Family Medicine for English language students of Medical University of Lodz

Seminar 12

Alternative medicine

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Types of medicine

- 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?
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 medicines are completely Safe, Pure without any side effects.
Homeopathic drugs - *cons*

**Drug Facts**

**Active ingredient**
Anas barbariae hepatis et cordis extractum 200CK HPUS

**Purpose**
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.
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?
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?

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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?