



Focus on Traditional Medicines

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Editorial

Nowadays we see that the diffusion of alternative medicines is quite important, but we might tend to refer this to the fact that they are associated with a relaxing atmosphere, full of philosophical ideas and of oriental mood, meditation, music and massages, somekind of changing environment for some time. Alternative medicines can be this too, but they are mainly a deeper and more explained way to describe our functions, and starting from this reaching an healing system really modern and better in some meanings than occidental medicine.

Studying occidental medicine at the university you approach and are in front of stress declined in many ways: how stress and pathogenous mechanisms lead to atherosclerosis, how stress can be basis to microorganisms diffusion and diseases, how stress is a key to tumor risk and pathogenesis and progression. But no one will tell you the distinction between stress and right life, between bad and good (choices to do), between salutogenesis and its whys.

On the contrary oriental medicines describe all this. If we think to ayurveda, meaning the science of good life, it at first tells the seven chakras, the seven centers of energy spreading into our body-mind unity. This is practical, not only philosophical. We really have nervous-energetic centers passing from CNS to periphery and they really have to be in balance to be ourselves in health. They are: two sacral, one abdominal (the solar plexus), the heart-thoracical center, the throat-speaking center, and the two

mind-spiritual ones. Actually we have such parasympathetical plexi, these discharging functions. And they have to be all in equilibrium. So we see that this is an important concept that ayurveda has, knows, teaches, tells while occidental science keeps this idea of the parasympathetical energy at a theoretical level. On the contrary recently we know that only if parasympathetic (from insula) is at the good amount of function we are in health condition. And all the parasympathetical centers have to be so.

Similarly the traditional chinese medicine has the five organs, leading all of them to the relative functions. But moreover it has another idea: that of energy to be in balance along the meridian from the center to periphery. This is also another great concept since in occidental world we tend to centralize energy: in brain since we are overactive and then in abdominal bowels and from this we develop the central obesity. On the contrary traditional chinese medicine bases on disperse energy from center to periphery and this is of great and effective impact on health.

We see that oriental practise is based on intuitive instinctive reasonings and ideas: we start from a peace condition and we see why this condition is altered. Not by chance the external pathogens for traditional chinese medicine are one of the causes of negativity. Other causes are stress, overworking, overactivity, negative emotions. For this reasons lifestyle becomes the key to solve and prevent everything.

If we have a wrong prevalence of the energy centers that could lead to diseases of some organs and districts, we have to find again inner body-mind peace to stay healthy. For sure acupuncture and ayurvedical remedies can help in a first stage, to feel better again, but what we have to do is choosing the best lifestyle.

Traditional medicines infact have some pillars like

1. Diet - it has to be focused on person's necessities according to people-type, to energetic needs (qi, yin, yang, jing), to seasons, to personal attitudes to food.
2. Physical activity - it has to be daily and regular, not stressing but calming and balancing the day distress into a re-equilibrium of the person, thanks to yoga and qi gong.
3. Meditation - mantra and zen are the way to the nirvana, the inner peace we all deserve and have to feel to have the right approach to life.

4. Life in general - right sleeping, living positive feeling with loved people, finding hobbies and liked activities, and so on.

We see that salutogenesis is the real focus of traditional medicines, while occidental world wants to find solutions to symptoms, without really understanding of why there is a problem and solutions to rebalance a lifestyle. Only recently we talk about positive psychology, dietotherapy, personal and mental training, affective life rebalancing, and of reward strategies leading to the right health and life choices.

I think that alternative traditional medicine should be rediscovered even at the light of reward system and salutogenesis basis, since all these disciplines are basis to better individual and social world life.