

Revived Article on Alternative Therapy for Cancer

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Abstract:- An alternative therapy is a remedies where the cancer related symptoms is relived, so that the patients feel better and also improves their health condition. In this revived article we discussed the meaning, types, guidelines, and helpful of complementary and alternative medicine along with the most popular alternative therapies. The result for this review so many researches carried out and it seems to be safe. It concludes that by using alternative therapies the quality of life will improve for the cancer patients. To motivate the open communication of Complementary and alternative medicine use by patients but oncologists should have more knowledge about the most popular remedies and also should know where to find correct information for themselves and for their patients.

I. INTRODUCTION

Complementary and alternative medicine are the different types of therapies and methods which includes such as massage, acupuncture, progressive muscle relaxation therapy etc. These are the therapies used by the cancer patients along with medical treatment. It is an integrated approach in healing and also may include practice such as yoga, herbal medicines etc. Compare to standard medicine or medical treatment the complementary and alternative medicine is very less expensive and less side effects. Complementary and alternative medicine is not a medicine which cures the cancer disease but it shows the effectiveness of reliving the symptoms related to cancer treatment and overall improves the health condition.

Complementary and alternative medicine Users the use of Complementary and alternative medicine for cancer is widespread. By various accounts, from less than 10% to more than 60% of cancer patients have used Complementary and alternative medicine. The Data monitor 2002 Survey indicated that 80% of cancer patients used an alternative or complementary modality.

II. WHAT DO YOU MEAN BY ALTERNATIVE THERAPY?

Alternative therapy is a complementary and alternative medicine and it is also a nonconventional approach towards healing. The meaning of complementary and alternative gives the same meaning but some difference is there in two therapies.

➤ *Complementary Medicine*

It is one of the therapy used to reduce symptoms and increases the quality of life. It is one of the standard method.

➤ *Alternative Medicine*

It is one of the therapy which is used apart from the standard treatment. Standard or conventional medicine is the treatment which is scientifically proved by various researches. So this type of medicine is safe to use.

III. TYPES OF CAM (COMPLEMENTARY AND ALTERNATIVE MEDICINE)

There are many types of CAM has been in practice today. They are as follows:

A. *Alternative Traditional Medicine:*

This form of treatment has been in the practice since for centuries. **Examples-** Acupuncture, Ayurveda, Homeopathy, Naturopathy etc.

B. *Body:*

This is an old type of medicine in the medical field. Touch is the main healing process of illness. With the help of hands gentle massaging will bring back to the original health without any guidance and precaution. **Examples-** Massage, Yoga, Body movement, Chiropractics etc.

C. *Herbs and Diet:*

Herbal and diet therapy play a important role in the nutritional well-being to balance the body from acute and chronic diseases. The simple diet play big role in the health of the individual. **Examples-** Vitamin supplements, Mineral supplements and Dietary supplements. Herbal medicine.

D. Electromagnetic Therapy:

By using the magnetic ways some pain stimuli can reduce and this directly impact on the health of individual.

Example- External energy

E. Mind:

The mind body connects each other and heals many diseases when the mind and the body totally healthy. This is also one of the standard medicines. **Examples-** Hypnosis, Meditation

F. Senses:

The senses like touch, sight, hearing, taste and smell plays a very excellent role in the health. By using these senses we can prevent some symptoms as well as diseases.

Examples- Music therapy, Art and Dance therapy, Guided imagery and aromatherapy

IV. GUIDELINES FOR STARTING COMPLEMENTARY AND ALTERNATIVE MEDICINE

- Consult the doctors before starting the therapies.
- Collecting information about therapies.
- Searching advantages and disadvantages of each therapies in the journals, internet, books, library etc.
- Asking the experiences with the individuals who has been used the therapies.

V. WHETHER ALTERNATIVE THERAPIES IS HELPFUL IN CANCER PATIENTS?

Cancer can not cure by any medicine. But by using alternative therapies the signs and symptoms related to cancer treatment like pain, stress, fatigue, anxiety, fear etc can reduce some extent and the patient may feel comfort and happy. Combination of treatment which you receive from the doctor for cancer along with that this alternative therapies plays role in the quick healing and feel better in the mind and body of the patient.

VI. EXAMPLES OF THE ALTERNATIVE THERAPIES WHICH HEALS THE SIGNS AND SYMPTOMS OF CANCER

- a) Relaxation techniques, Massage, Meditation, Hypnosis.
Ex: Reduces Anxiety
- b) Massage, Exercise, Yoga, Relaxation techniques. **Ex: Reduces Fatigue**
- c) Hypnosis, Aromatherapy, Music therapy, Acupuncture.
Ex: Reduces Nausea and Vomiting
- d) Acupuncture, Massage, Music therapy, Aromatherapy.
Ex: Reduces Pain
- e) Yoga, Exercise, Relaxation therapies. **Ex: Reduces Sleeping problems**
- f) Meditation, Massage, hypnosis, Yoga, Aromatherapy.
Ex: Reduces Stress

VII. MOST POPULAR 10 ALTERNATIVE TREATMENT OF CANCER

A. Acupuncture:

This procedure is done by the therapist who is having licensed in acupuncture therapy. This is performed by using sterile tinny needles on the pain areas, so that it relieves the pain related to cancer. Many studies have been proved.

B. Aromatherapy:

This therapy is also done by the practitioner. It is safe by using themselves. It is a procedure which is done by using aromatic oils for massaging such as lavender etc. It proved that by using aromatic smell the calming sensation is improves, feel fresh, free from stress and also reduces the nausea and pain.

C. Exercise:

This is a big remedy to relives the fatigue, stress, increases sleep and improves the health aspect which increases the life span of the cancer patients. Daily 30min mild and simple exercise helps the cancer patient to live longer with increased quality of life.

D. Hypnosis:

This is an important relaxation technique in which therapist hypnotizes the mind with the help of mild voice and thus helps in relaxing the mind. This therapy is mainly used to reduce the pain and stress in the cancer patients.

E. Massage:

This therapy is done by the therapist. The massage should be gentle and light. Several studies have shown that gentle massage for cancer patients reduces the pain, stress, fatigue, and tiredness, related to treatment of cancer. Precaution should be taken for massaging for cancer patients is- avoid the massage at the site, surgery site or any bone cancer patients.

F. Meditation:

It is a therapy which is consider as safe. This therapy is also done by own. It is a deep breathing with deep concentration of mind on some music, objects, or any thoughts. In cancer patients it is a best therapy which relives the anxiety and stress.

G. Music therapy:

In this therapy variety of music, songs, lyrics, or instruments can be used to divert the mind and control the stressful situations. It helps to relive pain and stress in cancer patients.

H. Relaxation techniques:

Relaxation techniques are the therapy which relaxes the mind and the stressed muscles. Examples of the relaxation technique are Progressive muscle relaxation. In cancer patients the relaxation techniques may help in reducing pain and stress.

I. Tai-Chi:

It is a type of exercise in which gently movement of the body and deep exercise is performed. This therapy can be instructed by the instructor once, then the remaining aspect is performed by their own.

J. Yoga:

This is a body stretching exercise with deep breathing in different actions. It relaxes the mind and body with the help of yoga therapist the cancer patients should perform the yoga according to their disease condition.

VIII. CONCLUSION

This review briefly describes the therapies which are used by cancer patients today it may be alternative or complementary therapies. So many alternative therapies are used to minimise the symptoms related to cancer and improves the quality of life. All the alternative medicine got evidence regarding the implications for oncologist and also reviewed for efficacy and safety for cancer patients.

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