**Detailed Introduction to the Various Categories of Medical Practices Around the World**

**There are several different types of medical practices around the world like allopathy, homeopathy, naturopathy and so on. While you may have heard of such practices, there is a lot of misinformation surrounding the same and this article will help you understand all such practices.**

Medicine is a field that is constantly developing. We are discovering this constant need to upgrade our medicinal practice with the aim to win the never-ending race of man vs. health. The age of technology and modernization has added to the pre-existing plethora of health problems faced by man. With survival being the most basic instinct, it is vital to focus on health and medicine, now more than ever.

The world has moved in closer with advent of technology. It has now been made possible to combine the wisdom of East and West in order to hopefully identify what knowledge or information can lead to a better life for humankind. Here, we are introducing you to the various medicinal practices around the world. This list is limited to treatment options that rely on established science thus we exclude religious miracles or ancient practices without a scientific base. This article will essentially help you understand such practices and we suggest you read the same with an open mind as there is a lot of misinformation and pre-conceived notion surrounding all medicinal practices. We aim to give you a better understanding and explanation to each practice in order to be able to grab the science around it.

Let us begin with the meaning of the term ‘pathy’. It is a word with Greek origin. “Pathos” in Greek means ‘suffering’ or ‘disease’. A lot of medical terms use ‘pathy’ as a suffix because of the same. For instance, Neuro-pathy means nerve disease. Several medicinal practices also use the suffix ‘pathy’ and hence it is vital to know the meaning of the word.

1. Allopathic Medicine

We begin our list with the most common form of medicinal practice, especially in the Western world, Allopathy. It is often also referred to as ‘Conventional Medicine’ or ‘Biomedicine’ or ‘Western Medicine’ and so on. This form of medical practice is widely approved and relied upon globally. It is a practice wherein the opposite (‘allos’) solution is used for a problem. For instance, if you want to deal with an infection, the infection is mainly because of bacteria and the opposite is use of antibiotics that will attack such bad bacteria. Use of a laxative for constipation is yet another example behind the ideology.

The majority medical practitioners practice Allopathy. When you consume a Paracetamol like Tylenol or Crocin, you are indulging in Allopathy. You instant pain-relieving medicines and any form of drug, radiation treatment or surgery by a health professional, fall under this category. The popularity stems from the instant results and effectiveness. Allopathic medicines as well as treatments are quick and swift. The problem is resolved almost immediately or at least there is some level of relief for the patient.

The downside, however, are the side effects of Allopathic medicines. For instance, a normal adult consuming around 15 paracetamols in a day can fall fatally sick. 15 of your basic everyday use pain killers can be a lethal dosage and is strictly advised against. Allopathic medicines should be consumed only with proper instructions from a health care professional and even then, in limited doses. The companies manufacturing allopathic medicines also provide a warning for the limit on the package or bottles.

However, it does not stop here. Another major problem with allopathy lies with the latent side effects. It is not only about over consumption being fatal. Regular or even limited consumption can react oddly with your body. For instance, the loss of hair that cancer patients experience is not a side effect of cancer but that of the radiation treatment. Acidity, Dehydration can be caused by consuming basic anti-biotics. Allopathy is a necessary evil. The medicines and treatments are quick as well as effective. However, they can cause harm to the human body in the long run. There are alot of side effects associated to the medicines, treatments and even surgeries. This is not a standard rule because side effects are subjective to each individual. But the general consensus does point to the hard fact that allopathic practice is not without its flaws.

Today, Allopathy is not only used for cure but also prevention. Vaccinations, Prophylactic antibiotics and prediabetes are examples of preventive allopathic options widely used and approved.

1. Osteopathic Medicine

Osteopathy is yet again a Western medicine form. It is essentially based mainly in the U.S. and the ideology for the practice lies with the interrelation of all the systems in the body. Trained osteopathy practitioners are essentially physicians and they combine allopathy with osteopathic manipulative medicine with the main focus on wellness, preventive approach focus on promotion of overall health. Osteopathic manipulative medicine is a hands-on technique that helps with pain, movement, bodily functions and also focuses on the body structure that ensures complete well-being of the patient.

Osteopathic medicine originates in Missouri around the 1800s when a physician noticed that allopathy, while effective, often does more harm than good to the body. Thus, a more holistic approach was born. The treatment comprises of a more primary treatment that works with the patient towards better lifestyle and well-being along with a preventive approach. For instance, a patient has back ache. An osteopathic medicine practitioner will prescribe allopathic pain killers as well as suggest surgery or treatment as required but at the same time advice on corrective measures like back posture, body posture, lifestyle, stress management etc. Limited dependency on allopathic treatment as well as a hands-on treatment to ensure the side effects of allopathy can be curbed to the greatest extent possible, set apart osteopathy from allopathy. While allopathy focusses on the imminent problems and fixing the same, osteopathy is more holistic. The physicians have to take additional examinations and training to practice osteopathy in the U.S. Currently, the osteopathic medicine community is also constantly focussing on research and development to not only create awareness but also advance their medicinal frontiers.

However, it goes without saying that there is a certain dependency on allopathy and hence the side effects and negative impacts surrounding allopathy play a role here. It may be controlled as compared to pure allopathy but not completely curbed. The holistic approach focussing on complete well-being and quality of lifestyle is a good leap from pure practice of allopathy.

1. Homeopathic Medicine

‘Homeopathy’ is a compound word derived from the Greek words ‘homois’ (meaning, similar) and ‘pathos’ (meaning, suffering). German Physician Dr. Samuel Hahnemann, distressed with the state of medical practices of that time, evolved homeopathy with the intention to revolutionize the practice of medicine. Homeopathy is based on the doctrine or ‘similia similibus curentur’ or ‘like cures like’. It was created as an alternative medicine in 1976 and is practiced widely across the world.

The claim of this practice is that the substance which causes symptoms of any disease in a healthy person can be used to cure similar symptom causing sickness in sick patients. For instance, symptoms of cold are runny nose, watery and red eyes which coincide with what a healthy person experiences while chopping onions. Thus, onions can help with a cold.

Homeopathy adopts a holistic treatment approach. Thus, the patient is treated subjectively. Two patients with the same symptoms and condition can receive different medications based on his/her lifestyle, age, stress, mental and emotional health etc. When you visit a Homeopath, the first step is a detailed study and analysis of the patient. Thus, you will first discuss your personal life with the doctor including any other conditions, medical history, mental and physical health, personal relations etc. Based on this information, the Homeopath will identify the perfect treatment and formula for individual patient.

Homeopathy relies on naturally occurring plant, animal and mineral extracts along with some synthetic substances for preparing the medicines.

Homeopathy is a popular practice all round the world and the patients that swear by this practice, will only indulge in homeopathy for their medical troubles. However, it goes without saying that this practice also has its own short comings. While, the science and results associated to Homeopathy are accepted worldwide, there are a lot of skeptics that question the effectiveness of medicinal practice which severely dilutes the actual treatment. It is considered as one of the slowest and in certain cases, ineffective form of treatment. While on one hand, there are a lot of supporters to this practice, there are also a lot of nay-sayers and skeptics.

1. Traditional Chinese Medicine or TCM (Acupressure, Acupuncture)

Acupressure and Acupuncture are the two types of treatments that have gained a lot of attention in the recent years at a global level. However, these practices have their origins in the traditional Chinese treatment. The story goes that several soldiers punctured with arrow wounds found relief when the arrows punctured certain specific regions and gave them relief from older injuries or pains. Deriving itself from this knowledge, acupuncture is a practice wherein needles are punctured in a systematic manner to stimulate specific points in the patient’s body. There is no medicine or fluid injected through the needle and the entire process is practically painless. Disposable needles are used and the entire process does not take more than an hour but can even be cut short to a few minutes for specific pin relief.

The practice is more so an art because the puncture of the needle has to be precise. The practice is derived on the principle that there are 14 primary meridians in the human body. Through these meridians, bioenergy flows. Bioenergy is also referred to as bioelectricity. For example, heart meridian and lung meridian. These meridians are connected with the rest of the body so when the needle is applied at the right spot on your arm or leg or back, it will relieve the meridian connected to that specific spot and the organ related to that meridian will be relieved or benefited.

Several sports personalities indulge in acupuncture for chronic pains like headaches, back aches, tennis elbow etc. However, the benefits of acupuncture are direct and almost immediate making this practice very popular in the recent years.

Deriving itself from acupuncture, acupressure is a treatment wherein needles are substituted with fingers. Fingers are used to apply pressure to certain points on the patient’s body which releases muscular tension. It also improves blood circulation and this combined force helps cure the patient. Acupressure can be used to treat problems much like acupuncture.

TCM has shown visible results in patients and is thus very popular especially for muscular tension, fatigue etc. However, there is a limitation in terms of its benefits. It may not be able to help a patient with organ failure, internal injuries or certain other sicknesses. It is often a suggested treatment for recovery stage or pain relief.

1. Traditional Hindu Medicine (Ayurveda)

‘Ayu’ means life and ‘Veda’ means knowledge. Ayurveda is derived from the knowledge of life. It is an ancient Indian healing treatment and is still widely practiced even today.

Mind, body and spirit are the three important components of life and every body comprises of three ‘doshas’ (space and air, fire and water, water and earth). The perfect balance and harmony amongst all elements of the body ensure wellbeing. Thus, when there is an imbalance, the same is corrected through Ayurvedic treatments and the balance can thus be restored, curing the patient. Plant- based, animal-based and mineral based medicines are used for treatment of patients.

The patient is first diagnosed by the physician with a general body check up externally. The diet, mental state and therapy are also taken into consideration for the diagnosis. There are several scriptures dating back to thousands of years of knowledge about plants, animals, minerals and their uses for various illnesses in the human body. There is also mention of surgical procedures in ancient ayurvedic scriptures (Sushruta). In fact scholars have also found origins of plastic surgery in these scriptures in relation to fractured nose or ear lobe damage. The detailed instruments mentioned in the surgical procedures are used even today (Scalpels, forceps to name a few).

Ayurveda is a marvel of ancient world and intrigues scholars as well as medical practitioners on account of its efficiency, depth of knowledge and admirable leaps. It is a practice that is very much relevant even today. The treatments are natural and hence there are no risks of side effects or damage.

The only shortcoming with Ayurveda is that the detection of an illness within the body may at times not present itself in the early stages and the treatment requires time as well as patience. For certain illnesses that require urgent treatment or immediate solution, Ayurveda can fall short. There are also several modern-day health problems that require a more modern-day cure or treatment. However, it is one of the most revered form of treatment, especially in Indian households. A detailed study of Ayurveda can help you deal with many of your health problems for an improved bodily function.

1. Naturopathy

Naturopathy, as the name suggests, revolves around the idea that Nature has its own system that is invincible. The ideology for this practice is rooted in the firm belief in Nature. This belief indulges in the idea that the human body, is in itself repairable and curable. Thus, the idea that drugs help cure illnesses is dismissed, mainly because they can cause more harm along the way. With proper nutrition, exercise, sunlight, clean air and proper rest, the human body is capable of treating itself. The treatment revolves around stimulating the internal strength of the body to heal itself towards a wholesome life. The 5 natural elements (earth, fire, water, air and light) can help centre the human body and stimulate self-healing.

 The principles of naturopathy are direct and self-explanatory. Thus, the human body has the strength to cure/heal itself is the underlying belief. Secondly, focus of the diagnosis should be the cause of the condition. Often practices focus on the symptoms and not necessarily the cause. If you identify the cause, you might as well nip it in the bud. Toxicity in the human body causes the dysfunctions and illnesses. It brings down the inner strength that every human body possesses to heal itself. Detox plays a major role in Naturopathy. And finally, the treatment should have a holistic approach meaning that the focus should be on improving the overall health and vitality of the patient.

A detailed diagnosis of the patient is conducted to study the conditions, medical history, lifestyle, mental and emotional state, environment etc. The treatments usually revolve around alternate medicinal practices like homeopathy, acupuncture, aroma therapy, magnet therapy, yoga, Ayurveda etc. along with a proper understanding of the cause in order to educate the patient to improve his/her internal system. Naturopathy is considered as a very reliable practice especially for problems like anxiety, depression, Alzheimer’s, paralysis, stress, insomnia, obesity, bone and muscle problems, fatigue etc.

There is currently a lot of research into naturopathy in order to promote a medical practice that sheds a light on the current deteriorating state of human health and a complete wellness approach.

Apart from the basic 6 forms of medicinal practices, there are several other practices that are widely popular.

1. Genome based treatment – Several characteristics are passed on through the DNA and your gene pool can provide a lot of information about your body. This information can be utilized to help patients with treatments or identify a potential abnormality before the disease can present itself. Thus, the patient can be treated beforehand based on a vulnerability detected in the body by studying their genes. Also, certain genes can be altered for wellbeing of an individual.

This treatment is yet in initial research stages and requires detailed analysis as well as caution for practical treatment of patients.

1. Aromapathy – It is an ancient Egyptian treatment wherein essential oils are used to cure diseases. This mixture of oils is prepared on the basis of detailed diagnosis of the patient. It has therapeutic effect and is used as a supplement for problems like blood pressure, insomnia, skin problems etc. Aroma therapy is popularized in recent years on account of the immediate refreshment it provides. It makes patients feel instantly energized and in lighter mood.
2. Reiki – With its origins in Japan, Reiki is a technique mainly for relaxation. It helps with stress and anxiety. Reiki treatment is derived from ancient Japanese healers that were considered to possess ‘the healing touch’. This knowledge and the power of healing touch is passed on from generation to generation along with the Reiki Energy. The spiritual balance created by the Reiki energy helps in treating illnesses like arthritis, headaches etc.
3. Chropractic treatments – Chiropractice is a treatment wherein the spine is readjusted to correct misalignments causing problems to the patients. Along with that, chiropractors also indulge in homeopathy, nutrition and physical therapy or physiotherapy. This treatment is controversial as spinal readjustments are in contravention to current medical practices. While it provides certain relief and relaxation, there is a contradicting view for this treatment in the medical world.
4. Hypnosis or Mesmerism – This is a highly misunderstood and controversial form of treatment. In this treatment, the patient is put to ease by the practitioner. This state of relaxation is achieved without any physical intrusion or medicinal aid. There has to be an understanding between the patient and the therapist as well as a certain level of trust. Also, despite popular belief, hypnosis cannot make an individual lose his/her will power and act in contravention to his/her convictions. It is often used to mentally relax the patient and let down certain guards to relieve trauma or pain mentally as well as physically.

There are several practices like Cryopathy, Magnet therapy, Emchi, Unani Tibb, Siddha etc. that are practiced globally and have known to relieve patients from their illnesses. There is a plethora of treatments and medical practices around the world and still more that are being researched into on an everyday basis. It is certainly difficult to pinpoint the perfect practice for every patient and the decision has to be made by taking into consideration all the factors as well as detailed study. We hope to provide a cursory view into the various medical treatments to for a limited yet better understanding of the medical practices around the world.

After careful study of several medical practices around the world, we have put together the proper balance and understanding of the inner workings of human body. Human body is as complex as it is beautiful. This complexity along with inner strength can guide us to a well lived life. The lifestyle today is toxic, stressful and difficult. World has become more fast paced, competitive and humankind has lost the important quality of respect for their own body.

Let’s take the example of a car. Every car should be well taken care of, regularly serviced and only fed pure, clean fuel. You cannot wait for your car to break down and then realise something is not working right. Sensibility lies in ensuring the car is regularly serviced, well maintained always and not taken for granted. And God forbid, if it still breaks down, a well oiled and serviced car is far easier to deal with when broken down as compared to a poorly maintained car.

Now, think of your body as a car, except the human body is in fact far more beautiful, complex and intelligent. It is also of far greater value and your biggest asset. Keeping in mind the current self-destructive path that mankind has taken along with a careful study of various sciences around the globe, we have come up with the idea to build a 3600 care facility. Rather than waiting on until the body starts giving up, dealing with regular bouts of stress, depression or fatigue or mistreating our bodies, the purpose here is to provide a servicing centre but for humans.

Keep checking in on our regular blog updates for more information on our project. Also, stay tuned for blogs as well as informercials on our website that will help you understand your body and teach you how to start improving the quality of your life.