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H M Rafeek

University of Colombo, Sri Lanka

Overview of future aspects of Complementary Medicine

Today two system of health care available in this world; Western medicine and Alternative Medicine, but for patients looking on better health in the world for number of therapies / medicines wherever available such as allopathy, homeopathy, osteopathy, naturopathy- but whatever the patient needs sympathy. Looking on to these points ,today conventional medicine is superb when it's come to surgery, emergency and trauma but there is no question that Alternative Medicine works better for just about everything else specially for chronic disease. My research findings, treatment in some cases is more cost effective over long term because it emphasizes prevention and goes after causes rather than symptoms. However this is changing largely due to input of other professions than medicine and input from psychology, occupational therapy, physiotherapy, speech therapy, naturopathic iridologist and other professions, which are supporting the health care service in the National Health Service (NHS) It is important to classify and to stratify CAM. the Chinese medicine, which includes Acupuncture, Herbal medicine, Physical Medicine, Magnetic therapy, Color therapy, Cupping Therapy and other modalities perhaps still developing of course, medicine and is extensively used There are other two systems: 1) Herbal medicine which is on a worldwide basis is the most challenges and pharmaceutical approach of medicines widely. 2) Homeopathy is that form of therapy which most challenges the pharmaceutical approach of medicine in that the principles are: like should treat like and that of the diluted medicine, to the extent those immeasurable parts of the original medicines are more powerful Under the banner of complementary system, diagnosing stools are pulse diagnosis, iris diagnosis, tongue diagnosis, facial diagnosis, Su-Jok diagnosis, Auricular diagnosis. We concluded there is a trend in the whole world and the world is coming back to natural remedies or integrated medicines a way of treatment whether the east or west the world is coming back to natural life, when the time needful pharmaceutical drugs need to be taken. Today the world is growing up with complementary medicine due to vast benefits for life long, supporting the scientific researches related to alternative and complementary medicine training to western doctors to learn the benefits of treatment and practices to understand about complementary medicine. Holistic therapies stress empathic communication between therapist and patient, and involve the patient in goal-setting and problem-solving. Finally, many of the complementary therapies are pleasurable; older people enjoy the socialization.

Biography

H M Rafeek has done N.D (UK), Ph.D. MGNI (UK), Master Naturopathic Iridologist (UK), Diet and Nutrition (USA), Consultant and Adviser in College of Medicine and Healing Art (UK), Former Director of Arabian Center for Natural Treatment (KSA), International Visiting Lecturer for Complementary and Alternative Medicine, Senior Lecturer for Open International University for Complementary Medicine, Life Member of Indian Association for Sexology, Master Iridologist, Holistic Health College (UK) Master Cupping Therapy, Pakistan Diploma in Color Therapy at School of Natural Health Science Followed MBBS Course at the Faculty of Medicine at University of Colombo, Adviser in International Alternative Medical Council, Pakistan (IAMC), Specialist in Pain Management.

dr_hm_rafeek@hotmail.com