

**Alternative medicines.**

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**ABSTRACT**

Alternative medicines cover a broad range of healing philosophies approaches and therapies. It provides powerful cure in treating depression, act as anesthetic, energizing the body's own healing power and offers hope for certain illness. For example: Herbal medicine, Homeopathy, Yoga therapy, Acupuncture and Ayurveda. Worldwide, only a ten to thirty percent of human health care is delivered by conventional biochemically oriented practitioners. The remaining seventy to ninety percent ranges from self care according to folk principles.

Herbal medicine is the most ancient form of healthcare known. Many drugs that are now considered conventional medications were originally derived from herbs. Homeopathy seeks to cure in accordance with natural laws of healing and uses medicine made from natural substances such as animal, vegetable and minerals. Yoga therapy to address mental and physical problems while integrating body and mind. Acupuncture is an ancient Chinese medicine, based on the idea that the body's energy must be able to flow smoothly through fourteen major energy channels. Ayurvedic medicine is a system of traditional medicine native to India. Twenty percent of ayurvedic treatments tested contained toxic level of heavy metals such as lead, mercury and arsenic. Others concerns include the use of herbs. Alternative medicines have little to no side effects and each remedy may serve multiple purposes.