



Integrative & Holistic Therapies Relevance for Critical Health Care

Dr. Namrata Gautam

Drugless Health Care Center, Noida, India

Abstract:

It is clear that the role of Alternative medicine in meeting the health needs of populations has come to the fore, and this paper highlights to harness its potential to contribute through primary health care. Most of the Patients of general health issues and critical illness approach for Integrative & Holistic Therapies (IHT) at the later stage of their health issues or critical health situations. And it is a great challenge for the Alternative medicine experts to take care of them and their families which are also involved with taking care of the patients and under mental stress.

IHT is a type of Complementary & Alternative Therapies (CAT) that unites Sujok (Balancing of Body energy through Magnets), Naturopathy, Food Therapy, Music Therapy, Acupressure, Colour Therapy etc to address the holistic health of the Person / Patient. IHT used to manage side effects that come with medicinal treatment can include the balancing of inner energy level like Heat, Moisture and coldness or in Ayurveda called as Vata, Kafa & Pitta Dosh.

Biography

Dr Namrata Gautam, is seasoned Alternative Medicine Expert with more than 16 yrs of public practice experience with various health camps across the major cities of India and treated critical stage patients in charitable hospitals and other major hospital, With the deep engrossment in health & hygiene segment, she has got versed for basic & Master Program in Alternative Medicines cover-



ing Naturopathy, Sujok Therapy, Music Therapy, Food Therapy & Acupressure. Currently she is there as faculty & Alternative Medicine Consultant at Delhi Institute of Naturopathy, Delhi, Associate Doctor & Consultant at Stress & Spine, Noida & Consulting Head & Family Counselor at Drugless Healthcare Center, Noida. She has expertise with taking care of normal health problems to critical health care..

She is extending her expertise to the health care forums & Seminars in the different countries specially with children, women and elderly care. She has Master degree in Music from Banaras Hindu University 1990 and additionally got versed for basic & Master Program in Alternative Medicines from Institute Affiliated with Medicina Alternativa, Established under WHO, Alma Ata, USSR, recognized by United Nation Peace University while a professional course from Indian Academy of Acupressure Science, Indore, MP, Affiliated to International University for Complementary Medicines, Sri Lanka,

Webinar on Alternative Medicine and Herbal Medicine, July 15, 2020, London, UK

Citation: Dr. Namrata Gautam, Integrative & Holistic Therapies Relevance for Critical Health Care, Alternative Medicine 2020, July 15, 2020, London, UK