CHAPTER - 3
EVOLUTION AND DEVELOPMENT OF
HEALTH CARE SYSTEMS

There is a popular phrase in the Indian society: “Pahelu Sukh Te Jate Narya”. To enjoy the life, a good health is a condition precedent. Human health care remain the first priority among others in whole world. Various systems of medicine evolved over the centuries and have continued to be practiced widely in India and elsewhere. Development and growth of medicine or science of life, was adjuvant with the growth and evolution of Indian civilization and culture. Vedas, which are considered to be the originals of Indian culture, have mention of this knowledge, both in theoretical and practical form. There is discussion of theories, about the composition of living and non-living matter, the physical, biochemical, biological, psychological and spiritual components of man and the vital motive forces working both inside and outside the body. In ancient works there is a mention of current medical subjects like anatomy, physiology, etiology, pathology, treatment and environmental factors. This medical knowledge has been the work of ages. It is the outcome of the observation, and analysis of investigations done over thousands of years. This knowledge of Indian culture has been documented in the Vedas. Most of the mythological and medico-religious medicines are practiced even today.

The principal objective of health care systems is treatment, to maintain and promotion of health, prevention of disease and cure of sickness. Normally, the treatment comprises of medicines, specific diet and prescribed routine activity. For successful administration of a treatment, four things are essential, physician, medicines, nursing personnel and cooperation of the patient. The physician comes first in order of importance. He must possess technical skill, scientific knowledge, purity and human understanding. The physician should use his knowledge with humility, wisdom and in the service of humanity. Next in importance comes food and drugs. These should be of high quality. They should be grown and prepared by approved procedures and
should be adequately available. The third component of every successful treatment is the role of nursing personnel, who should have good knowledge of nursing, must know the skills of their art and be affectionate, sympathetic, intelligent, neat & clean and resourceful. The fourth component is the patient himself, who should be cooperative and obedient to follow instructions of the physician, able to describe ailments and ready to provide all that may be needed for treatment.

Medicine has remained always in circuitous controversy. Medical science is developed by leaps and bounds. Medicine has moved from organism to organ and from organ to cell and from the cell to molecular properties. Despite bio-medical experiments and advances, the death rate and the life expectancy in the developed countries have remained unchanged. Role of Medicine, as practiced today, has begun to be questioned and criticized. High technological medicine, instead of helping the patient care is leading the health systems in wrong directions. The objective of medicine is not only to treat sick people but to ensure significant good health and well-being.

A healthy person can realize his full potential and prepare himself with better immunity, preventing him from many illnesses. The concept of alternative medicine which is evolving fast is “prevention is better than cure”. Preventing a disease is always easier than curing it. There is an increasing concern about the cost and allocation of health resources. Medicine is no longer solely for the diagnosis and treatment of diseases. It is also the science for prevention of disease and promotion of health. With increasing recognition of the failure of existing health services, to provide health care, alternative ideas and methods to provide health care have been considered and tried in large scale.

Healthy population is the valuable asset of a developing nation. Many physicians, scholars, investigators, rulers and/or administrators with only one motto of healthy population, evolved various systems of medicines, according to their knowledge. Let us have a bird eye view of various branches of Medicine and Medical professions dealing with the health.
3.1. Ayurveda

Ayurveda is referred to as **Mother of all healing.** It is considered to be an oldest form of health care in the world. It is found in the Rig Veda and Atharva veda describing various diseases and its treatment by various plants and other materials. Presence of rich and unlimited wealth of varied medicinal plants and minerals, proved exceptionally favorable to the growth and development of the science. Vedic medicines developed after the migration of the Aryans to the Indus Valley. It is understood by many scholars, that the knowledge of Ayurveda spread out from India and influenced the Ancient world. It was around 1000 years BC when Ayurvedic fundamentals and its eight clinical specialities were fully documented in Charaka Samhita and Sushruta Samhita - the first compendia on Ayurvedic medicine & surgery respectively which became the basis for the evolution of ancient medicine. In course of time it became a teaching subject in the Universities of Takshashila & Nalanda. Ayurveda is a Sanskrit word & is made up of two words Ayuh and Veda. Ayuh means age or life and veda means Knowledge.

Thus the word Ayurveda means Science of Life. Ayurveda is considered to have divine origin representing one of the oldest organised system of medicine for positive health & cure of human sickness. It has grown into a very comprehensive health care system by making use of systematic careful observations and documentation of detailed experiences of the practicing health care personals over the past several thousand years.

The most important and massive ancient compilation of the School of Medicine is known as **Charaka Samhita.** It contains several chapters dealing at length with therapeutic or internal medicine. About 600 drugs of plant, animal and mineral origin are described in it. Besides this, it also deals with other branches of Ayurveda like anatomy, physiology, etiology, prognosis, pathology, treatment and medicine etc.

Another equally exhaustive ancient compilation, **Sushruta Samhita** exists relating to school of surgery. It deals primarily with various fundamental principles and theory of surgery. In this valuable document more than 100 kinds of surgical instruments, including scalpels, scissors, forceps, specula etc. are described along with their use,
Dissection and operative procedures are explained making use of vegetables and dead animals. It includes, the descriptions of how to do incision, excision, extraction, bandaging etc. It includes the subject of anatomy, embryology, toxicology and therapeutics. It also has a mention of about 650 drugs. It deals with the measures for healthy living during the entire span of life and various phases. It has also developed a wide range of therapeutic measures to combat illness. These principles of positive health and therapeutic measures relate to physical, mental, social and spiritual welfare of human beings. Thus Ayurveda becomes one of the oldest systems of health care dealing with both the preventive and curative aspects of life, in a most comprehensive way and presents a close similarity to the WHO's concept of health propounded in the modern era.

During its early period, it was perhaps the only system of healthcare and medicine, which served the people well in areas such as health, sickness, life and death. It enjoyed the unquestioned patronage and support of the people and their rulers. This situation promoted maximally the growth of this system. Practically all the systematic ground work of laying down its basic concepts, principles and medicaments took place during this period of Indian history.

Ayurveda faced utter neglect due to unsettled political conditions and several invasions from outside the country. Its growth was stunted; its teaching and training were stopped. Its practice or utilization was discouraged by the officially supported health care systems. With the awakening of nationalism and movement for freedom, the Indian cultural values and way of life (including health care and sickness cure systems) initiated the revival of Ayurvedic system of medicine, even before the country got its freedom. After, 1947, the movement for revival of Ayurveda gained additional momentum. The first Health Ministers' Conference resolved that Ayurveda should be developed and put to use for providing medicare to the people. In due course of time, this system got official recognition and became a part of the National Health network of the country. In several ways, the official health policies, national plans and programmes accorded to it, the same status as enjoyed by the dominant Allopathic system. At present the system is well set to re-orient itself to modern scientific parameters. Simultaneously, it is well poised for much greater, effective
utilization, so as to enable the country to reach its goals of Health for all and regulate population growth. In the present situation, Medical Scientists are researching Ayurveda remedies for lifestyle related diseases, degenerative and psychosomatic disorders.

According to Ayurveda, all objects in the universe including human body are composed of five basic elements (Pancha mahabhutas) namely, earth, water, fire, air and vacuum. There is a balanced condensation of these elements in different proportions, to suit the needs and requirements of different structures and functions of the body and its parts. The growth and development of the body depends on its nutrition, i.e. on food.

Health or sickness depends on the presence or absence of a balanced state of its different constituents. Both the intrinsic and extrinsic factors can cause disturbance in the natural equilibrium giving rise to disease. This loss of equilibrium can happen by dietary indiscrimination, undesirable habits and non-observance of rules of healthy living, seasonal abnormalities, improper exercise or erratic application of sense organs and incompatible actions of the body and mind. It can also result in creating disturbances of the existing normal balance.

The treatment consists of restoring the balance by regulating diet, correcting life-routine and behaviour, administration of drugs and resorting to preventive Panchkarma and Rasayana therapy.

Ayurvedic diagnosis is always done by considering the patient as a whole. The physician takes a careful note of the patient's internal physiological characteristics and mental disposition. He also studies such other factors as the affected tissues of the body, humours, the site at which the disease is located, patient's resistance and vitality, his daily routine, dietary habits, the gravity of clinical conditions, condition of digestion and details of personal, social, economic and environmental situation of the patient. The diagnosis also includes the general physical examination; Pulse examination; Urine examination; Examination of the faeces; Examination of tongue and eyes; Examination of skin and ear including tactile and auditory functions.
Ayurveda has developed a very vivid analytical description of the stages and events that take place since the causative factors commence to operate till the final manifestation of disease. This gives this system an additional advantage of knowing the possible onset of disease, much before, the latent symptoms become apparent. This enhances the preventive role of this system of medicine by making it possible to take proper and effective steps in advance, to arrest further progress in pathogenesis or to take suitable therapeutic measures to curb the disease in its earliest stage of onset.

Ayurveda, puts more emphasis on regulation of diet as therapy, because, it considers human body as the product of food. An individual's mental and spiritual development, as well as his temperament, is influenced by the quality of food consumed by him. Food in human body is transformed first into chyle or Rasa and then successive processes involve its conversion into blood, muscle, fat, bone, bone-marrow, and reproductive elements. Thus, food is basic to all the metabolic transformations and life activities. Ayurveda believes that lack of nutrients in food or its improper transformation, leads to a variety of disease.

3.2. Siddha System

Siddha system is another oldest system of medicine in India. The term Siddha means achievements and the persons who practiced this type of medicine and achieved results were called Siddhars. The principles and doctrines are similar to Ayurveda. This system of health care is prevalent in Tamilnadu and some other parts of South India. It is an ancient traditional system of Indian medicine developed by 18 Siddhars. There are extensive references to Siddha in ancient Tamil Literature and it is practiced largely in Tamil speaking part of India and abroad. The Siddhars were great scientists in ancient times. According to tradition, the origin of Siddha system of medicine is attributed to the great Siddha Ayastiyyar, with specialization in Iatro-chemistry.

The Siddha System is largely therapeutic in nature. According to Indian history, prior to Aryans migration, the Dravidians were first inhabitants of India of whom the Tamilians were the most prominent. The languages of India were divided into two,
the northern with Sanskrit and the southern with Dravidian language. The Siddha was flourished in south and Ayurveda in the north. According to the tradition, it was Shiva who unfolded the knowledge of Siddha system of medicine to his consort Parvati who handed it down to Nandi Deva and the Siddhars. According to this system, the human body, food and drugs are the replica of the universe. This system believes that all objects in the universe including human body are composed of five basic elements namely, earth, water, fire, air and sky. The food and the drugs are all also made of these five elements. The proportion of the elements present in the drugs vary and their preponderance or otherwise is responsible for certain actions and therapeutic results.

The Siddha system is capable of treating all types of diseases other than emergency cases. It is effective in treating all types of skin problems particularly Psoriasis, STD, urinary tract infections, diseases of liver and gastro intestinal tract, general debility, postpartum anemia, diarrhea and general fevers in addition to arthritis and allergic disorders. The diagnosis of the diseases involve identifying it causes through the examination of pulse, urine, eyes, study of voice, colour of body, tongue and the status of the digestive system. The system has worked out detail procedure of urine examination which includes study of its colour, smell, density, quantity etc. It is holistic in approach and the diagnosis involves the study of person as a whole as well as his disease.

The Siddha System of Medicine emphasises that medical treatment is oriented not merely to disease but has to take into account the patient, environment, the meteorological consideration, age, sex, race, habits, mental frame, habitat, diet, appetite, physical condition, physiological constitution etc. This means the treatment has to be individualistic, which ensures that mistakes in diagnosis or treatment are minimal.

The Siddha System also deals with the problems affecting the women’s health. The care for women's health starts from the first day of the girl child. It advocates breast feeding up to the first three months of the her birth. It believes in the principle of "Food itself is medicine" and so lactating mothers are advised to take the food rich in iron, protein and fiber so as to prevent any nutritional disorders both to the child as
well as the mothers. Once in 15 days, the mothers are advised to take simple remedies for de-worming so that they may not land up in anemic conditions.

For any diseases due to infection or otherwise, the treatment is individualistic on examination of that particular patient. Once the girl child attains menarche, the Siddha System has got a variety of preparations which can strengthen her reproductive system so as to deliver a healthy child in future. Treatments are also available to take care of the menopausal syndromes, especially problems related to the hormonal imbalance.

3.3. Unani Tibb - The Greek System

Unani system of medicine is also the oldest one of medicine in the world. It is still popular & practiced in India & other parts of the world. The scientists and experts of different countries have contributed in development of Unani system. Unani medicine was originated in Greece and Hippocrates (Buqrat 460-377 BC) was its founder, the great philosopher & Physician. He was the first Unani Physician who opened the education of Medicine to all communities, so he is known as the father of medicine. It was brought to India from West Asia around 10th Century A.D. by the muslim rulers and in 1351 AD by Arabs. The first known Hakim was Zia Mohd Masood Rasheed zangi. Unani Medicine was accepted by the masses due to its efficacy and non-toxicity of the drugs. After independence in 1964 Govt, of India constituted Unani pharmacopia Committee consisting of Unani experts and scientist with a view to maintain uniformity in the standards of drugs and to prescribe standards for compound formulations. It also prescribed the tests for identity, purity, efficacy and quality of the drugs. In order to develop high standards of education and research in Unani Medicine National Institute of Unani Medicine was established at Bangalore in 1983. Now the Unani is an established Indian System of Medicine

The practice of Ayurveda, Unani, and Siddha system enjoyed Universal Acceptance, by virtue of they being the only available system for the cure. The diagnostic session of them could be quiet long, as detail questions are asked about ownself, life style, job, diet, likes and dislikes, appetite, bowel movements, and digestive system. They attribute majority of the diseases to all these habits. They would than take patient's
pulse and observe their appearance, size, shape, speech and the way they move, and their attitude and behavior. They try to find out the cause and then give the treatment. They usually do not harm but may take long time to assess and treat.

Unani Medicine is based on the Greece philosophy. According to Basic Principles of Unani the body is made up of the four Basic elements i.e. Earth, Air, Water, Fire which have different Temperaments i.e. Cold, Hot, Wet, Dry. After mixing the four elements a new compound having new temperament comes into existence i.e. Hot Wet, Hot Dry, Cold Wet, Cold Dry.

Unani medicine believes in Promotion of Health, prevention of diseases and cure. Health of human being is based on the six essential elements and if these are balanced, health is maintained, otherwise there will be diseases. There are six factors responsible for imbalance which invites diseases viz., 1 Atmospheric Air 2.Drinks and Food 3.Sleep and Wakefulness 4.Excretion and Retention 5. Physical activity and rest 6. Mental activity and Rest.

Diseases are mainly diagnosed, with the help of Pulse (Nabz), physical examination of the Urine and Stool. They are also examined systematically to make the diagnosis easy, as spot diagnosis with the help of simple, modern gadgets.

Treatment of Diseases is in the following ways:

1. Ilajbil Tadbeer (Regimenal Therapy) - Some drugless regimens are advised for the treatment of certain ailments i.e. Exercise, Massage, Hamam (Turkish Bath), Douches (Cold and Hot) and the Regimen for Geriatrics;

2. Ilajbil Ghiza (Dietotherapy) - Different diets are recommended for the treatment of different diseases.

3. Ilajbil Dava (Pharmaco-therapy) - The basic concept of treatment is to correct the cause of the disease that may be abnormal temperament due to environmental factors and abnormal humours either due to internal causes or external causes which may be pathogenic micro-organism, through (a) drugs of opposite temperament to the
temperament of the disease that is called Ilaj-bil-zid or (b) drugs of similar temperament as of the temperament of the disease that is called as Ilaj-bil-misl. The drugs used are of the Plant origin. Some drugs of Animal and Mineral Origin are also used. Patients are treated either by single drugs (crude drugs) or by compound drugs (formulations of single drugs).

3.4. Yoga

Yoga has its origins in the Vedas, the oldest record of Indian culture, thousand years ago. Its founders were great Saints and Sages. The great Yogis gave rational interpretation at their experiences about Yoga and brought a practically sound and scientifically prepared method within every one's reach. Yoga philosophy is an Art and Science of living in tune with Brahmand - the Universe. It was systematized by the great Indian yogi Patanjali in the Yoga Sutra as a special Darshana. Patanjali's Yoga Sutra is certainly the most significant book which has touched almost all the aspects of human life. Maharishi Patanjali is called the "Father of Yoga".

Unlike earlier, Yoga today has taken its place in our day to day lives and has undergone a worldwide awakening and acceptance in the last few decades. The Science of Yoga and its techniques have now been re-oriented to suit modern sociological needs and lifestyle.

According to Swami Vivekananda, Yoga means “compressing one's evolution into a single life or a few months or even a few hours of one's bodily existence”. Sri Aurobindo says, it is a methodological effort towards self perfection by the development of potentialities latent in the individual. Yoga is a science as well an art of healthy living physically, mentally, morally and spiritually. It does confine to any race, age, sex, religion, cast or creed. Yoga is not a religion; its philosophy is based on certain psychological facts and it aims at the development of a perfect balance between the body and the mind that permits union with the divine i.e. perfect harmony between the individual and the cosmos.
There are many interpretations of the word Yoga. One of the classic definitions is "to be one with divine." It does not matter what name we use for the divine-God, Allah, Ishvara, or whatever-anything that brings us closer to understanding that there is a power higher and greater than ourselves is Yoga. When we feel in harmony with that higher power is Yoga. Yoga is one among the six systems of Indian orthodox philosophy. The practice of Yamas - Niyamas i.e. harmlessness towards all living beings, truthfulness, honesty, celibacy, non-hoarding of worldly objects, cleanliness, contentment, austerity, control of lust, anger and infatuation, study of holy books and practice of Japa and selfless action - all these pave way for increasing the power of concentration, mental purity and steadiness.

A set of Asanas, Mudras and Pranayamas practiced with faith, perseverance and insight rejuvenates the brain, heart, lungs, liver, pancreas, kidneys, bowels, nerves, muscles, tissues & glands of the body by ensuring oxygenated and balanced blood supply, increases the appetite, bestows control over seminal fluid, senses & mind and imparts increased vitality, vigour & longevity to the practitioner. There are a large number of methods of practicing Yoga catering to the needs of different persons in society. They are broadly classified into four streams. Swami Vivekananda puts them as Work, Worship, Philosophy and Psychic control. Karma Yoga, the path of work, involves doing action in a skilful way. In other words, it can be said as a way of enjoying work, doing it effortlessly. The success or failure should not be allowed to cause ripples in the mind. ‘Bhakti Yoga’ the path of worship is a systematic method of engaging the mind in the practice of divine love. This attitude of love softens our emotions and tranquillizes our mind. Jnana Yoga, the path of philosophy, is a systematic way of tutoring the mind about the realities of life by contemplation. This will strip off the garb of Avidya (ignorance) from our mind and the mind goes to its natural state of rest. Raja Yoga, the path of psychic control, is a systematic process of culturing the mind. It is based on the 8-limbed Yoga of Patanjali. Yoga means a holistic approach towards the cause and treatment of disease.

According to Yoga, most of the diseases Mental, Psychosomatic and Physical originate in mind through wrong way of thinking, living and eating which is caused by attachment. The basic approach of Yoga is to correct the life style by cultivating a
rational positive and spiritual attitude towards all life situations. Like Ayurveda and Naturopathy Yoga also takes up the cleansing of the body as the first measure to fight disease. All the systems of medicine at their best aim at curing the disease whereas Yoga aims at preventing the disease and promoting health by reconditioning the psycho-physiological mechanism of the individual, Yoga emphasizes the development of brotherhood, harmony, fraternity and equality towards all human beings. This attitude renders the thinking so positive, that man is liberated from all mental malice and also all the mental, psychosomatic and physiological diseases arising thereof.

The approach of Yoga is not confined to various disorders; it aims at bringing under perfect control of the mind, senses and pranic energy and directs them towards healthier channels with a view to acquire mental purity, intellectual stability and spiritual bliss. "Vasudhaiv Kutmba Kama" is the basic Philosophy of Yoga. Yoga emphasizes the practitioners, to withstand the environmental influences (both external & internal) as well as physical & mental tensions. This practice cultivates strong immunity in them and makes them capable of offering an effective resistance to various environmental pressures and thus, maintains behavioural equanimity and intellectual stability.

A set of Asanas, Mudras and Pranayamas practised with faith, perseverance and insight, rejuvenates the brain, heart, lungs, liver, pancreas, kidneys, bowels, all nerves, muscles, tissues, glands of the body by ensuring oxygenated and balanced blood supply. It increases the appetite, bestows control over seminal fluid, 5-senses and mind and imparts increased vitality, vigour and longevity to the practitioners.

In our country, generations of Yogis and Scholars have contemplated their lives in timeless fashion to realize that there is a meaning to life and some purpose beyond the human sufferings. They were convinced that there is a way to escape the tragic problems of life by diverting our mind to something more interesting and everlasting. They were also moved by the suffering they saw around them and wanted that the human being should be free from sufferings & ignorance to set him on the road to freedom and live healthy. In ancient days, most of the Yogis & Sages used to live in forests. They use to eat whatever is provided by the Nature in its natural form. The
ever changing climate could not harm them a bit. They use to apply holy ash of Havana on their body to keep away the germs & bacteria. The great Yogis and Scholars gave rational interpretations of their experiences and brought these within every one's reach by making a practically designed and scientifically prepared method of healthy living. Hence, the science of Yoga emerged to counter all these problems and human sufferings.

In the ancient days, Medicine was dominated by magical and religious beliefs which were an integral part of almost all ancient cultures and civilizations. The so called "Traditional Healer" was found everywhere. They lived close to the people and their treatment was based on various combinations of religion, magic and empiricism. In recent times, there is a growing awareness among the people about the efficacy and utility of Yoga and Nature Cure in keeping one fit at physical, mental, emotional, social and spiritual planes. These systems are emerging as the effective methods and means to improve the total personality and to build a healthy society. Above all, these systems are adopted as a way of life rather than a mode of treatment.

3.5. Homeopathy

Homeopathy today is a rapidly growing system and is being practiced almost all over the world. In India, it has become a household name due the safety of its pills and gentleness of its cure. A rough study indicates that about 10% of the Indian population solely depends on Homeopathy for their Health care needs.

It is more than a century and a half Homeopathy is being practiced in India. It has been recognized as one of the National Systems of Medicine and plays an important role in providing health care to a large number of people. Its strength lies in its evident effectiveness towards the sick individual through promotion of inner balance at mental, emotional, spiritual and physical levels.

The word 'Homeopathy' is derived from two Greek words, Homois meaning similar and pathos meaning suffering. Homeopathy simply means treating diseases with remedies, prescribed in minute doses, which are capable of producing symptoms
similar to the disease when taken by healthy people. It is based on the natural law of healing- "Similia Similibus Curantur" which means "likes are cured by likes".

a) The Law of Similars - It is also called the Law of Cure. This law demonstrates that the selected remedy is able to produce a range of symptoms in a healthy person similar to that observed in the patient, thus leading to the principle of Similia Similibus Curentur i.e. let likes be treated by likes. To give a simple example the effects of peeling an onion are very similar to the symptoms of acute cold. The remedy prepared from the red onion, Allium cepa, is used to treat the type of cold in which the symptoms resemble those we get from peeling onion. The principle has been verified by millions of Homoeopaths all over the world.

The Law of Single Remedy - This law directs to choose and administer such a single remedy, which is most similar to the symptom complex of the sick person at a time.

The Law of Minimum Dose - The similar remedy selected for a sick should be prescribed in minimum dose, so that when administered there is no toxic effects on the body. It just acts as a triggering and catalytic agent to stimulate and strengthen the existing defense mechanism of the body. It does not need to be repeated frequently.

The principle of Homoeopathy has been known since 450 BC the time of Hippocrates from Greece, the founder of medicine, More than a thousand years later, the Swiss alchemist Paracelsus employed the same system of healing based upon the principle that "like cures like". But it was in the late 18th century that Homoeopathy was evolved by Dr. Samuel Hahnemann, the German physician who discovered the principle that what substance could cause the symptoms, it could also cure. He was appalled by the medical practices of that time and set to develop a method of healing which would be safe, gentle, and effective. He believed that human beings have a capacity for healing themselves and that the symptoms of disease reflect the individual's struggle to overcome his illness. Hahnemann was surprised that certain drugs, when taken by him while quite healthy, produced symptoms that the drug was known to cure in sick. For instance, when he took Cinchona Bark, which contains quinine, he became ill with symptoms that exactly mimicked intermittent fever (now called malaria). He wondered, if the reason Cinchona worked against intermittent fever, was because, it caused symptoms indistinguishable from intermittent fever in a healthy human.
Drugs are prepared in such a way that they retain maximum medicinal powers without producing any toxic action on the body. It was found experimentally by Dr. Hahnemann that when diluted drugs are powerfully successes, they develop lasting medicinal powers. Hahnemann began to treat the sick on the principle 'let likes be treated by likes'. He achieved outstanding clinical success.

Homoeopathy does not treat disease. A Homoeopath does not concentrate his therapy on; say arthritis or bronchitis or cancer. In other words he does not limit his treatment to painful joints, inflamed bronchi or a malignant growth. He treats all aspects mental, emotional and physical of the person who happens to be suffering with arthritis or bronchitis or cancer. Homoeopathy regards each patient as a unique individual, e.g. six persons with hepatitis might get a different Homoeopathic remedy, each one aimed at the individual's totality of symptoms rather than at his liver alone. The physicians' interest is not only to alleviate the patients' present symptoms but also his long-term well being.

The principle of SIMILIA SIMILIBUS CURENTUR also called as LET LIKE BE CURED BY LIKE meaning thereby, those substances which can cause certain symptoms of the diseases, has the power to stimulate the cure of those symptoms when they occur due to illness. In other words it deals with finding a substance-which by its nature can cause the symptoms of the disease which the patient is experiencing; it can cure those symptoms or the diseases by using the same substance in diluted form and safe dose. It stimulates many levels of the body to react to the disease and get cured of the diseases. Homeopathy with correctly chosen substances, in correct diluted doses will cure the diseases.

Arsenic-if consumed- can cause the symptoms like food poisoning, severe vomiting, diarrhea but if the homeopathic diluents of Arsenic-i.e. Arsenicum Alb when taken for stomach flue or food poisoning, causes severe vomiting and reduces the discomfort and brings relief to the patient by purging. Also if taken for longer time it can cause the harmful effects on the patients, like restless at night, irritability, weakness, exhaustion and might develop suicidal, selfish and malicious intentions. Thus with higher potentials and professional guidance, one ran use Arsenicum Alb to treat
individuals suffering from a particular disease. The only precaution to be taken is level of care, kind of drug used and dose of the drug used.

The basis of the Homeopathy treatment is- Our bodies have sensitive receptors which trigger adjustments and responses to the slightest changes and dangers in our environment or body constituents, without our knowledge. It adjusts to the change of temperature in environment, germs, bacteria which we inhale through air or eaten through food. It is only when they are in excess or our reactions have become weak that we come to experience the problems or symptoms of the diseases. When the patient takes the Homeopathy treatment, these receptors are blocked and the germs are not allowed to react with the tissues causing cure of the diseases.

3.5.1. Historical Evolution in India

Homeopathy entered India in 1839 when Dr. John Martin Honigberger was called to treat Maharaja Ranjit Singh, the ruler of Punjab, for paralysis of vocal cords and oedema. The Maharaja was relieved of his complaints and in return he received valuable rewards and later on was made officer-in-charge of a hospital. Dr. Honigberger later on went to Calcutta and started practice there. This royal patronage helped the system to have its roots in India. A large number of missionaries, amateurs in Indian civil and military service personals practiced Homoeopathy extensively and spread this system mostly in Bengal and South India.

The Government of India soon after Independence developed Homeopathic System of Medicine. The setting up of Homeopathic Enquiry Committee in 1948, the Committee by Planning Commission in 1951 and the Homeopathic Pharmacopoeia Committee in 1962 testify to this. At the instance of the recommendation of these Committees, the Government of India have accepted Homeopathy as one of the national System of Medicine and started releasing funds for its development, during the Second five-year Plan. Some of the States also made their own contribution to Homeopathic Education, the employment of Homeopathic practitioners in health services and regulating the practice by enacting States Acts & Rules, etc.
Homeopathy in India enjoys Government support along with the other systems of medicine, because. Government is of the view that presence of all these alternative systems of therapeutics offers a much wider spectrum of curative medicine.

3.6. Naturopathy

The word "Naturopathy" has been coined by Dr. John Scheele in the year 1895 and was propagated and popularized in the western world by Dr. Benedict Lust. A number of Doctors of modern medicine and others became Nature Cure enthusiasts. They gradually added a number of modalities and developed them scientifically. Nature Cure movement gained momentum in India as Mahatma Gandhi, "Father of the Nation" became much interested in this system and included it in his programmes. He also established a Nature Cure Hospital in Uruli Kanchan, Distt. Poona, Maharashtra which is still functioning.

It is one of the oldest systems of treating the patients. Nature Cure movement started in Germany & other western countries with "Water cure" (Hydrotherapy). Water cure was synonymous with Nature Cure in those early days. The credit of making Water cure world famous goes to Vincent Priessnitz (1799-1851) who was a farmer and called as "Father of Naturopathy.

It is as old as Hippocrates (originated in Greece - Germany) though it acquired importance after 19th Century. There have always been people who understand that the diseases in the human body will get cure by natural way due to defense mechanism of the body. The only things needed in such bodies for such recovery, are adequate nutrients through proper food, pure water, fresh air, sunlight, exercises and adequate rest to the infected part. So the main principle of naturopathy is to help the body to establish its own state of good health. It is a system of healing science stimulating the body's inherent power to regain heath with the help of five great elements of nature-Earth, Water, Air, Fire, and light. Naturopathy does not use medicines but uses naturally available systems to relieve symptoms and/or cure the disease. The treating physicians are called naturopaths or naturopathy consultants. These consultants are aware that there might be certain diseases which cannot be
cured without the support of allopathic treatment. They are also aware that certain diseases require no allopathic treatment but only proper nourishment of the tissues, so all the patients are to be treated as per the condition of the patient and the diagnosis of the diseases.

Traditional Naturopath sees symptom as a warning signal that something is wrong with the defense mechanism of the patient. They believe that even if the symptom is relieved, it is not cure of the disease, but the disease is more likely suppressed and unless the original cause is removed, there are chances of relapse.

Thus in naturopathy the patients are taught -

a) How to live a healthy holistic life.

b) Naturopaths do not use any harmful substances like drugs.

c) They try to understand or analyze the inherent capacity of the body of self healing mechanism and the root cause of the disease.

d) They educate the patients to increase their own defensive powers and achieve the healing by natural process.

e) They believe in disease of the problem. They believe that people are interconnected physical, mental and spiritual beings and that disease affects all areas of life.

f) Naturopaths evaluate and analyze the root cause of the problem but they do not diagnose the disease.

g) They focus on health and education and not on treating any specific disease.

h) They teach their clients i.e. patients about herbs, homeopathic remedies and the healing property of the food, and nutritional supplements.

i) They do not prescribe any drugs or chemicals substances or give any injections for the treatment of the diseases.

We find number of references in the Vedas and other ancient texts about Nature Cure. The whole practice of Nature cure is based on the following three principles:

- Accumulation of morbid matter
- Abnormal composition of blood and lymph
- Lowered vitality
Nature Cure believes that all the diseases arise due to accumulation of morbid matter in the body and if scope is given for its removal, it provides cure or relief. It also believes that the human body possesses inherent self constructing and self healing powers. The fundamental difference in Nature Cure with other systems is that its theory and practice are based on holistic viewpoint whereas the latter’s approach is specific.

Nature Cure does not believe in the specific cause of disease and its specific treatment but takes into account the totality of factors responsible for diseases such as one's unnatural habits in living, thinking, working, sleeping, relaxation, sexual indulgence etc, and also considers the environmental factors involved which, on the whole disturbs the normal functioning of the body and lead it to a morbid, weak and toxic state.

For treatment, it primarily stresses on correcting all the factors involved and allowing the body to recover itself. A Nature Cure physician helps in Nature's effort to overcome disease by applying correct natural modalities and controlling the natural forces to work within safe limits. The five main modalities of treatment are air, water, heat, mud and space.

3.6.1. Principles -

1. All disease, their cause and their treatment are one.
2. The basic cause of disease is not bacteria. Bacteria develop after the accumulation of morbid matter when a favourable atmosphere for their growth develops in the body. Basic cause is morbid matter and not the bacteria.
3. Acute diseases are our friends not the enemies. Chronic diseases are the outcome of wrong treatment and suppression of the acute diseases.
4. Nature is the greatest healer. Body has the capacity to prevent itself from diseases and regain health if unhealthy.
5. In Naturopathy patient is treated and not the disease.
6. In Naturopathy diagnosis is easily possible. Ostentation is not required. Long waiting for diagnosis is not required for treatment.
7. In Naturopathy Patients suffering from chronic ailments are also treated successfully in comparatively less time.
8. After emerging, suppressed diseases can be cured by Naturopathy,
9. Nature Cure treats physical, mental, social (moral) and spiritual all four aspects at the same time.
10. Nature Cure treats body as a whole instead of giving treatment to each organ separately.
11. Naturopathy does not use medicines.
12. According to Naturopathy "Food is Medicine".

According to Gandhiji "Rama Nama is the best Natural Treatment", means doing prayer, according to one's spiritual faith is an important part of treatment.

In short, Nature Cure includes all the available non-invasive treatments and diagnostic modalities, which do not interfere with the body's natural functional capacity and healing process and are in affirmative with Nature's constructive Principles. Naturopathy is a call to "Return to Nature" and to resort to simple way of living in harmony with the self, society and environment. It provides a simple practical approach to the management of diseases, and a firm theoretical basis, applicable to all the holistic medical care. It gives attention to the foundations of health; and also offers a more economical frame work for the medicine of future generation.

Though the basic Nature Cure deals only with Pancha Mahabhoota's, the recent developments advocates the practice of drugless therapies like Massage, Electrotherapy, Physiotherapy, Acupuncture and Acupressure, Magnetotherapy etc., above all Diet plays a major role.

3.6.2. Naturopathy adopts the following diagnostic methods:

It collects full life case history - covering all the facts of life, since birth. Facial diagnosis is the science of facial expressions by studying the various characteristic features upon the body. Iris diagnosis - study of iris indicating the condition of various visceral organs.

The methods applied for cure in Naturopathy are the following:-
1. **Water Therapy:** Water is the most ancient of all the remedial agents. It is employed in different forms in treatment and produces several types of physiological effects depending upon temperature and duration. Hydrotherapy is employed in almost all types of disease conditions.

2. **Air Therapy:** Fresh air is essential for good health. Air therapy is employed in different pressures and temperatures in variety of disease conditions.

3. **Fire Therapy:** Existence of all the creatures and forms depends upon "Agni" (Fire). In Nature Cure treatment, different temperatures are employed through different heating techniques to produce different specific effects.

4. **Space Therapy:** Congestion causes disease. Fasting is the best therapy to relieve congestion of body and mind.

5. **Mud Therapy:** Mud absorbs, dissolves and eliminates the toxins and rejuvenates the body. It is employed in treatment of various diseases like constipation, skin diseases etc.

6. **Food Therapy:** Most of the diseases are amenable through food therapy. Your food is your medicine. These are the main slogans of Nature Cure.

7. **Massage Therapy:** Massage is generally employed for tonic, stimulant and sedative effects. It is an effective substitute for exercise.

8. **Acupressure:** There are different points on hands, feet & body which are associated with different organs. By applying pressure on these selected points, related organs can be influenced for getting rid of their ailments.

9. **Magneto Therapy:** Magnets influence health. South and North poles of different powers and shapes are employed in treatment, by applying directly on different parts of the body or through charged up water or oil.

10. **Chromo Therapy:** Sun rays have seven colours - violet, indigo, blue, green, yellow, orange and red. These colours are eyed through irradiation of body or by administering charged water, oil and pills for treatment.

3.7. **Reiki:**

Reiki is a Japanese technique for stress reduction and relaxation, and it also promotes healing. It is administered by "lying on hands" and is based on the idea that an unseen "life force energy" flows through us and that is what causes us to be alive. If one's
"life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy." It is a Japanese word which means, Universal Life Energy Force. Throughout Japanese history, there had been people, who had special powers enabling them to heal and re-energies themselves and others. These powers were taught and handed over by words of mouth, through generations. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques, to relieve side effects and promote recovery.

Dr. Mikao Usui, is considered as the founder of the Reiki system of natural healing. The Ideals of Reiki, came in part, from the five principles of the Meiji emperor of Japan The Ideals were developed to add spiritual balance to Usui Reiki. In order for the Reiki healing energies to have lasting results, the client must accept responsibility for her or his healing and take an active part in it. Therefore, the Usui system of Reiki is more than the use of the Reiki energy. It must also include an active commitment to improve oneself in order for it to be a complete system.

It is an amazingly simple technique to learn. The ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an "attunement" given by a Reiki master and allows the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.
Its use is not dependent on one's intellectual capacity or spiritual development and is therefore available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.

Though Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe, in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all, and will work, whether you believe in it or not. Because Reiki comes from God, many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it.

It is a simple non invasive treatment that uses the healing energies of both patient and the healer to promote the wellbeing. Most conditions respond to this ancient art of healing, which causes the universal Life Force Energy to harmonize and balance the physical, emotional, and spiritual levels of the human body.

The experience of Reiki is usually a deep feeling of warmth, well being and release of stress and tension, providing benefit for everyone and not only to the sick and Injured. The body response to a Reiki depends upon the recipient’s willingness and acceptance. This will determine the amount of reiki received and progress made in one's own healing process. This can be further aided by drinking plenty of water for several days after the reiki treatment. It helps the body to remove waste products and clean the body of its toxins. Thereby enhance the process of healing and bring the body back to the normal.

During the treatment the recipient remains fully clothed and lies on a couch or sits on a chair, the practitioner places his hands very gently on the body of the recipient in the sequential positions, starting with head and moving down the body using universal energy from the practitioner, to help all the body's major organs, benefiting every living cell.

Reiki practitioner is a channel for the natural healing energy. The energy is drawn from the practitioner to the recipient, to balance the energy flow. It promotes the
Healing in all areas of physical, emotional and spiritual mind. The length of treatment depends on the imbalance in the ailing area of the body. For these reasons, the wound or injuries heal faster than the wounds caused by chronic illnesses. In some cases the process disease may not get reversed but a great benefit is achieved by bringing calm, peace and acceptance, during the remaining part of the life. It works in conjunction with medical and Non-medical treatment and therapy as an additional part of treatment, without any harm or disturbance.

It is especially good for Stress and tension, Sports and occupational injuries, Pain due to Arthritis, cancer, Backache or general pain, treatment of burns and cuts, Morning sickness, Headache or migraine, etc.

3.8. Acupuncture

Acupuncture is part of the ancient Traditional Chinese Medicine (TCM). It uses very fine needles to stimulate points on the body's surface to improve the physiological functioning of the body. It was observed in ancient times that warriors wounded by arrows, sometimes recovered from chronic diseases unrelated to the areas of their wounds. Such observations involving the wounded parts and the recovery from particular diseases were systematized by the Chinese and the details are given in *The Yellow Emperor's Classic of Internal Medicine*, an ancient text. On the basis of these details, attempts were made to insert needles at specific points for recovery from particular diseases.

The details of the procedure spread from China to Japan in the sixth century. It was not, however, until the 17th century that French Jesuit missionaries in Japan brought it to the West. They gave the procedure its modern name 'acupuncture' from the Latin roots, acus (needle) and punctura (puncture).

The West came to perceive acupuncture as a new procedure to help to tackle various disease conditions. In the 1970s, the *New York Times* columnist James Reston wrote about his appendes vasectomy, which was performed using acupuncture instead of a pharmaceutical anesthetic. This article created tremendous interest and curiosity in
medical circles. Thus scientific research was started on acupuncture all over the world.

The therapist should be a registered medical practitioner. In this system, healing is achieved with the help of needles that touch certain energy points. Depending on the ailment, the needle is softly pricked at the affected energy point. After inserting the needle, they are stimulated with an electro-stimulator (a small electrical device) for around 20 minutes to ensure a faster movement of life energy. They believe that any ailment is the result of an energy block. Thereafter the needles are removed and disposed. The area to be worked upon is clean with spirit before and after the application of the needles.

There is hardly any pain involved in the acupuncture. No fluid is injected through the needles, which are disposable and available in different sizes and are usually made up of stainless steel with plastic hats.

It is best for the chronic ailments like arthritis, asthma, sinusitis and allergies. In most cases it is bloodless. It is not advised for patients who are weak and are on empty stomach, have lacerated wounds or are extremely frightened of needles. It should also be avoided after a heavy meal. The time taken for each session is about 30 minutes. Acupuncture has no side effects. It does necessitate a cure for every individual. The efficacy depends on the severity of the problem, the origin of the case, the constitution of the patient and association of other symptoms. It takes about one week to judge whether acupuncture will help or not. It is clearly effective in post operative pain from dental operation, nausea & vomiting from chemotherapy and due to anesthesia. It may be helpful in Tennis elbow, Arthritis, Low backache etc.

3.8.1. The Philosophy of Acupuncture
According to ancient Chinese philosophy, everyone is born with a certain amount of energy called chi in the body. This energy circulates in our bodies through invisible channels called meridians. The channels constitute the main trunks, which run longitudinally and deeply in the body and relate to each organ, while the collaterals,
which represent the branches of the channels, run transversely and superficially. The system of channels and collaterals includes the 12 regular channels, the 8 extra channels, and the 15 collaterals. This crises-cross network in which *chi* circulates, is spread over the body. Internally it connects over the viscera, and externally with the four extremities and the superficial tissues and organs. Its action is to regulate the function of different organs, transport vital energy and connect the external with the internal organs, thus making the body an organic whole. Dysfunction of the channels and collaterals is an important cause of disease.

The *chi* flows from one meridian into the other, completing energy cycle every 24 hours. The amount and quality of this energy is determined by heredity. It is also influenced by how we live our lives. We can enhance our store of energy by taking care of ourselves by eating the right food, taking proper physical exercise, and breathing clean air. We deplete it by inappropriate living habits such as intemperance in eating and drinking, anger, fears, anxiety, too much or too little sexual activity, or too much physical exertion. Any of these stresses and excesses can block the flow of *chi* in different parts of the body, or in the meridians. Illness is an excess or deficiency of this energy in the body or a part of the body.

Acupuncture stimulates points on the energy meridians, to unblock stuck energy, speeding it up if it is flowing too slowly, or slowing it down if it is racing too fast. Inserting and manipulating needles at the energy points corrects the imbalances that affect the functioning of our internal organs, which, in turn, affect our health.

An acupuncture point is the site where acupuncture is applied. These points may be either on the regular channels or on the extra channels. Over 360 points have been identified along these channels. The points which are not on these channels but have specific therapeutic properties are called extraordinary points and they number several hundred. Every point has its own therapeutic property.

3.8.2. Selection of Points:

Acupuncture points are selected on the following basis: The points of some channels, which are directly connected with the affected viscus, or have an interior or exterior relationship with the involved part are named the distal points, and are most frequently chosen. The points which are not the site of the disease or adjacent it are
termed local points and they are selected if required. The employed points specific for certain diseases are also employed.

3.8.3. Needles:
Acupuncture needles, the needles are inserted into selected acupuncture points. They are usually left in place for 15 or 30 minutes or longer. They may be manipulated by hand in twirling or push-pull movements, and may be electrically activated by pulsatile electrical stimulation. Gate Theory is subscribed to both by Chinese and Western researchers. According to this theory, there are neuropathy gates to the brain along the spinal cord. Anesthetic acupuncture is supposed to close these gates, blocking the pain message so that we do not feel it.
There are other theories explaining how and why acupuncture works, particularly as an anesthetic.

a) In the \textit{Placebo Effect}, the conviction and faith of the patient in acupuncture stimulates the body's own healing mechanisms.

b) \textit{Hypnosis} dictates the control of mind over the matter, thus stimulating physiological change.

c) The theory of \textit{Bioelectricity}, explains that bioelectricity flows through the meridians. Needling the meridians at accessible acupuncture points, changes the electrical flow and increases energy.

3.8.4. How does Acupuncture Work
Diagnosis of the condition is assessed on the basis of the patients' complaints and symptoms. The practitioner uses four basic techniques for examination: to look, listen, ask, and feel. He examines the pulse, the main method for determining the condition of the body energy flow. With the information gathered from the interview and pulse reading, the doctor determines the specific imbalance and the point or points that will need puncture.

Acupuncture is used as a treatment in three types of situations:

1) For promotion of health and prevention of disease: it is practiced in conjunction with the full range of traditional Chinese medicine techniques involving the use of herbs, food, and exercise.
2) For symptomatic relief: it provides relief from pain or discomfort, without necessarily diagnosing the cause. 'Barefoot doctors' in rural China practice this type of acupuncture.

3) For anesthesia: this involves the use of needles instead of, or in conjunction with an anesthesia during surgery.

Acupuncture is used clinically in several ways, as a primary treatment or in combination with other therapeutic methods, and as an adjunctive treatment.

There are also certain specific contraindications to the use of acupuncture. These include pregnancy when associated with diseases otherwise amenable to acupuncture, needling of tumor sites, skin infections, presence of a cardiac pacemaker, bleeding disorders such as hemophilia etc.

In spite of using acupuncture analgesia successfully in certain spheres, many problems concerning the mechanism of acupuncture and acupuncture analgesia have yet to be elucidated. The studies undertaken so far point to the need for further exploration, application, and research on acupuncture.

3.9. Acupressure

It is an ancient healing art, developed in Asia over 5000 years ago. It is done by using fingers to press key points on the surface of the skin to stimulate the body's natural self curative abilities. When these points are pressed, they release muscular tension and promote the circulation of the blood and the body's life force energy to aid healing. Acupressure and Acupuncture use the same points but acupuncture use needles while acupressure use gentle but firm pressure. The therapy includes teaching of the pressure points and applying of the adequate pressure on them so as to cause cure.

3.10. Magnetic-therapy

Magneto therapy is being increasingly used by practitioners and patients. This simple method is an effective addition when a large part of the body is affected. It is one of the oldest natural methods of therapeutic treatment and can be applied in many cases of acute and chronic pain as well as many illnesses without any side effects. Many people are turning to natural therapy as an alternative to traditional allopathic treatment with drugs and chemicals.
It is a non invasive method and is most often used for relief of pain of joints, muscles, Arthritis, Insomnia, back pain, Stress, migraine and headaches. Athletics commonly use magnetic therapy for relief of pain as well as to reduce swelling and keep them fit for the sports.

Magneto therapy seeks to cure the ailments of the body by applying magnets to the body or its diseased part, supplemented by prescribed doses of magnetized water. No drugs are administered under this therapy. No medicines are needed to be prescribed. A person undergoing Magneto therapy is not barred from using medicines or techniques of other systems of medicine such as Ayurveda, homeopathy, or allopathy. Magnets in the form of stones were known in ancient times and their properties were considered to be magical. They were, however, never considered as instruments of healing, till the beginning of the sixteenth century when a Swiss chemist and physician P. A. Paracelsus studied and stated that magnets could heal inflammations, ulceration, and many diseases of the bowel and uterus, and that they could also be useful both in internal as well as external ailments. It was his contention that any diseased part of the body, when exposed to the magnetic force, would be cured better and more speedily than with a drug. Father Hall, an Austrian professor of astronomy in the eighteenth century, treated nervous men and women by applying magnets to their bodies.

Bio-magnetists believe that living beings are sensitive to magnetic fields and every cell in the body is affected by their highly pervasive character of magnetism. The magnetic field rejuvenates cells and tissues. The central nervous system is affected by it and the function of the autonomic nervous system is normalized and strengthened, thus improving the functions of all the internal organs.

Local treatment consists in applying the selected pole to the affected part of the body, touching the bare or even the covered skin without exercising any pressure on the spot of the body. If the disease is diagnosed to be due to bacterial cause, the North Pole is applied, and if bacterial infection is not suspected, then the South Pole is used. If the diseased part has become very sensitive to touch due to pain, swelling, or injury, as in
the case of a boil or wound, the magnet is placed on the nearest spot where the touch can be tolerated. If it is considered necessary to use both the poles, the two poles are placed on the part with a convenient distance between them, or the appropriate magnet is applied on the part concerned, and the other magnet is put in contact with the palm or the sole on the side of the diseased part.

General treatment becomes necessary, when the illness is not a localized one and is of such a nature that, the whole or an extensive part of the body is affected. In this case, both the poles are brought in touch with the palms of the hands or the soles of the feet. It is through the palms and the soles that magnetism is instantly carried to every nook and corner of the body.

There is no hard and fast rule for adopting any method of applying magnets. The method to be used always depends upon the requirements of the case. The diagonal application of magnets covers infections of the liver, stomach, spleen, and abdomen. Both the poles of a magnet have to be applied individually and usually concurrently, two magnets of the same size and strength are invariably needed. Magnetic bands, belts, chains, and necklaces have also been devised for longer or constant use. In these curative-cum-ornamental devices, are fitted with weak and small magnets in requisite numbers. These devices are effective in cases of blood pressure, chest troubles, and treatment of particular parts of the body for which they are made.

When magnets have to be applied to several parts of the body, for example, under the palms, on the back, knees, and under the soles, treatment should be started from the upper parts and proceed towards the lower parts.

The duration of the magnetic application cannot be fixed as a general rule; hut it can only be decided in relation to the specific disease, the individual patient, hcs susceptibility, and the magnet selected for application. In common seasonal iuments, the duration is normally short, but in chronic cases like arthritis, paralysis, or eczema, it is longer. Normally a magnet is applied only once a day, hut in chronic cases, it may have to be applied twice a day. At the start, a magnet should be applied for not more
than five minutes with a gradual increase in duration. Magnetic treatment can be continued for any number of times, till the disease is completely cured. Generally, no harmful effect or unpleasant sensations are witnessed.

Simple water is transformed into a miraculous liquid called magnetized water just by bringing it in contact with magnet. Magnetized water is said to support the effect of the magnets being applied to the various parts of the body. Magnetized water is said to help in the treatment of almost all diseases. It is especially beneficial in digestive, nervous, and urinary disorders. It reduces the excess of acidity and bile in the digestive system and regulates the movement of the bowels, expelling all accumulation of poisonous matter. In this way, it cleans the system thoroughly, improves digestion, increases the appetite, roots out morbidity, and imparts health and energy to the person who takes it regularly. Magnetized water is also beneficial in nervous upsets and blood pressure, especially low blood pressure, asthma, bronchitis, colds, coughs, and all types of fevers. Magnetized water may be used as an aid in washing swollen and sore eyes, wounds, and eczema. For the maintenance of normal eyesight, daily washing of the eyes with magnetized water is beneficial.

Magneto therapy also has its limitations. It should not be used in highly infectious diseases, problems that require surgery, and in venereal diseases. The use of magnets is best avoided on the heart, aorta region, or the eyes, neck, and head. This therapy should be avoided during pregnancy.

The magnetic energy is generated by the magnetic devices like magna wool under blankets. The energy penetrates the body and interacts with the circulatory and nervous systems of the body and the organs of the body. It is believed that these interactions can help to stimulate the blood flow, reduce the swelling and thus pain. It also enhances the body's natural healing process.
3.11. Aromatherapy - The Magic of Essential Oils

The roots of aromatherapy can be traced back to the early Egyptian empire. Ancient Egyptians used essential oils for embalming their dead. This knowledge was passed on to the ancient Greeks, who took to using essential oils in medical treatments. The Romans used essential oils more lavishly to beautify themselves. They would rub them onto their skin both before and after bathing, and use them to perfume their clothes and hair. Eventually, the Romans brought their knowledge to Britain. During the Great Plague in the medieval period, churches were fumigated with frankincense and pepper, and incense was continuously burned in houses. Aromatic substances were used everywhere as they were the most effective antiseptics available at that time. Glove makers supposedly escaped the Black Death because they were protected by the essential oils they used to perfume gloves.

Right up to the nineteenth century, physicians carried little containers filled with essential oils on their walking canes, believing that these would protect them from contagious diseases.

In the early twentieth century, research on the uses of essential oils began. Rene Maurice Gattefosse, a French scientist burnt his hand badly and quickly immersed it in lavender oil, the nearest available cool liquid. The burnt tissue had healed, with no sign of a scar; he continued to research the oils further and coined the term aromatherapy. During the First World War, he experimented with essential oils on soldiers' wounds and found that they accelerated the healing process. He classified their effects on the human nervous system, metabolism, vital organs, and endocrine system.

Scientists do not know exactly how aromatherapy works. However, they do know that olfactory nerves conduct smell sensations to a part of the brain, which also regulates behavioral mechanisms and sexual urges. It also affects the memory. Like smelling salts, different odors wake up the brain, evoking images and feelings associated with each smell. A study at Warrick University in England showed that simply smelling a beach could be relaxing. Students in a laboratory experiment sniffed ozone and such
coastal odors as seaweed. Relaxation responses in some students increased up to 17 per cent. Essential oils are transported throughout the body to affect various organ functions even when absorbed by the skin, inhaled, or ingested. For example, oils can act as sedatives or stimulants, carminatives and digestive aids, or cause numerous other genuine physiological effects.

After noting down the history of the patient, the therapist mixes the oils he thinks are best suited and asks the patient to smell the mix to see whether he likes it. Only the area of the body, being worked upon, is exposed, the rest being covered by towels or blankets so as to keep it comfortable.

The whole procedure takes about an hour. The feeling after a session of aromatherapy varies from person to person. Most people feel very relaxed and even a little light-headed, experiencing a sort of floating sensation. Some people find that they get a sudden spurt of energy, while others become slightly lethargic after the treatment. In Tokyo, tired shoppers can step into a glass enclosure and inhale certain aromas by dropping a coin into a slot machine. The smell of fresh lemon and peppermint puts them back on their feet again. Inhaling of stress-reducing fragrances is popular with highly stressed Japanese executives. Some popular health clubs in Japan and the USA are already advocating the 'aroma cocktail' to their clients as a means of relaxation before work-outs. Some corporations of Japan have installed the total Environment Perfume Central System in some of their offices to make them more pleasant and productive. Various fragrances are released into the workplace through the central air-conditioning system. Some scents in the morning and after lunch lead to stimulation, some during mid-morning and the afternoon lead to concentration, while at the end of the day, relaxing scents help workers to calm down and relieve the day's tension.

Aromatherapy is used to treat physical ailments as well as to obtain mental peace and relaxation. The oils are applied through several methods: massage, baths, skin preparations (salves), compresses, and steam inhalations. Some oils have a normalizing effect, acting to strengthen the body's own regulatory actions. Hyssop and garlic oils, for example, can be useful in treating both high and low-blood pressure.
Aromatherapy helps to combat wrinkles, acne, and other skin problems and is an effective treatment for poor circulation, obesity, broken capillaries, rheumatism, sinusitis, depression, anxiety, and stress.

3.11.1. Method of Use of Aromatic oils:

1) Massage is the most effective way to introduce essential oils into the body. The stimulation and relaxation of the massage help the essences penetrate the skin. Circulating blood and relaxed muscles improve absorption and distribution of the oils' active ingredients. An aromatic massage is an effective way to heal your child. Intimate contact, thus produced, strengthens the bonds of love between the mother and her child. Even a normal child sleeps sooner and has a sounder sleep after an aromatic massage.

2) Aromatic baths can act as tonics or sedatives, and be relaxing or stimulating, warming, or cooling. They minimize the ill effects of stress by relieving muscular pain and skin conditions.

3) Travel kit should include peppermint for stomach trouble, lavender for cuts and bites, sage or thyme for sinus headaches and colds, and rosemary for a refreshing bath in the morning or at night.

4) Steaming with essential oils can also be used to deep cleanse and moisten the face, thus helping to maintain a healthy, supple skin.

5) Oils can be inhaled from a handkerchief or tissue: this is a useful technique to relieve a cold or even a headache. A few drops on the pillow provide enough relief to allow for a decent night's sleep. Aromatherapy is a gentle way of helping to restore the body's natural resilience to viruses, infections, and fatigue. It is particularly helpful in stress-related conditions.

Dozens of essences are recommended for aromatherapy. Experience has proven each one of them to have a special effect for different conditions such as tension, worry, exhaustion or depression, aches and pain in the muscles and joints, coughs and colds, skin problems, indigestion, or even a sluggish liver. Certain oils may not suit all people. It is best to try out a little before taking a complete massage.
Shizuo Tori of Toho University found that some scents produced a brainwave pattern that indicated calmness on the EEG (Electroencephalograph). Some fragrances, on the other hand, led to an excited state of brainwaves.

Robert Baron, a psychologist at the Rensselaer Polytechnic, USA, also found that people who work in pleasantly scented rooms are more cooperative and efficient. Some researchers at the University of Warwick tested people who were constantly under stress. They had been taking tranquilizers. After aromatherapy, many of them were able to stop taking the pills as they felt more relaxed and tension-free.

Researchers are at present working on:

1) Fragrances that will help a person to quit smoking, and
2) Fragrance that will suppress appetite in overweight individuals.

Aromatherapy does not intend to replace any other therapy or healing art or system, be it allopathy, homoeopathy, or herbal therapy. It just supplements other therapeutic systems or methodologies. It intends to make life more comfortable. It promotes positive health by enhancing inner strength and resistance of the body to physical and mental stress and strain and their subsequent effects. It also intends to promote health of the skin, the muscles, and the joints so as to make visible the inner charms on the face as well. Aromatherapy is thus recommended not as an alternative therapy, but an additional therapy.

3.12. Emchi- Tibetan System of Healing

The Tibetan system of medicine called Emchi is essentially based on Ayurvedic principles. It is practiced in Ladakh, Lahaul, Spiti, Darjeeling, Sikkim, and also in some of the metropolitan cities of India. Tibetan medicine lays more stress on healthy living. It is inseparable from Buddhism. It is an amalgamation of art, science, and spiritualism.

Like Ayurveda, the Tibetan system of medicine believes that a person suffers from disease when there is any change (beyond the normal limit) in the equilibrium of nes
pa (doshas) and lus zun (dhatus). This change is brought about by both physical and mental factors. Germs as causative organisms of certain diseases, are considered to be subsidiary causes of diseases. Karmas - one's actions in the previous life and in the earlier part of the present life - play a large role in influencing the change. Climatic factors and evil spirits also play a major role.

To bring back doshas and dhatus to their normal state, drugs and diet containing the appropriate basic elements are prescribed in addition to religious rituals.

The patient is examined by employing three different methods: inspection, palpation, and interrogation. In this connection, pulse examination and urine examination are conducted with meticulous care. It is also examined to ascertain the condition of the solid viscera such as the liver and spleen and hollow viscera such as the stomach and urinary bladder. An expert physician of Tibetan medicine can, thus, pinpoint the affected organ of the body. To conduct a successful pulse examination, the physician should be spiritually inclined, as it is important for the physician and the patient both to approach the diagnosis with purity and concentration of mind. To enable himself to attain this state of mind and spirituality, the physician generally practices certain religious rituals and recites incantations regularly.

In addition to the pulse examination, the physician examines the urine and stool of the patient, as well as his tongue and eyes. He also conducts a general physical examination of the body and various aspects of the disease before arriving at the diagnosis and selecting therapies.

Thousands of medicines are described in Tibetan medical texts for the treatment of different diseases. Some of them bear a resemblance to Ayurvedic medicines. A number of Indian herbs are included in the Tibetan materia medica. Some of these drugs do not grow in Tibet and are, therefore, imported from India and other neighboring countries. In lieu of some Indian drugs, Tibetan substitutes have been found. For example, instead of saffron, the pistils of a local plant have been used in certain drugs. Some poisonous drugs are detoxicated before use. They are generally used in extremely small doses and many dos and don'ts are prescribed to avoid any untoward effect.
Numerous animal products such as musk bear bile, cow bile and different types of milk are used in Tibetan medicine. Some of their life-saving drugs contain gems, jewels, and metals, including minerals. These metals are generally purified (detoxicated) and transformed into a bhasma (calcinated form) before being used in recipes. As compared to Ayurveda, Tibetan doctors use fewer metallic preparations in their day-to-day practice.

Medicines, during and after their preparation, are generally sanctified with prayers and recitation of mantras. Such religious rituals are considered to enhance the potency of these preparations. The medicines are mostly used either in a powder or pill form. But, sometimes, medicated butter, medicated ghee, solid extracts, medicated alcohol, and linctus are also used by Tibetan physicians.

The Tibetan system of medicine regards the individual as a complete entity, and the entire body, mind, and spirit, are examined before attempting treatment of any disease. Both the body and the mind are treated simultaneously. Aspects like prevention of disease and promotion of positive health are given due importance. Remedies prescribed include the use of medicines, prayers, mantras, religious rituals, and other regimen. Religion, therefore, forms an essential part of Tibetan medical practice.

Since it is believed that germs are only a secondary cause of disease, the primary cause being the disequilibrium of nes pas (doshas) and lus zuns (dhatus), if there is a harmony of these factors in the individual's body, then the germs, howsoever powerful they may be, will not be able to produce any disease. Tibetan physicians, therefore, aim to make the body strong and thus, unsuitable for the attack by germs. If germs invade such an individual, then like seeds in a dry land, they die a natural death and become incapable of producing any disease. Tibetan medicine practitioners hardly make any effort to kill germs even in the treatment of an infective condition. On the other hand, they try to restore the balance of nes pas (doshas) and lus zuns (dhatus) by which the patient becomes free from the disease.
Apart from medication and the emphasis on prayers and religious rituals, the Tibetan system lays stress on a proper diet, drinks, and a well-regulated regimen. Several categories of diet and drinks are described in Tibetan medicine, with special references to their health-giving and disease-curing properties. Various types of alcoholic drinks are also suggested.

3.13. Hypnosis or Mesmerism Healing Psychosomatic Disorders:

Hypnosis is an ancient practice began in the latter part of the 18th century with Franz Mesmer, a Viennese physician, who used it for the treatment of patients, it was then named after him as Mesmerism.

In the middle of the 19th century, the English physician James Braid studied this phenomenon and coined the term's hypnotism and hypnosis. However, much progress was made after World War I. In the mid-1950s, both the British and American medical associations formally approved its medical use.

Hypnosis is based on the principle, that when the mind and body are calm and relaxed, the suggestions given by a hypnotist pass directly into the subject's consciousness and are much more likely to be accepted. It is a state of mind -an altered state of consciousness -into which a person enters voluntarily. It is usually accompanied by feelings of deep relaxation.

Hypnosis is a state of consciousness, which lies between being awake and being asleep. It is usually accompanied by a feeling of deep relaxation. It often results in physical and psychological changes in a person's emotions, sensations, and imagination. It is essentially a 'consent' state. To achieve good result the patient must have a certain degree of trust in the hypnotist and willingness to put aside any resistance. The hypnotist acts primarily as a guide to the subject, giving simple instructions, which when followed leads the patient gradually into a state of required state of mind.
When the mind and body are calm and relaxed, the suggestions given by a hypnotist pass directly into the patient's consciousness and are more likely to be accepted by him. Hypnosis can be induced in all normal persons and persons suffering from various forms of functional disorders. For this reason, there must be a prior agreement between the patient and the therapist about the nature of the suggestions to be given. It is particularly important that the instructions are given in a calming, reassuring, and positive manner.

Treatment is carried out in private quiet surroundings, free from interruption. The therapist gives repetitive verbal suggestions designed to encourage the patient to relax, listen, become drowsy, and close his eyes. The patient is made to look at a pendulum or a swinging watch, or gazing into the hypnotist's eyes. The patient may be asked to count backwards from, say 300, or to gaze at a fixed spot on the ceiling. However, often it is sufficient for the patient to sit and listen to the hypnotist's suggestions. By following these suggestions, the subject allows himself to be guided into an altered state of mind or consciousness.

This is followed by the suggestion that the subject's arms and legs have become heavy and, therefore, difficult to move. Thereafter the therapist suggests to the patient that he will experience sensations such as cold, tingling, numbness and warmth, involuntarily, a critical point is reached when the therapist challenges the patient by saying that his eyes will remain close however hard he may try to open them. Beyond this stage, the therapist usually does not have to repeat stimuli to induce suggestions or deepen hypnosis. Individuals can be trained to hypnotize themselves or respond rapidly to a simple hypnotic stimulus.

In a willing and cooperative patient, a trusted Hypnotist can progressively, persuasively, and repeatedly suggest relaxation, eye closure, loss of interest in externalities, and achieve a desired level of unconscious awareness. Acceptance of treatment of hypnosis is higher among women than among men, and Children aged 9-10 years.
Once hypnosis is induced, further procedures depend upon the therapeutic indication. Analgesia (relief from pain) and anesthesia, for example, are induced by simple suggestion, and reinforced usually by painful stimuli such as a pinprick. The therapist may also induce profound muscular relaxation, changes in the heart rate, respiration, circulation, and gastric secretion. It is relatively easy to produce posthypnotic amnesia (loss of memory) for events experienced during or shortly before hypnosis.

After having achieved his goal, the therapist simply 'commands' the patient to return to his normal state, using a series of discrete steps. A state of alertness and well being is usually suggested to follow hypnosis.

It is sometimes wrongly believed, that the patient becomes without will power, or is under the power of the hypnotist. Instead, the relationship between the patient and the hypnotist is one of interpersonal co-operation based upon mutually acceptable and reasonable considerations. Hence the patient cannot be forced to do things against his will. He can be aided in achieving possible and desired goals, but frequent failures in hypnotherapy prove the limitations of hypnosis in accomplishing even desired goals.

Hypnosis is used in a wide variety of conditions and is sometimes used in combination with other forms of treatment. It is used to prepare healthy individuals such as athletes, university students, and mountaineers to face stressful challenges.

Hypnosis also helps individuals to overcome addictive tendencies like cigarette smoking and alcoholism. One of the most important uses of hypnosis is in the management of various psychosomatic illnesses, that is, conditions in which pathological bodily changes recur as a result of the patient's emotional state. These conditions include asthma, migraines, tension headaches, and dermatological complaints like urticaria. Prolonged hypnotic states are sometimes used to control gastric and duodenal ulcers, hypertension, and some forms of cardiac disease. Hypnosis is also successfully applied as a treatment for stammering and sexual dysfunction, including vaginismus, impotence, and premature ejaculation.

Hypnosis is used as an adjunct to psychotherapy. The patients under hypnosis treatment are able to ventilate feelings and recall experiences which are normally
repressed; it can dramatically shorten classical forms of psychoanalysis for the
treatment of neurosis and personality disorders.

Hypnosis has dramatic and immediate effect in the patients suffering from hysterical
symptoms such as paralysis, blindness, or mutism due to an unusually frightening,
stressful, or painful event. The hysterical symptoms usually disappear, either
permanently or temporarily.
Hypnosis is also an effective technique for controlling pain and inducing anaesthesia.
Autohypnosis can be taught to women during their pregnancy and used to alleviate
pain and promote relaxation during labor. Some surgical procedures such as dental
extractions, mastectomy, caesarian sections, simple gynecological procedures etc. can
be carried out under hypnotic anaesthesia. Various forms of chronic pain can be
managed by hypnosis: cases of severe burns, trigeminal neuralgia, spinal cord
compression, and the terminal stages of cancer
Hypnosis should not be used in patients suffering from psychosis, mental disorders, or
antisocial personality disorders. Some patients experience anxiety and disorientation
following hypnosis.

Allopathy is also known as the Modern System of Medicine, developed in the West.
A system, which treats a disease with drugs having opposite effects to the existing
symptoms. Each successive discovery and development in Allopathy, is the result of
extensive research. Each new remedy has helped alleviate pain and suffering and
increased the life span of people. Medical research continues at a brisk pace,
identifying unknown diseases and searching for their cures.

3.14.1. Development of Allopathy
Allopathy has passed through different stages. Its origins can be traced to ancient
Egyptian and Mesopotamian medicine. Herodotus, the Greek historian, wrote that the
people of different lands, including those of ancient Greece, availed the services of
Egyptian physicians and surgeons.
By the fifth century B.C. Greece herself could boast of a flourishing system of medicine. Hippocrates is called the Father of Western or Modern Allopathy Medicine, discarded the influence of the supernatural powers in determining health and disease, and instead, turned to natural causes for explanations. He evolved the theory of the four humors, maintaining that blood, phlegm, yellow bile, and black bile in the human body promoted health or led to disease.

During middle of 18\textsuperscript{th} century, the British Government in India established the medical services. Allopathy was primarily introduced to treat the health needs of British Armies, their civil servants and labor employed in colonial enterprises and industries. General public was given the lowest priority. The Indigenous system of Ayurveda, Unani, and Siddha medicine was totally neglected and allowed to languish. It is the most commonly practiced type of medicine. They believe that the diseases are caused by the external agents and cure will result only when the offending agents are eliminated. Their approach is towards the symptoms. It makes antidote to something which is harmful to body. Its mainly consists of chemicals and, cure is established by neutralizing other unwanted harmful chemistry of the body. The Chemical reaction help in neutralizing the unwanted chemicals, but sometimes it may give adverse reaction leading to more harm to the patient. The Chemical reactions are tested in few individuals who work as samples for the research, hence cannot be 100% full proof cure but works on the principles of majority.

When physicians began to do post-mortems, a systematic examination of dead bodies led to the realization that in the initial stages, the disease affects only one organ or area of the body and, sometimes, remains localized there for long periods. This view was postulated by Giovanni Battista Morgagni (1682-1771), professor of Anatomy at Padua, Italy after conducting dissections and postmortems (as many as 600 post-mortems in a year). He concluded that structural changes in various diseases were localized in different tissues of which the organs were made. In other words, the seat of a disease was not the organ as a whole but a part of it, namely, the tissue. Any tissue in an organ could become diseased, apart from the other tissues of which the organ was made up.
Availability of the compound microscope made it possible for scientists to study the structure of the body minutely. The body and its different organs were found to be made up of individual eel's and the cells were the basic units of life. Disease resulted primarily from changes in the cells due to external influences. Thus we see a gradual evolution in the concept of the seat of the disease in the body. Morgagni regarded the organ as the seat of disease; Bichat, the tissues; for Virchow, it was the cell. The cell was the sustainer of life, and diseases also occurred in the cell. Disease, Virchow maintained, was the reaction of the cell to abnormal stimuli. The study of structure and function of different cells of the body in health and disease, postulates that the particular stimuli, leads to structural changes in the cells, and that is the basis of all research and investigations.

3.14.2. Etiological Concept:
What were the stimuli that initiated changes in the cells was the next step in research for the diseases. In 1879, he showed to the Paris Academy of Medicine that the cause of puerperal fever in women was a microbe which was transmitted by the unclean and infected hands of doctors to delivering mothers. He saw and demonstrated this phenomenon in the discharges of delivering women.

Thereafter, looking for germs that cause different diseases became a matter of labor and study. The German scientist Robert Koch (1843-1910) furthered the work of Pasteur, whose main contribution was identifying the tubercle bacillus as the cause of tuberculosis.

More and more medical scientists devoted their time and energies to isolating germs (microorganisms) that caused different diseases in human beings, animals, and even plants. As a result of their efforts, microorganisms came to be isolated and recognized as causing diseases.

3.14.3. Modern Concept:
Advancing research, however, also revealed that a large percentage of diseases were not caused by microorganisms or viruses alone, but had other causes. These other causes, as proved by biochemical studies were nutritional deficiencies, deficiencies of
vitamins and minerals, and increased or decreased functioning of different endocrine glands in the body, e.g. in cases of myxedema and hyperthyroidism. There were also diseases in which there is narrowing of the smaller blood vessels, leading, to narrowing of the coronary arteries of the heart - causing heart attacks; there were diseases like rheumatoid arthritis and others. Which, for want of a better term, came to be termed as degenerative diseases? There are still other diseases with which, one is born, i.e. congenital and hereditary diseases about which we are now beginning to understand, thanks to the science of molecular biology and the study of the nucleus, its chromosomes, genes, and parts of the genes.

Isolation of germs causing a disease did not explain the entire concept of the disease. During epidemics, and in experiments on animals, it was seen that introduction of germs in living beings did not lead to the production of disease in all those living beings; even in those in which it did, the disease was mild in some, and severe, on others. This clearly showed that there was more to disease production than merely the introduction of germs into the body. The body itself or the 'soil', on which these germs grew and flourished, was of vital importance. In this connection, many factors that resisted the germs getting a foothold in the body were recognized. Latest research indicates that the mind has the greatest control on the body, both in health and disease.

In the 16th 6k 17th Centuries, inspite of fundamental discoveries of the structure and functions of the body, the scientists were unable to present an informed method of diagnosis. Auenbrugger, a Viennese physician, discovered percussion of the chest, and Laennec of France listened to breath and heartbeats by means of the stethoscope. Both these diagnostic procedures helped in localizing the disease in the patient while he lived, and Localised disease in the same manner Morgagni's anatomical study when the patient died.

Major discoveries in the field of diagnosis are the product of the second half of the nineteenth and the twentieth century’s. These include detection and isolation of germs and viruses in different disease states; discovery of X-rays by Wilhelm Conrad Roentgen of Germany and the use of this technique in diverse ways; examination of
the diseased tissues taken from the patient and looking at their structure under the microscope; study of biochemical materials in the body, such as the level of different enzymes, hormones, and other substances; and the innumerable surgical techniques used as diagnostic agents. With the help of the techniques available to us, now we can study the cell, its nucleus, its chromosomes, and also the genes - the very basis of life. Before the discovery of germs as causative agents of different diseases, treatment in the majority of the diseases was based on the principle of increasing the vitality of the body so as to put up adequate resistance to the disease. Proper diet, rest, bloodletting, and medicines derived from vegetable, animal, and mineral sources were used.

A study of the phenomenon of entry of the germs into the body revealed that the intruding germs released a poison into the bloodstream of the patient, in turn, the body produced an excess of counter-poison, so as to kill the intruding germs. When the counter-poison was able to kill the germs, the patient was saved from the disease. This counter-poison was named an antitoxin. Efforts were made to artificially produce antitoxins against various diseases and to inject them in patients suffering from these diseases so as to facilitate their recovery. The first success in this direction was achieved in cases of diphtheria.

Another approach for killing the bacteria which entered the body and caused disease was by administration of such chemicals or drugs which killed these germs without affecting the normal body cells. Paul Ehrlich of Germany initiated this work. He succeeded in his efforts by producing a salt of arsenic which came to be known as compound 606, because this was the 606th drug produced and tested by him which killed the germs that caused syphilis. This approach of killing the disease producing germs in the body initiated an era which led to the production of chemotherapeutic drugs and antibiotics through which a large number of bacterial diseases can be cured. The second major approach to treating diseases was the surgical approach. It owed its development to the discovery of bacteria as causes of different diseases.

Application of this concept, by first using antiseptics and then by developing aseptic techniques, availability of effective and efficient anesthetic agents, and above all, the availability of antibiotics to check infection during and after surgical operations,
provided encouragement to surgeons to go ahead and operate on cases where surgery had been considered impossible earlier. The ensuing result today is that surgery has entered a stage, where it can perform miraculous operations such as transplantation of organs.

Today Allopathy follows a methodical approach in diagnosis and treatment. Let us take the hypothetical case of a nine-year-old child suffering from breathlessness due to exertion for the last five years. When he arrives at a hospital, the doctor first asks him and his parent to describe the symptoms. He listens carefully, translating them in his mind into medical language. He then asks a few questions to elicit information. His questions may be along these lines: Did the child's mother suffer from any disease while she was carrying the child? Was it a normal delivery? What diseases did the child suffer up to the age of five years? What other symptoms besides breathlessness due to exertion, does the child get? Has he ever become blue while crying? Is breathlessness a continuous complaint, or is the child free from breathlessness during some months or in a particular season? How much exertion brings on the breathlessness? How many brothers and sisters has the child got? Does any other member of the family suffer from similar complaints? Where does the family live? How hygienic is the environment?

All these questions will show us the clue towards the diagnosis and help us to form basis for further investigations and treatment.

In India gradually two types of health system developed, one Private and second Public. The public health system in India comprises a set of state-owned health care facilities funded and controlled by the government of India. Some of these are controlled by agencies of the central government while some are controlled by the governments of the states of India. The governmental ministry which controls the central government interests in these institutions is the Ministry of Health & Family Welfare. Governmental spending on health care in India is exclusively this system, hence most of the treatments in these institutions are either fully or partially subsidised.

The facilities are:
- All India Institutes of Medical Sciences owned and controlled by the central government. These are referral hospitals with specialized facilities. All India institutes presently functional are All India Institute of Medical Sciences, New Delhi, AIIMS Bhopal, AIIMS Bhubaneshwar, AIIMS Jodhpur, AIIMS Raipur, and AIIMS Rishikesh.
- Regional Cancer Centers are cancer care hospitals and research institutes controlled jointly by the central and the respective state governments.
- Government Medical Colleges owned and controlled by the respective state governments. These are referral hospitals.
- District Hospitals or General Hospitals: Controlled by the respective state governments and serving the respective districts (administrative divisions in India).
- Taluka hospitals: Taluka level hospitals controlled by the respective state governments and serving the respective talukas (administrative divisions in India, and smaller than districts).
- Community Health Centre CHCs: Community Health Centres are available is basic health unit in the urban areas.
- Primary Health Centres: The basic units with the most basic facilities, and especially serving rural India, generally at the level of a panchayat.
- Sub-centers - The most basic units of health in villages; first point of contact between villagers and public health care system in India.

Private health sector in India consists of dispensaries, clinics, nursing homes and hospitals (practicing Allopathic, /Ayurvedic, / Homeopathic, / Unani systems) owned and run by individuals or by groups of Individuals. They are to some extent registered under and regulated by the organisations like Medical Council and now will be registered under and regulated by the National/State Councils constituted under the Clinical Establishment Act as described earlier.

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