Complementary and Alternative Medicine

Nagalakshmi Nagarajan
With doctors, having increasingly decreased time with patients and not being adequately trained to manage patient’s emotions, a complementary therapy where a patient can cope with emotions and struggles is gaining momentum. Physicians can instead spend time on their strong points by medically or surgically managing the patients while being a silent pillar of support. The physicians can instead spend their time to answer questions, about side effects of medications or complications with the procedures. The physician can spend more time on the body aspect of medicine while the complementary therapies spend time on the mind aspect.
Introduction

Due to unmet medical needs secondary to physician time limits, increasing costs, wait times, and overall unsatisfied care, the use of complementary medicine and alternative medicine is on the rise per the National Health Interview Survey. Though some may try to place blame and complain about the current state of our medical practice, at this point physicians and patient should try to work around the inefficient system. In terms of mind and body medicine, physicians are trained and excel in the body aspect of medicine. There has been some push in the current literature for physicians to be better at the mind aspect and provide comprehensive care. I believe, instead of focusing on the physician’s weakness, we should instead encourage physicians to utilize the resources around them.
Thesis Statement

Therefore, physicians should promote the use of contemporary and alternative medicine to provide comprehensive care for their patients.
Music Therapy
Art Therapy
Conclusion

Whether physicians are accepting of complementary or alternative medicine, there is a growing percentage of patients who are turning to other form of therapies. Physicians should embrace the change and learn about the current literature and recommend therapies that they feel would be appropriate for their patients. With the complementary medicine focusing on the mind and the doctor focusing on the body, the patient can get the best comprehensive care possible.
Works Cited


- Chopra, Arvind; Saluja, Manjit; Tillu, Girish; Venugopalan, Anuradha; Harisimulu, Gumda; Handa, Rohini; Bichile, Lata; Raut, Ashwinikumar; Sarmukaddam, Sanjeev (2011-07-20). ‘Comparable efficacy of standardized Ayurveda formulation and hydroxychloroquine sulfate (HCQS) in the treatment of rheumatoid arthritis (RA): a randomized investigator-blind controlled study’. Clinical Rheumatology. 31 (2): 259-269.


