



## Most Preferred Alternative Medicine: Allopathic Therapy

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### Background

Allopathy therapy is century years old and is most suitable medicine therapy. Allopathic therapy starting from Greek medicinal therapy consists of the relationship between cells, tissues and organs. Allopathic therapy aims on both diagnosis and treatment, a cure for severe illnesses via drugs, radiation, and surgery. Allopathy therapy is based on three major steps: Hypothesis, experimentation and observation and, conclusion. Allopathy follows unpleasant rather than self-protective therapy for building a healthy population. Allopathy therapy works with advanced technology for diagnostic procedures, sophisticated surgical procedures, drugs with specific actions, vaccines, transplants. Allopathy therapy adjudicating the reason of illness and eradicate with the help of allopathy medicine. Allopathy therapy have more benefits therefore it is at the top of medicine therapy, but it has drawbacks like inefficacy in healing definite chronic illnesses and also inevitable unfavorable effects, which requires to be deal with critically to produce a competent and secure healthcare system. Advantages of allopathy therapy are it uses advanced technology, it defines suitable therapy by discovering and verifying the targets in disease initiation and progression, well-organized management of emergency conditions, helpful surgical management of the patient, recognizing specific microorganisms involved in picky diseases and giving specific targeted action.

Ayurveda therapy normally experienced a form of harmonizing and substitute therapy in India. Around 80% of Indians use Ayurvedic therapy. Ayurveda therapy intends to incorporate the balance between mind, body, spirit to avoid illness and endorse wellness. The efficacy of ayurvedic medicine was tested scientifically, just like allopathy therapy, yet it surrounds with plentiful practical harms. Most customers think that Ayurvedic therapies are natural and thus secure, but this is a risky overview. One-fifth of Americans and Indians produced Ayurvedic medicines purchased using the Internet and it contains noticeable arsenic, lead, and mercury. Ayurvedic medications are connected with bad effects, which comprise links with arranged drugs. Current analysis reveals that fifteen percent of patients receiving allopathy therapy also consume ayurvedic products. The integrative medicine approach came with confidence that it provides a reasonable and rational explanation to the worldwide healthcare disaster, particularly in a rising nation like India. Department of AYUSH planned a new approach of joining together Ayurveda, Unani, and Siddha with Allopathic system to ensure health. China has effectively integrated practices of old and new medicine. Medical students of China are necessarily opting for the courses of current and old medication therapy.

Hence, Chinese doctors are aware of both medication methods and are able to select the right mixture to create the finest utilization of both medicines. In the future combination of allopathic and ayurvedic medication will be very much influenced by allopathic doctors. Developed country's medical students have consistently shown interest in CAM and medical colleges are alert of the need. But there was no research found to appraise knowledge, attitude, and practice (KAP) of allopathic doctors toward Ayurvedic medicine regarding its utilization. The advantages of Ayurveda therapy are Safety, surety, availability, and cost-effective therapy. Allopathy and Ayurveda therapies are most preferred by patients which protecting and refreshing health. Patients have the choice to either prefer allopathy or ayurvedic therapy or combination. After consultation with their friends, relatives they decide for appropriate therapy. Customer Prefer Allopathy Therapy because of convenient to hectic Lifestyle and Easily availability of allopathy medicine. Customer Prefer Ayurvedic Therapy because of its cheap price, followed by no side effect on the human body and inclusion of natural ingredients in ayurvedic medicine.

Human beings are using the herbal and allopathic systems of medicine from ancient era to cure, treat, diagnose and prevent diseases and ailments. Herbal treatment is the oldest, traditional and low cost medicine system which is more accessible to low income and local people. So, the medicinal system always been a supporter for people to treat and get over the problems related to health which are minor or major. Not like the ayurvedic medicinal system, allopathic method is more scientifically proven and developed, and highly regulated. Each of these two systems has their own strengths and weaknesses. These are used to treat different ailments at different levels and rates.

A study survey of the literature on ayurvedic (herbal) medicine and allopathic medicine depicted the strengths and weaknesses and suggested fusing the two to form an integrated approach that will utilize both systems in healthcare because both the systems have their loopholes, but fusing their best leads to encouraging results. Emphasis is laid more to prevention in Ayurvedic medicine. An efficient health care is a pressing need to prevent, diagnose, treat and cure diseases and ensure the general well-being of individuals and societies. The development of human societies lead to different medical systems and developed meeting the need of the society. Herbal and allopathic medicinal systems are the two most common systems of medicine are used in health care.