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Why modern medicine should coalesce with integrative medicine for the sake of human being

When alternative medicine treatment is used with medical therapy in a belief that “it complements” improves the effect of therapy and it is considered or named as Integrative Medicine. Actually Integrative Medicine is a way of improving of life styles,behaviour,which provide a supportive partnership to either preventive medicine or to medical therapy. To achieve its goals Integrative Medicine uses Herbes and Nutritional counselling among other methods of therapy. It is already accepted that via Integrative Medicine improving health behaviour can lead, in over all health and well –being and reduce the disease risk so with this can help the modern Medical therapy. Beside these Integrative Medicine is also very important for drug discovery,especially while in search for lead compound, Quinin from Cinchona is a good example for this. Integrative Medicine will use the interaction of Drug-Herb,Herb-Herb, Herb-food and Drug –food. But these interaction may cause adverse effect even toxic effects such as using Gonkoo Bilboa with Warfarin reduced the absorption of Warfarin

As a result: There is a long –running debate between the authorities who use herbal remedies and Nutritional support for various diseases and medical doctor “Physician”. Though it is believed that there is no scientific background for integrative Medicine at the past currently it is proved using Integrative Medicine with conventional Medical Therapy, increase the effects of Medical therapy.

As result of my Retrospective study I come to end that Integrative Medicine must be used with conventional medicine for the sake of Human especial the ill ones.

Biography

Mehmet ferit Isbir is a professor from Akeniz Univ Medical, Turkey in the department of Medical Pharmacology/Toxicology. scientists whose research areas differ in between molecular, cellular, developmental, behavioral, cognitive and clinical neuroscience and psychiatry and who are in the teaching staff of Institute of Experimental Medicine, Neuroscience department; Physiology, Pharmacology, Neurology, Neurosurgery, Psychiatry, Radiodiagnostic, Biophysics departments of Istanbul Medical Faculty; Physiology and Neurology departments of Cerrahpasa Medical Faculty.

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