



## ROLE OF ALTERNATIVE SYSTEM OF MEDICINE AND NETUROPATHY IN SPORTS

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### ABSTRACT

The Indian system of medicine & Homeopathy offer a range of safe, preventive and curative therapies which could be very useful in reaching the goal of “Health for all” in a cost effective manner. Except for Yoga and Naturopathy which are drugless therapies, all the systems need plants for the preparation of medicines. It is essential that Indian system of Medicine should be used to encourage the youth and sportsmen to inculcate healthy life styles and build up their bodies with proven herbs that are no side effects. It is an irony that treatment methods or systems of medicine are classified as alternative and conventional medicine. This is because what is termed as alternative medicine is a system of medicine that is rather more ancient and closer to nature than what we call conventional or modern system of medicine (allopath). Alternative medicine was there long before modern medicine made its entry, and in most countries of the world, alternative medicine is fast becoming popular these days because of conventional medicine proving to be inefficacious under certain conditions and diseases. As we all are well aware that Sports Medicine does a lot in the field of physical education. Improper knowledge about sports medicine may be a major cause of doping. It is right that medicine gives us the sudden relief but its side effects are seen in a long term. Therefore this paper is an attempt to reveal the alternative methods implemented in medicine and its limitation in context with the sports.

**Keywords:** Naturopathy, Allopath, Sports Medicine, Doping, Physiotherapy and Ayurveda

### INTRODUCTION

Alternative medicine covers a broad range of philosophies, approaches and therapies for healing. It is usually defined as treatment and practices outside of traditional Western medicine that is not taught widely in medical school not used in hospitals. The National Centre for Complementary & Alternative Medicine divides alternative medicine into seven major categories.

- a) Alternative systems of Medical Practice
- b) Bio electromagnetic Application
- c) Diet, Nutrition, Life Style Changes
- d) Herbal Medicine
- e) Manual Healing
- f) Mind-Body Control
- g) Pharmacological and Biological Treatments
- h) Physical Therapy

There are more than 100 systems of alternative medicines still in practice all over the world. Every country, region or area has its own traditional system of health and medical cares such as for Chinese it is Acupuncture; for the French, Magnetic Healing; For the Germans, Heilpraxis; For the English, Herbalism; For the India, Ayurveda with Siddha being widely practice in the southern part of the country; For Japan, shiatsu etc. The most popular forms of alternative medicine are Ayurveda, Homeopathy, Naturopathy, Yoga, Acupuncture, Acupressure, Magneto Therapy, Shiatsu, Herbalism, Meditation, Aromatherapy, Bach Flower Remedies, Chromo Therapy, Diet Therapy, Hydrotherapy and Reiki.

Alternative medicine considers health a balancing of mind, body and spirit. Many alternative practices are designed to prevent health problems rather than treat symptoms later. Some alternative system of medicine used in India is as follows:



#### A). AYURVEDA

Ayurveda is a Veda that provides the knowledge of good, bad, happy and unhappy life. It's the promoters and non promoters, measurement and nature.

Ayurveda is a healing modality that dates back in India more than 5000 years. It is derived from the Sanskrit word which means "Knowledge of Science". Ayurveda contains many adaptogenic herbs in its pharmacopeia that normalize physiological functions, improve vitality and enhance the body's ability to cope with stress and heal itself. Some basic ayurvedic herbs are Amla, Brahmi, Kesar, Mulathi, Turmeric etc.

#### B). HOMEOPATHY

The term homeopathy is derived from Greek words (homoios : similar) and (pathos : suffering disease). Homeopathy has a holistic approach to healing, with as it's central tenet that like cures like (in latina : similia, similibus, curentur) homeopathy has its own views on illness, and it's own diagnostic and treatment principles as well as products and practices. Established in 1796 by the German physician Samuel Christian Hahnemann, it treats patients with heavily diluted preparations of the substances which in their undiluted form are thought to cause effects similar to the symptoms presented. Homeopathic medicinal products are also used in other therapeutic approaches with a different epistemological and methodological status such as anthroposophy medicine, homotoxicology, antimotoxic therapy, and isotherapy, Homeopathy is an example of a complete alternative medical system. Homeopathy is an unconventional Western System that is based on the principal that "Like cures Like". According to which is substance that causes the symptoms of a disease in healthy people will cure that disease in sick people will cure that disease in sick people. Homeopaths generally use small doses of specially prepared plant extracts and minerals to stimulate the body's defence mechanism and healing processes in order to treat illness.

#### C). NATUROPATHY

Naturopathy is an art and science of healthy and drugless system of healing based on founded philosophy. It has its own concepts of health and disease and also principles of treatment. Naturopathy is a very old science. We can find a number of references in our vedas and other ancient texts "morbid matter theory", "concept of vital force" and other concepts upon which naturopathy is based are already available in old texts which indicated that modalities were widely practice in ancient India.

Naturopathy is a traditional system healing based on time-tested principles of governing life, living and health. These are well documented in the ancient Indian scriptures like Vedas, upanishad and Epic like Ramayana and Mahabharata.

In Rig-Veda fasting was considered as supreme medicine to eliminate the accumulated toxins in the body. The 'Manu smriti' has prescribed rules and regulations about personal hygiene. The Bhagwat geeta has elucidated in detail the three varieties of food vs. Satvik, Tamsik and Rajsik and it's effect on human body and mind.

Naturopathy or naturopathic medicine is a type of alternative medicine based on a belief in vitalism which posits that a special energy called vital energy or vital force guides bodily processes such as metabolism, reproduction growth and adaptation. The Naturopathy is derived from the Greek and Latin and laterally translates as nature disease,

Naturopathic practitioners are split into two groups. Traditional naturopaths and naturopathic physicians. Naturopathic physicians employ the principles of naturopathy within the context of conventional medical practises. Naturopathy comprises many different treatment modalities of varying degree of acceptance by the conventional medical community. Naturopathic physicians employ an application of healing practices including diet and clinical nutrition, homeopathy, acupuncture, herbal medicine, hydrotherapy (the use of water in a range of temperatures and methods of applications), spinal and soft tissue manipulation.



Naturopathic medicine is used primarily for treating chronic illness. When a person is suffering a long term illness, naturopathic medicine seeks to discover the cause of the problem. Once the cause is discovered a naturopathic doctor will work with the patient to develop a life style that will restore balance. A neuropathic doctor will work with a patient to develop a system of treatments. This may include meditation diet and relaxation as well as natural and holistic medical treatments. The naturopathic philosophy believes that the body will naturally return to a state of health if given the proper support and assistance.

#### Principles of Naturopathy

There are six principles of naturopathy that naturopathic doctors observe. They are let nature heal, identify and treat cause, first do no harm, educate patients, treat the whole person and prevent illness. These six principles guide the doctor and the patient towards finding a natural, balanced gentle treatment system that will support the whole body. By treating the causes of a condition, rather than treating only the symptoms, the naturopathic doctor works to discover the root of the problem and gently after the cause of the disease. Naturopathy offer a solution of the condition that are often treated by a naturopath include fatigue, digestive disorders, difficult conceiving, food or pollen allergies, arthritis, hormonal imbalance or mood disorders.

#### D) YOGA

Yoga is a restraining the mind stuff (chitta) from taking various (vrittis).IT is a blue print of perfection. It can be considered as a program, a method and a philosophy. Fatigue, exhaustion etc. are avoided in yogic practice. The attempt through yoga is to keep the mind cheerful. Psychological, Physiological and emotional stress becomes a handicap for any payer during & before play. It is essential to help a player overcome such type of stress through Yoga. Yoga is one of the six orthodox systems of Indian philosophy. Patanjali Maharishi, the great yogi, divides the yoga into eight stages. They are

- A). Yama – Conditioned yoga behaviour, both personal and social.
- B). Niyama – self purification by discipline.
- C). Asana- Discipline of the physical body.
- D). Pranayama – Control over bio energy through respiratory action.
- E). Prathyahara – Withdrawal of the senses inwards through abstraction.
- F). Dharana – Concentration.
- G). Dhyana – Meditation and.
- H). Samadhi – Stage of universal, the union of soul to supreme power.

#### E) VITAMINS, MINERALS AND FOOD SUPPLEMENTS

Vitamins, minerals and supplements are not banned for use in sports. There are now a vast number of these products available, with multiple ingredients and chemical properties. However, one should be careful, while most of supplements & vitamins do not contain banned substances, one should always be aware of the risk involved due to the presence of any banned substance in these products.

##### Side Effects

Some vitamins and minerals can be toxic when taken in amounts several times higher than the recommended dose. Toxicity and adverse effects resulting from high doses are well documented for several nutrients. High doses of Vitamin A , for example, can cause skin rashes or extremely dry skin, hair loss, bone spurs, haemorrhages, bone and joint pain, bone fractures and liver damage. Possible harmful effects of too much Vitamin E include nausea, diarrhoea, headache, water soluble vitamins, such as the B complex and Vitamin C, have been shown to cause harmful effects in mega doses. As little as five times the recommended dose can cause toxic reactions for some nutrients.



#### F) ALLOPATH

Allopathic medicine is an expression commonly used by homeopaths and proponents of other forms of alternative medicine to refer to mainstream medical use of pharmacologically active agents. Basically, allopath is a system of medical practice that aims to combat disease by use of remedies (as drugs or surgery) producing effects. The traditional form of medical practice is often termed as allopath. Allopathy means a treatment “Opposing the suffering”. It is evidence based medicine and often referred to as modern medicine. The purpose of modern medicine is to relieve suffering. This is done by diagnosing the cause of suffering using skilled knowledge of history taking to know about the onset of the problem and also taking the aid of modern techniques and diagnostic tools like X-ray, blood tests, urine tests etc.

#### G) PHYSIOTHERAPY

Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability. It can also help to reduce your risk of injury or illness in the future. It takes a holistic approach that involves the patient directly in their own care. Physiotherapy can be helpful for people of all ages with a wide range of health conditions, including problems affecting the:

Bones, joints and soft tissue – such as back pain, neck pain, shoulder pain and sports injuries

Brain or nervous system – such as movement problems resulting from a stroke, multiple sclerosis (MS) or Parkinson's disease

Heart and circulation – such as rehabilitation after a heart attack

Lungs and breathing – such as chronic obstructive pulmonary disease (COPD) and cystic fibrosis.

Physiotherapy can improve your physical activity while helping you to prevent further injuries. Physiotherapy is provided by specially trained and regulated practitioners called physiotherapists. Physiotherapists often work as part of a multidisciplinary team in various areas of medicine and settings, including:

Hospitals

Community health centres or clinics

Some GP surgeries

Some sports teams, clubs, charities and workplaces

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