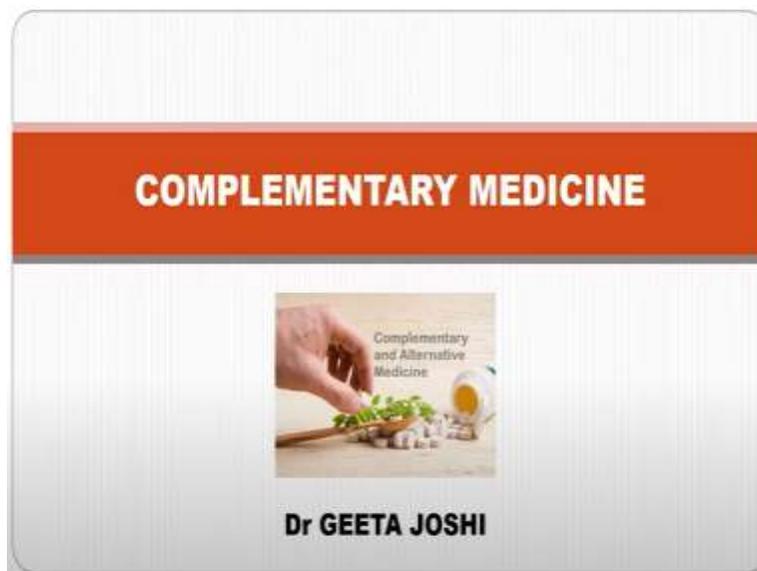


**Certificate in Integrative Palliative Care – 3**  
**Dr. Geeta Joshi**  
**Dr. Piyush Gupta**  
**Dr. Col. Yashavant Joshi**  
**International Institute of Distance Learning**  
**Indian Institute of Technology, Kanpur**

**Week-01**  
**Lecture 05: Complementary Medicine**

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Hello friends, Namaste. This is the first week of our course, certificate course in Integrative Palliative Care and so far you already know about what is palliative care that particular lecture was taken by Dr. Geeta Joshi and thereafter she discussed the main issue also that is the Integrative Palliative Care. What is Integrative Palliative Care? And this is the third lecture in the same series and by lecture is today is Complementary Medicine. Integrative Medicine was taken by Dr. Geeta Joshi and I am taking Complementary Medicine and if you combine both then it becomes chem.

We call it complementary and alternative medicine. But today I am going to talk only about complementary medicine because that is the main thing what we are going to discuss in this particular course of three months. The lecture has been prepared by Dr. Geeta Joshi but I am just taking it.

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## PROLOGUE

Complementary medicine is a term used to describe types of treatments you may receive along with conventional Western medicine. Examples of complementary medicine include massage, meditation, biofeedback, tai chi, reiki, music therapy, guided imagery and dietary supplements etc.

Complementary medicine is a term used to describe types of treatments you may receive along with conventional western medicines. Now, you already know alternate medicine and complementary medicine. In alternate medicines you means you have left the old course of medicine and you have started a new course like you had been taking allopathy. But you want to change over to homeopathy. So, there homeopathy becomes alternate medicine you are not going on the old route of allopathy.

But when I say complementary medicine means you are going on both the routes you are taking allopathy medicines also at the same time you want to try naturopathy and all other medicines which are part of complementary medicines. And therefore, I return understand this because this is what we are going to talk about in next three months alternate medicines and complementary medicines. Complementary medicine is a term used to describe types of treatments you may receive along with conventional western medicines that is the allopathy medicine. That means you are not living you are going to continue that particular course which has been prescribed by your doctors understand it nicely. When you take complementary medicines does not mean that you stop the medicine what you have been taking earlier.

Examples of complementary medicine include massage, massage therapy, meditation, biofeedback that is what we call energy healing techniques. like Reiki or EFT emotional freedom technique etc. Tai Chi, Reiki. Tai Chi and Reiki basically they are the part of TCM what is TCM traditional Chinese medicine. Traditional Chinese medicine that's

TCM and in TCM we have got so many things like Tai Chi is there, Reiki is there.

There is Qigong, meditation and motions, movement, they go together. Music therapy, guided imagery and dietary supplements, etc. These all, all these therapies, they are the part of complementary therapies. When you take these therapies along with your old system, maybe anything like allopathy or homeopathy, there are no side effects at all. Understand this, okay.

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**Complementary Medicine,  
Alternative Therapy & Integrative Therapy?**

The differences between these approaches have more to do with how these approaches are used:

- 1. Complementary Medicine** or therapy are additional methods that are used along with modern medical approaches (medications, immunotherapy, chemotherapy, radiation and surgery). It "complements" these traditional medical approaches.
- 2. Alternative Medicine** is an approach used in place of modern medical approaches.
- 3. Integrative Medicine** considers your entire health and wellness, not limiting the therapeutic approach to the specific disease or organs involved. It focuses on the mental, emotional, functional, spiritual, social and community aspects of your health.

Here we come differences between all this sort of terms so that there is no confusion in your mind you are totally hundred percent clear what we are talking about. Complementary medicine or therapy are additional methods additional in addition to what you have been taking that are used along with modern medical approaches like medications, immunotherapy, chemotherapy, radiation and surgery in case of cancer patients. It complements, it adds to it, adds to the effect, it complements what you had been taking it, it complements these traditional medical approaches. Come to alternative medicines. It is an approach used in place of modern medical approaches.

You stop going to your own allopathic doctor, you just stop taking those medicines and you change over to new method that is a complementary methods that is alternative. You stop the previous method totally and you change over to new route that is alternative. Now comes integrative the word gives you the meaning integrative. Integrative means to combine, to combine. Consider our entire health and wellness not limiting the therapeutic approach to the specific disease or organs involved.

It focuses on the mental, emotional, functional, spiritual, social and community aspects of your health, total well-being. In other words, we can call it holistic. All the aspects which are very, very important to become a good human being, to enjoy the life what God has given to us. It consists of physical fitness, it consists of mental fitness, emotional spiritual belief in god and belief in humanity, social you interact with your friends, neighbors, relations, peers, seniors, everybody and community. Here we are talking about community is very important to us.

In our first lecture, lecture about what is palliative care, Dr. Geeta Joshi must have told you, what is the importance of community approach in palliative care. I will also when I come to my sixth or seventh lecture, there I am going to talk about community based palliative approach. So all these aspects when they combine holistic approach, it becomes integrative medicine. Remember this now, don't get confused at all.

We have got complementary. Complementary means one plus one, addition. Alternative means you go, I take something new. Integrative means I take everything inside, physical, mental, social, emotional, community, everything, holistic.

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**Some More Terms...**

**1. Traditional Medicine**

Traditional medicine has a long history. It is the sum total of the knowledge, skill, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness.

The terms "complementary medicine" or "alternative medicine" refer to a broad set of health care practices that are not part of that country's own tradition or conventional medicine and are not fully integrated into the dominant health-care system. They are used interchangeably with traditional medicine in some countries.

**2. Herbal Medicines**

Herbal medicines include herbs, herbal materials, herbal preparations and finished herbal products, that contain as active ingredients parts of plants, or other plant materials, or combinations.

Some more terms, we call it traditional traditional medicines has a long history traditional what is a tradition means it is just coming generations earlier it has started you know generations earlier not one two three hundreds of generation it has started and when we find it is effective it is still positive we just continue.

Traditional medicine has a long history. It is a sum total of the knowledge, skill and practices based on the theories, beliefs and experiences indigenous to different cultures whether explicable or not used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness traditional medicine. I take turmeric, I got sore throat, I keep a bottle of turmeric in my room. Turmeric is a traditional medicine basically to be used for sore throat. A medicine which is continuous since last generation, hundreds of years and it is still found useful in the modern era that becomes traditional medicine.

Here also I can just tell you. I am carrying a piece of what (adrakh - hindi word meaning ginger), a piece of ginger I just take it like this I keep it in the mouth so that it gives that watering effect my mouth and I cough less examples of ginger is again a sort of traditional medicine. Herbal medicine, ginger can be a herb also. Similarly, turmeric can be a herb. Herbal medicines include herbs, herbal materials, herbal preparations and finished herbal products that contain age active ingredient parts of plants or other plants materials or combinations.

So friends, you understood what is traditional medicines and what is herbal medicines.

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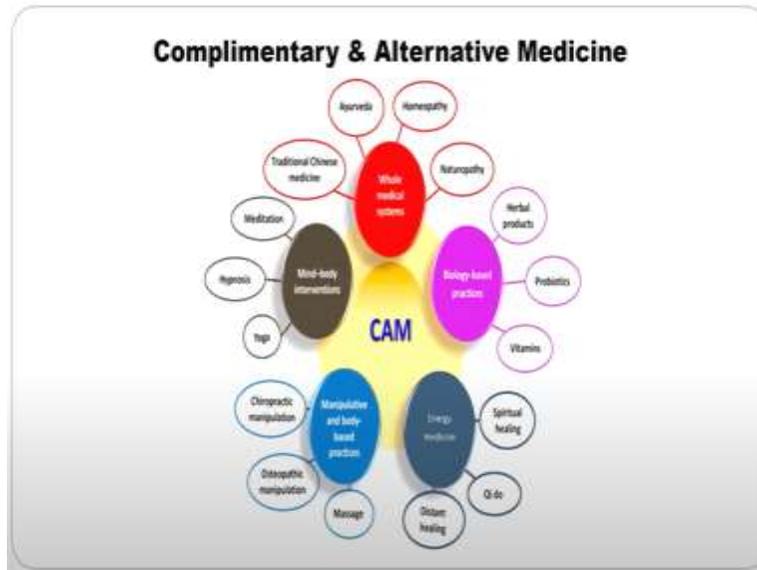


Here conventional medicines manages symptom of diseases focuses on healing at the organ level that is a modern medicine. It focuses on the organs if something has happened to a particular organ it focuses on that organ. Alternative any non mainstream practice used to replace conventional core and presently we have got two medical streams that can

be called as alternative, one is homeopathy and second is ayurveda. Complementary medicines it combines conventional and alternative therapies.

Functional medicines addresses functional imbalances underlying illness. Promotes optimal health and function and then comes integrative medicine focuses on healing the individual as a whole, holistic. Use the best evidence based therapies available.

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This is again CAM complementary and alternative medicine, CAM and CAM has got all the aspects. This is the whole medical system what we have traditional TCM traditional Chinese medicines.

Ayurveda, homeopathy, naturopathy this is biology based herbal, probiotics, vitamins. This is energy medicines spiritual healing Qi do, chi gong, reiki. These are all distant healing. This is manipulative and body based practice massage, osteopathic, chiropractic and here we involve mind and body that is yoga, hypnosis and meditation.

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Again the same image being explained differently with images with different images like mind-body.

You understand a person is doing yoga, meditation. Alternative medicines, we have got yin and yang. Yin is passive, yang is hard. This is again a part of Chinese traditional medicine. Biologically based approaches and manipulative, that is massage and other things.



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**What types of health benefits do complementary medicine approaches provide?**  
Each type of complementary medicine may target a specific aspect of your health. In general, complementary approaches may provide one or more of these health benefits:

- Relieves pain.
- Reduces anxiety and stress.
- Reduces nausea.
- Improves mood.
- Increases relaxation.
- Improves wound healing.
- Encourages feelings of well-being, pleasure, positivity and inner peace.
- Relieves muscle tension.
- Decreases tiredness.
- Improves flexibility and circulation.

Each type of complementary medicine may target a specific aspect of your health. In general, complementary approaches may provide one or more of these health benefits. Relieves pain, reduces anxiety and stresses, reduces nausea, improves mood, increases relaxation, improves wound healing. Encourages feelings of well-being, pleasure, positivity and inner peace, relieves muscle tension, decreases tiredness, improves flexibility and circulation.

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**Types of Complementary Therapies?**  
There are many types of Complementary Therapies. Below is a brief description of many of these approaches that we will cover in our Course:

**PART I:** Manipulation and Body-based Practices  
**PART II:** Mind-body Techniques  
**PART III:** Energy Force Therapies  
**PART IV:** Expressive Art Therapies  
**PART V:** Naturopathy

Just for smooth understanding, I divided the complete types of complementary therapy in five parts. In part one, we will be generally talking about manipulation and body-based practices. In part 2, we will have different types of mind-body techniques. In part 3, we will have energy force, energy healing techniques. In part 4, how can we use art as a form, art form.

We call it expressive art, expressive art therapies. And lastly, we will have naturopathy, depending on the nature.

Part-I, manipulation and body based practices. So, here we go.

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**MESSAGE...**

- Massage relies on your body's nerve endings and pressure points to promote relaxation. There are many forms of massage, for example, Shiatsu, Hellerwork, and Reflexology. However, the most widespread variation builds upon the five basic strokes of Swedish Massage:
  - **EFFLEURAGE** (slow, rhythmic gliding strokes in the direction of blood flow towards the heart),
  - **PETRISSAGE** (kneading, pressing and rolling muscle groups),
  - **FRICTION** (steady pressure or tight circular movements, often used around joints),
  - **PERCUSSION** (drumming hands on body) and
  - **VIBRATION** (rapid movement shaking the muscle back and forth).
- Massage therapy has been used to reduce stress and anxiety, improve mood, aid in relaxation and control pain. If you've had surgery, massage can promote healing at incision sites and may prevent or reduce scarring. Foot massage has been shown to have a positive effect on pain, nausea and relaxation.

First comes massage very important can be done anywhere not much of our knowledge is required a simple knowledge and dedication read few more books get some knowledge from your teacher and you can start doing massage at home.

Massage relies on your body's nerve endings and pressure points to promote relaxation. Normally, we can do massage anywhere, but when you talk about acupressure and acupuncture, then certain pressure points we call them acupoints which are generally located on meridians. What is meridians? I will not tell you now. I do not want to confuse you. I you just take this massage generally can be done on any parts of the body.

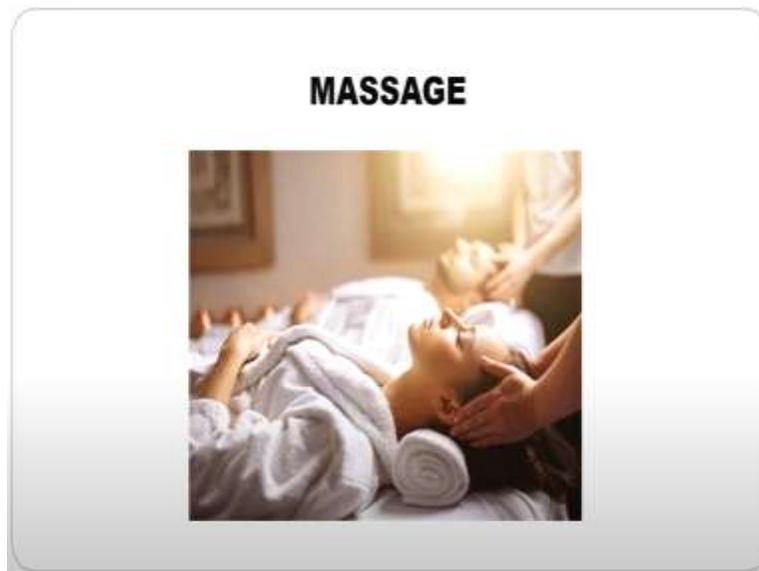
When you go deeper and when we talk about traditional Chinese medicines, acupressure, acupuncture, then massage can be given on certain points and that can relieve you from the pain immediately. There are many forms of massage for example, SIAS II, Heller work, reflexology. However, the most widespread variation balance upon the variation

builds upon the five basic strokes of Swedish massage that is Effleurage, Petrissage, Friction, Percussions and Vibrations. These are the system how you give massage. First one is slow rhythmic gliding strokes.

Second is kneading like you are you knead the atta you know you knead the floor if you want to make chapati or other thing. you just take the floor put some water and start kneading it. So, similarly in this patricage you take the bunch of muscles and start kneading it. Friction we apply pressure, steady pressure you keep applying pressure on those parts of your muscles. Percussion drumming, how you drum and vibration means rapid movement.

So, all these are the types how you carry out massage. Massage therapy has been used to reduce stress and anxiety, improve mood and in relaxation and control pain. If you had surgery, massage can promote healing at incision sites and may prevent or reduce scarring. Foot massage has been shown to have a positive effect on pain, nausea and relaxation.

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This is the massage.

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## REFLEXOLOGY...

**Reflexology:** This therapy involves applying manual pressure to areas of your foot, hand or ear that are believed to correspond to the affected organs or body systems. Reflexology may help to relieve symptoms such as pain, constipation and nausea.

Reflexology, this theory involves applying manual pressure to areas of your foot, hand or ear that are believed to correspond to the affected organs or body system. Reflexology may help to relieve symptoms such as pain, constipation and nausea.

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## REFLEXOLOGY



Now, you just see this foot, so there are certain points like here if you apply pressure it will affect your liver, if you got stomach ache constipation or something you apply

pressure here, if your neck is paining apply pressure here. So this is the reflexology. This is small intestine, gall bladder, chest, If you got chest pain.

So, this is how certain parts of your foot they are connected with those organs of your body and you apply massage to those parts, those organs are affected and it gives positive result.

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### **CHIROPRACTIC THERAPY...**

**Chiropractic or Osteopathic Manipulation** is a hands-on approach that focuses on the spine and other joints of your body and their connection to your nervous system. These approaches involve moving your muscles and joints using stretching, gentle pressure and resistance. They can help ease muscle pain and improve your overall mobility and function. This approach can help reduce the severity of various symptoms, including migraines, menstrual pain and carpal tunnel syndrome.

Chiropractic, it is a hands-on approach that focuses on the spine and other joints of your body and their connection to your nervous system. It is basically related with the spine, back part. These approaches involve moving your muscles and joints using stretching, gentle pressure and resistance like this.

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## CHIROPRACTIC THERAPY



Like you see the muscle surrounding the spine they have been taken up a gentle pressure is being given by the doctor.

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## CUPPING...

This is a type of massage therapy that involves using heated cups to create a vacuum on your skin. It increases blood flow to targeted areas to reduce inflammation.

## CUPPING



Cupping this is a type of massage therapy that involves using heated cups to create a vacuum on your skin like this because of vacuum the skin gets comes out.

Not exactly comes out, but it gets attracted and because of that nervous systems get activated.

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## PART: II Mind-body Techniques



Come to mind-body technique.

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### **MEDITATION...**

Meditation is a method of relaxing and quieting your mind to relieve muscle tension and achieve inner peace. There are numerous forms of meditation, taught individually or in group settings.

First is meditation. Most important is a method of relaxing and quieting your mind to relieve muscle tension and achieve inner peace.

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### **MEDITATION**



This is meditation. Meditation, a very quiet place is required or natural place, if it is available, it is very good.

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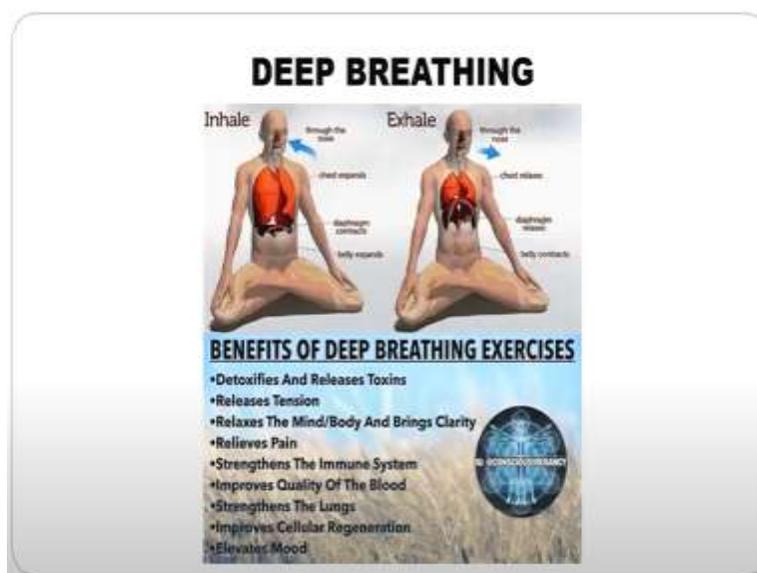
## RELAXATION & DEEP BREATHING...

Relaxation and breathing techniques help to release muscle tension, relieve breathlessness, lessen anxiety and encourage a greater sense of control, particularly when receiving unpleasant or stressful treatments.

Relaxation and deep breathing. Relaxation and breathing techniques are very useful. You will learn about Ashtang Yoga later on.

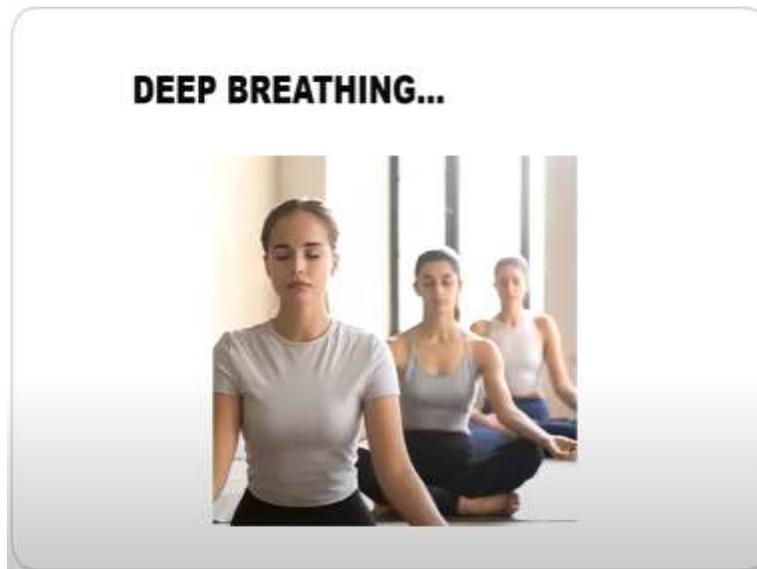
In Ashtang Yoga, we have got Pranayama. You inhale, keep the air inside and then you exhale. When you take the air inside deeper like this. This is deep breathing. Inhale for a longer time, keep it inside and then slowly and slowly exhale. This basically helps to release muscle tension, relieve breathlessness, lessen anxiety and encourage a greater sense of control.

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Deep breathing, lots of benefits of deep breathing exercises have been given.

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This again the students are doing deep breathing.

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Yoga, yoga is again a form of gentle exercise consisting of body postures and breathing techniques and now 21st June. Every year it being observed as International Yoga Day thanks to our beloved Prime Minister Narendra Modi that he appealed United Nations organization in 2015 and they announced that every year 21st June will be observed as

International Yoga Day. Very good Ashtang Yoga are there, there are 8 limbs of Yoga you will learn later.

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### **ANIMAL-ASSISTED THERAPY...**

A therapist will team up with dogs or other animals to help you better cope with your health issues including mental health disorders, cancer and heart disease. Animal-assisted therapy can reduce pain and anxiety, depression and fatigue associated with many health problems.

Animal assisted therapy, sometimes if human beings can't help you, go back to your pets. A therapist will team up with dogs or other animals to help you better cope with your health issues.

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### **ANIMAL-ASSISTED THERAPY**



Like here the child, he cannot study alone. He just want a company, so okay fine, his parents bought a puppy, doggy that are just he will remain with you, so this is animal assisted.

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### **BIOFEEDBACK...**

This is a training technique through which you learn to control your thoughts, emotions or behavior. Your therapist will measure your body's functions (for example, EEG to measure brain waves, ECG to measure heart rate, EMG to measure muscle contractions) throughout therapy, and you'll see changes in these measurements as you learn new coping strategies.

Biofeedback, it is a training technique through which you learn to control your thoughts, emotions and behaviour.

Your therapist will measure your body's functions for example EG to measure brainwaves, ECG to measure heart rate, EMG to measure muscle contractions. So this is again scientific basically biofeedback.

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## **VISUALIZATION...**

With **Guided Imagery or Visualization** therapy, a practitioner helps you create positive mental images and desired outcomes for specific situations. For example, while in a state of relaxation, you might focus on feeling stronger or better, or you might picture the destruction of tumor cells. In another technique, you may visualize various aspects of treatment, from the least frightening to the most painful, remaining calm and relaxed at each step.

Visualization, guided imagery. You just visualize, you may close your eyes, you may keep them open. But you keep on visualization in a very short in a simple way if I want to explain it is sort of dreaming. But dreaming can be anything visualization you are doing it for a positive purpose.

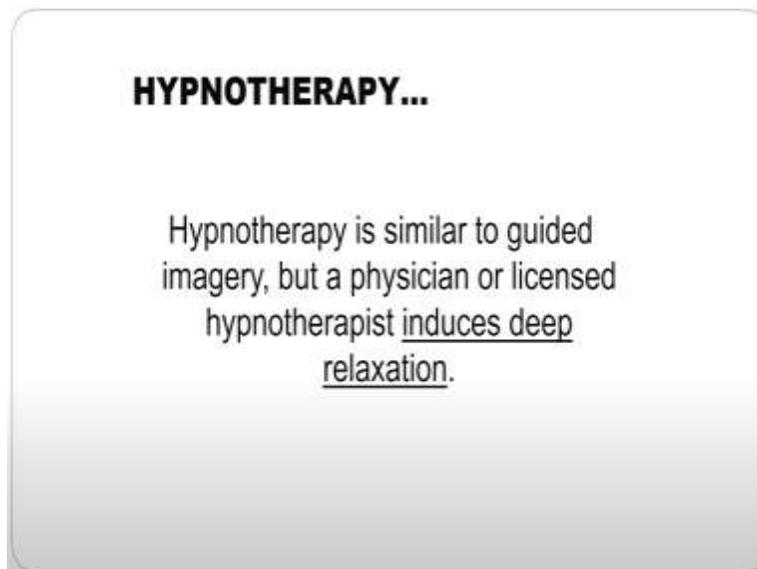
For example while in state of relaxation you might focus on feeling stronger or better or you might picture the destruction of tumor cells if something is happening. Like now, presently I am having cough if I just visualize close my eyes okay my cough is gone. I can speak nicely, my voice is stronger, I will not cough again, at least not whenever I am lecturing around, I visualize myself getting stronger and stronger, healthier and healthier. It can be done by yourself also, it can be done by some teacher also.

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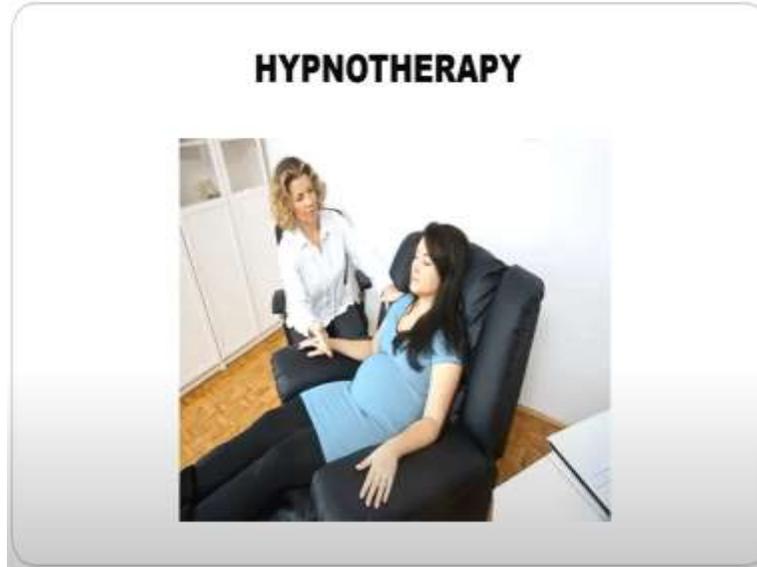
Here the teacher or the instructor or maybe the mother asking the child to visualize.

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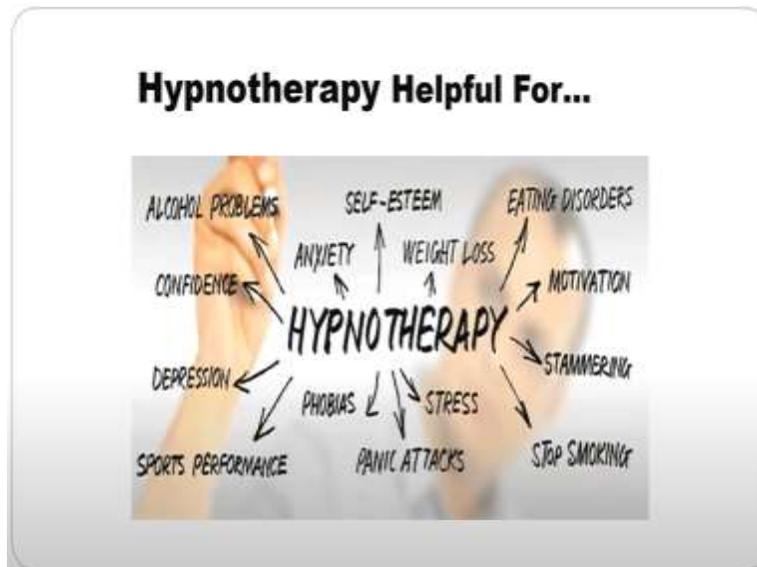
Hypnotherapy is similar to guided imagery but a physician or licensed hypnotherapist induces deep relaxation.

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Here the lady is just sleeping on the sofa and the hypnotherapist is guiding her.

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It is very helpful for so many things. Alcohol problems, anxiety, weight loss, eating disorders, motivations, stammering, stops smoking, many things are there where a hypnotherapy can be useful.

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### **PRAYER THERAPY...**

This approach uses prayer therapeutically for mental and emotional healing. Prayer can be used as a tool for exploring your heart's/soul's past, present or future distress and stress. This can help you to better understand yourself and to explore and release feelings. Your prayer is personal — the therapist merely acts as a facilitator.

Prayer, very important. Prayer therapeutically for mental and emotional healing and it don't require anybody, it can be done anywhere. Whether God is present there or not, whether there is a temple or a mosque or a church or anything, you can do the prayer wherever you want to. And when you pray from your heart, the God has to come in front of you. Prayer can be used as a tool for exploring your heart's or soul's past.

What is there in your heart that can come out during prayer. This can help you to better understand yourself and to explore and release feelings. Your prayer is personal. The therapist merely acts as a facilitator because the prayer, actually it has to come from your heart, not from the or from some instructor you will just tell you do prayer like this.

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Prayer whenever you want to pray God, pray any almighty wherever, whomever you want you have belief on it pray from your heart and I am sure the prayer will be answered may not be immediately but it will be answered, prayer therapy.

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Coming to third part, energy force therapy where energy is required.

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## **TAI CHI...**

Tai Chi is a non combative martial art that uses breathing techniques and sequences of slow, graceful movements to improve the flow of qi, or "life energy," to calm the mind and promote self-healing. It is often described as **"meditation in motion."** It is practiced more as a form of preventive health care than as a response to an ailment.

Tai Chi, Tai Chi is a sort of meditation, focusing and motion is there. So Tai Chi we call it meditation in motion. Tai chi means, chi means life energy, chi in traditional Chinese medicine chi, they write it as qi but we pronounce as chi, tai chi, like chi gong, tai chi, chi is life energy and in our and in India we call pran, pran or life energy or something. So it calms the mind and promotes self-healing. It is practiced more as a form of preventive health care than as a response to an ailment.

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## **TAI CHI**



You just see, motion is there in Tai Chi. Therefore I just said, therefore I said meditation

in motion. Moving forward, hands forward, legs in a walking position. However, head is straight, eyes are focused, therefore it is meditation. Generally it is being done in a group, can't be done singly.

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### **QI GONG...**

Qi gong is an ancient system of movement, breathing techniques and meditation. It's designed to develop and improve the circulation of qi, or "life energy," around your body.

Qigong, it's again a life, Qi means life energy, Gong means mastery, you are mastered the art of balancing your life energy that is called Qigong.

It is again TCM traditional Chinese medicine. Basically breathing techniques and meditation.

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### **QI GONG**



Like this is little more offensive sort of, you call it defensive postures.

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### **THERAPEUTIC TOUCH...**

With therapeutic touch, a practitioner attunes their energy field with yours so that disturbances in "energy flow" are balanced and your body's healing powers can work freely. The practitioner's hands are placed inches above your body and gently pass over it to assess any changes or blockages in the energy field. Healing energy is directed from the practitioner's body to yours. Touch therapy is used to treat stress-related conditions such as fatigue and headaches as well as pain relief, especially from muscle strain and following surgery. It also has been used to promote wound healing, and for lymphatic and circulation disorders.

Therapeutic touch, a practitioner attunes their energy field with yours so that disturbance in the energy flow are balanced and your body's healing power can work freely.

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### **THERAPEUTIC TOUCH**

TYPES OF THERAPEUTIC TOUCH



This is therapeutic touch.

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## **REIKI...**

Reiki is a form of Japanese spiritual healing that has its roots in ancient Tibetan Buddhism. Reiki aims to promote health, maintain well-being, and help you attain a higher level of consciousness. Practitioners direct "reiki energy" through their hands (holding them over your clothed body), channeling energy to areas of need in you. Reiki claims to balance the body's energy centers or "chakras" and dissolve energy blockages that lead to disharmony and disease. Some people may feel relaxed after treatment; others feel invigorated.

Reiki, it's a form of Japanese spiritual healing that has its roots in ancient Tibetan Buddhism.

Reiki claims to balance the body's energy centers of chakras and dissolve energy blockages that lead to disharmony and disease. Chakra you will there are seven chakras in the body starting from top sahasrara and it goes to muladhara. Then another term you will understand you will come up later on is meridian. Now joining all the chakras there are certain lines imaginary lines going up or down vertically and on these all those acupoints are located where you carry out acupressure, acupuncture and all other things.

This will come later just for your understanding only initially.

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This Reiki is being provided.

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### **ACUPUNCTURE...**

Acupuncture is an ancient Chinese system of healthcare. It aims to prevent and cure specific diseases and conditions by sticking very fine, solid needles into points of your body. Acupuncture is believed to encourage the release of endorphins — natural painkillers — which can also increase feelings of well-being. Acupressure, in which the same acupoints are stimulated by hand, may be effective in the same way, but to a lesser degree.

Acupuncture by sticking very fine solid needles into points of your body, very fine solid needle. Acupuncture is believed to encourage the release of endorphins, natural painkillers, which can also increase feelings of well-being.

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You can just see, there are very fine needles.

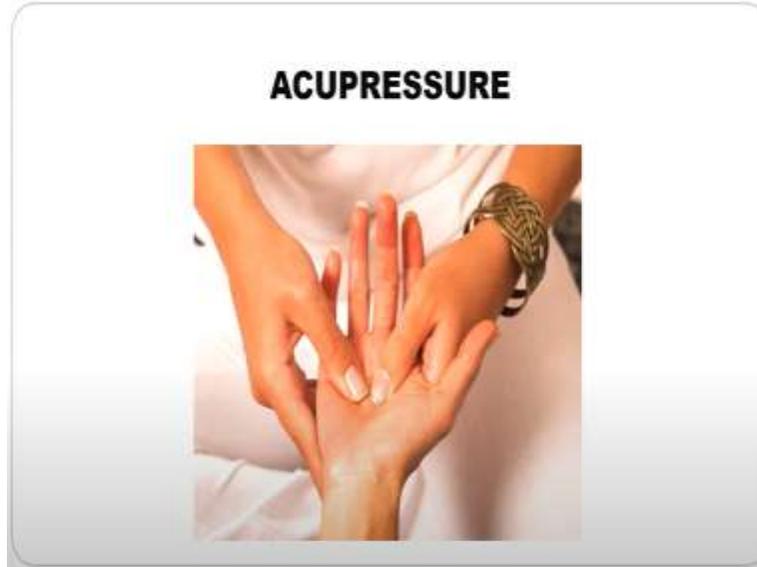
When they are being inserted, you don't feel anything. The point where the needle has been inserted, that is called acupoint. Now these acupoints they are same for acupressure as well as for acupuncture.

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Acupressure, massaging, pressing or touching certain acupressure points on the body may help relieve stress, tension, deep troubles and more, this is acupressure.

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That is Acupressure, the pressure can be applied generally by fingers, if more pressure is required you apply with your thumb or some tools also can be used for acupressure.

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## MAGNETS



Magnets can be used to reduce pain or enhance healing like here two magnets have been placed on the backside of that patient.

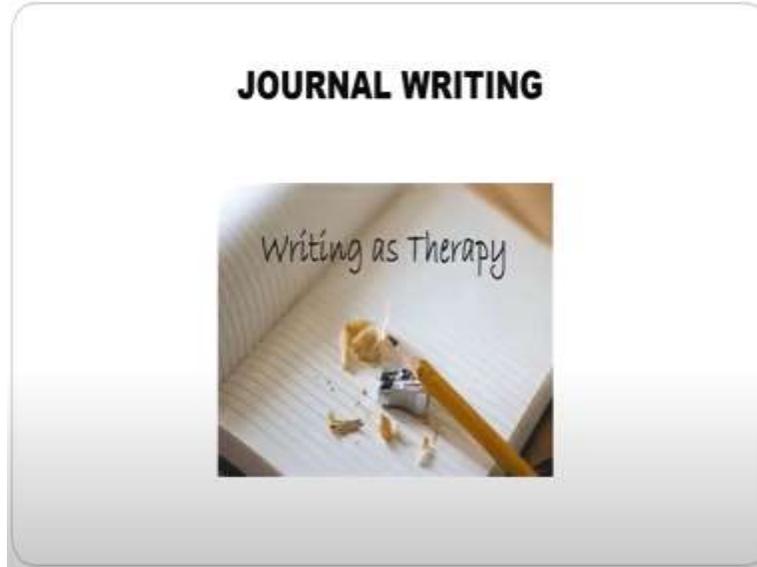
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## PART: IV EXPRESSIVE ART THERAPIES



Coming to four expressive art therapy how art, art generally, art is what, art comes from your mind, a mind is expressing something and you can express through what speech, writing, laughter, color, art, anything. These are the modes you generally take to express your emotions. So it is called expressive arts therapy.

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Journal write, you write down your ideas writing as therapy. What do you write. You write what you are thinking about if you are hurt by somebody your friend rajas abuse you and you are really hurt you just go down on your table and just write down raja hurt me today you know he abused me i didn't like. So, when I write it two times, three times, that idea goes off. Okay, fine. I let go Raja. So, writing, when you write down what is happening in your mind, your mind becomes calm, quiet.

By writing, you can accept your mistake also. The book written by Mahatma Gandhi, My Experiments with Truth, there he writes as a child, he had done something wrong. He had stolen some money. He didn't like it. He did not have any courage to express to his father, Father, I did this.

So what he did? He wrote down in a sheet of paper. I'm sorry, father. I've stolen some money. I really, I don't like it.

I'm very, very sorry and I'll not do it. He went there. His father was sleeping. His father was sick. He gave the cheat to him. When his father read that, tears came down from his eyes. And those tears made Mahatma Gandhi, what? A man of truth.

Speak truth, act truth, believe in truth. So, this is the effect of general writing by writing a small sheet and taking the responsibility that I had done a wrong thing your heart gets cleansed.

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### **ART THERAPY...**

Drawing, painting and sculpting, especially when carried out in a group environment, can help you express feelings that can't be easily put into words.

Art therapy drawing, painting, sculpting anything which is generally done by art.

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### **ART THERAPY**



Like all this people they made a collective art music therapy.

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## **MUSIC THERAPY...**

Music therapy is an expressive art form designed to help individuals achieve harmony and balance. Music therapy can include both listening to and/or playing music. Music therapists are professionals who are educated to design music programs for patients. Through music, you explore emotional, spiritual and behavioral issues. Music therapy can help release emotions and promote relaxation. Listening to music can be either calming or invigorating.

You don't have to be a musician, even you don't have to be a singer also you can just enjoy the music and if you have got certain songs you know when you hear those songs you feel very happy.

It's an expressive art form designed to help individuals achieve harmony and balance. What is required is a harmony, harmony with the nature, harmony with the people, harmony with the job what you are doing and balance in your behaviour. So this comes when you hear a particular good piece of music what you love. Music therapy includes both listening to or playing also. If you can play some organ, musical organ, very good.

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Like this is what people are enjoying, whatever they can do.

This is a group basically helping a sick children.

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### **LANDSCAPE THERAPY...**

Landscape therapy is the showing of peaceful, relaxing landscapes that can evoke calmness and tranquility.

Landscapes may be shown in a darkened room via a slide show or video screen or they may be shown in the form of art books or actual artwork. Landscape therapy is often used as a distraction technique to help manage pain and anxiety.

Landscape theory why do you want to like whenever I come to IIT Kanpur and i see the landscaping almost all the buildings have a beautiful garden, nice landscaping. So, it gives you that sense of relaxation. Today morning again I went for a walk, roads were very clean lined with beautiful long trees.

A silent, gentle, cold breath. So that is what relaxes you. Landscape with the nature. Showing a peaceful, relaxing landscape that can evoke calmness and tranquility.

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Like here, the father and son, they are doing their own landscaping in their home.

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### **SUPPORT GROUPS**

In support groups, you have the opportunity to share your concerns, fears and hopes with those who are experiencing similar life challenges.

Support groups can help your family and friends too.

## SUPPORT GROUPS



Support groups very important and this is what we generally do we whenever our friends or relatives they require some support, some bereavement or something has taken place you know we go there sit with them and you support each other.

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## NATUROPATHY

- Acupressure Therapy (Marma Chikitsa)
- Acupuncture Therapy (Marmapuncture)
- Air Therapy (Vayu Chikitsa)
- Diet Therapy (Aahaar Chikitsa)
- Fasting Therapy (Aakash Chikitsa)
- Heliotherapy (Surya Chikitsa)
- Hydrotherapy (Jal chikitsa)
- Magnet Therapy (Chumbak Chikitsa)
- Massage Therapy (Abhyanga)
- Mud Therapy (Prithvi Chikitsa)



Last part we talk about naturopathy there are so many things what we are going to study my dear friends naturopathy.

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## **HYDROTHERAPY...**

Hydrotherapy refers to using water as therapy in any form. For instance, it may act as a treatment for temporary skin-related issues, such as burns and septic ulcers, or for chronic health conditions, such as arthritis and fibromyalgia.

Hydrotherapy, water therapy.

Don't have to go to any doctor at all.

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## **HYDROTHERAPY**



Learn what is water therapy and most of the problems particularly with constipation will go away with water therapy.

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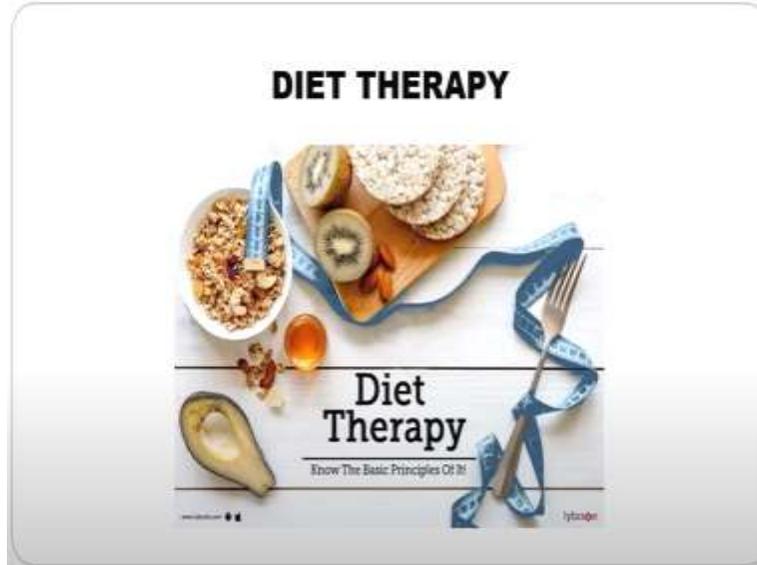
### **DIET THERAPY...**

Dietary supplements include vitamins, minerals, herbs and enzymes. Examples include glucosamine (A natural compound found in cartilage), chondroitin (A molecule that occurs naturally in body), saw palmetto (A small palm with fan-shaped leaves), ginseng (A plant tonic credited with various tonic and medical properties), fish oil, echinacea (A plant of daisy family used as herbal medicine), vitamin D, garlic calcium and green tea.

Diet therapy most of the problems are with because most of the time what we do, we eat because our tongue wants. Our stomach doesn't want. Our stomach is full, but whenever you see something very tasty, nice, a nice flavor is coming, you go to some sweet shop and see the things on that, what do we call it, just behind the glasses, you know, they are being showcased.

And you feel like eating something you buy and eat you are not actually hungry your stomach is full. But still you want to eat because because your mind wants to eat. This is the main principle eat when when it is required, when your stomach ask, when your stomach is hungry, stomach is empty eat and eat again natural food that is the part of naturopathy.

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Diet therapy, I have put a measure tape here, so that I have also gone little fat, sorry, but at times I also measure what is my waistline. It is not, it has increased now, Diet therapy.

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### **AROMATHERAPY...**

In aromatherapy, you're exposed to essential oils. The oils may be vaporized in a room or absorbed through your skin. The scents released by the oil are thought to act on your hypothalamus (A region of forebrain), the part of the brain that influences your hormones. In theory, a smell might affect your mood, metabolism, stress level and sexual desire. Some common essential oils are chamomile, lavender, peppermint, rosemary, eucalyptus, sandalwood and tea tree. Choice and response to scents are highly personal.

Aromatherapy, the scents released by the oil are thought to act on your hypothalamus. In theory, a smell might affect your mood, metabolism, stress level and sexual desire. I give you a simple example. You have got some time at your hand. You have got some time at your hand, about 10-15 minutes. Where will you go? A beautiful garden is located nearby or a garbage dump? Where will you go? Definitely, you would like to go to a garden.

Why? Aroma is there, beautiful landscape is there, natural flowers, different types of flower, different types of plant, you know. Aroma, that flavor, that smell. And that helps you to refresh your mind. In a deeper sense, it's a part of your reflex action.

It reduces the stress level, it increases the sexual desire. We will learn about aromatherapy in detail. We are given almost about 2 hours to aromatherapy. Gentlemen, this is the course finally where we are going to learn almost more than 20 modalities of complementary medicine, 20 modalities. Here is not to make you a doctor or anything. Aim here is you must know what is all around, what are the complementary therapies and little knowledge some interest from your mind you can understand it and you can make your life very easy.

Particularly naturopathy or something you will be surprised as a child i had been a naturopath. As a child, I knew what is to be eaten, what is not to be eaten, when to go out, when to exercise, what to wear. It's a part of naturopathy.

There are so many things, my dear friends. More than 20 modalities. So, please stick to this. This is the first week and you have to go a long way 11 weeks. So, be with us, be with us for 3 months and I am sure you will learn quite a few thing about integrative palliative care. Thank you friends, thank you.