

## **TOTAL INTEGRATED APPROACH TO HEALTH – PART II – A PROPOSAL**

*N.S. Bhatt, M.D. Parikh\*\*, R. R. Mistry\*\*\**

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In part I the defects in theory and practice of medicine were discussed. In part II a plan to rectify these defects is proposed. To improve medical care, medical knowledge needs to be improved. Therefore medical research must be concentrated on the development of a sound theoretical basis for medical practice; while applied research will have to wait.

This medical knowledge must be holistic i.e. it must take into account all the aspects of human existence viz. physical, mental and spiritual. Also it must be integrated i.e. it must consider and synthesis the data available in the various systems of medicine and other life sciences (viz. Ayurveda, Allopathy, Homeopathy, Hindu Philosophy etc.).

To evolve such a total and integrated theory, the following research methodology should be followed.

- (a) Extensive review of relevant literature to evolve a hypothesis.
- (b) Development of methods of assessment of various factors involved in the Hypothesis.
- (c) Experimental testing of the hypothesis evolved by the methods of assessment developed.

The methodology must be applied to develop a total integrated concept of composition of human being. This concept would serve as the basis of subsequent research aimed at better understanding about the nature and etiology of illnesses and the methods of treating them.

Armed with the theoretical knowledge so developed physicians would be able to give appropriate medical care to all patients. It is proposed that a center should be set up to execute the above plan. This center should cater solely to the research activity as outlined above. Later its scope can be expanded to include service to the people at large. Thereafter it can undertake the training of medical personnel in the total integrated system of medicine, while continuing the medical service, as well as research in allied aspects.

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*\* Dept. of Kayachikitsa, Smt. K. G. M. Punarvasu Ayurvedic College*

*\*\*Histopathologist & Cytologist, Dr. B. Nanavaty Hospital*

*\*\*\*Dept. of Psychiatry, G. S. Medical College & K.E.M. Hospital*

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