

# Integrated medicine way to fight diseases: AYUSH director

## Officer stresses on combined method of medical systems in practice

**MYSORE:** Surging number of deaths owing to diabetes, obesity and heart attack has triggered a challenge before the experts to come out with a concerted method to fight the diseases; not just to cure it, but also to snuff it out at the core.

Director of Ayurveda Yoga Unani Sidda Homoeopathy (AYUSH) G N Srikantaiah on Tuesday emphasised on integrated medicine rather than depending on the particular medicinal practice. The integrated medicine is happening in western countries, besides China, the officer said.

He was speaking at the national seminar on 'Opportunities and challenges before traditional medicine system' organised jointly by AYUSH department and Global Alliance Of Traditional Health Systems (GATHS) Sri Dharmasthala Manjunatheswhara Institute for Management Development (SDM- IMD), and Mind Body Spirit Society of India (MBSSI).



**ISSUE:** (L- R) Dr N V Krishnamurthy, B R Pai, S R Parasuraman, G N Srikantaiah, Dr Gundu H R Rao, Dr Rangesh Paramesh and Dr Nagesh at a seminar on 'Opportunities and challenges before traditional medicine system' at SDM- IMD in Mysore on Tuesday. DH PHOTO

Declaring that AYUSH is one of the best systems of medicine, the officer wondered as to why majority of the people still rely on allopathy. He also clarified that he wasn't against allopathy.

Citing his own example, the officer said he has been using AYUSH for primitive health care for the past two decades. If others too follow the same method, they can treat themselves with medicines- mix of herbal and kitchen products,

without spending from their pockets.

Quoting a survey, the officer said that by 2020 India is going to be the capital of non-communicable diseases like obesity, diabetes, cardiac related problems among others to

name a few. Preceding this, the country has already emerged as the diabetes capital. All these startling facts moots effective use of traditional system of health care, that could be affordable to all.

### Traditional medicine

Dr Gundu H R Rao from Global Alliance Of Traditional Health Systems (GATHS) and Mind Body Spirit Society of India (MBSSI) said, traditional medicine should be made accessible, acceptable and affordable to all.

Referring to the system in practice in western nations, the expert said there is a data of symptoms and treatment procedure among others.

Head of discovery, Himalaya Drug Company, Dr Rangesh Paramesh, B R Pai, director, SDM- IMD, S R Parasuraman, District officer, AYUSH, Dr Nagesh, chairman of GATH, Dr N V Krishnamurthy and secretary GATHS and MBSSI Dr Poornima K Murthy were present.

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