



Family Medicine  
for English language students  
of Medical University of Lodz

## Seminar 12

# Alternative medicine



Zakład Medycyny Rodzinnej  
Uniwersytetu Medycznego  
w Łodzi

Przemysław Kardas MD PhD

# Types of medicine

Medicine

```
graph TD;
  A[Medicine] --> B["• Conventional medicine  
• Western medicine  
• Academic Medicine"];
  A --> C["• Alternative medicine  
• Chinese medicine  
• Traditional Medicine"];
  B --- D[Complementary medicine];
  C --- D;
```

- Conventional medicine
- Western medicine
- Academic Medicine

- Alternative medicine
- Chinese medicine
- Traditional Medicine

Complementary medicine

# Do you know these herbs?



***Atropa belladonna*,**  
commonly known as  
**belladonna or deadly  
nightshade**

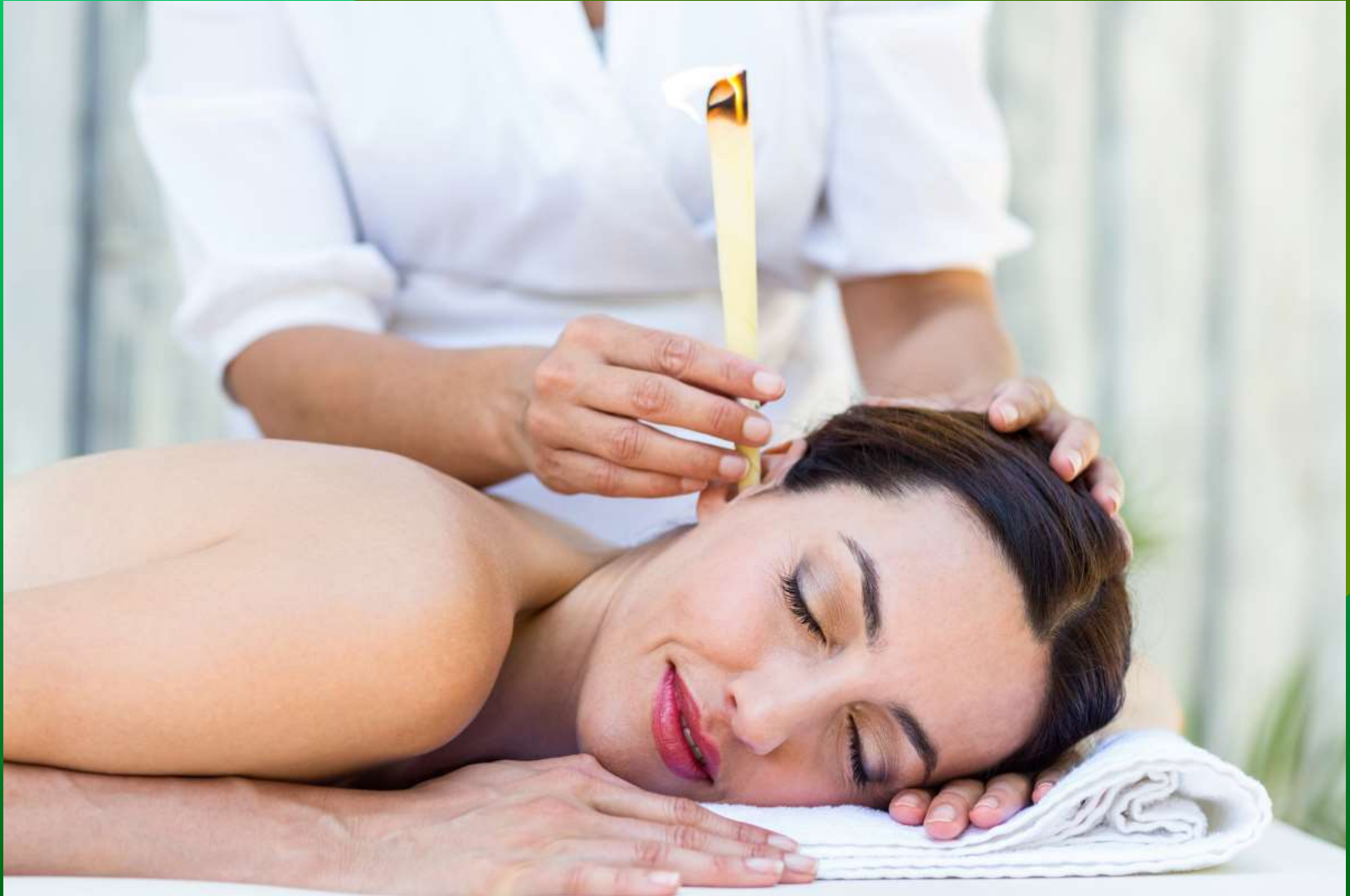


***Digitalis purpurea*,**  
commonly known as **purple  
foxglove or lady's glove**

# What sort of drugs can be made out of these?



# Is this therapy, based on herbs, effective?





Christian Friedrich  
Samuel Hahnemann  
1755 – 1843  
Founder of homeopathy

# Homeopathy

(gr. *homoion pathos*, similar suffering)

## 1. Principal rule - Law of Similia:

like cures like (*similia similibus curantur*)

## 2. Law of Simplex – The Single Remedy (*Unum remedium*)

## 3. Law of Minimum (*Dosis minissima*)

## 4. Doctrine of Drug Dynamisation (*Dynamis*)

# Homeopathic drugs - *pros*

## *Wonders of* **HOMEOPATHY**

HOMEOPATHY IS THE LATEST AND  
REFINED METHOD OF TREATING PATIENTS  
ECONOMICALLY AND NON-VIOLENTLY

Homeopathic Medicines are  
completely Safe, Pure  
without any side effects



# Homeopathic drugs - *cons*



## Drug Facts

### Active ingredient

Anas barbariae hepatis et ...  
cordis extractum 200CK HPUS ... and severity of ill-  
sympto

The letters HPUS indicate that this ingredient is officially included in the Homeopathic Pharmacopoeia of the United States.

### Uses

Temporarily relieves flu-like symptoms such as run-down feeling, headache, body aches, chills and fever.

### Warnings

**Do not use** if glued carton end flaps are open or if the tray seal is broken.

**Ask a doctor before use** in children younger than 2 years of age.

**Stop use and ask a doctor** if symptoms persist for more than 3 days or worsen.

**If pregnant or breast-feeding**, ask a health professional before use. **Keep out of reach of children.**



Wildente - Anas barbaria



# The sale of homeopathic drugs is falling ...

but the market for dietary supplements is growing instead



# Revolutionary solution for boosting feminine sexuality?



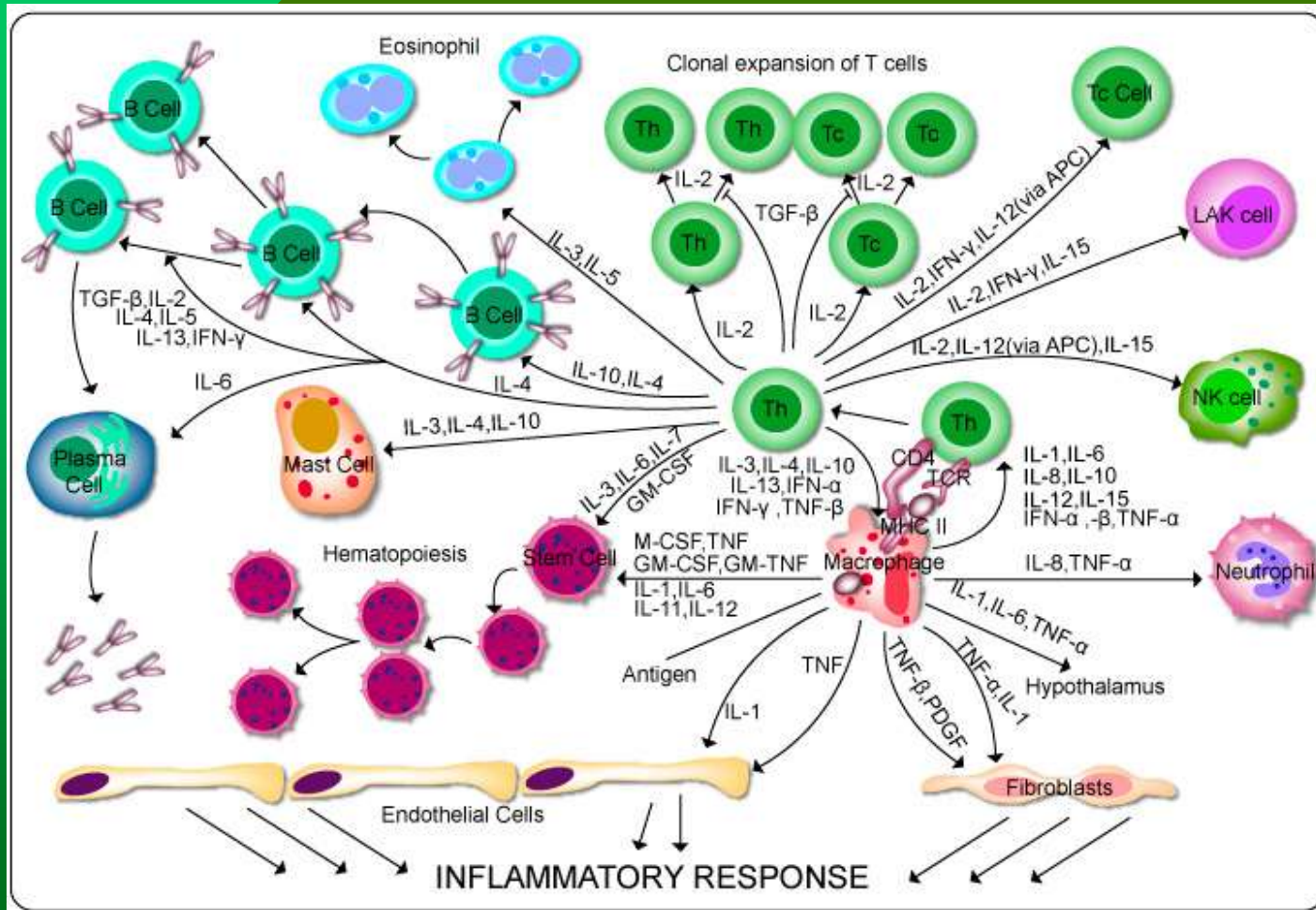
## Composition:

- L-arginine
- Ginger
- Cinnamon
- Cayenne pepper
- **Caffeine**

# Is this treatment effective?



# How does this treatment work?

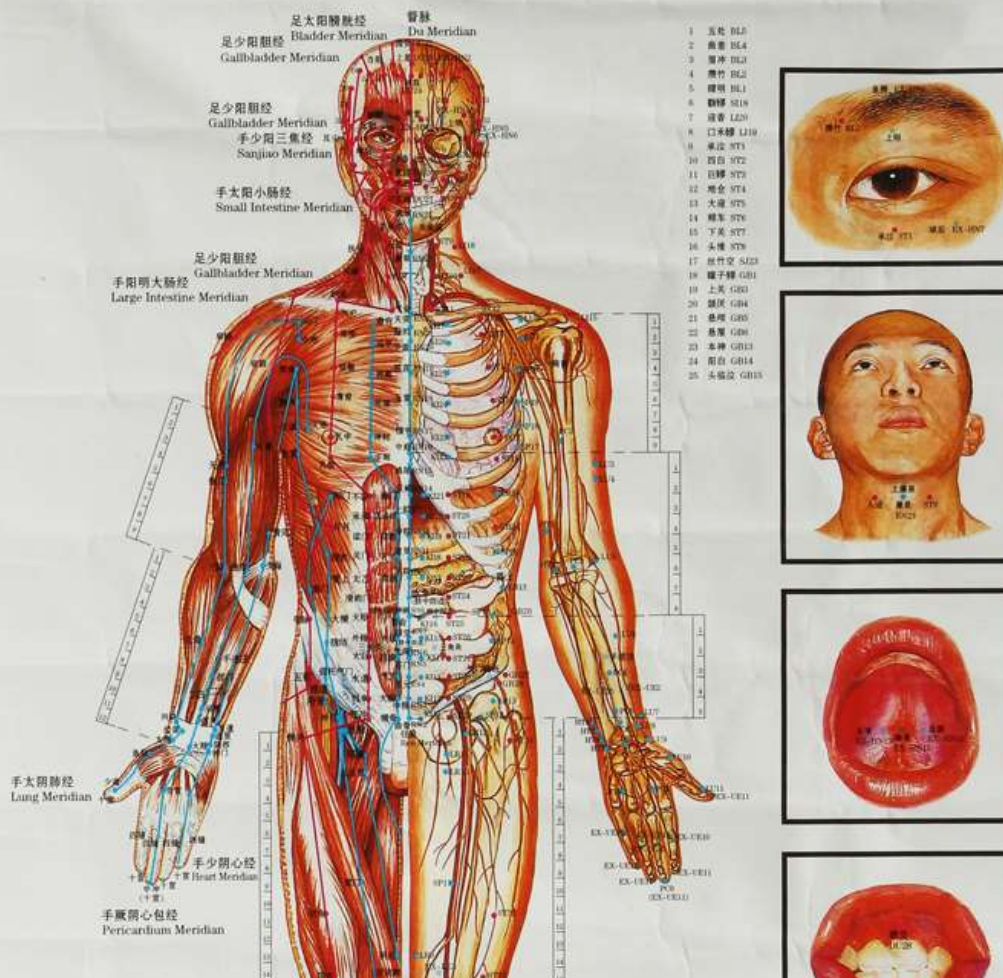


# Is this treatment effective?

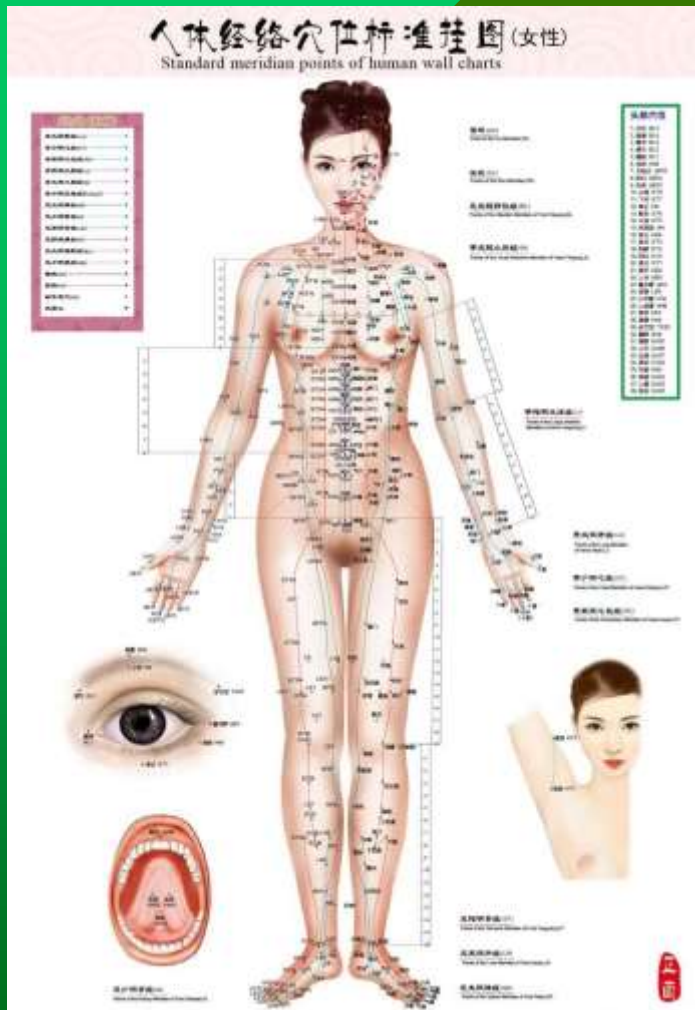


# How does this treatment work?

## 人体经络穴位挂图 Meridians and Acu-points Chart



# Akupunktura – *pro i contra*



Linde K et al. Acupuncture for the prevention of episodic migraine. **The Cochrane database of systematic reviews.** 6: CD001218.

- Acupuncture is at least as effective in preventing migraines as pharmacotherapy
- It gives fewer side effects
- Is more effective than "dummy acupuncture"

Have you ever seen the meridians?

# Direct vs distant healing





# Direct vs distant healing (2)



Anatoly Mikhailovich Kashpirovsky, as seen on Russian TV

# Can Kambo frog fix your health challenges?



- According to its proponents, Kambo *resets* both the body processes and the chakra system.
- Kambo is believed to be one of the strongest natural antibiotics, anesthetics and immunostimulant in the world.
- Kambo treatments offer both short- and long-term health benefits.

# Can 'single living blood droplet test' reveal your health status?

Grupa krwi: O Rh D<sup>+</sup> (2 wyplase 18.09.2015.)  
Wiek: 1,5 roku  
Data badania: di. di. 2017

**W obrazie krwi stwierdzono:**

1. Białka pasożytów  $\pm$  (zywe larwy)
2. Grzyby  $\pm$  (pofedynnie, bez rozrostu)
3. Kryształy kwasu ortofosforowego  $\bar{}$
4. Kryształy kwasu moczowego  $\pm\pm$  /  $\pm\pm$  Potrzebne badania
5. Metale ciężkie  $\bar{}$
6. Agregacja / rulonizacja erytrocytów  $\pm$   
 $\pm$  /  $\pm$  dysbioza.
7. Uszkodzenia krwinek  $\pm$  hemoliza,  
 $\pm$  ropalne.
8. Białka  $\pm$  z jelit (z drożdżakami)
9. Cholesterol  $\bar{}$  /  $\bar{}$  zaburzona przeplywnosc bion cenn.
10. Leukocyty  $\pm\pm$  dosc licne granulocyty.  
 $\pm$  w trakcie leczenia antybiotykiem.
11. Inne licne bakterie, wodorowa  
kwasowa duza amicytota,  
liczne komorki kolczaste, mieliczne  
sferocyty i erytrocyty niestobane

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