The Holistic medical care for Deadly Non Communicable diseases

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The gravest health threats facing low- and middle-income countries are not the plagues, parasites, and blights that dominate the news cycle and international relief efforts. They are Non-communicable diseases (NCDs), primarily cardiovascular disease, chronic respiratory disease; diabetes and cancer are the account for the majority of global morbidity and mortality (Yach et al., 2004, Beaglehole and Yach, 2003).The world's global disease profile is changing to chronic, non-communicable diseases (NCDs). The community understands this and could address, but fails to take action against.

Most of these NCDs are often fuelled by multiple factors. Especially dramatic urbanisation, adoption of western life-style and health behaviours. Uses of tobacco and alcohol; insufficient intake of green vegetables and fruits; and consumption of packages food have added risk to the problems in developing countries.

According to WHO (World Health Organization, 2008), deaths attributable to communicable disease will approximately halved between 2004 and 2030 in low-income countries, while those attributable to more-chronic NCDs will nearly double. In the last decade, theprevalence of NCDs has been increasing in developing countries such as Brazil, India, China and Russia.

The chronic nature of NCDs means patients are sick and suffer longer and require more medical care. The resulting economic costs are high and escalating.

In the recent years there have been a growing interest in traditional, complementary and alternative medicine (TCAM); and its relevance in public health both in developed and developing countries. India has increasingly faced problem with a human resource crunch in health care due to over population. One potentially feasible solution to this human resource shortage in India and also to cost effectiveness in treatment is to mainstream alternative holistic

medicine . Thus, the National Rural Health Mission (NRHM) of the Government of India has adopted one of its keys mandate on mainstreaming of the Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy systemsunder an umbrella known as AYUSH in order to help solve the human resource shortage in Indian healthcare (Department of AYUSH, 2011).

Increasediversity, flexibility, easy accessibility, broad continuing acceptance and increasing popularity in developed countries, relative low cost, low levels of technological input, relative low side effects and growing economic importance are some of the positive features of holistic medicine (WHO, 2002).

NCDs are the result of multiple causative factors over the course of a life time and require a horizontal, integrated approach to care with the patient, family, and the entire community as active participants. Along with health education, promotion of disease prevention, changing and reversing life style holistic treatment could have better impacts on deadly disease control. Improving access to primary health care through holistic treatment especially Homoeopathy. I am confident that further research into these priority areas can yield actionable guidance on how to improve treatment access to NCDs in the developing world with holistic treatment.

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