



# Foundations of Medicine

## Alternate Systems of Medicine

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# Alternate Systems of Medicine

Complementary medicine, a diverse range of healing practices used alongside conventional medicine, has deep historical roots spanning cultures and centuries.

This holistic approach to health combines traditional wisdom with modern techniques, addressing the mind, body, and spirit for overall well-being.

**Indigenous Healing Practices:** Indigenous communities worldwide developed herbal medicine, spiritual rituals, and bodywork tailored to local environments and cultural beliefs.



**Chiropractic and Osteopathy:**  
Emerging in the late 19th century,  
these practices emphasized spinal  
alignment and musculoskeletal  
health.

## Homeopathy:

Founded by Samuel Hahnemann in the 18th century, homeopathy gained popularity for its individualized, natural remedies.

## Herbal Medicine:

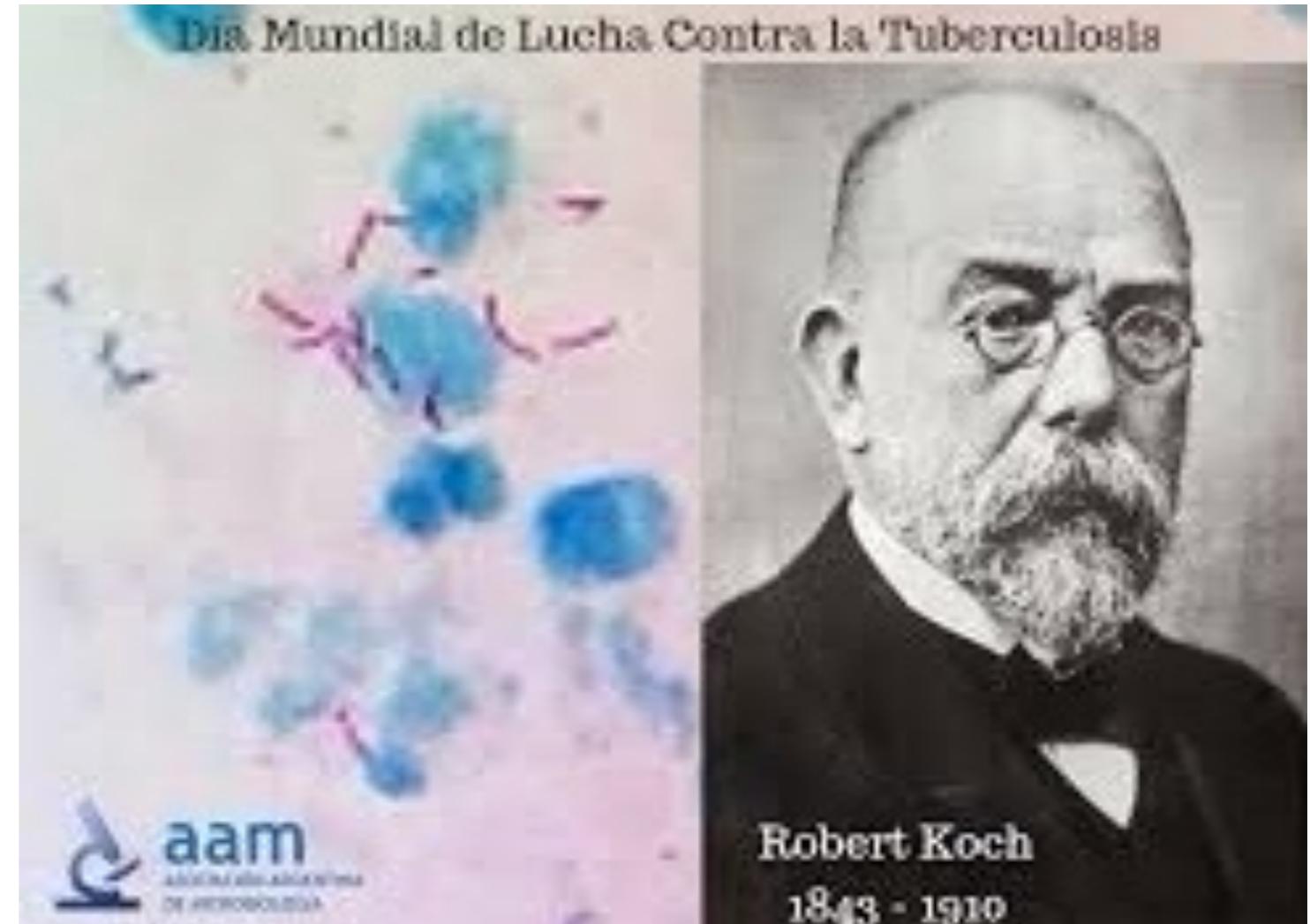
Herbal therapies were reexamined scientifically, with many traditional remedies becoming the basis for modern pharmaceuticals.

# The Modern Era

Wilhelm **Röntgen** (1845-1923) Innovations like X-rays and modern imaging techniques improved disease detection.

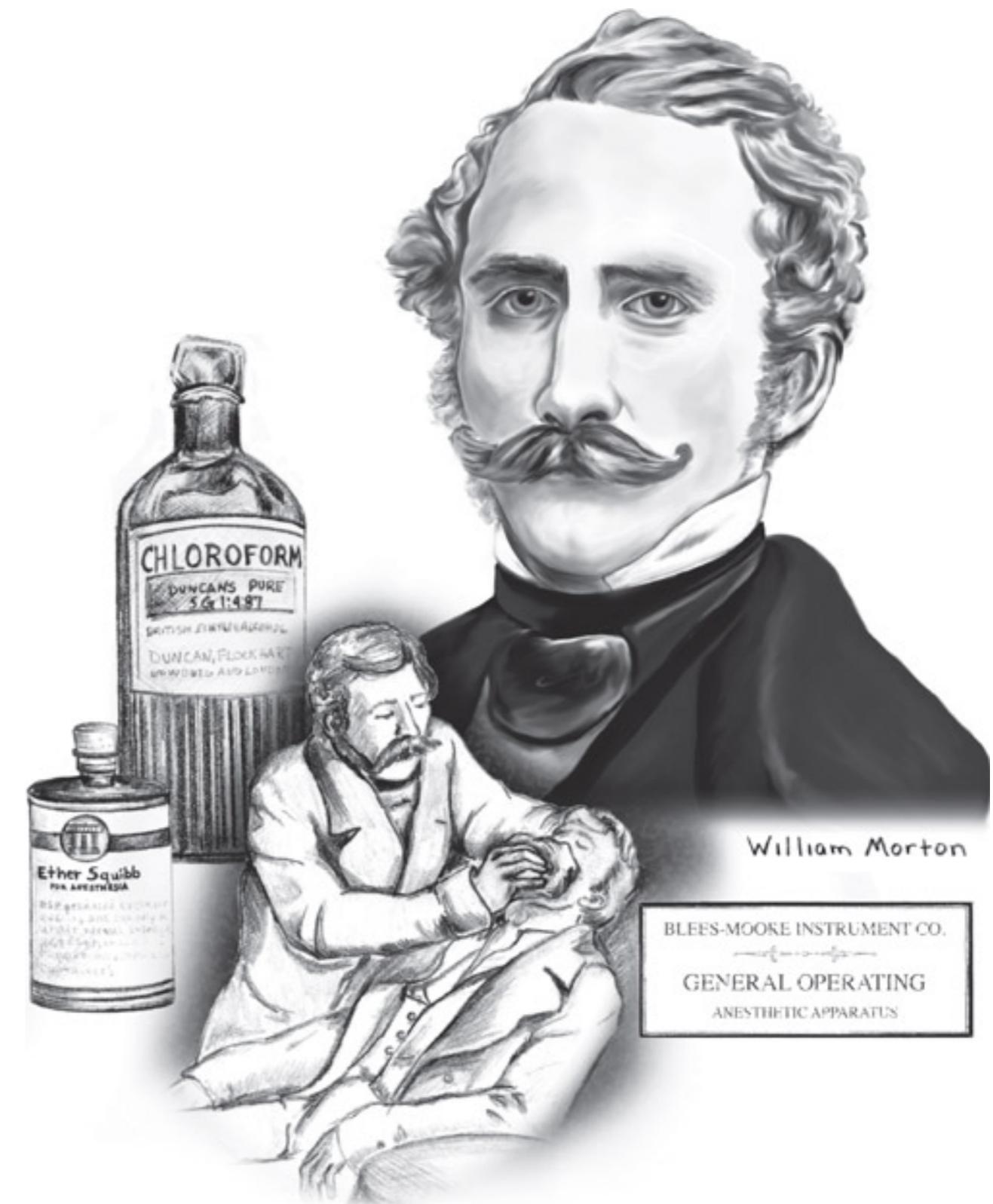


**Louis Pasteur** and **Robert Koch**, germ theory revolutionized the understanding of disease, leading to vaccines and antiseptic techniques.

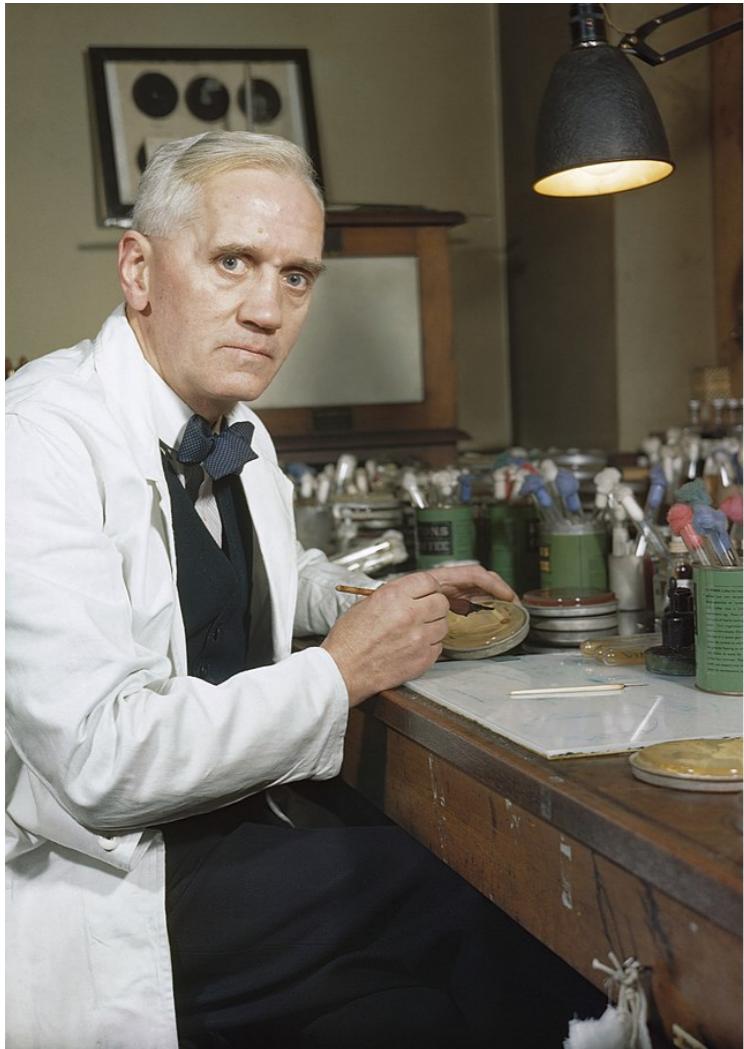


**Louis Pasteur**

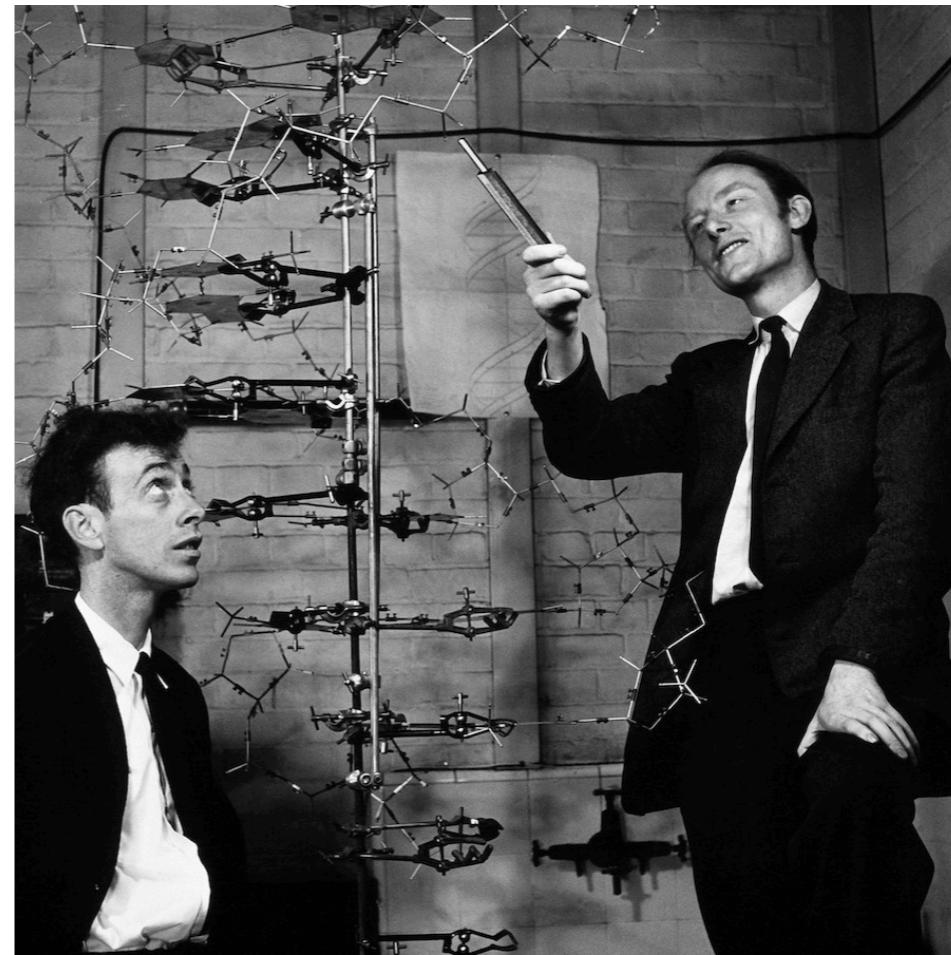
Anesthesia and aseptic procedures transformed surgery into a safer and more precise field.



The discovery of antibiotics, such as penicillin by **Alexander Fleming**, and other life-saving drugs marked a new era in treatment.



## Gregor Mendel



**Watson and Crick  
deduced the double helix structure of DNA**

Today, conventional medicine combines cutting-edge technology with evidence-based practices to diagnose and treat a wide range of conditions.

While it continues to face challenges, including access and affordability, its reliance on research and innovation makes it a cornerstone of global healthcare.

Complementary medicine continues to evolve, incorporating scientific research and technological advances.

As global interest in wellness grows, complementary practices play a vital role in preventive healthcare and chronic disease management.

In recent decades, complementary medicine has gained recognition as a valuable adjunct to conventional care.

The term “complementary and alternative medicine” (CAM) emerged, encompassing diverse therapies like acupuncture, massage, yoga, and mindfulness.

Evidence-based studies have demonstrated the efficacy of certain practices, leading to their integration into mainstream healthcare.

The 20th century marked a resurgence of interest in complementary medicine.

Dissatisfaction with purely biomedical approaches and a growing focus on wellness led to renewed appreciation for ancient healing traditions.

Institutions like the **World Health Organization (WHO)** and the National Center for Complementary and Integrative Health (NCCIH) advocate for the safe, informed use of complementary therapies.

Today, many hospitals and clinics offer **integrative medicine** programs **combining** the best of conventional and complementary care.

- Example: Use of acupuncture for pain management in modern hospitals.

