



Medical Terminology: Language for Healthcare

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Chapter 23

Terms in Complementary and Alternative Medicine

Objectives

After studying this chapter, you will be able to:

- **Define complementary and alternative medicine.**
- **Describe some of the historical aspects of complementary and alternative medicine.**
- **List the five major classifications of complementary and alternative medicines.**

What is Complementary and Alternative Medicine?

- **Most medical practice in the United States is conventional medicine which includes most of what is learned in medical schools**
- **Practices used in combination with conventional medicine are called **complementary medicine****
- **Practices used instead of conventional medicine are called **alternative medicine****

History of Alternative Medicine

**Practiced around the world
for thousands of years.**

- acupuncture**
- medicinal herbs**
- physical healing**
- spiritual healing**

Types of Complementary and Alternative Medicine

Alternative medical systems, which are complete systems of theory and practice.

Mind-body interventions, which use the mind's capacity to affect bodily function and symptoms.

Biologically based therapies, use substances found in nature, such as herbs, foods, and vitamins.

Manipulative and body-based therapies, which are based on manipulation and/or movement of one or more parts of the body.

Energy therapies, which involve the use of energy fields.

Alternative Medicine

The four major alternative medicine systems

Homeopathic medicine



“like cures like”

Naturopathic medicine



**healing power
within the body**

**Traditional Chinese
medicine (TCM)**



**balance of yin and
yang**

Ayurveda



**body, mind, and
spirit combination**

Apply Your Knowledge

Meditation is commonly used in

A. Naturopathic medicine

B. Homeopathic medicine

C. Ayurveda

Ans. C. Ayurveda