

TOTAL INTEGRATED APPROACH TO HEALTH – PART 1 – ITS NEED

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The present state of medical practice is far from satisfactory. The cause of defects in medical practice can be traced to the defects in medical knowledge. These defects are in

1. The narrow concept of human being.
2. The lack of consideration of individual variations.
3. The restricted concept of illness.
4. The incomplete consideration of etiological factors (e.g. emphasizing the precipitating causes while ignoring the inherent causes).
5. The idea about treatment-
 - a) The emphasis seems to be on drugs alone, ignoring other methods.
 - b) The aim of treatment seems to be relief of symptoms rather than a cure.

Defective medical knowledge results in defective medical practice like-

1. Over attention to physical complaints and providing only symptomatic relief by management at the level of physical manifestations alone, ignoring the investigation and management of their true causes.
2. Over generalization of treatment methods rather than individualization.
3. Over specialization in management of specific illness with inability to give total care resulting into unnecessary referrals.
4. Inability to tackle "minor ailments".
5. Non-utilization of non-drug methods of treatment like psychotherapy.

In order to improve the present standard of medical care we must rectify these defects. The present day medical research aimed at discovering new facts or providing explanation from a restricted viewpoint is incapable of solving the above problems. A new approach based on wider perspective is needed to organize the available data into a coherent systematic body of knowledge incorporating broader concepts of composition of human being, of illness and of treatment. A plan for such a total and integrated approach is presented in part II.

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