

## Alternate Systems of Medicine

1. Ayurveda is that knowledge of life, which deals elaborately and at length with conditions beneficial or otherwise to the humanity, and, to factors conducive to the happiness, or responsible for misery or sorrow besides indicating measures for healthful living for full span of life. For more details, [click here](#)

2. Yoga is a science as well an art of healthy living physically, mentally, morally and spiritually. It's systematic growth from his animal level to the normalcy, from there to the divinity, ultimately. It's no way limited by race, age, sex, religion, cast or creed and can be practiced by those who seek an education on better living and those who want to have a more meaningful life. For more details, [click here](#)

3. Naturopathy or Nature Cure believes that all the diseases arise due to accumulation of morbid matter in the body and if scope is given for its removal, it provides cure or relief. For treatment it primarily stresses on correcting all the factors involved and allowing the body to recover itself. The five main modalities of treatment are air, water, heat, mud and space. For more details, [click here](#)

4. Homeopathy has been practiced in India for more than a century and a half. It has blended so well into the roots and traditions of the country that it has been recognised as one of the National Systems of Medicine and plays an important role in providing health care to a large number of people. Its strength lies in its evident effectiveness as it takes a holistic approach towards the sick individual through promotion of inner balance at mental, emotional, spiritual and physical levels. For more details, [click here](#)

5. Unani postulates that the body contains a self-preservative power, which strives to restore any disturbance within the limits prescribed by the constitution or State of the individual. The physician merely aims to help and develop rather than supersede or impede the action of this power. For more details, [click here](#)

6. Siddha is very similar to Ayurveda. In the Siddha system, chemistry had been found well developed into a science auxiliary to medicine and alchemy. It was found useful in the preparation of medicine as well as in transmutation of basic metals into gold. The knowledge of plants and mineral were of very high order and they were fully acquainted with almost all the branches of science. For more details, [click here](#)

7. Acupressure is the application of pressure or localized massage to specific sites on the body to control symptoms such as pain or nausea. This therapy is also used to stop bleeding. It is derived from traditional Chinese medicine, which is a form of treatment for pain that involves pressure on particular points in the body known as "Acupressure points". A practitioner puts pressure on specific points on the body with his or her fingers in order to relieve pain and discomfort, prevent tension-related ailments, and promote good health. This treatment is gaining popularity in India and several private practitioners have a booming practice.

8. Acupuncture is an ancient Chinese form of medicine, which involves the insertion of pins in certain vital points of the body. It is used for the treatment of chronic pain conditions such as arthritis, bursitis, headache, athletic injuries, and posttraumatic and post surgical pain. It is also used for treating chronic pain associated with immune function dysfunction such as psoriasis (skin disorders), allergies, and asthma. Some modern application of acupuncture is in the treatment of disorders such as alcoholism, addiction, smoking, and eating disorders.

## Modern methods of treatment – Telemedicine

Telemedicine generally refers to the use of communication and information technologies for

the delivery of clinical care. It may be as simple as two health professionals discussing a case over the telephone, or as complex as using satellite technology and video–conferencing equipment to conduct a real–time consultation between medical specialists in two different countries.

The [Department of Information Technology](#) (DIT) had taken up the initiative for defining the [Standards for Telemedicine Systems](#) in India, through the deliberations of the committee on “Standardization of digital information to facilitate implementation of Telemedicine system using IT enabled services” under the chairmanship of the Secretary, DIT. Simultaneously, DIT undertook another initiative, in a project mode, for defining “[The framework of Information Technology Infrastructure for Health \(ITI H\)](#)” to efficiently address information needs of different stakeholders in the healthcare sector. The department has issue specific guidelines for practicing telemedicine in India.

The Apollo Hospitals Group has managed to use this technique because of their network of hospitals across the country.

For more details on Rehabilitation, visit our ‘[Health](#)’ section.