

Integrative Approaches for Pain, Anxiety, and Mood Disturbance

Sai Shradha*

Department of Microbiology, Jawaharlal Nehru Technological University, Hyderabad, Telangana, India

Editorial

Integrative medicine is not a new concept, but the word has consolidated and become more extensively used in recent decades. There are writings dating back to early human history that describe how humans are made up of three parts: body, mind, and spirit, with healers addressing all three when illness struck. Integrative medicine is currently defined by a goal of healing, the patient's lifestyle, environment, and history, and a patient-provider partnership that takes into account lifestyle, allopathic diagnosis and treatment, environmental factors, emotional/spiritual factors, and the role of other healing systems when caring for the patient. Integrative medicine is defined as "healing-oriented medicine that takes account of the full person, including all elements of lifestyle," according to the University of Arizona's Center for Integrative Medicine, which has been a leader in integrative medicine training and research for decades. It stresses the therapeutic interaction between the practitioner and the patient, is evidence-based, and employs all available therapies".

Several trends emerge from the National Institutes of Health's Center for Complementary and Integrative Health's most recent assessment on the usage of complementary health techniques. The results of a 2012 study on the use of various techniques, such as dietary supplements, chiropractic or osteopathic manipulation, yoga, massage, and mind-body practises including meditation, were gathered. According to the results of this poll, approximately 33% of adults and 11.4% of children use complementary health techniques in some way. According to the poll, over 59 million Americans spend money on complementary health techniques out of pocket, totalling around \$30.2 billion each year. People sought complementary therapies for a variety of reasons,

with chiropractic manipulation, meditation, massage, and yoga being among the most popular. Yoga has become increasingly popular among children in the previous 15 years, with 3.1% of US youngsters practising yoga in 2012, up from 2.3% in 2007. These are excerpts from a larger set of statistics indicating the rise in interest in integrative (also known as complementary) therapies, as well as their use and willingness to pay for them.

Mind-body and relaxation therapies, which were originally described for pain reduction, have been demonstrated to alleviate depression, anxiety, and stress. When compared to little or minimal standard treatment, a Cochrane meta-analysis of 15 randomised controlled studies of relaxation techniques with individuals diagnosed with depression found improvement. It's worth noting that when paired with psychological therapies like cognitive behavioural therapy, the most substantial good impact was seen. Furthermore, mindfulness meditation has been shown to increase overall mood and well-being, including stress reduction, anxiety reduction, depression alleviation, and improved sleep patterns. One study in paediatrics had 13 cancer-stricken teenagers who participated in eight weekly meditation sessions (8 of the 13 enrolled). Investigators compared pre-trial participant replies to post-trial participant responses through questionnaire to see if there were any differences in overall mood, depression, sleep, and quality-of-life. When compared to the control group, those in the therapy group showed significant improvements in all areas.

Integrative medicine is separate from complementary and alternative medicine (CAM), which refers to practises or treatments that depart from or complement the traditional model. As the name implies, integrative medicine brings together too-often disparate methods to healing, with a focus on equipping patients with skills for self-care, wellness promotion, and illness management sometimes even prevention or reversal.

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***Address for Correspondence:** Sai Shradha, Department of Microbiology, Jawaharlal Nehru Technological University, Hyderabad, Telangana, India, E-mail: devshotsaishradha@gmail.com

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