

Health

"A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity" (WHO)

"A resource for everyday life, not the object of living" (Ottawa, 1986)

consistent with biopsychosocial model

Holistic approach treatment of whole person (emotional, physical, intellectual, spiritual, occupational, social, environmental)

Well-being positive rather than neutral state (living well)

TYPES OF HEALTH::

Type	Description	How to improve
1. physical health	bodily functions and processes - organs/body fitness, nutrition, absence of illness/injury	lifestyle and dietary changes - regular exercise, balanced nutrition, adequate rest, effective hygiene, regular vaccinations, avoid alcohol tobacco drugs
2. mental health	emo, social, and psych wellbeing thoughts/beliefs ability to adapt and bounce back from adversity	practice stress management techniques, seek social support, replace -ve thoughts with +ve
3. social health	ways ppl create healthy and +ve interpersonal rxns with one another ability to handle and act based on different social conditions help improve emo wellbeing coexist peacefully in communities	foster rxns, comm openly, participate on social act., seek social support
4. spiritual health	sense of purpose, meaning, and connection to something greater than oneself, which can be different for each person includes a purposeful life, transcendence and actualization balance between physical, psychological and social aspects of human life	explore personal values beliefs practices, engage in act. aligning with spiritual values
5. emotional health	one aspect of mental health ability to cope with both positive and negative emotions	practice self awareness, mindfulness, emo regulation techniques

Traditional vs modern healing techniques

DIFFERENCES	TRADITIONAL	MODERN
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By **psychedup**

Published 17th December, 2023.
Last updated 17th December, 2023.
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Traditional vs modern healing techniques (cont)

Definition	"Traditional medicine refers to the sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures that are used to maintain health, as well as to prevent, diagnose, improve, or treat physical and mental illnesses." (WHO)	"Use of scientifically developed treatments, medications, and medical practices to diagnose, prevent, and treat illnesses and diseases."
Principle	Humans achieve physical, mental, emotional health through harmonious coexistence with nature.	Also called alternative medicine (wrt traditional medicine)



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Published 17th December, 2023.

Last updated 17th December, 2023.

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Traditional vs modern healing techniques (cont)

History One of the oldest medical sciences in the world
Ayurveda (most widely used in traditional indian holistic medicine)

Ayurvedic medicine:

1500 -1000 BC – Was divided into two schools –

1. Atreya Inner Medicine School
2. Dhanvantari Surgery School

Early 100 BC - Scholars in these two categories wrote two major books –

1. Caraka Samhita
2. Sushrut Samhita

500AD - Astanga Hridaya Samhita was published, which integrated the views of two medical schools of Ayurveda

500 - 1900 AD - 16 important drug monographs were gradually added, like bonus sections, to the traditional books of Ayurvedic medicine

Basic theories of Indian medicine:

1. **five elements theory**: Used to explain human physiology (in vedic culture)

Everything in the world is composed of five basic elements -

Prithvi (earth), Jala (water), Agni (fire), Vayu (air), and Akasha (ether)

These elements supplement the corresponding elements in the human body after being ingested

2. **three humoralisms theory (trishoda): Three kinds of humoralisms (bodily fluids – humors) -**

gas (Vata), bile (Pitta), and mucus (Kapha) **

Balance of these determine the health/disease status of the human body

19th century - Anesthesia and stethoscope were invented - turning point with the development of the germ theory of disease and improvement in diagnostic accuracy

20th century- discovery of antibiotics, DNA structure, X-rays, MRIs further helped develop more specialized care and medical specialties

Overtime, huge database of alternative medicine were formed, including a list of common health symptoms and suggestions specific medicines and the right amounts to help relieve those symptoms quickly



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Published 17th December, 2023.

Last updated 17th December, 2023.

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Traditional vs modern healing techniques (cont)

Mode of passing (oral/written) - how it was passed on through generations	Orally or through apprenticeships, vedic texts.	Written texts, rigorous education, and standardized training.
Working on individual	Focus on holistic approach, addressing the person's physical, mental, and spiritual well-being.	Focus on quick relief from the specific symptoms (only target that area with the proven chemical formulas) Cure many identified problems + prevent many deadly viral infections/possible genetic diseases
Dosage	Trial and error Passive treatment with no assurance of the effectiveness Flexible – not fixed No side effects (made from herbs and natural practices)	Desired medications in our required dose instantly Fixed May have side effects Scientifically proven along with the results of real tests



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Published 17th December, 2023.
Last updated 17th December, 2023.
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Traditional vs modern healing techniques (cont)

Techniques **Ayurveda (900-800BCE):**

Origin – ancient India - from Vedas (Rigveda and Atharva veda) – 2500-500BCE (oldest)

Literal meaning - “The Science of Life” - two Sanskrit words “ayur” (life) and “veda” (science or knowledge).

Health is considered as a basic precondition for achieving – *Dharma (duties)*, *Arth (finance)*, *Karma (action)* and *Moksha (salvation)* - objs of life

Maintain balance of structural and functional entities for good physical health (Swasthya)

Human body is a network of seven fundamental tissues –

“*Rasa(plasma)*,” “*Rakta(blood)*,” “*Mamsa(muscle)*,” “*Meda(fat)*,” “*Asthi(bone)*,” “*Majja(bone marrow)*,” and “*Shukra(reproductive fluid)*” and the waste results of the body --- imbalance of these causes diseases

Uniqe prescription of each indiv acc to holistic perspective.

Sidda (10,000-400BCE):

Origin – South India (Dravidian culture)

“Siddha” indicates “holy harmony”/“attaining excellence”/“recognized fact”

96 principal constituents of humans - physical, physiological, moral, and intellectual

Link social and psych aspects to physiology of diseases in patient

Gives equal importance to the inward soul and outer body

Practice of medicine is based saiva philosophy – similar to ayurveda

Siddha system of medicine – accumulation seven basic materials, three humors and the discarded products - established by 18 “Siddhars;” Thirumoolar, Ahappe, Agathiyar, Sunthara ananthar, Bogar, Machchamuni, Konganar, Korakkar, Therayar, Karuvloor, Nandi Devar, Idaikkadar, Iraamathevar, Sattamuni, Kuthampai, Paampaatti, Aluhanna, and Kahapusundar.

Ideas - “food is medicine, medicine is food” and “sound mind makes a sound body.”

Unani (460-377BCE) :

Origin – Greece - Hippocrates, Galen

Urbanised by Arab – Raazes, Avicenna (Greco-Arab Medicine)

Humoral theory – based on the 4 humors; *blood*, *yellow bile*, *dark bile*, and *mucus*--- *sanguine*, *phlegmatic*, *choleric* and *melancholic* - depending on presence and amalga-
mation of humors – change causes diseases

Human body as made up of seven standards; *Mizaj (temperaments)*, *Anza (organs)*, *Quo (resources)*, *Arkan (components)*, *Arawh (spirits)*, *Aklath (humors)*, and *Afal (capacities)* - consider every component for treatment

Types of medications –

1. Diet treatment (control amount, nature, type)
2. Regimental treatment (diaphoresis, diuresis, Turkish shower, knead cleansing etc)
3. Pharmaco-treatment (NP drugs)

Homeopathy (1850CE) :

Origin – Greece – Hippocrates, Dr. Samuel Hahnemann

“Homoeopathy” - derived from Greek words, “Homois” - similar and “pathos” - suffering
Works to rouse one’s body’s natural capacity to heal itself

Eliminate symptoms + enhance immune system + increase energy and outlook on life

2 main principles:

1. “Like cures like;” a healthy individual would manifest the same symptom with the drug that is the cure for the same illness.
2. “Infinite dilution;” therapeutic activity is enhanced by repeated dilution and succession even when diluted beyond Avogadro’s number.

Yoga:

Allopathy: conventional/ modern western medicine

Evidence-based approach to treat diseases Fda-approved meds

Originates from the greek ‘allos’ - other, and ‘pathia’ - ‘suffer’

Quick solution

Has proper chemical composition and has been tested

Chemotherapy: use of drugs to destroy cancer cells (stop growth, dividing, and replicating) during specific parts of the cell cycle (when new cells r made)
Systemic medication – travels through the bloodstream and reaches all parts of the body

Side effects – hair loss, nausea Types:

1. *Intravenous (iv) chemotherapy:*

injected directly into vein. Some ivs need to be taken over a period of time (every few days/weeks) - continuous infusion chemotherapy

2. *Oral:* taken by mouth - pill, capsule, or liquid

3. *Injected chemotherapy:* shot may be given in a muscle or injected under the skin (in arm, leg, or abdomen)

4. *Chemotherapy into an artery:* that goes directly to the cancer - intra-art-
erial or ia chemotherapy.

5. *Chemotherapy into the peritoneum or abdomen:* medication might be placed directly (eg – ovary cancer)

6. *Topical chemotherapy:* cream to apply on skin

Radiotherapy: cancer treatment that uses high doses of radiation to kill cancer cells and shrink tumors

1. *External beam radiation therapy:*

machine that aims radiation at cancer

2. *Internal radiation therapy:* radiation is put inside your body - solid (brach-
ytherapy) or liquid (systemic therapy)

Vaccines:

1. *Inactivated:* killed version of the germ (flu, polio etc) – not strong immune effect

2. *Live-attenuated:* weakened (or attenuated) form of the germ - strong and long-lasting immune response (measles, mumps, chickenpos)

3. *Messenger RNA (MRNA)* – shorter

Origin – ancient India
Sanskrit word "yuj" - "to unite/integrate" – yoga: "significance union"
Mainstream in Hinduism, Jainism, and Buddhism
Postures – Precautionary (prevent), rehabilitative (improve) and restorative (restore) health
Meditation – emo stability, prevent malfunction of organs
Naturopathy:
Origin – no single country
Natural healing method - using the healing powers of nature
Perceives the body's inborn healing capacity + emphasizes disease prevention + urges singular responsibility to get ideal well-being
Belief - accrual of toxins is the pivotal cause of all diseases in the human body.
Prevention and elimination of toxins is the route to health.
Treatments are based on the 5 major components of nature that have enormous healing properties
Sowa-Rig-Pa / Bodh-Kyi: 'science of healing'
Origin – India
Practitioners – Amchi
Treatment - use of herbs, minerals, animal products, spring and mineral water, mysticism and spiritual power.

manufacture time, no live virus): make proteins to trigger an immune response
4. *Subunit, recombinant, polysaccharide, and conjugate*: use specific pieces of the germ—like its protein, sugar, or capsid (hepatitis b, hiv)
5. *Toxoid vaccines*: uses toxin (harmful product) made by the germ
6. *Viral vector*: different virus as a vector to deliver protection (influenza)



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Published 17th December, 2023.
Last updated 17th December, 2023.
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Traditional vs modern healing techniques (cont)

Research Limited scientific research and controlled studies.

Emphasizes rigorous scientific research and clinical trials for evidence-based practices and drug development.

WHO - 80% of the world's population is optimistic about the development of traditional medicine + willing to try herbal medicine as their main healthcare drug

India - accounts for about 75% of developing countries herbal species (more than 3000 types of medicinal plants + more than 1000 factories produce traditional herbs.)

Problems of traditional herbal medicine knowledge –

1. identification and quality (different things with the same name/ different names for the same thing)
2. side effects
3. unscrupulous exploitation of wild medicinal plants (Some rare medicinal resources are on the verge of extinction)
4. Many herbal medicines in India are not produced and sold in accordance with international market norms, which is another reason they are unable to enter developed Western countries.

Mind body relationship

300 yrs ago - mind and body were considered one

17th century - western world saw mind and body as 2 distinct entities - not connected from mind to body

18th-19th century - how can physical thing (body) interact with non-physical thing (mind)

direct relationship association btw physical and mental health - physiological, behavioural and social (biopsychosocial)
risk factors (behav & social) overlap
two way influence (affect each other) ->
1. stress response affects ANS (autonomic nervous system)
2. ppl with mental health problems may also have more difficulty accessing services, which intensifies both mental and physical illness

Mind body relationship (cont)

mental health and wellbeing

1. *dual continuum* strongly related but separate from each other exist codependently - can be mentally sick but good mental wellbeing or vice-versa (eg- bipolar is managed with meds - wellbeing inc) emphasis on ability to adapt based on the view that people never fully recover from mental illness
2. *single continuum* mental health and wellbeing on a single spectrum - integral to each other one cannot be achieved without the other mental illness/low wellbeing at one extreme and mental wellness/high wellbeing at the other - we lie anywhere btw these 2 points

Mind body connection - philosophical take

1. monism - either mind or body (only one)
2. physicalism - physical interaction btw mind and body assumes everything is physical traditional science (explain mental phenomena in terms of brain activities)
3. idealism - non physical interaction btw mind and body metaphysical perspective - reality depends on how our minds perceive and make sense of the world
4. dualism - mind and body r 2 separate entities interacting with one another developed by Rene Descartes during the 16th century



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Last updated 17th December, 2023.
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Well-being

to measure a person's overall sense of happiness and life satisfaction:

1. *objective wellbeing* measurable, external factors - can be observed and quantified
emphasis on physical health
fulfilling basic needs (adequate & quality food, shelter, water, education, safety)
measured through self-report (abt presence of illness) or objective measures (mortality rates, life expectancy)
2. *subjective wellbeing* personal assessment of their own happiness, life satisfaction, and emotional state
feelings, thoughts, and perceptions about their own life measured through self report (eg - Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS))
if indiv has both physical and mental health issues - mental health problems can make it harder for the person to get better physically, creating a cycle where they struggle to achieve overall well-being

Healing

"Healing is a natural active and multidimensional process that is individually expressed with common patterns. Healing is influenced by body-condition, personal attitudes, and relationships." (JA Glaister)

origin - old-English term *haelen*, meaning "wholeness"

intervention, outcome, process micro (wound healing) to macro level (global healing)

one from indiv, external source (human healers), substances (herbs, meds)

Healing (cont)

- healing model**
1. internal - indiv's inner processes and self care (healing intention, personal wholeness)
 2. interpersonal - healing from impact of social rxns in indiv's life (healthy rxns, healing orgs- for social support)
 3. behavioral - actions and habits (healthy lifestyle, integrative care)
 4. external - physical environment and external factors (healing space, ecological resilience)

Principles of holistic medicine

practitioners believe that the whole person is made up of interdependent parts and if one part is not working properly, all the other parts (overall health) will be affected

treatment plan may involve drugs + lifestyle modifications (CHIRPU)

1. belief - unconditional love and support is the most powerful healer
2. the indiv is ultimately responsible for their own health and well-being
3. people have innate healing powers
4. patient is a person, not a disease
5. addresses all aspects of a person's life using a variety of health care practices
6. treatment involves fixing the cause of the condition, not just alleviating the symptoms



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Published 17th December, 2023.
Last updated 17th December, 2023.
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