

Competency Based Integrative Medicine: Bridging the Odds

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ABSTRACT

CAM bears a holistic approach in synchronizing the relationship of mind and body in contrast with biomedical approach which are based on specific biomolecule docked with drug details. Acceptancy of quality of research in CAM remains scares due to heterogeneity of data and reproducibility of results in higher samples. In fact, researchers and academician must acknowledge the CAM and other cognitive science methods as combined mode of treatment for development of a competency-based approach in psychiatric illness which will strengthen the research. A commentary has been expressed for a correspondence published in Lancet Psychiatry series wherein Emotional Mental Imagery (EMI) has found to be useful from various clinical trials and reviews in curbing Anxiety and Depression. However, in upcoming times if EMI and AYUSH medication specifically Homoeopathy if adjunctly used might provide more effective guideline for treatment mode in condition of Anxiety and Depression.

Keywords: Competency based Integrative Medicine, CAM, holistic approach

Opinion

In the Lancet Psychiatry Series, Victoria Pile and colleagues presents a systematic review of Emotional Mental Imagery (EMI) as an psychological therapy delivering a promising approach in condensing anxiety and depression.⁽¹⁾ The addition of this review in the series has established a significant contribution of approach, which will strengthened the ongoing psychotherapy approaches as to cut down psychiatric illness. On the contrary, Complementary, and Alternative Medicine (CAM) approaches too are implemented as a mode of psychotherapy treatment for curbing anxiety and depression.⁽²⁻⁴⁾ CAM bears a holistic approach in synchronizing the relationship of mind and body in

contrast with biomedical approach which are based on specific biomolecule docked with drug details. Acceptancy of quality of research in CAM remains scares due to heterogeneity of data and reproducibility of results in higher samples. In fact, researchers and academician must acknowledge the CAM and other cognitive science methods as combined mode of treatment for development of a competency-based approach in psychiatric illness which will strengthen the research.

Victoria Pile and colleagues' work emphasized on integrating the EMI approach with developmental cognitive science for marginalizing the anxiety and depression, the outcome had significant intervention effectiveness and offers

importance of implementing Imagery techniques in routine clinical practice. ⁽¹⁾ Imagery techniques is found to be significant in randomized controlled trials with larger sample size documenting high effectiveness. ⁽⁵⁾ Practicing Imagery techniques determines the individual perception and clarity in visual imprints which remains the confounder for depicting accurate results.

However, in CAM like AYUSH (Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-Rigpa, Homoeopathy) the individual variations play major role in delivering the potential mental health care. ⁽⁶⁻⁹⁾

Integrations of Imagery techniques and CAM delivers imperative outcomes which needs to expand the current medical pluralism policy which further might strengthen the ecosystem. A more innovative approach with rational practices needs to be developed for decreasing psychiatric illness like anxiety and depression. Providing evidence with randomized controlled trials might not be a suitable approach due the individual nature of CAM, however outcomes from observational studies, cased reports would link to further define the hypothesis with justified results. EMI with Homoeopathy and yoga might provide a fruitful contribution in understanding the effects in cognitive domains in conditions like anxiety and depression.

Integration of the above-mentioned approaches might be explored in current education policy and public health care delivery system with evident epistemologies outcomes for better and sustainable ecosystem. ⁽¹⁰⁾

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