

CHAPTER SEVEN

SAFETY AND ADVERSE EFFECTS OF INTEGRATIVE THERAPIES

DIVAKER SHUKLA¹, DHRUVA KUMAR²,
RAMESH PRATAP CHAUDHARY³,
SHIV KUMAR KUSHWAHA⁴, ANIL KUMAR⁵
AND MUNESH MANI⁶

¹PROFESSOR, DEPARTMENT OF PHARMACOGNOSY AND
PHYTOCHEMISTRY, PHARMACY ACADEMY, FACULTY OF
PHARMACY, IFTM UNIVERSITY, LODHIPUR RAJPUT, PAKBARA,
NH-24, DELHI ROAD, MORADABAD-244102 U.P., INDIA

²ASSOCIATE PROFESSOR, DEPARTMENT OF PHARMACY, DR.
MKCL BIND COLLEGE OF PHARMACY, HANDIA, PRAYAG
RAJ-221503, U.P., INDIA

³ASSOCIATE PROFESSOR, DEPARTMENT OF PHARMACOGNOSY,
NOVA COLLEGE OF PHARMACY, KHARGAPUR, GOMTI NAGAR,
EXTENTION, LUCKNOW- 226010 U.P, INDIA

⁴ASSOCIATE PROFESSOR, DEPARTMENT OF PHARMACOLOGY,
LAUREATE INSTITUTE OF PHARMACY, KATHOG, TEHSIL-
KANGRAA, KANGRA-176031 H.P., INDIA

⁵PROFESSOR, DEPARTMENT OF PHARMACOGNOSY, PHARMACY
COLLEGE, ITAURA, CHANDESHWAR, AZAMGARH-276128 U.P.
INDIA

⁶PROFESSOR, DEPARTMENT OF PHARMACOGNOSY AND
PHYTOCHEMISTRY LABORATORY, SAHU ONKAR SARAN
SCHOOL OF PHARMACY, FACULTY OF PHARMACY, IFTM
UNIVERSITY, MORADABAD-244102 U.P, INDIA

Abstract

Integrative therapies (IT), often known as complementary and alternative medicine, are commonly used by patients despite the lack of evidence. Many herbal medicines can cause sensitization, which can lead to allergic contact dermatitis and, less commonly, IgE-mediated clinical symptoms. Complementary and alternative medicine has been used extensively to diagnose or treat allergic illnesses, and numerous studies have documented its benefits. Finally, there are recommendations for patients on how to best counsel patients on the use of integrative therapies. This comprehensive analysis looks at a variety of integrative therapies that support traditional mental health care, with a focus on their efficacy and use of holistic approaches such as yoga, art therapy, mindfulness-based activities, and herbal medicine can reduce the symptoms of anxiety, depression, and trauma-related diseases.

Keywords: Integrative therapies; Complementary and Alternative Medicine; Patients; Therapeutic Approaches



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