



# Geriatric Research on Complementary Medicine

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## INTRODUCTION

Increased research on the use of complementary and alternative medicine (CAM) by older adults has been validated by the ageing North American population. The goal of this study was to look at older individuals' attitudes and reasons for using complementary and alternative medicine (CAM) in order to figure out why it is so underutilised. To examine trends in CAM use, senior persons (aged 66 to 100) were qualitatively surveyed and interviewed. A questionnaire was completed by 42 participants over the age of 65, and ten of those same people took part in an interview session. The researchers looked into the reasons for CAM usage, the incidence of CAM use, CAM knowledge, and physician opinions. Pain reduction (54.8 percent), increased quality of life (45.2 percent), and maintaining health and fitness were the most common reasons for older individuals to use complementary and alternative medicine (CAM). Pain reduction (54.8 percent), increased quality of life (45.2 percent), and maintaining health and fitness were the most common reasons for older individuals to use complementary and alternative medicine (CAM) (40.5 percent). The overall level of CAM knowledge was quite poor; however there was a substantial difference in knowledge between CAM users and nonusers. Chiropractic (61.9%), herbal medicine (54.8%), massage treatment (35.7%), and acupuncture were the most popular CAM therapies among older persons (33.3 percent). CAM treatments were deemed particularly useful by this group of senior folks. For older persons and health professionals, more knowledge about complementary and alternative medicine is required. Practitioners of complementary and alternative medicine (CAM) should aim to understand why older people choose CAM therapies and be involved in educating them about CAM [1].

## DESCRIPTION

Complementary medicine is a word that refers to treatments that are utilised in addition to traditional Western medicine. Massage, meditation, biofeedback, tai chi, reiki, music therapy, guided imagery, and dietary supplements are all examples of supplementary medicine. What makes complementary medicine, alternative treatment, and integrative therapy different?

**The differences between these approaches are mainly about how they are implemented:**

- Complementary medicine or therapy is a term that refers to practises that are utilised in addition to established medical treatments (medications, immunotherapy, chemotherapy, radiation and surgery). These traditional medical approaches are "complemented" by it.
- Alternative medicine is a type of medicine that is used instead of traditional medicine.
- Integrative medicine takes a holistic approach to your health and fitness, rather than focusing on a single disease or organ. It concentrates on your mental, emotional, functional, spiritual, social, and communal health [2].

What kinds of health benefits may you get from supplementary medicine? Each form of alternative medicine may focus on a different area of your health. Complementary approaches may provide one or more of the following health benefits in general: Pain is relieved. Anxiety and tension are reduced.

- It helps to alleviate nausea
- Enhances one's mood
- Relaxation is improved
- Improves the healing of wounds
- Promotes sensations of happiness, joy, optimism, and inner serenity
- Muscle tension is relieved
- Reduces exhaustion.
- Improves circulation and flexibility
- Learn more about each complimentary strategy described below to learn more about the specific health benefits they may provide.

## Manipulation and body-based practices

**Massage:** Massage relies on your body's nerve endings and pressure points to promote relaxation. There are many forms of massage, for example, shiatsu, Hellerwork, and reflexology. However, the most widespread variation builds upon the five basic strokes of Swedish massage: effleurage (slow, rhythmic gliding strokes in the direction

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of blood flow towards the heart), petrissage (kneading, pressing and rolling muscle groups), friction (steady pressure or tight circular movements, often used around joints), percussion (drumming hands on body) and vibration (rapid movement shaking the muscle back and forth). Massage therapy has been used to reduce stress and anxiety, improve mood, aid in relaxation and control pain. If you've had surgery, massage can promote healing at incision sites and may prevent or reduce scarring. Foot massage has been shown to have a positive effect on pain, nausea and relaxation [3].

**Reflexology:** Manual pressure is applied to parts of your foot, hand, or ear that are said to correspond to the damaged organs or body systems in this therapy. Pain, constipation, and nausea are some of the problems that reflexology might help with Manipulation by a chiropractor or an osteopathic physician. This is a hands-on technique that focuses on the link between your neural system and your spine and other joints of your body. Stretching, moderate pressure, and resistance are used to move your muscles and joints in these methods. They can aid in the relief of muscle soreness as well as the improvement of overall mobility and function. This method can help with a variety of problems, including migraines, menstrual discomfort, and carpal tunnel syndrome Cupping. This is a sort of massage therapy in which hot cups are used to massage the body [4].

## CONCLUSION

### Techniques involving the mind and body

**Meditation:** Meditation is a technique for relieving muscle tension

and achieving inner calm by relaxing and quieting the mind. Meditation is taught in a variety of ways, either individually or in groups. Deep breathing and relaxation when getting unpleasant or stressful treatments, relaxation and breathing techniques can assist to relieve muscle tension, relieve dyspnea, reduce anxiety, and create a greater sense of control.

**Yoga:** Yoga is a moderate kind of exercise that involves body positions and breathing methods. It has been practised in India for thousands of years and is now popular worldwide. Yoga is appreciated in the West for its physical rather than spiritual benefits, such as its capacity to promote flexibility and vigour while also reducing stress and weariness [5].

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