

自然醫學研究所

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自然醫學概論

課程介紹

南華大學自然醫學研究所 102年度第1學期

課程綱要

■ 授課大綱

自然醫學的定義

- 廣義的自然醫學包含一切各種天然的療法與醫學，包含數千年歷史之久的歐洲醫學、中國醫學、印度醫學等。
- 狹義的自然醫學則是指歐美發展一百多年來的自然醫學，經由合格的醫學院訓練出來的醫師所從業的醫療行為。
- [Bastyr University](#)

Natural Healing Sciences

- 自然醫學 vs 輔助與另類療法
- 強調透過天然的物質或行為，與生活結合一起，以達到預防疾病，保持身體和心理的健康之目的。過去，國外的研究常採用「排外性」的操作定義，即所有西醫醫學院課程以外或在一般醫院未被廣泛採用的醫療行為均界定為輔助與另類療法。當然，這樣的定義會因時、地而有所不同。

What Is Complementary and Alternative Medicine?

NATIONAL INSTITUTES OF HEALTH

NCCAM National Center for Complementary and Alternative Medicine

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Defining CAM

- NCCAM defines CAM as a group of diverse medical and health care systems, practices, and products that are not generally considered part of **conventional medicine**.
- The boundaries between CAM and conventional medicine are not absolute, and specific CAM practices may, over time, become widely accepted.

- “Complementary (輔助) medicine” refers to use of CAM **together with** conventional medicine, such as using Acupuncture in addition to usual care to help lessen pain.
- “Alternative (另類) medicine” refers to use of CAM **in place of** conventional medicine.
- “Integrative (整合) medicine” (also called integrated medicine) refers to a practice that combines both conventional and CAM treatments for which there is evidence of safety and effectiveness.

Types of CAM

- **Natural Products-** herbal medicines , dietary supplements
- **Mind-Body Medicine-** meditation, yoga, deep-breathing exercises, hypnotherapy, progressive relaxation, qi gong, and tai chi
- **Manipulative and Body- Based Practices-** chiropractors, massage therapy
- **Others-**movement therapies, traditional healers ,
- **Magnet therapy and Light therapy**
- **Whole medical systems -** Ayurvedic medicine and traditional Chinese medicine

- **Naturopathy** aims to support the body's ability to heal itself through the use of dietary and lifestyle changes together with CAM therapies such as herbs, massage, and joint manipulation .
- **Homeopathy** seeks to stimulate the body's ability to heal itself by giving very small doses of highly diluted substances that in larger doses would produce illness or symptoms (an approach called "like cures like").

Health Behaviors and Utilization among Users of Complementary and Alternative Medicine for Treatment versus Health Promotion

Matthew A. Davis, Alan N. West, William B. Weeks, and Brenda E. Sirovich

Health Services Research. 2011 Oct;46(5):1402-16

Study Sample

We examined the 23,393 adult (age 18 years) respondents to the Adult Core questionnaire in 2007 (response rate 78 %), of whom 22,783 (97 %) answered at least one question on the CAM questionnaire.

RESULTS

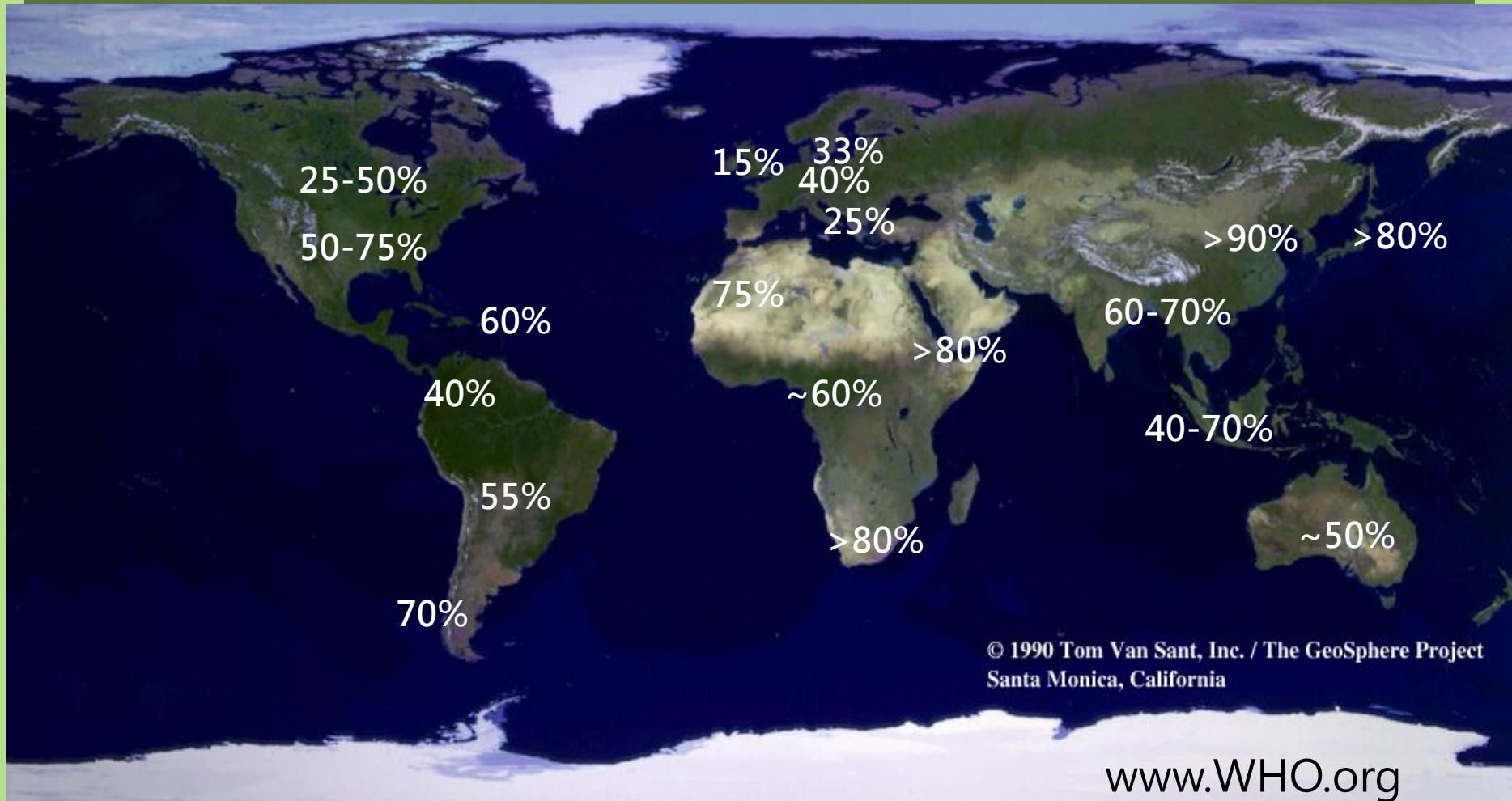
- We estimate that 10 million adults used CAM to **treat an illness** (4.4 % of U.S. adults) only, 32 million adults (14.3 % of U.S. adults) used CAM **for health promotion** only, and 29 million adults (13.0 % of U.S. adults) used CAM for both purposes.
- **Health Promotion Users** were significantly healthier than all other user types (72 % of Health Promotion Users reported " excellent or very good health" compared with only 54 % of Treatment Users) and had lower obesity and functional limitation rates.

Table 1: Percent of National Health Interview Survey Adult Respondents That Used Specific CAM Modalities to Treat an Illness or for Health Promotion in the Previous 12 Months

	<i>Any Use (%)</i>	<i>Treatment (%)</i>	<i>Health Promotion (%)</i>
Alternative medical systems	3.5	2.8	2.2
Acupuncture	1.5	1.3	0.7
Ayurveda	0.1	0.0	0.1
Homeopathy	1.7	1.4	1.2
Naturopathy	0.4	0.3	0.3
Traditional healers	0.4	0.3	0.3
<u>Biologically based therapies</u>	<u>19.6</u>	<u>5.4</u>	<u>13.5</u>
Chelation therapy	0.0	0.0	0.0
<u>Herbals and nonvitamin supplements</u>	<u>17.5</u>	<u>4.9</u>	<u>11.7</u>
Special diets	3.6	0.7	2.6
Manipulative and body-based therapies	14.5	8.9	8.5
Chiropractic or osteopathic manipulation	8.1	6.8	3.8
Massage therapy	8.0	3.3	4.9
Movement therapies	1.4	0.2	1.2
<u>Mind-body therapies</u>	<u>19.8</u>	<u>5.4</u>	<u>14.8</u>
Biofeedback	0.1	0.1	0.1
Energy healing therapy	0.6	0.3	0.5
Hypnosis	0.3	0.2	0.1
<u>Relaxation techniques</u>	<u>16.8</u>	<u>4.3</u>	<u>11.8</u>
Yoga, tai chi, or qi gong	6.5	1.0	5.7

Note. Not included: prayer therapy.

Global Use of Alternative or Traditional Medicines



同類療法 Homeopathy

- 又稱為順勢醫學， Homeopathic Medicine
- Homeopathy 源自希臘文 Homoios (相似) 和 pathos (疾病) 兩部份組成，意思就是說，利用能產生『相同』或『同類』症狀的藥物來治病，有別於主流醫學的對抗療法。
- 藥物在大劑量使用下能產生與疾病相似的症狀
- 以小劑量來誘導病人的防衛機制，最終達到人體自我療癒的目的

Dr. Samuel Hahnemann (1755-1843)

- 金雞納(Cinchona)
- 瘧疾症狀- 發冷、發熱、出汗、腹瀉
- 金雞納可以治療瘧疾，就因為它能產生瘧疾的相同症狀
- 順治法則 (Law of Similars)-1796
- 一種藥物能夠治療疾病，就因它能夠產生相同的症狀
- 1813 年，他在德國 Leipzig 大學任教時，正值斑疹傷寒病 (typhus) 疫潮爆發，一般醫學治療的死亡率是 20-30%，但赫尼曼醫生的順勢醫學，在180 個個案中，治癒了178 個。
- Cholera, Scarlet Fever, Yellow Fever

- The Organon of the Medical Art, Chronic Diseases, Materia Medica Pura
- Allium cepa
- 用熱水治療燙傷？
- 咖啡使人興奮，但稀釋咖啡卻可以用來治療某些的過度活躍症和失眠？
- 砒霜中毒可以致命，但稀釋砒霜卻可以治療某些食物中毒和癌症？

- 任何藥物，外間力量，在身體產生『原作用』(primary action)，然後身體會自然、必然地產生『反作用』(secondary action)。
- 找出各種能產生相同症狀的稀釋藥物
- 『人類測試藥物方法』(proving) - 用健康、敏銳的測試員『測試員』(prover) 服用稀釋、極低劑量的藥物，『監督員』(supervisor) 仔細觀察、記錄在服用藥物後出現的身體、精神和情緒反應
- 毒物學 病例統計

- 相似法則- 用一種可以在健康人身上誘導出與病人相似症狀的藥物治療
- 專一性藥物法則 – 個人化處方 (身體 精神 情緒)
- 最小劑量法則 – 稀釋30-200 倍 釋能化

- 主流西醫開發藥物的方法-試管實驗，動物研究。著重微觀、化學反應並解釋其可能機轉。
- 順勢醫學的測試藥物遵循『整體治療』的原則，認為以人類測試，才是最精確、有意義的方法，因為人類測驗服用，才能找出身、心的整體反應，包括心理、情緒症狀、主觀感覺、客觀症狀。

- 醫學界發現了低量的砒霜可以治療血癌。
- 順勢醫學中，早已是用來治療癌症的藥物，並早已找出可避免不良副作用的方法，就是重覆的稀釋、振盪，然後是必須要對應病人的獨特症狀，而不只是個簡單的叫『血癌』分類，就可以用砒霜。

診 斷

- 個人化處方視病人的獨特症狀而組合。
- 順勢醫學很著重整體的瞭解病人，需要清晰瞭解內因、外因、心理、生理症狀、個人、家族病史。
- 外因：天氣冷、熱、燥、濕，運動、意外創傷，藥物副作用、疫苗注射、避孕藥、手術、化療、電療、花粉、飲食、作息習慣、工作壓力、感情壓力等等。
- 內因：情緒因素，狂喜、憤怒、憂慮、過度思考、悲哀、驚恐，遏抑情緒，內分泌失等等。
- 心理症狀：精神、情緒、行為、社交狀況。
- 生理症狀：病理診斷，客觀觀察及主觀感覺，包括不適的準確位置、病變、影響症狀變化的因素，身體其他部份同時出現的不適。

- 順勢醫學藥典裡，現有約三千種藥，而有較清晰明
症狀的藥物，約數百種。這些藥物中，大部份是植
物，部份是礦物，少部份是動物來源。
- 常用的順勢醫學藥物：
 - 砒霜 *Arsenicum album*
 - 山金車 *Arnica montana*
 - 碳酸鈣 *Calcarea carbonica*
 - 特製鉀化合物 *Causticum Hahnemanni*
 - 石松 *Lycopodium clavatum*

- 氯化鈉 (幼鹽) *Natrum muriaticum*
- 馬錢子 *Nux vomica*
- 白頭翁 *Pulsatilla pratensis*
- 磷 Phosphorous
- 烏賊汁 *Sepia succus*
- 硅 Silica terra
- 毒葛 *Rhus toxicodenron*
- 硫磺 Sulphur lotum

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