

Preface

Indian ancient methods of treatment ie AYUSH (Ayurveda, Unani, Siddha and Homopathy), almost disappeared from India in a phased manner or restricted to only a few clergy people, sadhus and Hakeems and that too for the benefit of influential personalities like Raja, maharajas and top rich individuals of this country. English rule which lasted more than 100 years brought lots of changes not only in administration but also in workings of common man's, life. During this period, among many other alterations and modifications, they also shifted the discipline of Allopathy, also called modern medicine for the treatment of various illnesses prevailing in this country. Discipline of modern medicine became more popular than AYUSH due to its well planned research on animals and human volunteers, teaching in medical colleges and training of doctors and specialists. Medicines for different diseases were manufactured and classified after 5-10 years of research. Treatment prescribed to patients was later monitored for their curative effects and various side effects. Currently, physicians of modern medicine, practicing more than 30 years, did find that modern medicines and its techniques alone are not free from life threatening complications. With renewed thinking over the past one decade or so, AYUSH has become a well planned discipline and almost introduced in each state of united India. This discipline too like allopathy has been supported with research, teachings in colleges and inventing newer medicines and techniques and therefore, is being accepted as an alternative system to allopathy with greater confidence.

This book has been written with basic concept of integrating both disciplines of AYUSH and modern medicine so that patient of particular disease is treated confidently with the application of either alone or combined therapeutic techniques with least cost and minimal side effects. Starting chapters details the introduction of alternative and complimentary medicine when compared to modern medicine and classification, pathogenesis, clinical features and categorization of different medicines of AYUSH according to three Doshas i.e. Kapha, Pitta and Vatta and five natural elements i.e. Fire, water, air, akash and earth. Research has shown that patients with angina, heart attack and rhythm irregularities can be effectively managed with AYUSH technology including acupuncture. Similarly diseases like obesity, diabetes mellitus, venous insufficiencies, menopause, hematological disorders, vitamins minerals deficiencies and mental stress can be very well treated with AYUSH group of therapies. Heart failure which is the end result of many diseases like congenital, acquired heart diseases and hemodynamic disturbances is usually managed with modern and AYUSH medicines, but can also be treated with specially designed devices as alternative to conventional therapies. As an alternative to surgical intervention in the management of valvular heart diseases, non-surgical percutaneous transcatheter fitting of artificial valves has been the procedure of choice. Enhanced External Counter Pulsation (EECP) therapy which is a simple, non-invasive and alternative solution to the complex problem of angina pectoris has been briefly discussed. To keep our body fit and healthy, an account of balanced diet, calories and exercise have been cited with illustrations. Role of homeopathy, aromatherapy, Transcendental Meditation, Electromagnetic Waves, Reiki and Acupuncture in maintaining human health has been briefly outlined. Kundalini Awakening and Yoga as alternative methods are being frequently combined with conventional treatment with better results in heart patients with open heart surgery. Application of TAI CHI AND QIGONG discipline, music and Herbal therapies for the prevention and management of cardiovascular disorders has been thoroughly discussed.

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