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Using Remedies

In this lesson we will learn about

Different healing systems like the allopathic and Indian System of Medicine (ISM),

Use of select allopathic medicines in primary care,

Abuse of injections and saline, avoiding overuse of medicines.

Different healing systems

Nature heals most illnesses. Our body has such healing properties—like the tree healing itself. We can help the process of healing with medicines. We need good nutrition for that.

We have many types of healing systems. The Angreji system is well known. Ayurveda employs herbal and other medicines. Sidhaa is a similar branch. Unani is also herbal system. Homeopathy uses very small dose of medicine in sugar based tablets. Naturopathy uses water, mud, diet etc for cures. Yoga also heals some illnesses. In acupressure and

acupuncture, special points on the body are used to cure health problems. In the village the traditional Baid uses herbal remedies.

We You will learn about some medicines in this programme.

The Allopathic system

About 300 allopathic medicines are essential for a hospital. For primary care we need very few medicines.

