

COMBINING “COMPLEMENTARY MEDICINE” WITH WESTERN MEDICINE – DO WE GAIN SOMETHING?

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Ingrid Eckerman
MD, MPH, Specialized in Family Medicine
Swedish Doctors for the Environment
www.eckerman.nu, www.dnsy.se/lfm
ingrid@eckerman.nu

The Bhopal Gas Disaster

- At midnight Dec 3, 1984, at the Union Carbide pesticide plant In Bhopal, water entered the tank 610, containing 43 tonnes of methyl isocyanate (MIC). A runaway reaction started.
- 520,000 people were exposed to the gases, of whom 200,000 were below 15 years of age and 3,000 pregnant mothers.
- 8,000 died during the first weeks.
- More than 100,000 have permanent injuries.



Eckerman I. The Bhopal Saga – causes and consequences of the world's largest industrial disaster. Universities Press (India) Private Ltd, 2004.

Studied and reported long term effects on health

- **Eyes**

Chronic conjunctivitis, scars on cornea, corneal opacities, early cataracts

- **Respiratory tract**

Obstructive and/or restrictive disease, pulmonary fibrosis, aggravation of TB and chronic bronchitis

- **Neurological system**

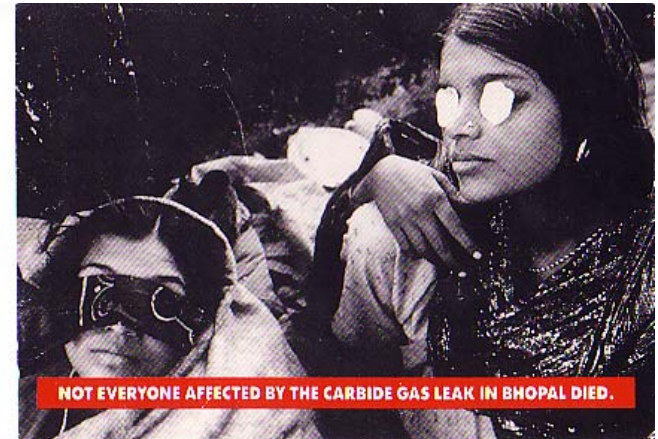
Impairment of memory, finer motor skills, numbness etc.

- **Psychological problems**

PTSD

- **Children's health**

Peri- and neonatal death rates increased.
Failure to grow, intellectual impairment etc.



Eckerman I. The Bhopal Saga – causes and consequences of the world's largest industrial disaster. Universities Press (India) Private Ltd, 2004.

Combining two systems

- At the Sambhavna Clinic, Ayurvedic medicine is used together with Allopathic (western) medicine to care for the victims.
- Ayurvedic medicine has many components that are difficult to accept for western educated physicians. There are elements that we can recognise and accept, like patient-centredness, the patient's role and the importance of lifestyle.

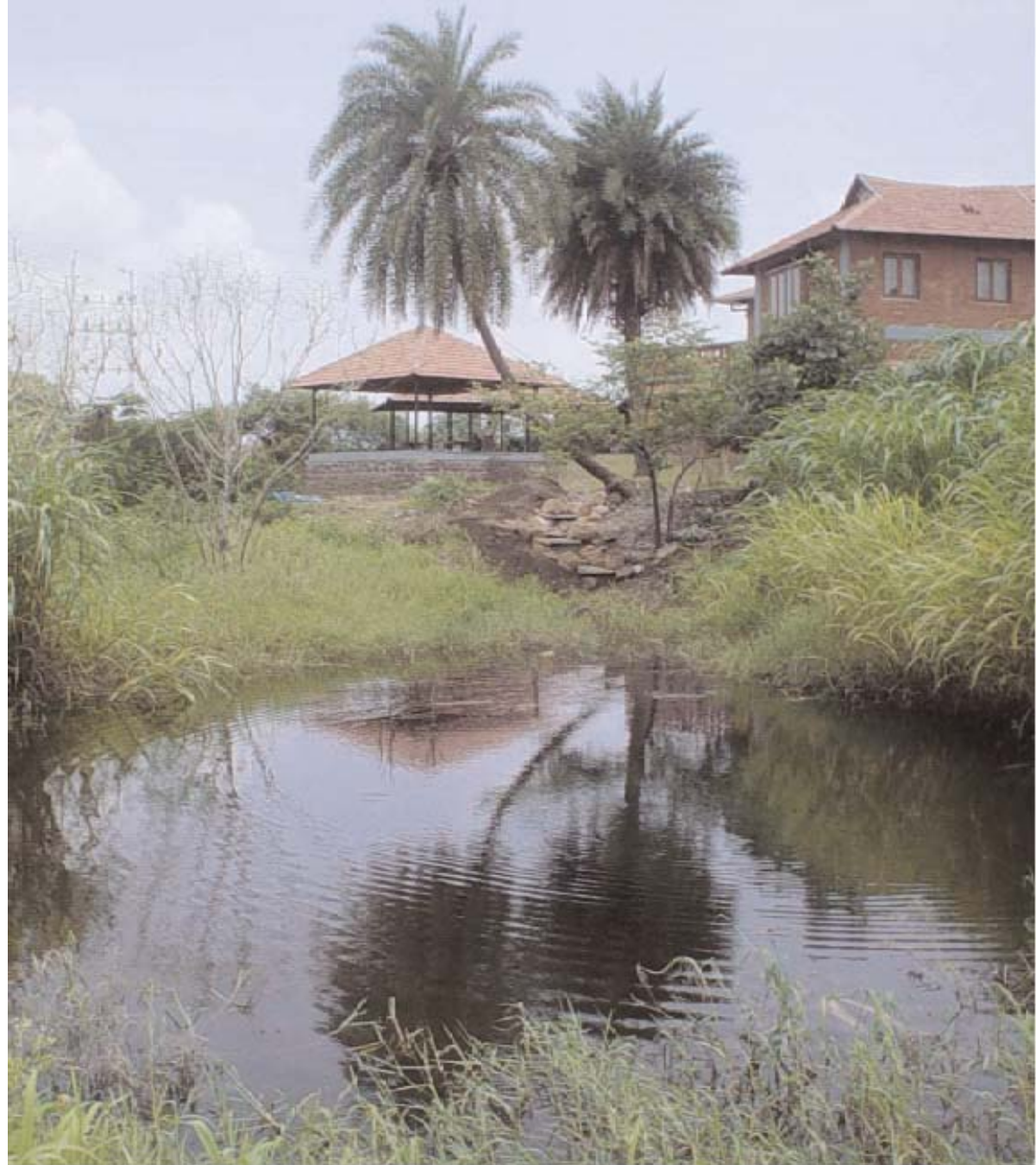
SAMBHAVNA

The new Sambhavna clinic is situated in a densely populated, polluted and noisy area.

It is built in traditional ecological materials, using natural air condition and solar energy.

The design is beautiful, in order to be health promoting.

In the garden, medical herbs are grown without any synthetic fertilizers or pesticides. There are birds, bees and butterflies.



Dr Kaiser,
the internalist



Dr Deshpande,
the Ayurvedic doctor



The line is long
in the mornings.



Yoga
instructions.



Good effect of ayurveda and yoga

Respiratory tract problems

Irritating cough

Common colds

Neuromuscular system
problems

Women's reproductive
system

Prolapse

Menstrual problems

Hypertension

Diabetes

Insomnia

Mental problems

Constipation

Diarrhoea

Sternal burning

Loss of appetite

Tiredness

Tingling

Urinary problems

Skin diseases

Arthralgia



Pharmacy for essential
allopathic drugs and
ayurvedic drygs.
Metals are not used.

Laboratory work
in cold January.



Referrals to Ayurveda and yoga

The internal physician refers

- Chronic arthralgia
- Gastrointestinal problems
- Cough and chronic breathlessness
- Hypertension
- Diabetes

The gynaecologist refers

- Young girls with menstrual problems
- Short-time bleeding problems
- Constipation
- Joint pains



Treatment with
herbs in oil



Positive experiences

- The allopathic doctors consider Ayurveda to be helpful for the patients, with no side-effects.
- Continuous ayurvedic treatment may reduce the need for allopathic medicines. This leads to fewer side-effects.
- Massage for joint pains can reduce the need for painkillers.
- Ayurvedic treatment is considerably cheaper than the allopathic medicines.
- Some of the herbal medicines are antioxidants.
- As the women spend 30 minutes in the yoga room, they get time to talk about their misery.

Limitations of Ayurveda

- Ayurveda is less effective for diabetes, hypertension, malaria, acute respiratory infection and severe bronchospasms.
- Women patients often have difficulties in leaving home for yoga instruction and also in finding space at home to do the exercises.

Difficult patients

- A patient, who is lamenting and complaining of “pains everywhere”, without real findings, might be sent first to yoga, then to the psychiatrist, and thereafter get treatment with placebo-like vitamins, iron and calcium.

Ayurvedic medicine

- **Paradigm:** Consciousness, energy (movement) and prana (the power behind the energy).
- **Five elements:** Ether, air, fire, water and earth.
- **Constitution:** A person's balance between vata (dry), pitta (hot) and kapha (cool).
- **Disease and illness:** Often conflicts between different states of matter. Ignorance leads to bad habits.
- **Diagnosis:** Direct observation of the body and personality of a person.
- **Treatment:** Correct living habits. Accept and love oneself. Food and herbs (oral and/or in oil massage) according to constitution. Cleansing, purification, breathing exercises, yoga, meditation.

Elements in Ayurvedic medicine

- Individuals are treated, not diseases. Every person is treated on the basis of his or her constitution.
- It is the individual, not the doctor, who has the power to preserve or gain his/her own health. The doctor shows the path.
- Self-knowledge and self-love are basic questions.
- Good living habits will reduce or eliminate the possibility of ailments occurring.

”Medicines work better when it
is given with love”

Old Ayurvedic saying.
Is this the ”Doctor Drug”?
Or placebo effect?

