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**Complementary alternate medicine and balanced diet**

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The phrase Complementary and Alternative Medicine (CAM) is used to describe group of diverse medical and health care systems, practices and products that have historic origins outside mainstream medicine. Complementary medicine is alternative medicine used together with conventional medicine i.e. it complements the treatment. Alternative medicine is any practice that is perceived by its users to have healing effects of medicine but does not originate from evidence based scientific method and is not a part of biomedicine. CAM offers optimism or greater personal attention and provides 3 T's: Time, Talk and Touch. CAM is less expensive, has fewer side effects and is more easily accessible. Patient has self-help approach to health and wellness. It satisfies a search for natural or less invasive alternatives. Symptoms often are poorly controlled by conventional care, particularly back pain and other painful musculoskeletal complaints, anxiety and insomnia. Failure or dissatisfaction with conventional health provider is high health costs, to treat side effects of drugs and treatment. Focus on spirituality and emotional well-being, ignorance and inadequate knowledge regarding disease. National center for complementary and alternative medicine has categorized into five major classifications such as systems of health care, mind-body therapies, manipulative and body-based therapies, biologically based therapies and energy therapies. These therapies are very helpful in keeping the individuals mind calm and peaceful during their treatment with conventional medicine. Also a proper combination of fruits, vegetables, grains and dairy product will undoubtedly ensure a balanced diet. The USDA reports that four of the top 10 leading causes of death are directly influenced by diet. These are heart disease, cancer, stroke and diabetes. Vegetables, pulses, fruits, dairy products, grains and cereals play a very important role in supporting the balanced diet accompanied by CAM for various treatments against diseases.

**Biography**

S Yamini sudha Lakshmi has completed her PG in Biochemistry from Avinashilingam Home Science College, Coimbatore in 1988 and her M.Phil in Bharathiar University, Coimbatore in 1990. Completed Ph.D in the year 2003. Since 1989, she has been working as Biochemist as well as Lecturer in GVN Cancer institute, Trichy. Her passion for teaching and research which is being continued till now being the Assistant Professor in Medical Biochemistry, University of Madras, Taramani Campus, Chennai. Has a vast experience of 25 years of teaching as well as research experience till date. She has headed the Department of Biochemistry from 2002 onwards in various self financing colleges. She had Established the Dept of Bioinformatics and headed the same from 2004 in Mohamed Sathak college as well as in Vinayaka Mission University, Paiyanoor from 2006 onwards. Experience in college administration skills as Dean of Prof Dhanapalan college, Chennai from 2011-2013

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