

# A healthy alliance

**While World Homoeopathy Day unfolds different facets of the healthcare industry and its wider penetration, experts emphasise on the underlying importance of integrative approach for holistic wellness**

[KANCHAN.GOGATE@TIMESGROUP.COM](mailto:KANCHAN.GOGATE@TIMESGROUP.COM)

Fitness, perhaps, could be one's best investment and that could also be an understatement! Advances in medical technology have turned out to be a boon for the healthcare industry.

This year, the ministry of AYUSH and Central Council for Research in Homoeopathy (CCRH) is organising a two-day national convention on 'World Homoeopathy Day' from today at Vigyan Bhavan, Central Secretariat, New Delhi. The theme is 'Innovate-Evolve-Progress-Exploring Science since 40 years.' World Homoeopathy Day is observed on April 10 on account of the founder and father of Homoeopathy Dr Friedrich Samuel Hahnemann's 263<sup>rd</sup> birthday (born 1755, Germany). Dr Hahnemann being the Father of Homoeopathy is also attributed as the Father of Human Pharmacology, Father of Nano Medicine and the Father of Infinite Dilution concept in Chemistry.

Homoeopathy doctors feel that there is general lack in awareness about maintaining holistic health. Dr Dominic Dias, member of central council of Homoeopathy, says, "Most are unaware about what constitutes good health. There is a need to educate the majority about what Homoeopathy is and how it can help our community in the long run."

Health encompasses a number of aspects, experts opine. They say that there are two sides to the healthcare industry. Firstly, due to mounting expenses and high-cost investments, medical care has today become expensive. According to professionals, health care hasn't widely penetrable as it is expected to be. On the other hand, lifestyle diseases are increasing and immunity levels are getting lowered. Thus experts emphasise the underlying importance of integrative approach and palliative care for holistic wellness.

Dr Dias adds, “Homoeopathy is a very cost effective holistic healthcare system. We need an extensive outreach to provide and promote healthcare to for the country. Homoeopathy has no side effects and can cure some of the incurable diseases if followed correctly.”

Medical science should look at alternative therapies as well, Dr Nagendra, internationally acclaimed yoga researcher and Prime Minister’s yoga guru, asserts “Yoga is an effective alternative therapy and we are trying to prove its efficacy scientifically. Though we cannot directly claim that alternative therapies or yoga can heal, cancer or diabetes can be managed by yoga along with medicine. We need many pilot studies and researches to go deeper. Yoga effectively deals with stress factor, is one of the causes of several diseases,” he adds.

Public awareness is necessary for cardiac ailments and their management, says Dr Jyotsna Patil, director at a cardiology center. “Angioplasty or bypass surgery is not the only solution for cardiac ailments. There are some non-surgical and painless treatments which strengthen circulation and boost health. Treatment is decided depending on the position of the patient.”

Dr Rupali Udhane a homoeopathic expert and a medical officer at an MNC, says “As the definition of health is widened, we are required to have still wider approach while dealing with diseases. Many lifestyle disorders can be managed with balanced diet, exercise and rest. Alternative therapies have different ways of preventive and curative care and if people are getting results, we should consider it.”

Dr Harjot Kaur, director at a health care centre, says, “Health is not merely an absence of disease. It refers to a complete state of physical, mental and social well-being. It is only a healthy body which is the basis of dynamic and creative intellectual activity. It is imperative to work towards physical fitness which strengthens the body against external manifestations.”

Dr Archana Jogalekar, an Ayurveda expert, says, “Traditional healthcare systems are time tested and have a holistic approach as against the very objective approach that western medicine sometimes takes. Ayurveda not only tells us about treatments of various diseases but also guides us how to prevent it with the help of changes in diet according to seasons, changes in lifestyle. Western medicine is very good at managing infections, external injurious and emergencies. Thus integration can reduce a lot of burden from healthcare and give people a better state of health.”

Dr Archana Dhumal, family physician and expert in gynaecology and obstetrics, says, “Modern medicine and traditional systems can be blended. Traditional healthcare systems are beneficial for dealing with stress induced ailments and also good as a preventive measure. Most importantly, integrative approach is not averse to modern medicine. They are rather complementary.”

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