

Student's Name

Instructor's Name

Course

Due Date

Traditional Treatment versus Alternative Medicine

Traditional treatment implies health practices, beliefs, and approaches that incorporate animal and plant-based medicines, manual techniques, mineral-based remedies, and spiritual therapies (Rizvi et al. 1442). Alternative medicine denotes medical approaches/interventions that healthcare professionals, families, and communities often use in place of allopathic medicine or conventional medical treatment (Kisling and Stiegmann). A typical case of alternative medicine is special diet usage as a treatment for cancer. On the contrary, oncologists recommend cancer drugs as standard medical treatment.

Traditional treatments are vital for treating infections and diseases that resist antibiotic and antiviral agents. Microorganisms that cause infectious diseases may trigger severe complications without effective treatment. Traditional medicines effectively respond to medical emergencies (Ahmed et al. 2). Families and communities often anchor their healthcare decisions on indigenous beliefs, customs, and traditions. Holy recitation and traditional herbs are widely used due to their cultural influence and therapeutic efficacy. Traditional healthcare systems have since embraced alternative remedies, such as homeopathy, hypnosis, and acupuncture. Unlike pharmaceutical drugs, physicians consider these remedies to be healthier and safer. Most of the herbal remedies are readily available. Traditional medicines have existed since antiquity (Rizvi et al. 1442). The leading traditional medicine systems include Arabic medicine, Chinese medicine, and Tibetan medicine. These systems overtly ascribe to the orientation of body, mind,

and spirit. The interaction between these fragments gives rise to health and disease. Ayurveda and yoga are among the leading traditional remedies (Rizvi et al. 1442). Teachings and clinical trials have contributed to the growth in the popularity of traditional remedies.

Alternative medicines have gained significant popularity and acceptance worldwide. Family Medicine has continually accepted and utilized alternative medicines (Phutrakool and Pongpirul 2). Other medical specialties increasingly accepting alternative medicines include Internal Medicine, Obstetrics, Neurology, and Psychiatry. However, medical specialists have been indifferent about their legitimacy and effectiveness in treating infectious diseases. Surgeons are among the medical specialists who infrequently use alternative treatments. These professionals believe that conventional medical procedures and techniques should guide the treatment of diseases and illnesses. Such procedures include diagnosis, testing, medical care, and treatment (Phutrakool and Pongpirul 2). Unlike traditional medicine, medical researchers have not yet conducted adequate research to determine the safety, validity, efficiency, or effectiveness of alternative medicines. Alternative medicines fall under two broad categories: mind-body practices and natural products. Mind-body practices include massage, meditation, acupuncture, hypnosis, and yoga. Tai chi, chiropractic manipulation, yoga, and acupuncture are mostly associated with Eastern practices (Kisling and Stiegmann). Unlike Western medicine, alternative medicine is neither conventional nor evidence-based. Natural products, on the other hand, include vitamins, probiotics, dietary supplements, and herbs (Phutrakool and Pongpirul 2). Finally, alternative medicine comprises a range of medical modalities. Educators in Western medical settings seldom teach these modalities.

I feel that traditional treatment is a fundamental practice and skill that helps maintain and enhance mental and physical health. Traditional treatment techniques are holistic and culturally

accepted (Ahmed et al. 2). Alternative medicine is critical to the prevention and management of infections. Medical specialties are gradually accepting and using alternative medicines in diverse contexts (Phutrakool and Pongpirul 3). Physicians in the Western world acknowledge the copious beneficial aspects of alternative medicines and traditional treatments. As a result, many of them have begun combining appropriate traditional and alternative techniques while considering the patients, presenting symptoms, and settings (Kisling and Stiegmann). Different cultures have embraced herbal medicine owing to its healing properties. For that reason, clinics, pharmacies, and grocery stores in Western countries and other parts of the world are now selling numerous herbal products and supplements over the counter.

Works Cited

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