as the use of healthcare experts and the majority of current disciplines.

IM blends the pathogenetic with the salutogenetic or hygiogenetic approach to therapy as a synthesis of traditional and complementary therapeutic approaches. The goal is to develop a comprehensive medical system for each individual. This notion specifically targets the patient's current demands and requirements; an era in which self-determination and personal responsibility have become increasingly significant. Mistletoe therapy given concurrently with antineoplastic treatment in cancer patients, for example, is a well-established idea in anthroposophic integrative oncology to increase tolerance of chemotherapy-induced toxicity.

The effect of rhythmic massage on heart rate variability has been examined in anthroposophic cardiology, for example. In terms of natural goods, the field of supplemental medicine is already established in plastic surgery. Arnica montana, onion extract, Vitamin E products, and Melilotus, for example, are all thought to be useful. Mind-body activities like hypnosis and meditation have

also been shown to improve the postoperative recovery of cosmetic surgery patients.

We propose that integrated medicine based on conventional therapy combined with extra anthroposophic therapies is effective and advantageous for plastic surgery patients' healing and post-operative recovery. The delivers a comprehensive range of surgeries with an integrated approach as a general hospital. Even for patients with an international background, the need for alternative therapy approaches in addition to traditional medicine creates a particularly appealing and healthy environment at the GKH.

The newly constructed plastic surgery department provides a wide variety of services, including reconstructive surgery, breast surgery, hand surgery, and burn surgery, as well as cosmetic surgery. Our department devotes special emphasis to maintaining the exceptional integrated medicine programme that the gynaecological and oncological departments started in our breast cancer centre. Complementary treatments such as anthroposophical massage, breathing therapy, ergotherapy, eurythmy therapy, hyperthermia, painting therapy, clay modelling therapy, music therapy, physiotherapy, and psychotherapy are available during in-patient stays. As a result, not only are functional and physical techniques emphasised, but also mental health, creativity, and self-determination are emphasised and encouraged.

Anthroposophical care treatment and natural goods, such as Arnica montana salve for haematoma, Bryophyllum pinnatum for relaxing, scent oils for wellness, and aurum/lavendulan/rosae unguents against agitation with tachycardia and restlessness, are available in addition to these mind-body activities. The described IM concept is regularly integrated into the daily clinical routine and individually adapted to the wishes of the patients, as each patient has unique needs and expects personalised care: patients with chronic wounds, for example, endure an exhaustingly long hospital stay and also expect variety and social support.

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