Benefits of Alternative Medicine Use in Comparison with Traditional Medicine
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In the United States, the most commonly known way to treat illnesses is through medication plans, modern medicine, better known as allopathic medicine. There are other forms of medicine however, that are options for treatment which are often overlooked. These alternative forms of medicine include traditional Chinese medicine, Ayurvedic medicine, Acupuncture therapy, homeopathic medicine and osteopathic medicine, among others. These forms of alternative medicine have been utilized for thousands of years, however in the Western world, allopathic medicine is used more commonly. In recent times, the popularity of alternative medicine is increasing, as alternative medicine focuses more on the body as a whole, and uses more natural methods. The question arises as to why this trend is occurring, and whether there is validity behind the benefits of alternative medicine. It is important to consider the differences between allopathic and alternative medicine, as well as the benefits and drawbacks of each. It is also important to understand the history behind each form of medicine, and how each form of medicine has evolved into how it is used today.

From the chart provided from this study, it is evident that from the chosen sample, the use of alternative medicine increased over the course of ten years. The form of alternative medicine that was used most commonly was yoga, a component of Ayurvedic medicine, which increased from 5.1% to 9.5%. With the upward trend of the use of yoga, it is important to consider the differences between allopathic and alternative medicine, as well as the benefits and drawbacks of each. It is also important to understand the history behind each form of medicine, and how each form of medicine has evolved into how it is used today.

Many current studies claim that there is an increasing global interest for natural products, deep breathing, meditation, massage and yoga. From the data in Figure 3, it can be seen that the most common form of CAM that is used among adults in the United States is the use of natural products, deep breathing, meditation, massage and yoga. The question also arises as to why there is a general increase in the use of complementary alternative medicine. Perhaps there is a shift among the mindset of individuals regarding their healthcare. In the recent decade, there certainly has been an increase of individuals that are looking to improve their general quality of life and open their options to alternative forms of healthcare and wellness. There is a general increasing trend of individuals that include yoga in their lifestyle, for example, which shows that there is an increase of individuals that are interested in improving their quality of life. The most important analysis that can be drawn from studying different forms of alternative medicine is that they show great promise towards improving the quality of life of patients, whether it comes to pain relief of pain, or relieving various symptoms of larger medical problems. It is because of this fact that the use of complementary alternative medicine will continue to grow gradually in the West.

**Conclusion:**

What does this mean for the future of alternative medicine, or more specifically, complementary alternative medicine? After studying the gradual increase of the use of alternative medicine in recent years, it is clear that there will be a continued increase in future years as well. The question also arises as to why there is a general increase in the use of complementary alternative medicine. Perhaps there is a shift among the mindset of individuals regarding their healthcare. In the recent decade, there certainly has been an increase of individuals that are looking to improve their general quality of life and open their options to alternative forms of healthcare and wellness. There is a general increasing trend of individuals that include yoga in their lifestyle, for example, which shows that there is an increase of individuals that are interested in improving their quality of life. The most important analysis that can be drawn from studying different forms of alternative medicine is that they show great promise towards improving the quality of life of patients, whether it comes to relief of pain, or relieving various symptoms of larger medical problems. It is because of this fact that the use of complementary alternative medicine will continue to grow gradually in the West.

**References:**


