
NEW TRENDS IN MEDICINE

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Abstract

As a result of the technology effects on the real life, which are proved to be more damaging than useful for our health, we can see the increase of the interest natural life style and treatments. Alternative medicine (CAM) includes health care systems and medical ones, practices and products that are not included within traditional medicine. Complementary alternative medicine makes in its focus MAN, as a whole: body (anatomy, physiology) and soul (mental processes, behaviour, mentality, etc.). Christian medicine is based on the belief that man is a created being and the state of health or disease is depending on his relationship with God the Creator, that body and soul are interdependent and conditional upon each other as long as they are together

Statistics show that alternative medicine is in constant reappraisal. European reports mention that 30-50% of the allergic patients use alternative medicine, and 70% of the parents of children hospitalized in Intensive Care section considered that alternative medicine was useful in their therapy. Laine-Amara (1994) show an incidence of CAM treatments for 11% of children and 34% of adults, while between 1999 and 2006 there have been published 17 studies (on 902 patients) regarding the efficiency of bioresonance devices. Here not only the alternative medicine (in constant reappraisal, as we saw), but the health systems too, approach, at least conceptually, the notion of Christian medicine, although the quality of life for patients is mathematically calculated. These changes of optics on the patient/disease/medical care that mankind register, seem, unfortunately, to be determined by the demographic factors and medical progress. This is an area where physicians and patients, both need more information, all around the world and in Romania too.

Keywords: alternative medicine, health system

The philosophy of maintaining and getting back the health, has changed several times its accents, during the last decades, mostly based on the principle of not harming and less based on doing good.

This attitude is an argument in favour of an more and more ethical (Bioethics) responsibility. As a result of the technology effects on the real life, which are proved to be more damaging than useful for our health, we can see the increase of the interest natural life style and treatments [1].

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Alternative medicine (CAM) includes health care systems and medical ones, practices and products that are not included within traditional medicine. These therapeutic methods (phytotherapy, aromatherapy, dietotherapy, acupuncture, homeopathy, the treatment by biophysical methods) have some common traits: the use of remedies that are found in nature, are based on the body's own ability to react, effects deriving from the change in reactivity body therapy and not from combat symptoms, the procedures are not dangerous and have no adverse effects, are more effective in chronic diseases than in the acute ones and require a good knowledge of the patient in general [2].

Basically, complementary alternative medicine focuses on MAN as a whole: body (anatomy, physiology) and soul (mental processes, behaviour, mentality, etc.).

This is also the Christian vision, of a man created by God, as a whole, whose body sufference (diseases) may have spiritual causes. Therefore, we are in front of a concept: Christian medicine, based on the belief that man is a created being and the state of health or disease is depending on his relationship with God the Creator, that body and soul are interdependent and conditional upon each other as long as they are together. However, the eternal soul of man decides its eschatological evolution [3].

From the legal point of view, the Romanian Parliament tried, by law no. 118/2007, to organize the activities and practices of complementary/alternative medicine, to align them with other legal more modern systems. But this attempt has met many controversies and was called in the medical Romanian press: "A law against doctors and the citizens" [4] because it is imprecise and, instead of fixing and defining the concept of alternative medicine and its place in medical practice, increases the degree of confusion. We have such an amateurish landscape of activities which has nothing in common with the rigor imposed by medical practice, but that addresses patients and are provided by medical or not 'therapists'. Beyond the risks that a scam which targets people becomes involved in the health system, I want to point out another danger induced at this state: the compromising of CAM idea among health professionals, patients and public in general.

Abroad, there is CAM for medical diagnosis or for enhancing the conventional treatments. Although in specialized medical revues are far fewer studies about CAM than about the conventional therapies (e.g. the efficiency of bioresonance devices - MORA III device, the MORA Super device, BICOM and IMEDIS - between 1999-2006 were published 17 studies (on 902 patients) which draw attention to this technique [5]), the addressability patients is growing:

- According to National Health Institute (USA) 74.6% of the adults used CAM at a certain moment of their lives, and a public opinion poll in 2006 shows that almost 2/3 of adults aged over 50 years used CAM one way or another. The USA Congress gave even since 1994 over 2 millions dollars to Public Health Institute in order to verify the validity of Alternative

Medicine, and the European Health systems included today the Alternative Medicine in order to complement or add medical care in legal standards [6].

- In Europe, 30% of the allergic patients use CAM and in certain groups the percent reaches even 50% [7].
- A percentage of 11% children (and 34% adults) from 1911 subjects that have filed the questions of another study, declared that they have already used a treatment of Alternative Medicine. This fact made the study signatories to state: “Alternative Medicine is an aspect of Paediatrics which will not be ignored for long time. These practices will be at the physician’s disposal, in order to be discussed with parents, as possibility of consolidation of the traditional treatment.” [8]
- Other research specialists had the idea of questioning the parents of children in critical situation, within Intensive Care. The conclusion was that 70% considered alternative therapies as being complementary to intensive care, 23% found that alternative therapies are as important or more important than the conventional therapy, and 7% considered that alternative therapy is not important. However, this topic is considered a taboo topic in patient-physician relation, and subjects declared that they would like to have more information, but not coming from medical staff. [9]

In addition, it is interesting that health management systems working right now anywhere in the world focus on the parameter called ‘quality of life’, which represents the overall assessment of the individual.

Here not only the alternative medicine (in constant reappraisal, as we saw), but the health systems too, approach at least conceptually, the notion of Christian medicine, although the quality of life for patients is calculated mathematically taking into account the well-being, associated with events or living conditions.

It also comes on sight a new way to approach the effective health programs at Community level and the therapeutic effect on at individual level. The concept of quality of life is not restricted only to the health status, being considered in 3 dimensions: physical, psychological, social. So, the methods for measuring the quality of life at community/individual level have tools such as physical activity, physical pain, perception of health status, vitality, etc. [10].

These changes of optics on the patient/disease/medical care that mankind register seem, unfortunately, not to be determined by a growing religious consciousness or a more effective Christian education, but rather by the challenges of the current management health around the world which today are subject to a double impact: demographic factors and medical progress. A growing elderly population, where rarely is only one disease (usually are a few associated diseases), inevitably require more medical services and are financially loading the public health system.

However, no matter who causes it, is clear that the global integrative vision on man, healthy or illness, increasingly gain ground. In this case, when more and more patients are returning to alternative medicine, is for the best interest of the doctor-patient relationship, especially for general practitioners, to

be open to these new prospects [11]. But this opening should be marked by rigorous medical professionalism because this is an area where physicians and patients need both more information all around the world.

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