

Where modern medicine meets the ancient wisdom

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Abstract

OLD WHOLISTIC APPROACH IS THE NEW MEDICINE OF FUTURE

If we look back in to the history of medicine we can find a lot of literature on medical science from the Ancient greeks and indian ancient Ayurveda . Greeks embraced the concept of a healthy mind in a healthy body and their view of medicine incorporated both physical and mental wellbeing. The most famous and probably the most important medical figure in ancient greece was Hippocrates who we know as father of medicine used to believe. The natural healing force within each of us is the greatest force in getting well. It is more important to know what sort of person has a disease than to know what sort of disease a person has . Let food be thy medicine and medicine be thy food.

There are many other examples which prove their ancient wisdom.

Indian system of medicine has always advocated various methods of natural cure and also it has a huge work on preventive medicine , diet and regime. It also believes that a similar approach of treatment is not applicable in all individuals as every individual is different from the other. In Ayurveda , perfect health is defined as "a balance between body, mind, spirit, and social wellbeing." Modern medicine understood this in the year 2000 when They released new WHO definition of health: "a state of complete physical, mental and social well- being and not merely the absence of disease or. infirmity" Earlier health according to WHO was just absence of disease or disability. During this corona pandemic modern medicine has understood the value of ancient wisdom when they realized that the so called EVIDENCE BASE MEDICINE FAILED TO PROVE ANY EVIDENCE OF EFFICACY in this pandemic. Modern medicine learned that every individual suffers from a common ailment in his own different way highlighting the concept of individuality. People have improved practicing yoga, naturopathy, Ayurveda andhomoeopathy. Adoption of the integrated approach in the present scenario is the best way to serve the sufferinghumanity. Patients deserve the best from every discipline of medicine.

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Biography

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