

Joint Event

Hematology, Immunology & Traditional Medicine

December 05-06, 2018 | Lisbon, Portugal

Is complementary medicine an empty effort or necessity?

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Despite cellular and molecular breakthrough in modern medicine, people still seeking complementary and alternative remedies for their diverse health problems. Alternative and inexpensive treatment options for several diseases are easily available in every country. Abundance of the treatment options and relatively safety problems of these therapies leads to confusion among patients. Although some of the complementary and alternative treatments were evidence-based, they're mostly based on conventional and unproven therapies. For this reason, patients require therapeutic guidance for their illnesses. Complementary and alternative medicine (CAM) therapies are divided as drug based and non-drug based CAM therapies. Drug based CAM constitute about 80% of the plants. In medicine, chemically synthesized drugs are the origin of chemotherapies. However, modern conventional medicine plants are still using for medicinal purposes widely in the world. Herbal medicine is growing as a phytopharmaceutical market in international trade. Non-drug based CAM therapies used several therapies, such as acupuncture, Ayurveda, biofeedback, chelation therapy, chiropractic or osteopathic manipulation, deep breathing exercises, diet-based therapies, movement therapies, energy healing therapy, guided imagery, homeopathic treatment, hypnosis, massage therapy, meditation, naturopathy, progressive relaxation, yoga, etc. Albeit some of these therapies are still controversial issue and lack of well-designed scientific studies at this area, mostly these therapies have been proven for contribution on health. Regardless of the method the main issue is to protect and promote health. For this reason, the key point is an integrative medicine, which is combines modern and complementary medicine and holistic approach to prevent diseases and promote health.

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