

# Integrative Medicine for Holistic Health & Well-Being

William Selvamurthy<sup>1\*</sup> and Sneha Nair<sup>2</sup>

<sup>1</sup>Amity Science, Technology & Innovation Foundation (ASTIF), Amity Directorate of Science & Innovation, Amity University, Chhattisgarh and Chair Professor for Life Sciences, Uttar Pradesh, India

<sup>2</sup>Amity Science, Technology & Innovation Foundation (ASTIF), Uttar Pradesh, India

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*\*Corresponding Author:*

### William Selvamurthy

President – Amity Science, Technology & Innovation Foundation (ASTIF), Director General – Amity Directorate of Science & Innovation, Chancellor – Amity University, Chhattisgarh and Chair Professor for Life Sciences (Former Distinguished Scientist and Chief Controller R&D(LS), DRDO), Uttar Pradesh, India

Contact no: +91-9871372441

E-mail: wselvamurthy@amity.edu

The changing dynamics across the globe have led mankind to give utmost priority to life, longevity, and health. COVID has taught us to seek Holistic healthcare solutions which have saved many lives during the pandemic. India has the herculean task of taking care of its 1.4 billion population. The current focus of the country is not only to improve the curative potentials but also to address the importance of preventive and promotive aspects of health care.

**“Health is not just the absence of illness but also the state of one’s physical, mental, and social well-being.”**

The need of the hour is a patient-centered approach inclusive of conventional, complementary, and alternative therapies aiming to provide a patient with comprehensive care in a coordinated and evidence-based manner. Integrated medicine emphasizes on Man to Molecule approach considering the human body as a holistic entity. It combines the most cutting-edge knowledge and strength in each medical system giving a better perspective of the healthcare options available to a patient to treat a specific disease. Alternative systems, in contrast to contemporary medicine, use a more holistic approach with the goal of encouraging general wellness rather than concentrating solely on treating illness.

Integrated medicine is the key to precise diagnosis, effective treatment, palliative care, and permanent cure where modern healthcare techniques such as MRI, CT, PET, etc are utilized for diagnosis while the benefits of concepts of allopathic medicine are used for acute healthcare intervention. Additionally, patients may be made aware of the choices of undergoing Allopathy, Ayurveda, Siddha, Unani, Yoga & Naturopathy, Homeopathy, or any other treatment modality based on the guidance of the doctor after receiving the correct diagnosis using modern diagnostic tools and equipment. The patients and doctors work together to preserve health by considering lifestyle aspects including nutrition, exercise, sleep and rest quality, and interpersonal interactions.

The world is looking towards India as a Hub of Medical Tourism, and we have the knowledge and potential to harness the benefits of combining modern healthcare technologies with traditional medicine. India has a long history of practicing Traditional medicine, especially Ayurveda. The time is now opportune to create a Model Hospital where each health care provider is aware of the benefits of both modern as well as traditional medical practices and can bridge the gap to realize the dream of Holistic health for all.

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