

TRADITIONAL HEALING BY ZERO COST

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Abstract

This paper aims to depict the traditional healing system and zero price of treatment. This is a descriptive kind of research paper helps to reveal the concepts.

Keywords: *Traditional Healing, Yoga, Zero Cost*

Introduction

Traditional Healing is the oldest style of structured medication ready with the set of principles learned from the masters and medicines extracted from natural product. But this ancient Traditional Healing method has no philosophical base, as it is practiced over thousands of years consistently with the patients in a Trial and Error method. The technique is non-inheritable as it is the data of healer's understanding and skill. This traditional healing method is in practice in all cultures and religion to some extent as an indigenous medicine or folk medicine. These kinds of medicinal system are practiced since several thousands of years according to the country or culture or religion is concerned. Every country has its own traditional healing system and to name a few Arab has Unani; Britain has Herbalism; China has Acupuncture; France has Magnetic healing; Germany has Heilpraxis; Japan has Shiatsu and India has Ayurveda in the north and Siddha in the south. In India for Alternative Medicine they have a Ministry in the name of AYUSH, which comprises Ayurveda, Yoga, Unani, Siddha and Homoeopathy medical systems.

Traditional Healing also mentioned as Complementary and Alternative Medicine, which means, the form of medicine that is outside the regular or conventional medicine which is practiced most of the places nowadays. But normally it is used to mention to medicinal system which is other than allopathy. Some of the other famous Traditional Healing Methods are Aromatherapy, Bach Flower Remedies, Chromo therapy, Diet therapy, Hydrotherapy, Meditation, and Reiki.

Traditional healing method is majorly classified into 5 kinds.

1. Biologically-based practices
2. Manipulative and body-based approaches:
3. Mind-body medicine:
4. Energy medicine:
5. Alternative medical systems:

Biologically-based practices are the method with vitamin and mineral supplements, derived from animals and plants, and unconventional diets. Manipulative and body-based approaches include massage therapy and chiropractic medicine. Mind-body medicine includes spiritual, meditative yoga and relaxation techniques. Energy medicine includes or bioelectromagnetic-based or biofield interventions, such as Reiki. Alternative medical systems include acupuncture, homeopathic medicine and Ayurveda & Siddha.

Lower cost Therapies with Manpower and Material Assistance

Aromatherapy: Aromatherapy is a kind of massage with oil mixed with "essential oils" distilled from plants, which treats emotional disorders such as stress and anxiety as well as a wide range of other ailments.

Bach Flower Remedies: Remedies with Flower can supposedly alter the disharmonies of personality and emotional state that troubles from time to time. This therapy is named after Edward Bach, who devised this remedy system. These remedies are mostly aimed at curing emotional states rather than physical ones.

Color Therapy: The use of specific colour in the clothes (usually in the form of colored light over the object to reflect on the body) to produce beneficial or healing effects.

Gem Therapy: A relatively recent discovery in the field of alternative medicines, it involves the use of specific gems to treat specific ailments.

Magneto therapy: The art of healing by the application of natural and artificial magnets to the diseased parts of the human body. It is a clinical system by which human ailments are treated and cured through the application of magnets to the body of the patients.

Pyramid Healing: A potential healing method using pyramidal structures.

Zero Expenditure Healing Methods

In these Traditional Medicinal methods, Manipulative and body-based approaches like Massage and Varma; Mind-body medicine methods like Yoga, Tai-Chi and Zumba; and Energy medicine methods like Reiki and Pranic Healing can bring health in body with zero expenditure, where no external expenditure is involved other than consultation or advice and assistance by another person which is considered as free.

Zero Expenditure Diagnosis

Iridology

Diagnosis from Iridology is based on the analogy of iris of the eye, which is one of the most complicated tissue structures in the whole body. The iris reveals physiological conditions, strength and challenges of various organs. Due the assessment of toxic accumulations in various parts of the body, it is possible to analyze and understand the past, present, and potential future health conditions of various body systems.

Siddha

"Enn Vagaiththervu" means eight kind of Examination using Pulse, Body color, Voice, Eye, Voice, Touch, Urine & Stools.

S. No	Item	Vatham	Piththam	Kabam
1	Na - Tongu	Black	Yellow / Red	White
2	Varnam - Color	Dark	Yellow / Red	Pale
3	Kural - Voice	Normal	High-Pitch	Low-Pitch
4	Kann - Eyes	Muddy	Yellow / Red	Pale
5	Thodal - Touch	Dry	Warm	Chill
6	Malam - Stools	Black	Yellow	Pale
7	Neer - Urine: If the color of the early morning urine is Straw color indicates indigestion; Reddish-yellow color indicates heat; Saffron color indicates Jaundice; Resembles meat washed water indicates Renal disease.			
8	Naadi - Pulse: Pulse will be analyzed with reference to its speed.			

Zero Expenditure Healing Methods with Assistance

Varmam

The basic principle of Varmam Therapy is to normalize the flow of energy. The methods of Varmam treatment is classified as Energy based treatment; Vital air based treatment; Nervous system based treatment; Bone based treatment; Muscle based treatment; Internal organ based treatment. Varmam Therapy is a Pressure manipulation over the body at a certain point with a particular force for the specified time. This will regulate the flow of panic energy which is obstructed due to disease on some area of the body due to some causes. Varmam is capable of treating conditions like cervical spondylosis, Lumbar spondylosis, frozen shoulder, paraplegia and hemiplegia.

Masso Therapy

Masso therapy is one of the oldest, effective forms of medical care, which normally called as massage. It is considered a holistic therapy as it reduces the heart rate helping to relax all the muscles of the body. It also helps lower blood pressure, improves blood circulation, improves the lymphatic system, and increases the release of the body's natural painkillers. Massage therapy also helps to improve the functions of the muscular, circulatory, lymphatic, nervous and skeletal systems. It creates a stronger, healthier body that is able to quickly recover from illness and injury.

The rejuvenating effects of massage includes, Improved blood and fluid circulation all over the body, Increased oxygen flow, Enhanced elimination of body wastes, Improved muscle tone and Feeling of relief, relaxation and peacefulness. There are many different types of massage therapies available, each with their own style and purpose. Some therapies help tone and keep the body healthy while others work to relieve different types of pain and stress. Some of the more popular forms of massotherapy include deep tissue massage, sports massage, and Swedish massage, and trigger point therapy.

Acupressure

Acupressure is an ancient art which is older than thousands of years, and it is a traditional Chinese medicine. Today, Acupressure can be found in all parts of the world including India. This is kind of treatment that to find out the special places called acupoints, or acupressure points, that lie along meridians, or channels, in the body to provide the remedy for the particular disease. It is believed that through these invisible channels flows vital energy or a life force that connects meridians, specific organs or networks of organs, to organize the system of communication throughout the body. The meridians begin at the fingertip or any part of the body that connect to the brain, and then connect to an organ associated with a certain meridian to ease the part from disease.

Auricular, Reflexology & Su Jok

Regular acupressure points are brought into the points on the ear, feet and hands considering the part as the whole body. Pressure on these miniature parts produces a healing response in the corresponding body part. Healing with acupressure points in the ear is called as Auricular therapy. The healing system with the right/left foot or hand which corresponds to the right/left side of the body; the side of the foot or hand corresponds with the side of the body, and the insole or thumb side corresponds with the center of the body are called as Foot Reflexology and Su Jok. In Reflexology the toes relate to the top of the body and the heels to the bottom of the spine. In Su Jok, the hand matches the body in a similar manner. Pressure points for bones, muscles, and organs are found in these approximate areas. The soles and palms relate mostly to the back part of the body and the tops to the front.

Zero Expenditure Self Healing Methods

Tai-Chi

Tai chi is approximately 25 centuries-old Chinese martial art which involves a series of slow, meditative body movements that were originally designed for self-defense and to promote inner peace and calm. The movements in Tai-Chi use internal energy and movements are too subtle for most of the people to observe. In Traditional Chinese Medicine (TCM), human beings are considered miniature versions of the universe, and like the universe, they are thought to be made up of the constant interaction of five elements (metal, water, fire, wood, and earth). It is believed that these five elements flow in an interrelated manner throughout all the organs of the body as the five phases of universe. Like yoga, where many varieties of Tai Chi (qigong) have evolved over the centuries and there are more than 3,000 varieties of qigong and five major traditions: Taoist, Buddhist, Confucian, martial arts, and medical, and two major types: "soft" and "hard." Yang, wu, and tai chi chih are three of the most popular styles of tai chi. No matter which style you practice, it is believed that tai chi can delay aging and prolong life, increase flexibility,

strengthen muscles and tendons, and aid in the treatment of heart disease, high blood pressure, arthritis, digestive disorders, skin diseases, depression, cancer, and many other illnesses. Unfortunately, there hasn't been a good deal of scientific evidence to support these claims.

Zumba

Zumba is a dance form with Latin and international music with fast and slow rhythms. 150 minutes a week of Zumba dance, which is very similar to Aerobic exercise reduces health risks, keeps excess pounds at bay, strengthens the heart and boosts the mood and emotion with normal benefits as an aerobic exercise.

Yoga

Yoga is a visible part of India's culture, a spiritual practice, an alternative medical therapy and popular exercise too. Yoga is a Sanskrit term meaning to "Unite, Coordinate and Energize", which refers to proper integration of body, mind and spirit. Yoga is much more than an exercise system as extraordinary healing potential for mind and body. Yoga brings the structural imbalances in the body and also corrects the organic dysfunctions including hormonal and immune system disorders. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Yoga asanas build strength, flexibility and confidence.

Yoga is always suggested with Alternative Medicinal Systems like Siddha & Ayurveda along with the medical procedure, when the morbid advanced to certain stage. If the morbid is in te earlier stage, Yoga can cure the morbid in earlier stages without any medicine intake.

In 2014, Indian Prime Minister Narendra Modi suggested United Nations to celebrate June 21 as the International Yoga Day as it is the summer solistice; the longest day of the year in the Northern Hemisphere. Regular practice of yoga can help lose weight (Obesity), relieve stress (Depression), improve metabolism (Indigestion), maintain a healthier lifestyle without Diabetes, and Back Pain.

Obesity: The suggested asanas for obesity are Dhanurasana, Bhujangasana, Uddiyan-bandha, Hastapadasana, Halasana, Matsyendrasana, Mandukasana, Supta-Vajrasana, Paschimottanasana, and Ardha-Matsyendrasana

Depression: The prescribed asanas for depression are Yoga-Mudra, Shavasana, Hastapadasana, Parvatasana, Shirshasana, and Trikonasana

Indigestion: To bring back the digestion to normal track, along with having control on food and practice the asanas like, Lolasana, Katti-Chakrasana, Bhujangasana, Shavasana, Tadasana, Mayurasana, Halasana, Sarvangasana-1, Matsyendrasana, Yoga-Mudra, Vajrasana, and Mandukasana

Diabetes: The suggested asanas to secreate more insulin are Shavasana, Bhujangasana, Mayurasana, Halasana, Sarvangasana-1, Matsyendrasana, Yoga-Mudra, Mandukasana

Back Pain: The prescribed asanas for back pain and lower back pain are Dhanurasana, Setu-Bandha-Sarvangasana, Majrasana, Bhujangasana, Gomukhasana, Adva-Matsyasana, Shirshasana, Akaran-Dhanurasana, Sarvangasana-1, Chakrasana, Ardha-Matsyendrasana, and Matsyendrasana

Conclusion

People have used complementary and alternative medicine (CAM) practices for thousands of years in pursuit of health and well-being. Though the safety and effectiveness of a few CAM therapies are uncertain, the body manipulation methods and body based clinical approaches are very safe and effective also. CAM therapies and its medical systems are widely used and available in India along with dietary supplements and botanicals. But these mind-body medicine and therapeutic massage are really very effective to retain health and cost effective too.