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## Regulating The Claims Of Alternative Medicine –An Overview Of Present Situation In India.

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### ABSTRACT

Alternative treatments have become more extensively used over the past two decades, but many trainees in the India are largely uncontrollable. One of the counsels of last year's review on alternative medicine by the House of Lords Select Committee on Science and Technology was that “in order to protect the citizens, occupation with more than one regulatory body make a united shot to bring their numerous bodies simultaneously and to expand a clear executive construction. That some health professions remain uncontrollable in a developed country seems astonishing. It is valid for trainee to set one another up in a extended variety of medical occupation as long as they do not declare to be registered medical practitioners and do not implement secured authority such as tooth fairy, midwifery, and animals medicine or furnish medicaments limited to authorization. The increasing insist for alternative medicament across the developed society has, therefore, sometimes been met by practitioners consulting the law and without perceptible training qualifications, professional standards, or insurance. Trainees of alternative medicine in the India are free to use or operate as they wish most treatments have set up professional organization, with the educational standards.

**Keywords-** Complementary medicine, regulatory. Alternative medicine, Traditional medicine

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## INTRODUCTION

Alternative Medicine is a term that describes medical treatments that are used instead of traditional therapies. Many People also refer to it as “integrative,” or “complementary” medicine. Nearly 40% of adults in India use some form of alternative medicine treatments including health supplements.[1] The worldwide approval of health supplements has brought awareness to the existing of both knowledge and a reporting gap for health care professionals with respect to competent to suitably counsel patients about these treatments. A lack of evidence based source about efficacy, safety and drug interchange with alternative treatments, as well as a lack of formal training, is thought to behind this shortage. Although the countrywide government , academia and the private system have begun to offer some support for alternative education, research and combination with conventional medicine , more capability are needed. Professional Standards Alternative that have been Claimed.[2]

**Ayurvedic Treatment-** The Ayurvedic treatment deals with the Doshas which helps in the natural restoring process.

- **Pranayama.** It is main component of Yoga. It deals with the breathing exercise or control of breath.
- **Abhyanga.** Massaging the entire body with warm oil helps in good blood circulation which move out the harmful toxins from the body.
- **Rasayana.** It helps in maintenance and promotion of health using mantras during meditation combined with certain herbs for rejuvenation.
- **Yoga.** It help in improve digestion and circulation of blood. It controls the persons minds, body and soul.
- **Pancha karma.** It helps in removing toxins from the body by lubricating it. It may cause sweat, bowel movements, and even vomit to cleanse the body of toxin.
- **Herbal medicines.** It deals with the herbs which helps in doshas balance.

**Yoga & Naturopathy-** This is based on the power of nature which have every solutions for our problems including health. There are different treatment and therapies –

Earth- It includes Mud treatments

Water- Widely used as hydrotherapy/water internal& external Therapies

Air- It includes Breathing Techniques/Acupuncture

Fire: It deals with Heat modalities

Ether: Diet/Fasting/Cupping

**Unani treatment-** Unani system of medicine is a great healing art as well as science. It treats a person as a whole not as a group of individual parts. It is aimed at treating body, mind and soul. This system is based on hippocratic theory of four humors viz. blood, phlegm, yellow bile and black bile.

**Siddha medicine-** It is a traditional medicine originating in South India. It is one of the oldest systems of medicine in India. In rural India, siddhars have learned methods traditionally through master-disciple relationships to become local "healers". Siddhars are among an estimated 400,000 traditional healers practicing medicine in India, comprising some 57% of rural medical care. Siddha practitioners believe that five basic elements– earth, water, fire, air, sky – are in food, "humours" of the human body, and herbal, animal or inorganic chemical compounds, such as sulfur and mercury, used as therapies for treating diseases.

**Homeopathy-** It is a medical system based on the belief that the body can cure itself. Those who practice it use tiny amounts of natural substances, like plants and minerals. They believe these stimulate the healing process. It was developed in the late 1700s in Germany. It's common in many European countries, but it's not quite as popular in the United States.

**National center for Complementary and Alternative Medicine-**

An additional governmental office was founded in 1992 to evaluate and provide much needed scientific data on Alternative Medicine and supplements .The office for Unconventional medical practices,

later named the office of Alternative Medicine ,was established by the National Institutes of Health. In 1998,the office of Alternative Medicine was renamed the National Center For Complementary and Alternative Medicine (NCCAM). NCCAM classifies Alternative treatments into five major categories or "domains." These are:

- Biologically-based practices;
- Energy therapies;
- Manipulative and body-based methods;
- Mind-body medicine
- Alternative medical system

NCCAM once had a fifth domain, "Alternative medical systems," but now considers "alternative medical systems" (now known as "whole medical systems") to be a separate category rather than another domain because alternative medical systems use practices from the four domains listed above [3].

### **Regulating Claims**

Based on the theories that contradict the science of how the human body works and supernatural or superstitious to explain their effect. It fails to follow proper research protocols I e; providing invalid results. The alternative Medicine practice forms a belief that it should be effective or the condition resolving on its own ( the natural course of the disease).For the disease which are not expected to get better from themselves (cancer, HIV etc) many studies shown significantly wore outcomes if patients taken alternative medicine or treatments. Alternative treatments may actively interfere with effective treatments ( Cyanide poisoning from amygdalin) [4]. They are claimed to be marketing of unproven treatments. Also on studying Alternative Medicine few or no positive with more side effects have been resulted. The Alternative Medicines are Claimed to cause serious problems or even deaths in some cases. Treatments by using an Alternative medicine or treatment can allow the cancer to grow and spread to other parts. They have poor controls on disease or treatments, insufficient statistical power, lack of comparisons. It can not be used in emergency cases and have no regulation. Alternative medicines have longer term treatments with minimal scientific research. Infectious diseases, like; syphilis, breast abscess, gonorrhoea, hepatitis, tuberculosis, dengue fever, eczema, leprosy, viral warts, and unfortunately different types of complex bone fractures are also treated, with complementary and alternative treatment strategies. Different types of nonprofessional, non-qualified individuals including; "Hakeem" (Natural Therapist), Homeopaths, Quacks, "Pehalwan" (Traditional bone and joint therapists), "Dai" (mid wife), "Peer Faqeer" (Religious/spiritual healers), Chinese treatments, massagers (by non-qualified/nonprofessionals) are the most common treatment providers, offering unani, ayurvedic, herbal medicines, traditional tricks, treatment with leeches and counseling for selfmediated exercises without proper diagnosis of disease.

### **Uses of Alternative medicine**

The natural therapies present in alternative medicines are age-old as contrast to western form of care such as antibiotics and surgeries. Conforming to to physicians, most alternative medicine treatments started with clinical impressions or scientific research. The medicines are safe and involve natural substances. One primary objective of alternative medicines is to relieve people from depending largely on drug usage and help them manage their lives naturally. For users' convenience, below given are some ways to use alternative medicines [5].

- People with an alternative medicine may do physical exercises such as osteopathy, yoga, infuse physical activity, tai chi, meditation and reflexology. For these exercises, place the pillow on a flat surface providing comfort to the body, since these exercises stimulate and manipulate structural balance of the body. In addition, the exercises improve overall bodily functions. Users may practice these exercises for mental, physical, spiritual and emotional benefits.
- Users may undergo massage therapy, which involves manipulating and rubbing the body tissue for mental and physical relaxation. They may do this either at home or at a massage clinic. When at home, by apply massage oils to the neck, forehead, feet and hands.
- Patients conditions changes with the way he or she thinks. They have to Exercise the mind first, and the body follows it. Meditation is important for relaxing the mind, thinking positively and clearing stress. Patients have to take deep breaths for better healing

- Herbal teas are good for relaxing the mind. The body improvement depends on what we eat and drink. This stimulates the healing effect on the body. By eating fresh fruits, vegetables and vitamins on a daily basis so that the body gets their proper nutrients. Drink ginger tea since it is effective in the cure of nausea and heals the body naturally.
- Those who wish to develop strong bones and healthy muscles may seek the help of a chiropractor. Chiropractic is a method of treatment that manipulates the body structures, especially the spine to relieve low back pain or even headache or high blood pressure. The chiropractor shows people their pressure points.
- A simple, yet curable method that comes under alternative therapy is laughter as being the best medicine. People have experienced miraculous changes in certain health disorders due to mere laughing. As such, it is advisable people watch comedy shows on TV. Read magazines and books that promote laughter. Alternately, cleanse the entire body with essential oils, herbs, fruits that have certain therapeutic benefits on the skin. Combine herbs, natural products and fruits together as a remedy to skin disorders.
- Users may try alternative medicines such as the electromagnetic therapy and biofeedback, which controls body functions such as heart rate, brain activity and blood pressure.

### Benefits of alternative medicine

- It has no side effects.



- It helps to complement other treatments.

The other major benefit of alternative medicine is that it complements any treatment and increases their efficacy. For example, in case of chemotherapy there are many side effects that reduce the quality of life, but alternative medicine can help you feel better.

- It improves skin health.

Most of the people suffer from eczema, dermatitis, and other skin problems which may affect the scalp and cause itching. Even with using creams and trying certain treatments, the problem always comes back.[6]





Alternative medicine is a very good idea for this type of dilemma. In this way, our skin is treated with a much more natural and less violent product. Perhaps, with natural medicine alone, the problem will improve considerably and be brought under control.

- It relieves infections and inflammation.

The other benefits of alternative medicine is that it helps relieve and often even wipe out a urinary tract infection. For example, People who suffer from cystitis are always scared that this state will shock them when they least expect it. Alternative medicine can even be a very healthy prevention method.

However, this medicine is also valuable in the event that we are suffering from an inflammatory problem. For example, if our legs swell due to water retention or if we have osteoarthritis.

- It helps with chronic illnesses.

Many people are habitually living with a certain disease. Think of those with asthma, irritable bowel syndrome, sinusitis, or chronic migraines. Constant dependence on drugs may not be best long-term option because it can be mentally stressful.

Also, these drugs may cause side effects. For example, in case of migraine it may be effective but this leads to decrease in the blood pressure. It is not good for the body.

Therefore, in these cases, relying on the benefits of alternative medicine is more than a good option. We are betting on something natural that doesn't hurt us and alleviates our chronic problem. [7]

- It relieves states of permanent stress.

The last but not least of the benefits of alternative medicine is that it helps us deal with anxiety and stress issues. Although it is advisable to treat them with a psychologist, we can count on Bach flowers as a complement to the therapy performed.

Many people notice a reduction in their episodes of anxiety and stress which, with psychological therapy, decrease in intensity and appear much less. As we have seen, the benefits of alternative medicine are many and varied. However, its use should always be supplemented by another more specific treatment. Choosing alternative medicine alone can be counterproductive in some cases.

### **Some popular alternative medical treatments and benefits**

#### **Acupuncture**

This is a traditional Chinese medicine technique that uses needles to stimulate specific points around the body. The person who performs this therapy (an acupuncturist) sticks thin, sterile needles into your skin. The goal is to help your body's natural healing process kick in. Studies show

that acupuncture can be effective in treating a number of conditions, like neck and backpain, nausea, anxiety, depression, insomnia, infertility, and more.[8]



### Chiropractic Medicine

This practice focuses on the body's structure -- mainly the spine --and how it functions. A trained professional called a chiropractor uses different techniques to adjust ("manipulate") your spine or other parts of your body so that they're in proper form, or alignment. The goal of chiropractic medicine is to ease pain, improve body function, and help your body to heal itself naturally.

Much of the research around it has focused on low back pain. But studies show chiropractic can also be helpful for a number of other ailments, like headaches, neck pain, joint problems in your upper and lower body, and disorders caused by whiplash.[9]



## Energy Therapies

These focus on the energy fields many people believe exist in and around the body. Included in this category are



### Magnetic Field Therapy

This uses magnetic or electrical fields to treat a number of musculoskeletal problems. Studies show that it may work for osteoarthritis and other pain conditions. Some studies have even shown that it may help fractures heal faster. Magnetic field therapy may not be safe if you're pregnant, have an implanted cardiac device, use an insulin pump, or take a drug given by patch.[10]

Reiki-

Those who practice this alternative treatment believe it taps into the body's natural energy to speed healing. The practitioner hovers their hands over your body or places them lightly on your skin. The goal is to channel energy through their hands to your body to promote healing. There's very little research to prove it works.

### Therapeutic ("Healing") Touch.



Here, a therapist uses their healing energy to identify and repair imbalances in a person's energy field. Unlike Reiki, the therapist doesn't touch you. They simply move their hands back and forth over your body. Research shows healing touch can reduce anxiety in people who have cancers. It can also increase their sense of well-being. But it's unclear if it works for other issues, as well[11].

## Herbal Medicine

This alternative therapy uses parts of a plant -- its roots, leaves, berries, or flowers -- to heal the body.

According to the World Health Organization, an estimated 80% of people around the world use herbal medicine. Studies show certain herbs are effective in treating a number of health issues, like allergies, premenstrual syndrome, chronic fatigue, and more.

## Ayurvedic Medicine

Ayurveda is one of the world's oldest medical systems. It started in India more than 3,000 years ago and is still widely used in that country today.

Those who use it rely on herbs, special diets, and unique practices to treat illnesses. But Ayurvedic products can also be dangerous. Researchers have found toxic minerals or metals, like lead, in some of the products.[12]

There hasn't been enough research or clinical trials to support that Ayurveda works.



## Safety – Potential Drug Interactions

Both pharmacokinetic and pharmacodynamic drug interactions are of significant clinical interest and concern. Historically, people could ingest herbal and herbaceous medicaments without having to observe society's current use of prescription and over-the-counter medications.[13] The current overlap between Alternative Medicine and the use of conventional medicine increases the curiosity about undesired drug interactions. Alternative Medicine can affect a patient's response to conventional medications, anesthesia, surgery (by interfering with stability or interacting with sedative or anesthetic agents), and may take the longer period of time for healing. Alternative Medicine can impact a patient's response to acute care, depending on the underlying disease and the treatments they are taken. Possible problems from drug-supplement interactions are compounded by the fact that many patients don't tell their health care providers that they are using Alternative Medicine. Some Alternative Treatments have undergone careful estimation and have been found to be generally safe and efficacious.[14] These include acupuncture, yoga, and meditation to name a few. However, there are others that do not work, may be harmful, or could interact negatively with your medicines. The benefits of Alternative Medicine is may be reducing symptoms or side effects as many drugs causes different harmful effects, alternative treatments looking for a cure which does not need a huge amount of medicaments , by staying positive and taking immune boosting diet may helpful as alternative medicines does.[15]

## Prospects for professional integration-

Studies confirmed that there is no immediate prospect of collaborative move for wholesale. The surveys by the Centre for Alternative medicaments combination of alternative medicine with the extensive medical bodies. In both accomplishment and desire, the groups are too disparate to be considered as one movement. Indeed it is misleading to view them as such.[16]

In the 1980s, as Alternative treatments became more broadly used, many trainees pressed for the development of Alternative medicines as a whole. It became more practicable for the different occupations to develop at different steps, to consider the variety of their characteristics and ambitions. However, because many practitioners use more than one treatment, it may be too complex and costly for single practitioners to belong to separate registers for each treatment. This leads to the debate that law making should be essentially specific, with something to be like a Council of Professions Alternative to Medicine.[17]

### CONCLUSION

Medical practitioners and pharmacists lack the knowledge of using alternative medicine. They lack the confidence for proper counsel to the increasing number of patients. Although the countrywide government, academia and the private system have begun to offer some support for alternative education, research and combination with conventional medicine, more capability is needed. The alternative medicine has been issued for pharmacists and medical trainees for guidance to provide patient counseling and utilizing these treatments.

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