

Figure 10.5.2. Holistic medicine

Database: Human Development

Link type: related concepts

Network nodes: 31

UIA database: <http://db.uia.org/scripts/sweb.dll/uiaf?DD=HU&CL=2&DR=H0581>



A system of medicine, encompassing a variety of new and not-so-new approaches, which has as its major tenets: health for the whole person; change in attitude conducive to healthy body chemistry and internal harmony; self-care and practitioner cooperation with the patient/client, rather than an authoritarian approach; careful diet and use of therapeutic plants rather than orthodox medicine; stimulation of the body's own healing processes rather than imposing external cures on it; discovering and removing the cause of ill health rather than treating the effects; the social and family context of health. The change in attitude to health and healing here implied, and the interrelation of body with mind and spirit, has led to the use of the term behavioural medicine, although holistic - implying "wholeness" or "whole person" - is more generally used. Techniques used include homeopathy, acupuncture, spiritual healing, esoteric healing, bioenergetics and gestalt therapy. Self-reliance and self-responsibility are emphasized, and the mind and body are treated as a single whole, taking cognizance of lifestyle, environment and spiritual development.