



ALTERNATE THERAPIES

The Wellness Cult

Look beyond allopathy and take a dip in the treasure trove of traditional therapies to embrace wellness in all its forms

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Homeopathy

A holistic system of healing, homeopathy is based on the idea that substances that produce symptoms of sickness in healthy people will act as a cure when prescribed in small quantities. These remedies are believed to stimulate the body's own healing processes. Its non-toxicity makes it an effective system of medicine for children. An added benefit is that these remedies are inexpensive (often a fraction of the cost of conventional drugs).

According to Dr Pankaj Aggarwal, MD Homeopathy, “Homeopathy offers highly effective and safe health solutions for a wide range of diseases. Even those diseases that other systems of medicine find difficult to cure can be effectively treated with homeopathy. Homeopathy also has a history of

successfully treating a number of cases for which surgery is recommended.”

Unani

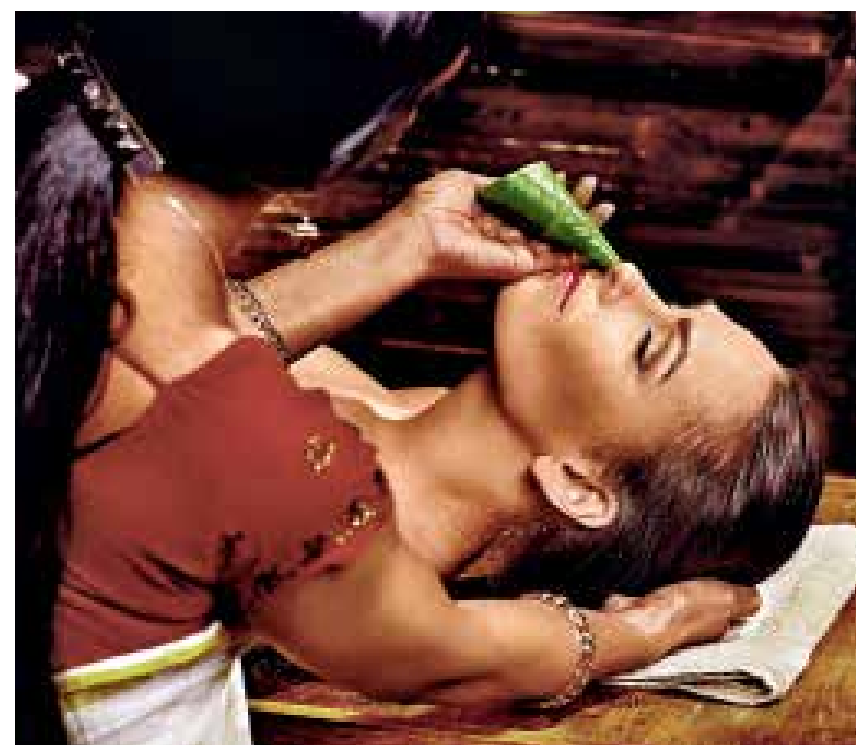
A form of medicine that originated in Greece, Unani or Unani-tibb uses different methods for diagnosing and treating medical conditions. Unani literally means ‘Greek.’ It is practiced throughout Asia and especially in India. Unani medicine is very similar to Ayurveda and includes similar theories as well as principles regarding the roles of the elements – air, earth, water and fire. Practitioners believe that an imbalance in these elements results in diseases. Treatments, often a combination of herbs, aim at rebalancing these elements.

Diagnosis in Unani medicine, similar to Ayurveda and traditional

Chinese medicine, often rely on a pulse rate.

Aromatherapy

Also referred to as essential oil therapy, aromatherapy is the art and science of utilising naturally extracted aromatic essences from plants to balance, harmonise and promote the health of the body, mind and spirit. It seeks to unify physiological, psychological and spiritual processes to enhance an individual's inborn healing process. 🌿



Every culture around the world has been known to have its own form of medicine. Some rely on blind faith, and others on natural remedies. These natural alternative or traditional forms of medicine aim to cure the root of illness and have, over the years, become popular with a majority of people who have either turned their backs on allopathy, or believe in medical parallelism.

Ayurveda

Literally ‘the science of life’, Ayurveda comes from the Vedas and has been practiced in India for more than 5,000 years. It centres around three energies called *doshas* – *vata*, *pitta* and *kapha*. Each person is a unique combination of these *doshas* and this unique composition is called one's *prakruti*.

The *doshas* govern physical, mental and spiritual health. According to Ayurveda's teachings, a person's *prakruti* is immutable. Ayurveda

advocates preventive care by balancing your *prakruti* through your diet.

According to Dr Akansha Jain, Ayurvedic doctor at Dr Mannat's Aarogya, Ayurveda is the best way to keep yourself close to nature, which in turn offers us everything that we need to keep ourselves safe from diseases. It has *Dincharya* (daily routine); *Ritucharya* (seasonal routine) and *Panchkarma* (Ayurvedic therapies) to keep us healthy throughout our lives.

Naturopathy

A science-based tradition, naturopathy promotes wellness by identifying each patient's unique aspects and then employing non-toxic natural therapies to restore his or her physiological, psychological and structural balance. It follows a number of key principles. One belief is that a body can heal itself if certain obstacles are removed. Therapies are mostly gentle, non-invasive and do not have any side effects. Naturopaths believe that it

is important to treat the underlying causes of diseases rather than just the symptoms. Naturopathy is an effective way to treat diseases that don't respond to conventional medicine.

Reiki

Considered a pseudoscience, Reiki is a Japanese technique that uses palm-healing to cure diseases, reduce stress and relax the body. It is based on the idea that an unseen universal energy exists around us, flows through us and keeps us alive. Practitioners of Reiki channelise this universal energy to heal (by touch or through meditation) the body, mind and soul. According to Reiki Grand Master Jaspreet Singh Mattoo, “Reiki is a healing therapy that teaches the concept of the *chakras*, the aura and the framework of how energy operates in the universe. It opens your eyes to how everything is energy and how energy can be used to heal a human body at a physical and mental level.”