

## Natural medicine - advantages and disadvantages

Natural medicine is helpful in reducing ailments, but also focuses on preventing the development of many diseases. There are many types of alternative treatment, the therapeutic effect is shown by contact with music or nature, drinking herbal teas, compressing, and meditation. What are the pros and cons of natural medicine?

### 1. What is natural medicine?

Natural medicine can be considered complementary to classical medicine. It is used to build immunity, improve general well-being and broadly understood wellness. Natural healing methods include: herbal medicine, aromatherapy, apitherapy, acupuncture, acupressure, bioenergotherapy, homeopathy and elements of Eastern medicine (Ayurveda).

In the treatment of chronic diseases, the use of natural methods should be consulted with the attending physician. Only he is able to provide information whether a given method will support the leading treatment and will not have any side effects. Natural treatments include effects on the body and psyche. According to Ayurvedic principles, health is the balance of body and mind. Natural medicine places great emphasis on promoting a healthy lifestyle.



## Natural Medicine

It is based on many unconventional techniques of treatment and diagnosis. Of particular importance is the principle of "do no harm" by employing techniques that are generally free from side effects. Color therapy, music therapy, meditation, yoga and massages have a great influence on the functioning of the body and significantly improve the general well-being. Some health problems should be eliminated by reaching for medicinal herbs in the form of teas, infusions, compresses or inhalations.

For example, lemon balm tea helps with problems with insomnia and in reducing nervous tension. Fennel tea, on the other hand, works well for stomach disorders and flatulence. Apitherapy, i.e. treatment with honey and beekeeping products, effectively strengthens the body's immunity and prevents colds. She is extremely appreciated by young mothers and their children. Acupuncture, in turn, involves inserting needles into individual points of the body. It especially helps with pain ailments. Health is a reason to be happy and smile. It is worth taking care of them to enjoy life for many years.



### 2. Advantages of natural medicine

Traditional medicine perceives the disease as an element separate from the sick person. The growing trend towards specialization in traditional medicine has led to significant progress as well as distance to healthy body parts of patients.

The key to understanding the difference between traditional and modern medicine is the concept of the whole body and the person in natural medicine. The difference, then, is in the synthetic approach of natural medicine and the analytical approach of traditional medicine. Natural medicine practitioners pay attention to all dimensions of health - physical, mental and spiritual. A synthetic, holistic approach to health is the main reason for the popularity of natural medicine.

Due to the emphasis on healing the whole body, natural medicine practitioners often offer patients a lot of attention. Traditional doctors do not have this comfort. Natural medicine doctors, due to different philosophies and payment system, usually put more emphasis on an individual approach to the patient.