DIFFERENT THERAPEUTIC MODALITIES - II

DR. SYED MERAJ AHMED

ASSOCIATE PROFESSOR

DEPARTMENT OF COMMUNITY MEDICINE

SPECIFIC LEARNING OBJECTIVES

At the end of this session the student should be able to:

Differentiate between pharmacological and non pharmacological therapies.

Define complementary alternative medicine (CAM) including homeopathy herbal medicine & spiritual therapy and discuss its clinical implications

Discuss the role of diet, nutrition and lifestyle changes in management of diseases.

**Pharmacological therapies**

In general terms, pharmacology is the science of drug action on biological systems.

Pharmacological therapy is medical care that involves the use of medications, either alone or in combination with other types of therapy.

It is based on the principles of how the human body affects individual drugs, how drugs affect the body, and how drugs interact with each other.

**Non pharmacological therapies**

Therapy that does not include medications is called non-pharmacological therapy.

This can include lifestyle changes, such as diet, exercise, and control of smoking and drinking alcohol.

Others include the use of patient education, cognitive behavioral therapy (CBT), relaxation, and music.

Non pharmacological therapies that may contribute to effective analgesia in palliative care settings

**Complementary and Alternative Medicine**