

*Alternative Therapies
for Medical Professionals*

Alternative Therapies for Medical Professionals

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DEDICATED TO...
THE ALMIGHTY GOD,
MY BELOVING PARENTS
AND FAMILY MEMBERS

PREFACE

Invocation of world welfare:

*“Sarve bhavantu sukhina; sarve santu niramaya;
Sarve bhadrani pasyanttu mu kascit du; khabhak bhavet.”*

Translation: May all be happy; may all be free from disease; may all see auspiciousness; let not anyone be a victim of affliction.

According to WHO definition “health is not only the absence of disease but also the physical, mental, social and spiritual wellbeing of an individual”. In this regard, alternative therapy has emerged as one of the potential means of improving the holistic health of the humankind. But, today with a sudden spurt of interest in alternative therapy, there are many unauthorized persons coming forward with false and potentially damaging claims about alternative therapy, which has brought this system of treatment under great disrepute. To clear these myths and many more this book provides easy and step-by-step approach to demystify the complex and often-misinterpreted concepts in this field.

The students and practitioners of alternative medicine at present have to rely on multiple and highly unorganized sources for accumulating information, leading to many doubts and ambiguities. This book solves the problem by providing easy and reliable information for any practitioners in the field of naturopathy, by integrating various sciences in alternative therapy under one roof. The author has collected the information provided in the book from various sources after thorough research and investigation. This book is unique in many ways with a list of many firsts attached to it. Broadly speaking the contents can be categorized into basic alternative therapies. The basic alternative therapies discuss in detail about standard procedures employed in naturopathy which includes 18 different types of Pranayamas (when most other books limit it to eight of them), the intricacies of various forms of Acupuncture, Heliotherapy, Mud Therapy, Ooze Therapy, 116 different oils for Aromatherapy, Chromotherapy with detailed explanation for Chromo diagnosis, Hydrotherapy, Magnetotherapy, Massage Therapy, Chiropractic, Osteopathy, step-by-step procedures to Shiatsu, Fasting Therapy, Diet therapy for obesity and hypertension, Juice Therapy and Gem Therapy featuring mode of application of Gems and its effects, Dance Therapy with emphasis on its physiological aspects, etc. It is the first book to write about music therapy, leaf therapy (effects of neem, aloe-vera) and Reiki with physiological effects of aura. Another salient feature of the book is the introduction of Neviya yoga (yoga of universal love) for therapeutic and holistic intervention for shaping the personality of an individual.

The section on advanced therapies includes an introduction to latest trends in alternative therapies until the time of publication which covers Craniosacral Therapy, Myotherapy, Trigger Point Therapy, Hippotherapy, Rolfing, Pilates, Prolotherapy, Sclerotherapy, Visceral Manipulation, Mechanical Link, Manual Lymph Drainage, Calisthenics, Muscle Energy Technique, Positional Release Therapy, Tai-Chin Chi Kung, Fasting Therapy, Reflexology, Aerial Yoga, Somato Emotional Release, Hydrotherapy, etc.

I hope this book will be a “one stop shop for all sciences in the field of alternative therapy”. In spite of thorough proofreading and editing, some printing errors may creep in. Your suggestions for further improvement of the book are welcome. To contact the author please e-mail at: naturopathist@india.com. To know about the author visiting www.neviyayoga.com.

ND Vishnu Vignesvaran

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This is my first and the foremost step as an author in this magnificent field of alternative therapy. At the outset I would like to thank the Almighty God for making my attempt a success. I thank my parents Mr G Nandagopalsamy and Mrs Desiammal and family members for having trust in my abilities and letting me do what I believed I can. I thank my beloved Dr Nevithana and Sumathi Manivannan for giving me constant encouragement and moral support when things seemed impossible.

It is my proud privilege to record my sincere gratitude to Dr EP Kumar for teaching me the right values during my graduation which bore the seed for a fruitful career in this fascinating field.

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