

Alternative Medicine - It's Current Need

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Opinion

There is no pill for every ill, definitely there is an ill following every pill. In modern medicine instead of considering human body as a whole, if we consider as parts and treat with reductionist chemical drugs yield adverse effects. Adverse drug reactions are the major killer in the world. Any reductionist chemical drug we take, it will go to the liver for detoxification, is known as first pass effect causes adverse drug reactions. Human body has excellent mechanisms to combat against any diseases. Whereas in case of alternative medicine such as Ayurveda, homeopathy, naturopathy, Unani, siddha acts friendly with human body to uplift the immune system without adverse effects [1,2].

Human environment is the important cause for majority of diseases. Human mind is the important part of the human environment. Human mind is a canvas on which human thoughts are projected. Human mind is a holographic representation of the human body. Chronic psychological stress, hatred, jealousy, depression, frustration are the causes for many diseases from common cold to cancer through release of catecholamine's such as cortisol, ACTH, noradrenaline activates inflammatory mediators such as IL-1, TNF- α , and IL-6, which further activates NF-KB and STAT-3 key transcription factors involved in cancer, autoimmune diseases, infectious diseases, Alzheimer's disease, diabetes, and hypertension.

A modern reductionist chemical drug kills the symbiotic friendly microorganisms in the human gut, which is a main guard of human immune system. Certain medicinal plants, herbs are used in management of various diseases acts friendly with human body without adverse effects. Ginger, garlic, pepper are potent antiviral activity and immune stimulatory activity. Curcumin is a potent anti-inflammatory activity [1,2].

Endorphins are endogenous morphine produced during pranayama, yoga, mindful meditation, music therapy, massage therapy, intense physical exercise. Beta-endorphin is an abundant endorphin, more potent than morphine, synthesized and stored in the anterior pituitary gland. Endorphin receptors are situated on the nervous system and immune cells. Beta-endorphin has got potent analgesic activity by Substance P neurotransmitter of pain in the peripheral nervous system and inhibiting GABA inhibitory neurotransmitter, producing dopamine neurotransmitter in the central nervous system. Anti-inflammatory activity by producing anti-inflammatory cytokines such as IFN- γ , IL-10, IL-18 and inhibiting substance P a neurotransmitter of inflammation. Immune stimulatory activity by binding of beta-endorphin to its μ receptors situated on the innate and adaptive immune cells results in release of opsonin, granzyme-B, and IFN- γ involved in anti-viral activity, immune stimulatory activity, and anti-tumor activity. Stress buster activity (Tranquility of mind) by production of dopamine after binding of beta-endorphin to the μ receptors situated on the central nervous system.

Beta-endorphin can be used for holistic preventive, therapeutic, health promotive, and palliative management of various diseases such as heart diseases, Alzheimer's disease, cancer, autoimmune diseases, infectious diseases, diabetes, and hypertension without adverse effects and cumbersome [3-8]. Currently we need alternative integrated medicine, which is holistic in management of various diseases by preventive, therapeutic, health promotive, and palliative health care without adverse effects and inexpensive.

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