

Discussing Complementary and Alternative Medicine in Public

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Introduction

In addition to using firmly orthodox techniques of diagnosis and treatment, integrated medicine is the practise of medicine that includes components of complementary and alternative medicine into complete treatment programmes. The idea is more widely accepted in the US than in the UK, but a meeting organised by the Royal College of Physicians and the US National Center for Complementary and Alternative Medicine in London the next week might assist to increase its visibility in the UK.

Description

Complementary medicine and integrated medicine are not the same thing. Treatments that can be used in conjunction with traditional therapy but are typically not included in medical school are referred to as complementary medicine. With its emphasis on health and healing rather than illness and treatment, integrated medicine has a greater purpose and meaning. It approaches patients as complete beings with bodies, minds and spirits and incorporates these aspects into diagnosis and therapy. Patients and physicians must also work together to preserve health by considering lifestyle aspects including nutrition, exercise, sleep and rest quality and interpersonal interactions.

Even when they are ineffective, pricey technology solutions to health issues have become a staple of conventional medicine. In its passion for technology, it has abandoned holistic approaches and straightforward intervention techniques like dietary modification and relaxation training, which are common in and frequently beneficial in alternative systems of care. Patients desire guides to assist them get through the complex maze of therapy possibilities, especially when traditional methods are largely damaging and ineffectual.

Most people become frustrated and resort to supplementary medicine. According to research, patients of practitioners of complementary medicine feel more in control of their sickness because to the consultation process and comprehensive approach used by these professionals. Unfortunately, this alternative is not frequently available since there are not many doctors who have the requisite attitudes, expertise and training. However, patients require doctors with the biological understanding to discriminate between the numerous supplementary therapy alternatives, which vary from the reasonable and valuable to the absurd and even harmful.

Complementary medicine can no longer be disregarded by conventional medicine. In the US, spending on complementary medicine increased from \$13 billion to \$38 billion annually between 1990 and 2007 and alternative medicine

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practitioners were consulted twice as often as traditional family doctors. This trend is also noticeable in Australia and a recent poll in Southampton, England, a city of 200 000 people, revealed that in the UK, about £4 million a year is spent on alternative medicine outside of the NHS.

The use of complementary therapies is common and growing in Britain, according to a new study from the House of Lords select committee on science and technology. Although the evidence supporting the use of complementary medicine is spotty at best and nonexistent at worst, at least 40% of medical practises in the UK provide some supplementary medicine services. The most organised and controlled treatments-acupuncture, chiropractic, herbal medicine, homoeopathy and osteopathy-have a research foundation and are accessible in some areas of the NHS, according to the select committee, which split therapies into three groups. While certain forms of group 2 treatments (such aromatherapy and hypnosis) are used to supplement traditional medicine and are available in the NHS, this group is in need of rigorous regulation and a solid research foundation. Group 3 is made up of several therapies (like crystal therapy and dowsing) for which there is no study evidence at all as well as those that are well-established and reasonable in some cultures.

Additionally, there are no clear regulations or educational requirements for qualified healthcare providers who seek to incorporate complementary therapies into their practises. Complementary treatments need to be introduced in medical schools and other higher education institutions. Although awareness is rising and some schools currently provide some instruction, such availability is unequal in Britain. In the US, a lot of practitioners are receiving their training through online distance learning courses and medical education is also being reorganised. Within the next five years, a quarter of the 125 medical schools in the US are expected to offer integrated medicine programmes, according to the Consortium of Academic Health Centers for Integrative Medicine [1-5].

Conclusion

The way doctors are educated will fundamentally alter as a result of these programmes because integrated medicine is more than just training doctors to utilise herbs instead of pharmaceuticals. It involves restoring fundamental principles that society and economic forces have damaged. The adjective will be dropped as evidence that integrated medicine is effective medicine. The medicine of the next millennium should be integrated medicine as it is today.

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Conflict of Interest

The authors declare that there is no conflict of interest associated with this manuscript.

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