



A REVIEW ON UNION THERAPY: DENOVO DIMENSION TOWARDS HEALTH ROLE IN INFECTION AND RESISTANCE

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ABSTRACT

Throughout history, religion, spirituality, magic witchcraft, occult is linked with the practice of medicine and every religion has a health deity for health and supernatural cause of disease linked to demons sprits Ironically religion is utilized for treatment at present globally and even world's leading medical institutions have religious roots. The word *religion* is derived from the Latin word *religare*, which means "to bind together." same is the concept of union therapy to bind or amalgamate different medical practices in constructive way for treating patient and providing accessible and affordable health care to the community because all medical therapies have same goal of treating disease possess religious background. This concept will help to revive and protect our rich medical heritage which is losing grounds at a rapid pace. It will provide a platform for union of past, present and novel medical knowledge so that best solution could be sought out by focusing on overall dimensions of health. It will help in dealing with presently untreatable diseases and palliative care. It will increase the access of medicine and cover health care gap by filling it with suitable synergistic and positive collaborations of past present and novel treatment modalities. In addition, gaps like economy and accessibility, equitably and quality in the remote areas will be tackled. Finally, it will give prospects for future research in areas of past medical systems which are unexplored and will aid to strengthen modern medicine.

Keywords Union therapy, Resistance, Infection, Therapy

INTRODUCTION

Approximately 150,000 years back humans emerged in eastern Africa and then migrated to various parts of the world and with the time till the end of the ice age they have migrated and settled all around the globe along with parasites which came along with men in the journey. Primitive parasites are grouped as heirlooms which are inherited and souvenirs that are acquired during process of evolution migration and agriculture. Development of settlements, communities enhanced transmission of infection among humans. Throughout history of the world infections and resistance had drastic impacts on the mankind¹. Evidence of infections have been reported from Egyptian mummies and in paintings of Egyptian Ereb Papyrus depicting poliomyelitis.²

Religion played a vital role in the birth of ancient medicine which encompasses the spiritual and religious aspects of the human mind in past the world, illness was linked with witchcraft, demons, adverse astralinfluence, or the will of gods. Hence in primitive cultures, magic religion and medicine were interlinked.^{3,4} The earliest form of cure was prayers to god and temples were places synonyms to modern hospital for health care. These comprised temples or places worship like temple of Saturn, Egyptian temples Greek and roman temples, Hindu temples, and Church. The common feature of every culture or religion was existence of deities of health based on their religious customs such as Lord Shiva, Brahma, Vishnu and Dhanvantri in Hinduism, Apollo, Zeus and Asclepius in Greek, deity-like fly in Babylonians, Jesus in Christianity, Buddha in Buddhism, Mercury in Greece, Allah in Islam, Torah in Hebrew this signifies the connection of religion with medicine. Spiritual practices were practiced in Mesopotamian medicine and hinduism.^{4,5} Ironically religion still plays vital role in the lives of many individuals. The relationship between religion and medicine is complex. Some

studies suggest "greater involvement in religion conveys more health-related benefits.⁶ Hence in spite of modern science religion plays a major role in medicine and health.^{4,5,6}

RELIGION, TRADITIONALMEDICINE- ORIGIN OF UNION THERAPY

With the time civilizations developed and stated using natural things like herbs, honey.⁷ Gradually knowledge about drugs was passed from generation to generation verbally in form of hymns which led to development of traditional system of medicine among all cultures of the world which is still practiced today in many areas of the world.⁸ In recent times in spite of modern medicine, traditional medicine is utilized by 65- 85% of the global population comprising both developing and developed nations.⁹ Major countries in Africa, Asia and America use traditional medicine like China, Ghana, Mali, Nigeria, Zambia, India. WHO estimates that in several African countries traditional birth attendants assist in a majority of births.This point certifies that irrespective of its origin traditional medicinesystems having religious roots still are globally a corner stone of primary healthcare delivery.¹⁰ Next feature is the integration between different medical system which is evident by the fact that while Indian system of medicine was flourishing in east, the Greeks were enhancing their medical knowledge by incorporating many Indian drugs in their medicine system which is evident through the literature by *dissocrates* which states Aloe, Indigo and therapeutic measures as application of leeches and antidote to snake bite was taken from Indian medical system. In addition, many compilations of Ayurveda tests were translated in other languages. Moreover in Gujarat during reign of Sher Shah Suri dedicated translation center was functional which translated Arabic and Sanskrit texts to persian.¹¹ Similarly medicine of Tibet compiled and merged the medical skills of the Shamanistic

religion with the medical system of India, China, Persia and Greece.⁴ This shows that there is a link and synergy in patterns of religions and beliefs followed like deity, magical dimension, supernatural element, disease interpretation pattern, ritualistic dimension in between different medical system since past but ironically at present they are viewed as separate entity and mutual inter connections between the different dimensions in spite of positive results are neglected in light of modern science. Surprisingly modern-day medicine definition of health is a state of complete physical mental and social wellbeing and not merely absence of disease. It has many dimensions. In modern medicine the spiritual, psychological and supernatural aspects are not focused which makes health care in complete as per definition of WHO.¹² Hence to combat these short comings a collaborative approach like union therapy directed towards positive treatment outcome and employing the cumulative role of past, present and novel treatment methods to bridge the gaps in treatment should be implemented where the patient is counseled and treated considering his religious or cultural belief hence making patient more acceptable and adherent to treatment. This approach favors all medicine systems, folk, indigenous, local, regional, beliefs, customs and the modern system having a positive outcome.¹³ With respect to resistance rational use of novel, modern, conventional and ancient treatment and methods for targeting antibiotic resistance could be employed through strategies like prudent of antibiotics, imparting awareness education, implementing hospital infection control programme, hand washing, good house hygiene, developing newer antibiotics, using combination therapy, vaccines, phage, probiotics, trace elements (selenium, zinc), phytochemicals, honey, cow urine and following healthy lifestyle because antibiotic resistance is a natural phenomenon following darwinism phenomena and is an in equitable consequence of antibiotic use and could only be controlled by rational use of medicine and methodologies.¹⁴

CONCLUSION

The main approach of this union therapy is synonymous with concept of religion which means “to bind together.” different therapies being practiced which show a positive outcome in overall treatment of patient along with covering all dimensions of patients health and maintain his faith in medicine system as psychology and positive frame of mind promotes healing and will improve the nature of continual care, and reform palliative care and promotes adherence which is a major factor in discontinuation and failure of treatment in modern times. Adherence format based on individualistic traits like life style, cultural social and religious terms will make treatment more individualistic, precise, specific, compatible and acceptable to patient and will improve adherence as well as the outcome of treatment. In addition, union therapy will cover the gaps of both economy and accessibility and make healthcare equitable in the remote areas. It will act as a support to modern medicine along with increasing the access of medicine by integrating the past and

modern medicine. Finally, it will give prospects for future research in areas of past medical systems which are unexplored and will aid to strengthen modern medicine.

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