

# Health care through alternative therapies

## Introduction

Throughout history there have been different ways of curing or treating different pathologies that affect the health of the human being, having as a help certain therapeutic procedures that deviate from conventional medicine, such as medicine or alternative therapies that are recognized or named in different ways around the world.

Without However, the *National Center for Complementary and Alternative Medicine* (NCCAM) defines complementary and alternative medicine as “any therapeutic technique that aims to improve the health of the seagene conventional medicine”.<sup>1</sup> On the other hand, the National Center for Complementary and Integrative Health mentions that “alternative” or “complementary” methods have been used inadequately since they are totally different, which in our interest alternative therapy defines as the replacement of conventional medicine in its entirety.<sup>2</sup> Therefore, alternative medicine is the medical way to treat the individual without having to resort to traditional medicine, either because some people are not completely satisfied with the conventional way of treating the ailments or because they are in the search for methods. Different where medicines or chemical products are not used or simply because of the culture or tradition that certain people have.

## Origin or social need

Alternative medicine has several origins around the world, one is in Egypt where the dowry safer was also the doctor together with all s the gods known in their era, they use ban plants as a remedy s in some diseases, by shaft MPLO the Egyptian Embers Papyrus, which was well used in different regions, however to clarify mention that the Mesoamerican and South American aroused the interested and using medicinal plants, which has become useful for the advancement of modern therapies with the use of all kinds of herbs for pain and wound healing giving good results to affected people.<sup>3</sup>

Traditional Chinese medicine is important because its foundation is that the vital energy (Qi) regulates our spiritual, emotional, mental and physical balance which are affected by the forces of yin and yang caused by illnesses since they alter our flow of Qi, however, the Chinese created therapies with herbs, diets, physical and mental exercises such as meditation, as well as massages among other therapies, on the basis that people improved their health status by exercising this type of alternative medicine.

Pre-Columbian medicine described the disease as a loss of balance since for the pre-Columbian culture nothing was totally natural, therefore the medicine was magical and religious since a shaman and a priest participated because it was considered that the magical power was much more powerful than medical knowledge.<sup>4</sup>

## Purpose

Nowadays, alternative and complementary medicine begins to take into account once again the boom that it had lost, this situation is due to a growing search for the reduction of the secondary effects that the use of traditional medicine brings with it part of the people and their families.

Within alternative and complementary medicine we find numerous techniques for the relief of the ailments such as Auriculotherapy,

Volume 4 Issue 3 - 2020

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**Received:** August 21, 2018 | **Published:** August 19, 2020

Reiki, Mindfulness, Therapeutic Touch, Use of Medical Plants, among others of which in many places are used by doctors and nurses.<sup>5</sup>

## Applications

Alternative therapy in medical applications has been applied at a significant frequency, the National Health Interview Survey (NHIS) that in the United States complementary medicine increased from 25.7% to 29.4%, meaning that this data is being applied effectively to users of health services. It is worth mentioning that health professionals often practice alternative therapies since patients currently have practiced at least once in their life a non-conventional therapy, which means that conventional medicine must be integrated with the unconventional one. Better results in the sanitation of the disease.

In Colombia, the practice of alternative therapy by physicians is recognized, but training and dissemination of these unconventional ways is still necessary for the improvement of people's illnesses, giving them more treatment options for the satisfaction of each one of them the individuals.<sup>6</sup>

## A. Auriculotherapy

The ear is related to each part of the body and to each function of all the organs of the same, therefore this therapy is used for the prevention and treatment of different diseases through the stimulation of certain points of the auricle. This technique has been used for a long time and is one of the most practiced and known since it is based on the fact that practically all channels of body functions are gathered in the ear, its uses have been focused for the treatment of conditions such as impotence, prevention of sudden death, jaundice, fever, high blood pressure as well as other chronic diseases, likewise it has other benefits such as improving sleep and appetite. The techniques for stimulation by auriculotherapy can be divided in turn into puncture digit, fine needles and the use of pellets, tacks, magnets and seeds,

the latter known to be simpler to use and less likely to generate some complication.<sup>7</sup>

## B. Reiki

The Reiki is a Japanese spiritual practice that is characterized by the laying on of hands in order to restore balance to the body, like other alternative practices is the oldest, is a therapy characterized by being safe, holistic, easy use and is attributed the treatment of many diseases, both acute and chronic. The practice seeks the balance between the body and the mind, to heal the individual in all its spheres, focuses on the chakras that are energy centers of the human being, these work with subtle energy centers, through which energy is collected, Transforms and is supplied, the endocrine system is also involved since the hormones flow directly through the whole bloodstream which in turn translates into vital energy throughout the body, in this way we can conclude that the method works through of the relationship of the energy centers called chakras and the endocrine system, therefore the energy collected, transformed and supplied reaches to have an impact from physical, mental and spiritual that combined help the healing process.<sup>8</sup>

According to the above and because of the use of this practice in nursing, it can be concluded that it is a practice that can be used by staff in a complementary way within hospitals for the integrative treatment of people, and that although It has been shown to have good results, such as the reduction of symptoms and a greater sense of well-being, improvement in the quality of life, reduction of stress, depression and anxiety, this practice cannot produce adverse effects in the individual.

## C. Mindfulness

The mindfulness is a practice in which it is intended through meditation, to become aware of a given situation by paying full attention to it from a perspective of curiosity, openness, acceptance, love and without judgment. Throughout this meditation the person must become aware of the holistic problem including their emotions, feelings and thoughts that prevent him from overcoming this situation, he must go trying to improve through compassion the relationship with himself, trying to accept and face all negative feelings of guilt and shame, replacing them with positive thoughts.<sup>9</sup>

The nursing staff could be suitable for the practice and exercise of the mindfulness technique in multiple scenarios, especially at the moment when a patient is given diagnoses that are known to affect psychological well-being to a lesser or greater extent and that can cause stress, anxiety or even lead to depression, the role of nursing in this type of situation would be through mindfulness help the patient's transition to the process of adaptation to their disease so that he accepts his condition and can continue with a treatment and the modification of your lifestyle that improves your physical and emotional well-being.<sup>10</sup>

## D. Therapeutic Touch

Therapeutic touch is defined as a therapeutic intervention based on scientific, non-invasive, which aims to activate the natural potential

of people to participate in their healing process, modulating their energy field; The uses range from the complementary treatment of chronic diseases, modulation of vital signs, in pain, anxiety, stress, relaxation, well-being, fatigue, stimulation for premature babies, etc. The technique consists in the use of hands without that these touch the skin of the patient; since it is through these that the human being can interact with the energy field to manipulate energy that is able to enter and exit, under the premise that the disease is an imbalance of the energy field of the individual.<sup>11</sup>

## Acknowledgments

None.

## Conflicts of interest

None.

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