



THE ROLE OF COMPLEMENTARY AND ALTERNATIVE MEDICINE IN HEALTH PROMOTION

HOLISTICS HEALTH STRATEGIES

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THE YIN AND YANG



- ◉ In Chinese culture, are used to represent two opposing forces that are interconnected and interdependent in the natural world.
- ◉ Yin, symbolizing the earth, wet, passive, female, the darker or shaded area. associated with slow, soft, cold, and nighttime
- ◉ Yang, is white, symbolizing the sky, dry, active, male, sunlight, or lit area. Refers to fast, solid, hot, and daytime.
- ◉ In order to achieve balance, it is believed that these two forces must be equal.

THE HUMAN ENERGY FIELD



- ◉ The human energy field extends beyond the body (Krieger 1998) and interact with the environment (Rogers 1970) including energy of other people

EXAMPLES



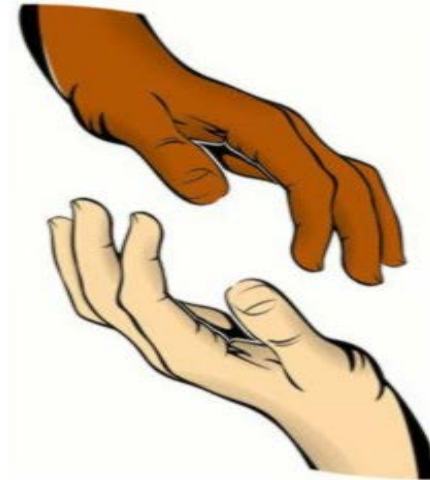
- ◉ Anxiety is contagious and moves quickly from person to person (Stuart 1998)



MEDICAL USES FOR THE ENERGY

- ◉ The energy of radiation to shrink tumors
- ◉ Sound energy to break up kidney stones (Bates 2000)
- ◉ Sound energy can be relaxing or stimulating
- ◉ Light energy in treating seasonal affective disorder (Staurt 1998)
- ◉ Cool lights increase fatigue and irritability (McKahan 1993)
- ◉ Color have an effect on emotions, behaviors and metabolism (Valdez & Mehrabian 1994)

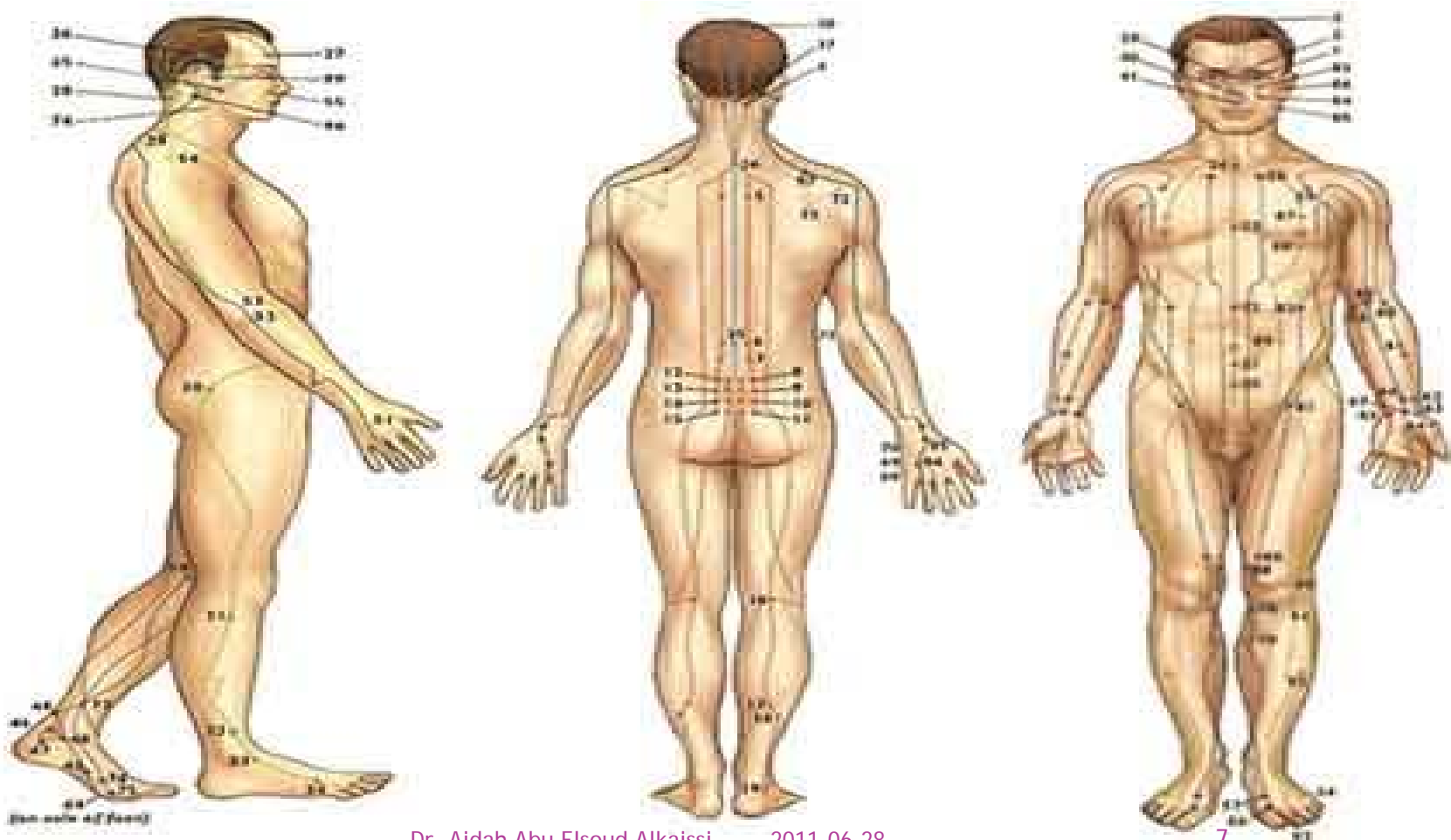
WHAT IS ENERGY



- ◉ Energy flows through the body, nourishes organs
- ◉ Chinese call this energy chi (qi)
- ◉ Some people have the ability to see the energy as it moves in and surrounds people

MERIDIANS

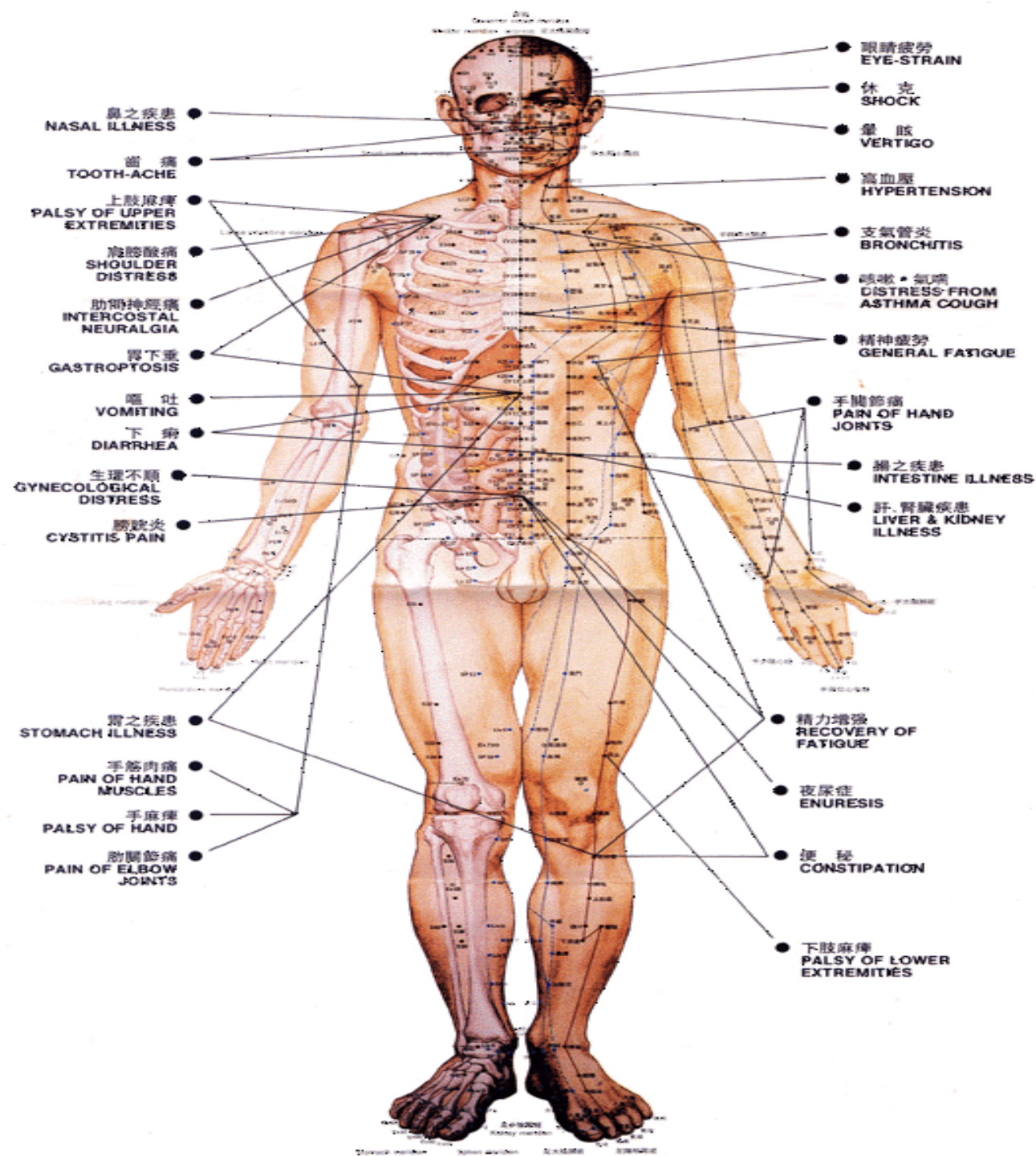
THE MERIDIANS OF THE HUMAN SUBTLE ENERGY SYSTEM ARE PATHWAYS THROUGH WHICH CHI (KI, PRANA, KUNDALINI) FLOWS IN OUR BODY AS SEEN IN THE ILLUSTRATIONS:



WHAT IS ENERGY

- ◉ Illness , stress, emotional upset , spittitual distress can affect the flow of life energy, the flow can become blocked, unbalanced or chaotic
- ◉ There are some of modalities to release blochages and rebalance body energies

ACUPUNCTURE
MANIPULATES
LIFE ENERGY
(CHI) BY
STIMULATING
MAPPED
POINTS ON THE
SKIN SURFACE



STIMULATION OF ACUPUNCTURE POINTS BY INSERTING FINE NEEDLES INTO THE POINTS HELPING TO KEEP BODY, MIND AND SPIRIT IN HARMONEY (COHEN 1996)



ELECTROSTIMULATION



ACUPUNCTURE IS USEFUL RX FOR:

- ◉ Substance abuse (Spencer & Jacobs 1999)
- ◉ Pain of fibromyalgia & musculoskeletal conditions (Berman et al 1999)
- ◉ Postoperative & chemotherapy induced nausea & vomiting & postoperative dental pain



– Vi har använt akupressur med gott resultat på anesthesi- och intensivvårdsklinikerna på Universitetssjukhuset i Linköping, berättar IVA-sjuksköterskan Aidah Alkaissi.



Tre fingrar från handloven, mellan ett par senor, finns P6-punkten som stimuleras med ett lätt tryck på cirka en centimetersdjup så att kroppen själv kan motverka illamående och hindra kräkningar.

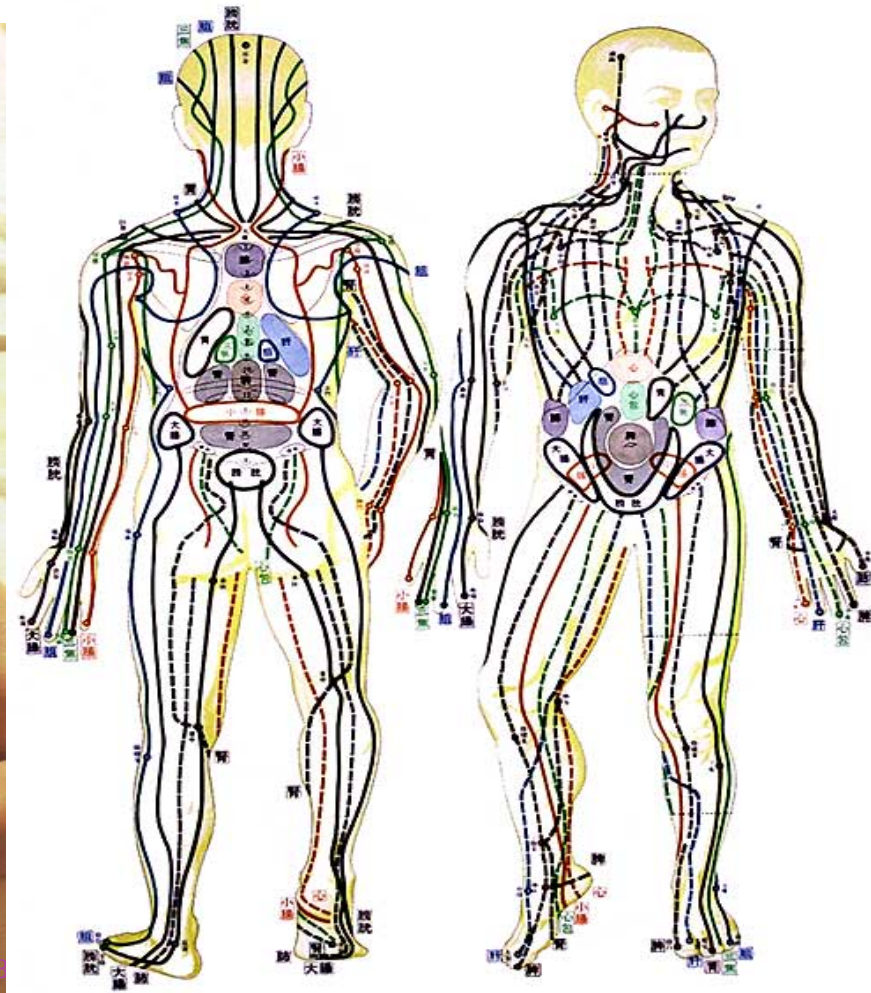
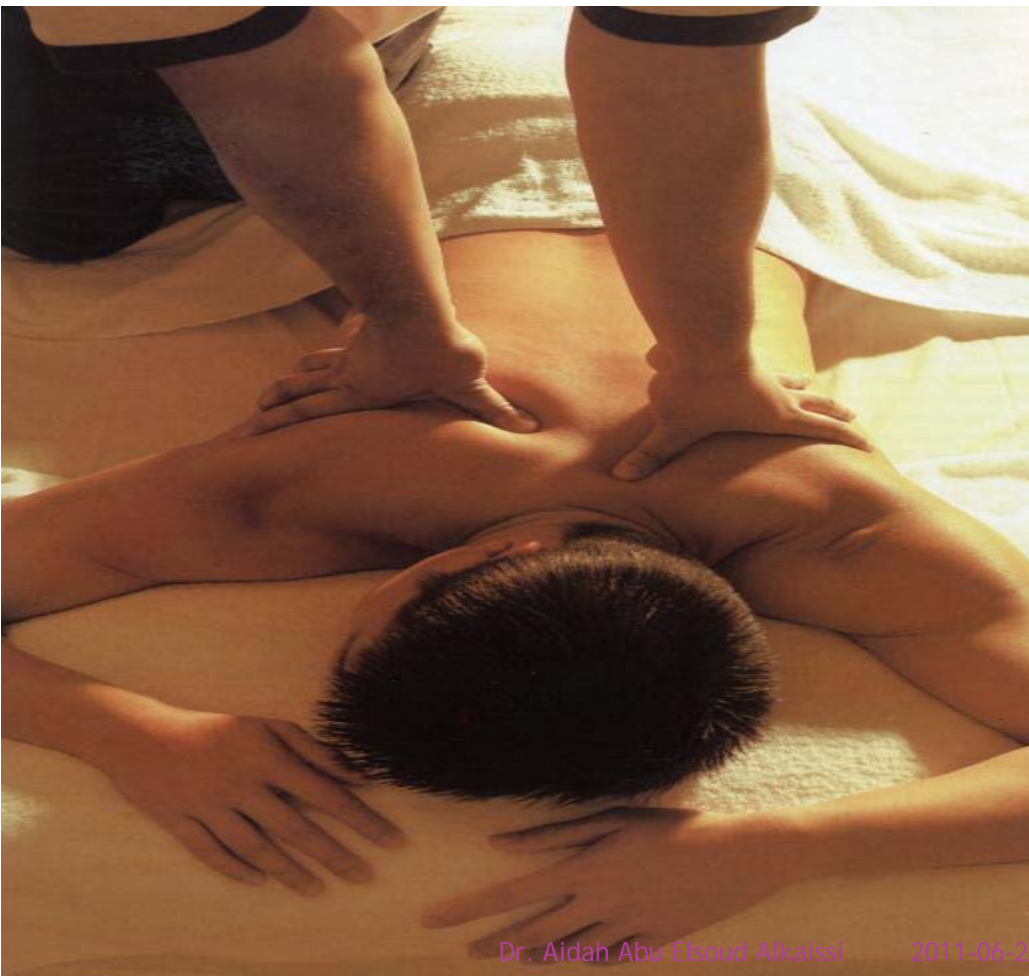
ACUPRESSURE STIMULATING OF ACUPUNCTURE POINTS BY PRESSING, RUBBING , SQUEEZING AND STRETCHING

- ◉ Amma therapy (therapeutic massage) & shiatsu are versions of acupressure (Knaster1996)

AMMA COMBINES DEEP TISSUE MANIPULATION
WITH THE APPLICATION OF PRESSURE, FRICTION
AND TOUCH TO SPECIFIC POINTS, ENERGY
CHANNELS, MUSCLES, LIGAMENTS AND JOINTS



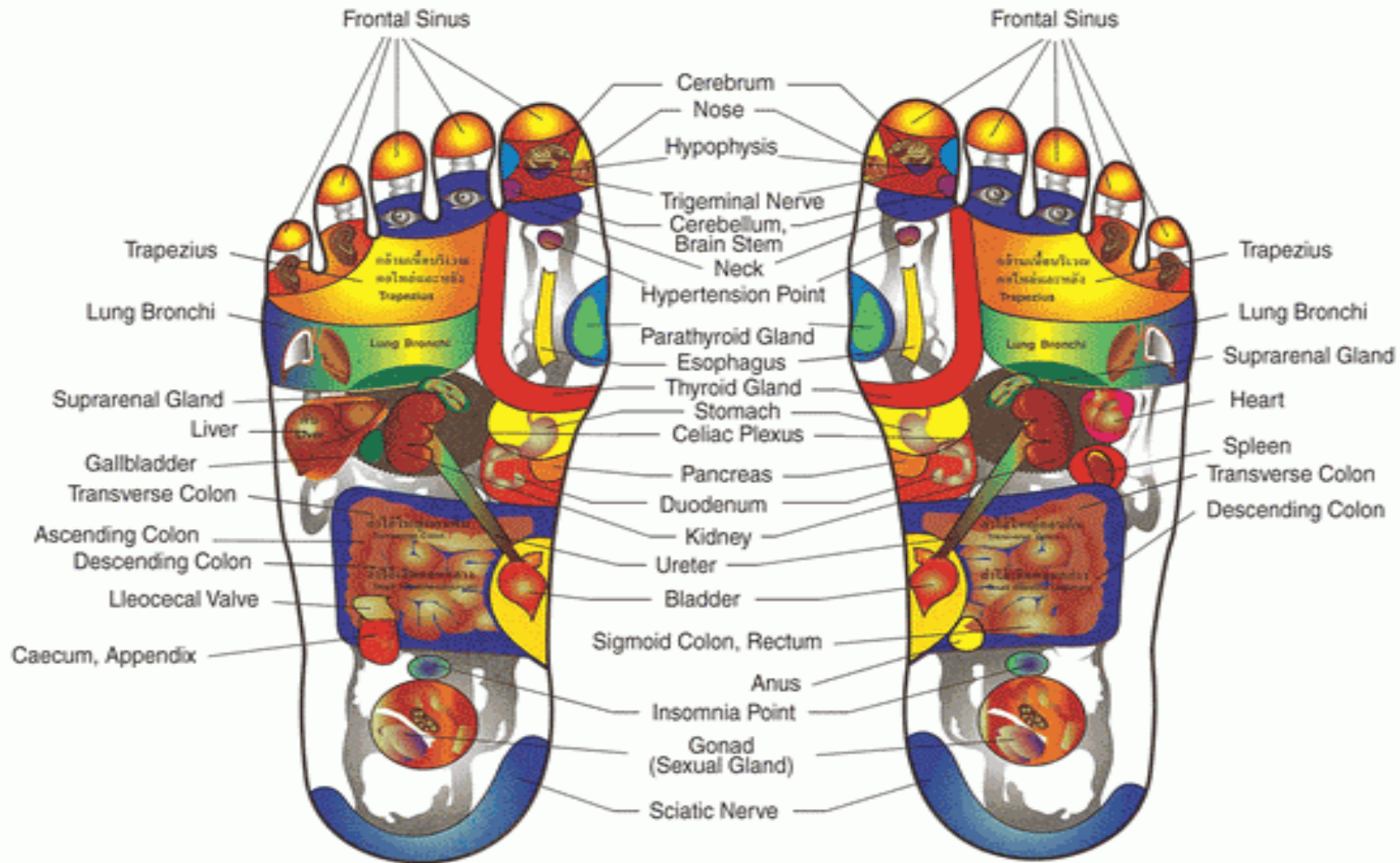
SHIATSU TRADITIONALLY APPLIED ON THE FLOOR AND FOLLOWING TUESBO, MERIDIAN LINES THROUGHOUT THE BODY, JAPANESE SHIATSU AIMS TO REBALANCE, RESTORE AND REVITALISE THE BODIES ENERGY PATHS. HIGHLY RELAXING AND RESTORATIVE, FINGER PRESSURE IS APPLIED TO TUESBO POINTS THROUGHOUT THE BODY, BASED ON EACH PERSONS NEED.

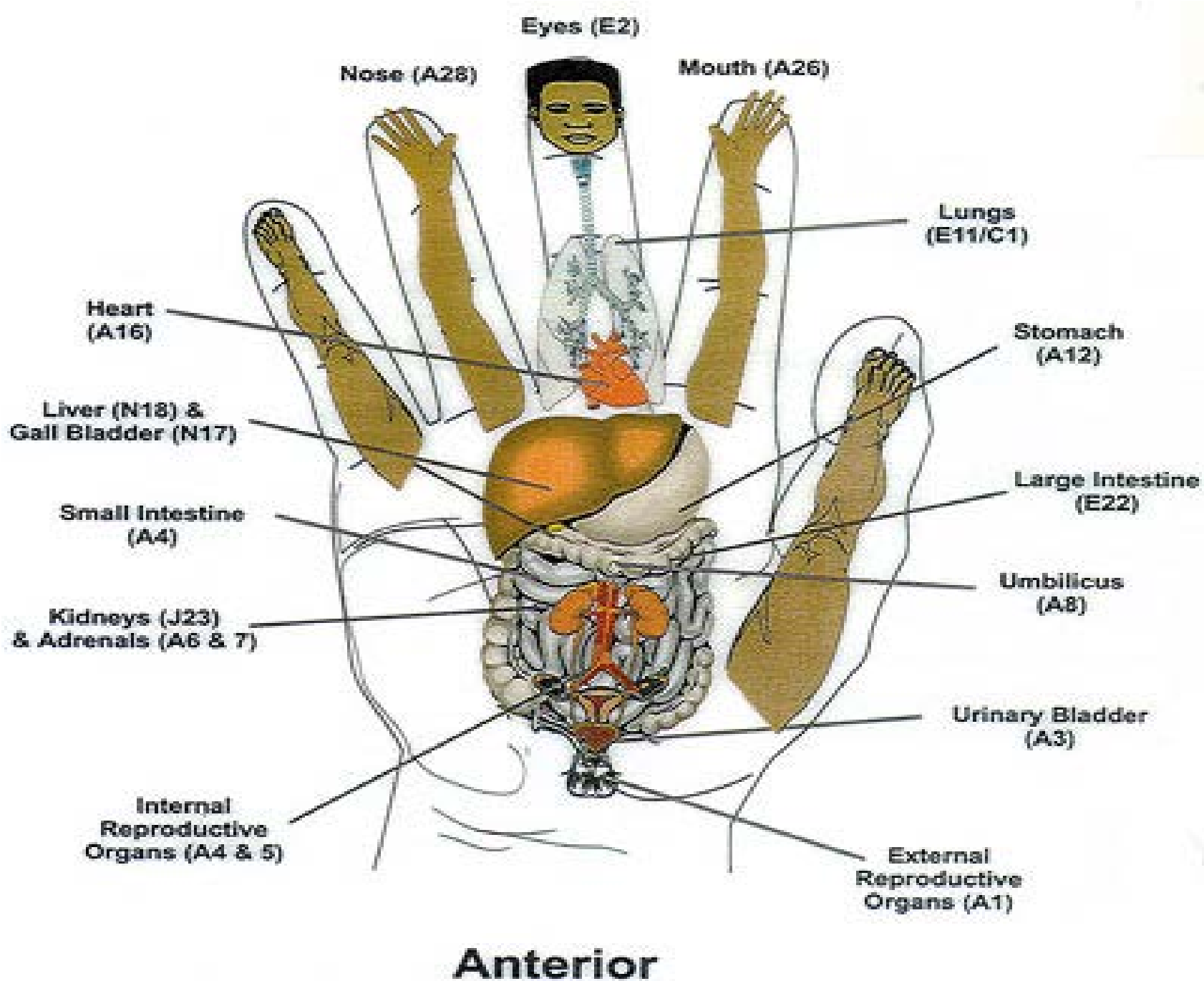


REFLEXOLOGY

- ◉ Moving energy by using hand pressure on the feet and hands
- ◉ Pressure is applied with the thumbs, pressing deeply into the point to release tension and stimulate circulation of blood, lymph and energy
- ◉ The points correspond to the organs of the body and that stimulating the points will stimulate the organs (Knaster1996)

REFLEXOLOGY





MOVEMENTS ARTS

- ◉ Gi Gong (Chee gung)
- ◉ Combines relaxed movements with a meditative aspect and controlled breathing to move Qi energy through the energy channels
- ◉ The goal of this technique is to balance, smooth and strengthen the individual's own Qi energy
- ◉ Wu et al (1999) found a significant decrease in pain and anxiety

QIGONG



TAI CHI

- ◉ Combines physical movement, breath control and meditation in a dance like sequence of poses based on the movement of animals
- ◉ One pose flows into the next in a slow, relaxed, gentle, unbroken rhythm
- ◉ The slowness of movement and focus on breathing brings an awareness of the moment-to-moment state of the body and produces a meditative state

SOME OF THE BENEFITS OF TAI CHI PRACTICE ARE:

- ◉ MENTAL, PHYSICAL AND EMOTIONAL WELLBEING
- ◉ STRESS REDUCTION
- ◉ BLOOD PRESSURE CONTROL
- ◉ IMPROVED CIRCULATION
- ◉ WEIGHT CONTROL
- ◉ BODY TONING
- ◉ INCREASED ENERGY AND ENDURANCE
- ◉ HEALING
- ◉ INCREASED CREATIVITY & INTUITION
- ◉ JOY & SERENITY

TAI CHI



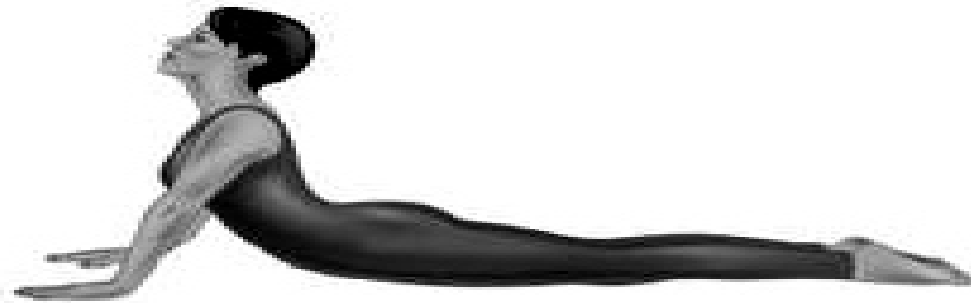
YOGA

- ◉ From the Hindu tradition- spiritual practice
- ◉ The word yoga means union and the system of yoga teaches the methods by which the individual can be joined to the Supreme Being and achieve liberation (Iyengar 1979)
- ◉ It reduces fatigue and soothe the nerves

YOGA



Tree



Cobra



Lotus (Half)



Triangle

MEDITATION

- ◉ A self directed practice for relaxing the body and calming the mind
- ◉ Involves the focusing of concentration on a single point. The focus of concentration can be a burning candle, a word, a phrase, a breath
- ◉ Can be practiced while sitting, walking or moving
- ◉ Focusing in peace increased happiness for people who practiced the meditation > 3 times/week

MEDITATION



PRAYER AND DISTANT HEALING

- ◉ People who prayed most frequently experienced better mental health compared with those who prayed less frequently (Harries et al 1999)
- ◉ Praying for others may be a form of distant healing (Targ 1999)
- ◉ Many who practice energy work believe that their efforts are effective overlong distances

GUIDED IMAGERY

- ◉ Imagination can have a positive influence on health
- ◉ Imagery can be used to promote a sense of well being and to help cope with stress, disease or pain (Schaub et al 2000)
- ◉ If the person special place is a beach, the practitioner might ask the individual to hear the water softly lapping at the pure, white sand (senses of hearing and sight) and to feel the warm sun falling softly on skin (sense of touch) as the smell of orange blossoms drifts through the air (sense of smell)

GUIDED IMAGERY

- ◉ In Kolcaba & Fox (1999) found significant increases in comfort among breast cancer patients receiving guided imagery intervention while undergoing radiation therapy
- ◉ Decrease in pain, anxiety, insomnia and fear were especially evident during the first 3 weeks of imagery therapy

GUIDED IMAGERY



MUSIC THERAPY

- ◉ Is the use of specific kinds of music to produce desired changes in behaviors, emotions and physiological process
- ◉ Music works as therapy by influencing the area of the brain involved with emotions and feelings, the limbic system (Guzetta 2000)
- ◉ Music can stimulate the release of endorphins, causing a change in brain receptor sites (McCraty et al 1998) which can change mood

MUSIC THERAPY

- ◉ Different types of music may be used therapeutically.
- ◉ (Guzetta 2000) reports that the classical music of Mozart and Bach improves concentration and memory
- ◉ Music of Baroque period gives a sense of safety and stability
- ◉ White (1999) examined the effects of music on MI patients, significant reduction in heart rate, respiratory rate, and oxygen demand were noted

MOZART



BACH



MASSAGE

- ◉ Massage contributed to increased relaxation, a sense of well being and positive mood changes (Smith et al 1999)
- ◉ Massage increased mobility, gave greater energy and promoted faster recovery
- ◉ Corely et al (1995) patients receiving back rubs had significant improvement in mood

AROMATHERAPY

- ◉ Using aromatic plant materials and the essential oils of plants
 - It acts on body chemistry when oil enter the bloodstream either through the lungs or through the skin
 - Act on the body system to sedate or stimulate
 - Affects the emotions when the essence is inhaled through the nose

AROMATHERAPY

- ◉ Added to the bath or used in adouche
- ◉ Mixed with carrier oil and used during massage
- ◉ Placed on cloth and applied as a compress
- ◉ Applied directly to injuries to speed healing
- ◉ Inhaled after vaporization (Lawless 1995)

AROMATHERAPY

- ◉ Oils that are useful for sleep promotion include chamomile, lavender, marjoram العترة نبات
- ◉ Peppermint, rose oils effective for chronic pain

CHAMOMILE OIL



LAVENDAR OIL



MARJORAM



PEPPERMINT OIL



ROSE OIL



PRESENCE

- ◉ The way people interact with one another can cause pain or promote healing
- ◉ Presence is "Being Available"

TOUCH WAS CARING RATHER THAN TASK ORIENTED



NURSES DID NOT MERELY HEAR THEY LISTENED



BEING THERE AND BEING WITH



THANK YOU

