

Methods of Traditional Treatment for Various Health Problems

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Description

Traditional medicine refers to health practices, approaches, knowledge, and beliefs incorporating plant, animal and mineral based medicines, spiritual therapies, manual techniques, and exercises, applied singularly or in combination to treat, diagnose and prevent illnesses or maintain well-being. In the last decade traditional medicine has become very popular in World. The high cost of drugs and increase in drug resistance to common diseases like malaria, bacterial infections and other sexually transmitted diseases has caused the therapeutic approach to alternative traditional medicine as an option for concerted search for new chemical entities (NCE). This platform aims at harmonizing the traditional medicine practice in the country, create a synergy between TM and modern medicine and to institutionalize a more harmonized integrated TM practices by the year 2020 in World.

Few common problems which we frequently experience can be easily cured by clinical naturopathy [1].

If you are experiencing Anxiety do Hypnosis, massage, meditation, relaxation techniques will offer you relief. To decrease Fatigue, do exercise, massage, relaxation, techniques, Yoga. If you are experiencing Nausea and vomiting, then do acupuncture, aromatherapy, hypnosis, music therapy. If you are plagued by Stress do Aromatherapy, exercise, hypnosis, massage, meditation, tai chi, yoga.

Acupuncture

During acupuncture treatment, a practitioner inserts tiny needles into your skin at precise points. Studies show acupuncture could also be helpful in relieving nausea caused by chemotherapy. Acupuncture may help relieve certain forms of pain in people with cancer. Acupuncture is safe if it's performed by a licensed practitioner using sterile needles. Ask your doctor for names of trusted practitioners. Acupuncture isn't safe if you take blood thinners or if you've got low blood counts, so see your doctor first [2].

Aromatherapy

Aromatherapy uses fragrant oils to supply a relaxing sensation. Oils, infused with scents like lavender, will be applied to your skin during a massage, or the oils will be added to water. Fragrant oils can even be heated to release their scents into the air. Aromatherapy is also helpful in relieving nausea, pain and stress.

Exercise

Exercise may facilitate your manage signs and symptoms during and after cancer treatment. Gentle exercise may help relieve fatigue and stress and facilitate your sleep better. Many studies now show that

an exercise program may help people with cancer live longer and improve their overall quality of life.

Hypnosis

Hypnosis may be a deep state of concentration. During a hypnotherapy session, a therapist may hypnotize you by talking in an exceedingly gentle voice and helping you relax. The therapist will then facilitate you specialize in goals, like controlling your pain and reducing your stress.

Massage

During a massage, your practitioner kneads your skin, muscles, and tendons in an endeavor to alleviate muscle tension and stress and promote relaxation. Several massage methods exist. Massage will be light and mild, or it is deep with more pressure. Do not have a massage if your blood counts are very low. Ask the massage therapist to avoid massaging near surgical scars, radiation treatment areas or tumors. If you have got cancer in your bones or other bone diseases, like osteoporosis, ask the massage therapist to use light pressure, instead of deep massage [3].

Meditation

Meditation could be a state of deep concentration after you focus your mind on one image, sound, or idea, like a positive thought. When meditating, you would possibly also do deep-breathing or relaxation exercises. Meditation may help people with cancer by relieving anxiety and stress.

Music therapy

During music therapy sessions, you may hear music, play instruments, sing songs, or write lyrics. A trained music therapist may lead you thru activities designed to fulfill your specific needs, otherwise you may participate in music therapy in a very group setting. Music therapy may help relieve pain and control nausea and vomiting.

Relaxation techniques

Relaxation techniques are ways of focusing your attention on calming your mind and relaxing your muscles. Relaxation techniques might include activities like visualization exercises or progressive muscle relaxation. Relaxation techniques are also helpful in relieving anxiety and fatigue. They will also help people with cancer sleep better [4,5].

Tai chi

Tai chi chuan may be a kind of exercise that comes with gentle movements and deep breathing. Tai chi chuan may be led by a lecturer, otherwise you can learn t'ai chi chuan on your own following books or videos. Practicing martial art may help relieve stress. Tai chi is mostly safe. The slow movements of tai chi chuan don't require great physical strength, and also the exercises are often easily adapted to your own abilities. Still, sit down with your doctor before beginning t'ai chi. Do not do any martial art moves that cause pain.

Yoga

Yoga combines stretching exercises with deep breathing. During a yoga session, you position your body in various poses that need bending, twisting, and stretching. There are many sorts of yoga, each with its own variations.

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