

Short Communication

Integrated Use of Ayurveda and Chinese Traditional Medicine for Management of Patient: A Startup Concept for Integrated Modern and Complementary Medicine

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Abstract: The integrated use of traditional medicine and modern medicine is interesting and proven useful in the present clinical practice. Here, the author discuss on the combined use of Ayurveda and Chinese traditional medicine for management of patient. The combination of various traditional medicine practices with modern Western medicine becomes an interesting issue in pharmacological management of the patient.

Keywords: tradition, modern, medicine, Chinese, Ayurveda.

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The use of alternative medicine system is widely seen worldwide. The patient usually has the alternative complementary and alternative (CAM) drug for management of the medical problem. The CAM regimen is common in Asia and Africa where there are very long history of medicine. The use of CAM is interesting. In the modern concept, integration of CAM with modern medicine might be useful for management of patient (Halevy, 2011; Zhang *et al.*, 2011). In Indochina, there are also existed of many CAM regimens that are derived from both China and India, the two important origins of CAM of the world. The integration of the use of Indian Ayurveda and Chinese traditional medicine along with modern treatment is the new concept that should be discussed.

How to integrate is the interesting issue. First, the practitioner has to recognize and percept the usefulness of CAM. The important knowledge is on the clinical pharmacology. Effect of CAM regimens has to be known. The drug interaction must be realized, similar to the modern Western medicine practice. At present, promotion of integration can be seen in several countries. In Indochina, Thailand is country that promotes CAM. The specific Thai medicine and Chinese tradition medicine are officially registered. The

management of the patient might be by several CAM with modern Western medicine. For example, a case of cerebral stroke with underlying diabetes mellitus is managed by modern stroke management guideline plus with the use of Brahmi, an important Ayurveda regimen for neurological problem and Linzhi, an important Chinese traditional herb for management of underlying metabolic problem. The patient and cousins usually feel good to the integrated therapy with hope for good outcome. The way that the practitioners use all available pharmacological resources for health management is warranted for the advantages. The use of CAM can promote local wisdom as well as help manage the medical cost for therapy.

In addition to the proven usefulness of CAM, the use of integration can help increase the attachment of the patient to therapy. Psychologically, the local people usually percept a more safe outcome of using CAM comparing to modern Western drug

Conflict of interest

None

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