

Naturopathic medicine

Naturopathic medicine treats health conditions by utilizing the body's inherent ability to heal. This is a very safe, natural therapy which utilizes the services of several different alternative medicine techniques to heal prospective patients.

Description

Naturopathic medicine encompasses a myriad of healing practices, including diet and clinical nutrition; Ayurveda, Siddha, Unani, homeopathy; acupuncture; herbal medicine; hydrotherapy; therapeutic exercise; spinal and soft-tissue manipulation; physical therapies involving electric currents, ultrasound, and light therapy; therapeutic counseling; and pharmacology. This is not an exhaustive list, because all most all ancient streams of systematic treatment will come under this fold.

The age-old philosophy of naturopathic medicine is built around six important principles which have their roots in Indian (Ayurveda), Chinese (Traditional Chinese Medicine), Native American and Greek (Hippocratic) cultures:

1. The healing power of nature and of the body to maintain and restore health is well-respected.
2. A naturopathic practitioner must identify and treat the cause rather than the effect.
3. First, a practitioner must do no harm to the patient. It is the belief of naturopathic medicine that methods designed to suppress symptoms without removing their underlying causes are considered harmful; therefore, they are to be avoided or minimized. The onset of symptoms is considered a natural fixture of the healing process.
4. Treat the whole person while keeping in mind the interaction of his or her physical, mental, and emotional factors in causing disease. Naturopathic medicine recognizes the integrity of the whole person instead of just single organ systems or particular symptoms.
5. The physician is a teacher. The doctor-patient relationship has a therapeutic value.

6. Prevention is the best ‘cure.’ Naturopathic physicians are preventive medicine specialists.

Naturopathic medicine emphasizes the treatment of disease through the stimulation, enhancement, and support of the inherent healing capacity of the person. It is an art, science, philosophy, and practice of diagnosing, treating, and preventing disease. Disease is seen as a manifestation of the natural causes by which the body heals itself. Fever and inflammation are regarded as the offshoot of the body’s immune system reacting to and dealing with either an invader or some sort of dysfunction or imbalance.

Method

Naturopathic treatment works with the person’s vital force, his or her body’s ability to fend off diseases and illnesses by itself, without intervention. It does not utilize any major surgery or the use of synthetic drugs at all. Naturopathy focuses on healing the person, not the disease. However, its main focus is in preventing diseases before they occur, rather than actually treating them. It accomplishes this by locating the underlying causes of disease.

Naturopathic physicians are all trained in the basic tools of natural therapeutics, and most work with diet and nutrition while specializing in one or more other therapeutic methods. Once the naturopathic physician identifies a patient’s underlying causes of illness, he or she then advises the patient as to what he or she should do to make a safe return back to help without treating the symptoms immediately, especially pain relief. The patient is often told to amend his or her diet and lifestyle. Moreover, homeopathy or acupuncture may be used to expedite recovery time. Herbal medicines may be used as tonics and nutritive agents and vitamin and mineral supplements and glandular tissue extracts may be administered depending on the patient’s nutritional needs and excesses. Hydrotherapy and various types of physical therapy might be required. The patient’s level of emotional stress will probably be determined to see if it needs to be eased to allow the digestive system to function in the relaxed environment required for proper digestion (i.e. prevent ulcers).

A typical office visit with a naturopathic doctor takes more time than the conventional physician's conveyor-belt type of approach. The specialist will ask for a thorough medical history (including a person's likelihood of developing a disease along genetic lines) and interview process to view all aspects of a person's lifestyle. The physician may explore standard diagnostic procedures including a physical exam and blood and urine analysis. Finally, the doctor and the patient will work harmoniously (and may even have to compromise) to establish a treatment and health-promoting program that is acceptable for both of them.

Common cures

Orthomolecular medicine benefits children, adolescents, adults, and the elderly who have the following problems, diseases, and/or conditions:

<p>1. OSTEOLOGY- THE SKELETON</p> <ul style="list-style-type: none"> • back pain • Ankylosing Spondylitis (rare rheumatological condition that causes stiffness and inflammation of the spine) • sciatica • fractures • sprains 	<p>8. RESPIRATION</p> <ul style="list-style-type: none"> • common cold • bronchitis • pneumonia • whooping cough • mumps • measles • sore throat • pleurisy • nausea
<p>2. JOINTS</p> <ul style="list-style-type: none"> • Rheumatoid arthritis • Carpal Tunnel Syndrome • tendonitis 	<p>9. URINARY SYSTEM</p> <ul style="list-style-type: none"> • urinary tract infections • bladder cancer • Cystitis (bladder infections) • Bedwetting
<p>3. MUSCLES AND FACIA</p> <ul style="list-style-type: none"> • muscular cramps • convulsions 	<p>10. REPRODUCTIVE ORGANS</p> <ul style="list-style-type: none"> • Prostate disorders • Syphilis • Cold sores (herpes simplex)
<p>4. VASCULAR SYSTEM</p> <ul style="list-style-type: none"> • toxemia • varicose veins • Nose bleeds • edema • fever 	<p>11. SKIN</p> <ul style="list-style-type: none"> • dermatitis

- Beriberi (deficiency of thiamine (vitamin B) causing neurological, mental, and cardiovascular problems)
- fainting
- Raynaud's disease (Constriction and spasm of the smaller vascular system (arterioles))
- dizziness
- Cerebral palsy
- hypoglycemia
- Hyperthyroidism
- Blood clots
- Cadmium Toxicity
- Mononucleosis
- wounds
- ringworm
- cuts
- sunburn
- swelling
- acne
- Body odor
- Boils (a pus-filled, inflamed area of the skin)
- Bruises
- Poison Oak/Ivy
- rashes
- Periodontal (Gum) disease
- nail problems
- warts
- Pellagra (severe deficiency of niacin)

5. NERVOUS SYSTEM

- toxemia
- schizophrenia
- Neuralgia
- motion sickness
- shingles (Herpes Zoster)
- fear
- Sleep disorders
- epilepsy
- Neuropathy
- Neuritis
- Alzheimer's disease
- Bulimia
- Memory and cognition problems
- stroke
- Paralysis
- Parkinson's disease
- Measles
- eczema
- chicken pox
- chills
- Bunions (enlarged area of inner part of big toe)
- Burns
- Bursitis
- Abscess (accumulation of pus, usually caused by bacterial infection)
- frostbite
- fungal infection
- hemorrhoids
- hair loss
- dandruff
- Hives (Urticaria)
- Hypothyroidism
- inflammation
- insect bites
- Jaundice
- Lupus
- sties
- Psoriasis
- Carbuncles
- corns
- Canker sores
- Bed sores

6. SENSORY ORGANS

- ear infections
- Vision disorders

7. DIGESTIVE SYSTEM

- colitis
- Chemical poisoning
- kidney stones
- Pancreatitis
- hiatal hernia
- hepatitis
- hiccups

12. IMMUNE SYSTEM

- toxemia of
- tonsillitis

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| <ul style="list-style-type: none"> • cirrhosis • diarrhea • irritable bowel syndrome • ulcers • dysentery • flatulence • food poisoning • vomiting • worms • Bad breath • Obesity | <p>13. ADDICTIONS</p> <ul style="list-style-type: none"> • alcoholism • smoking |
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Application

The following forms of alternative therapy are under the domain of naturopathic medicine and are used in conjunction with the six principles of naturopathy:

- Clinical nutrition
- Botanical medicine
- Homeopathic medicine
- Physical medicine
- Psychotherapy, counseling, and lifestyle modification
- Chinese medicine
- Ultrasound light therapy
- Hygiene and public health measures
- Therapeutic fasting
- Laboratory diagnostic testing and other imaging techniques
- Oriental medicine
- Naturopathic obstetrics
- Psychological medicine
- Minor surgery
- Hydrotherapy
- Acupuncture
- Herbal medicine
- Therapeutic touch

Modern medicine's perspective

Naturopathic medicine flourished in the United States and other countries until the mid-1930, when modern conventional medicine began to develop a one-sided, narrow-minded approach to clinical health care. They claimed that thousands of years of knowledge and wisdom of ancient cultures and people to be nothing but quackery and that they alone (meaning the MNC drug companies who have hijacked the conventional medical practice) to be the sole arbiters of all medical knowledge. This should be termed as sheer arrogance. At the same time they are not ashamed to steal the intellectual properties rights of native medicine without even the curtesy of an acknowledgement in their fancy journals.

Almost all drugs used by modern conventional medicine have both short term and long term side effects. Take the case of cancer treatment; the cut/ burn/ poison approach more often leaves the patients a wreck both mental and physical, leading miserable lives before their merciful end. People fear cancer more than any other disease because of the dreadful 'body and soul' destroying treatment that they have to undergo. The fact is that more patients are killed by the after effects of the treatment than the disease as such. More patients starve to death as a consequence of the treatment than are killed by the diseases. Many families are driven to penury under the unjustified cost of the treatment and the payments to the fancy hospitals and the so called oncologists and surgeons. They are the real hapless Victims of a rapacious system.

Yet, naturopathic medicine has made a triumphant comeback in the last two decades because more and more people are seeing through the deceit and futility of the conventional treatment protocols. This is also largely due to increased public awareness of the role of diet and lifestyle as the primary cause of chronic disease.

With its emphasis on prevention and natural care, naturopathic medicine may offer long-term realistic cost-effective cures.