

Alternative Homeopathic Medicine

What are the various types of alternative medicines? The first classification of alternative medical system is based on complete systems of both practice and theory. These systems may have either evolved separately or earlier than their conventional medical counterparts. Examples of these alternative medical practices that developed in Western cultures include naturopathic and homeopathic medicine. Medical systems that originated in cultures outside the Western world include Ayurveda and traditional Chinese medicine. The second type of alternative medicine is called mind-body intervention. This makes use of various techniques to improve the capacity of the mind to affect various functions of the body. Some techniques that used to be considered as alternative now have become conventional. They include cognitive and behavior therapy as well as patient support groups. Nowadays, even spiritual practices are being considered as a valid form of therapy. These include prayer, meditation, mental healing and therapies that make use of creative outlets such as music, dance and art. The third classification of alternative medicine involves therapies based on biology and makes use of natural products such as herbs and vitamins. Examples of this type include herbal products and dietary supplements. They also include natural yet scientifically unproven methods such as making use of shark cartilage as a cancer cure. Another type is called body-based manipulative methods, which are centered on moving parts of the body. Examples of this are osteopathic manipulation and massage. The last category is termed energy therapy. It makes use of the body's energy fields. There are two types. Biofield therapies intend to affect energy fields that surround the body by applying pressure and manipulation. Examples of this are Qi Gong, therapeutic touch and Reiki. On the other hand, Bioelectromagnetic-based therapies involve the use of magnetic and pulsed fields. Before trying out anything, be sure to consult your doctor for advice.

About the Author

Content includes scientific articles on tropical medicine, parasitology, infectious diseases, epidemiology, virology and international.

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