



A Study on Use of Integrative Therapies and its Effects on Patient Adherence towards Treatment Protocols in India.

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ABSTRACT –

Background and Objectives – Integrative health is a condition of physical, mental, and spiritual well-being that reflects qualities of the individual, community, and population. Implementing integrative therapies such as mind-body therapies, whole-system therapies, manipulative therapies, and so on increases patient adherence while decreasing side effects such as pain and anxiety during treatment. Although the outcomes of combining integrative therapies alongside therapy have demonstrated enhanced recovery rates, the utilization of integrative treatments in tertiary health care institutes in India remains low. Individuals, social organizations, and communities are encouraged to adopt ways of living that enhance purpose, resilience, and well-being throughout their lives through integrative health. The research includes a thorough examination of the utilization of integrative therapies and their effects on patient health in India and other nations.

Method – We looked for articles published on the use of integrative therapies in India, their influence on treatment regimen and patient adherence to integrative therapies on PubMed databases and Google Scholar. We also included quantitative studies of patients receiving integrative therapy from community hospitals through different journals.

Results – A total of 174 articles are identified of which 141 were full-text reviews, 20 case studies were included and 10 were editorial letters. In which about 30 were on mind body therapy, 27 were on energy base therapies, 35 were on biological therapies, 36 were on manipulative therapies and 46 were on whole body systems including their influence treatment strategies in India and other countries. The number of hospitals in India using integrative therapies is thought to be much lower than in other nations. However, there are plenty of hospitals in India for therapies like Yoga, Ayurveda, and Homeopathy.

Conclusion and Interpretation – The use of integrative therapies has shown a considerable improvement in patient adherence to treatment, as well as an increase in the number of recovery rates in institutions where integrative therapies are adopted. Integrative therapies should be encouraged in tertiary healthcare institutes in order to improve patient life quality and reduce morbidity and mortality rates.

Key words – Integrative Therapies, Healing Practices, Mind- Body Therapies, Whole Systems

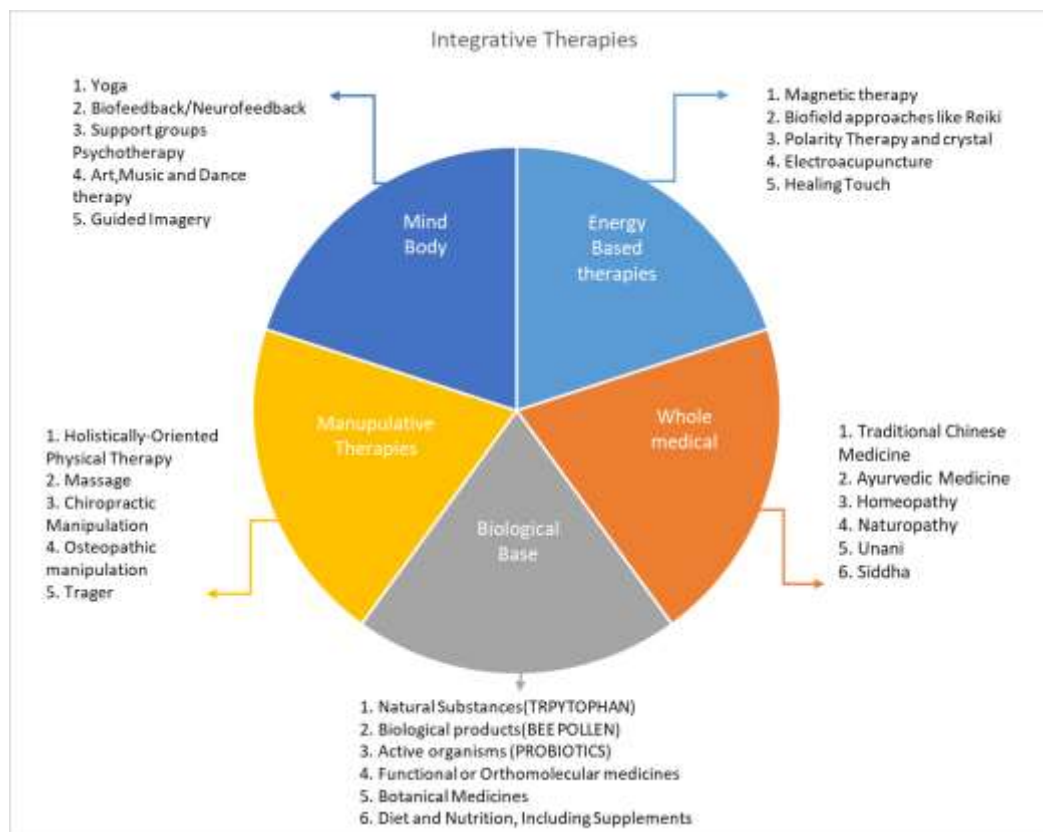
1. INTRODUCTION

Integrative health is a condition of physical, mental, and spiritual well-being that takes into account facets of the individual, community, and population. It is influenced by: Personal biological traits and behaviors, social norms, public policy, the physical, social, and economic environment, as well as an integrative healthcare system that entails active patient involvement in the use of a wide range of preventive and therapeutic techniques by the healthcare team. Integrative health promotes ways of living that foster purpose, resiliency, and wellbeing throughout one's lifetime among people, social groups, and communities. The field of complementary and alternative medicine (CAM) is not uniform. Instead, it is a categorical word that encompasses a wide variety of more than 100 therapeutic modalities, ideologies, and methods that are not often studied, accepted, used, or made accessible by allopathic medicine⁽¹⁾

2. METHODS

We employed a categorical review of integrative therapies to efficiently review the utilization of integrative therapies and their implications on treatment plans. "Mind-Body Therapies," "Energy-based Therapies," "Biological Therapies," "Manipulative Therapies," and "Whole Systems" are the five basic categories of healing therapies. These areas are examined on the basis of data statistics, recovery rates, patient adherence to treatment programmes, and acknowledgement of therapies in patient quality of life.

01. Types of Integrative Therapies

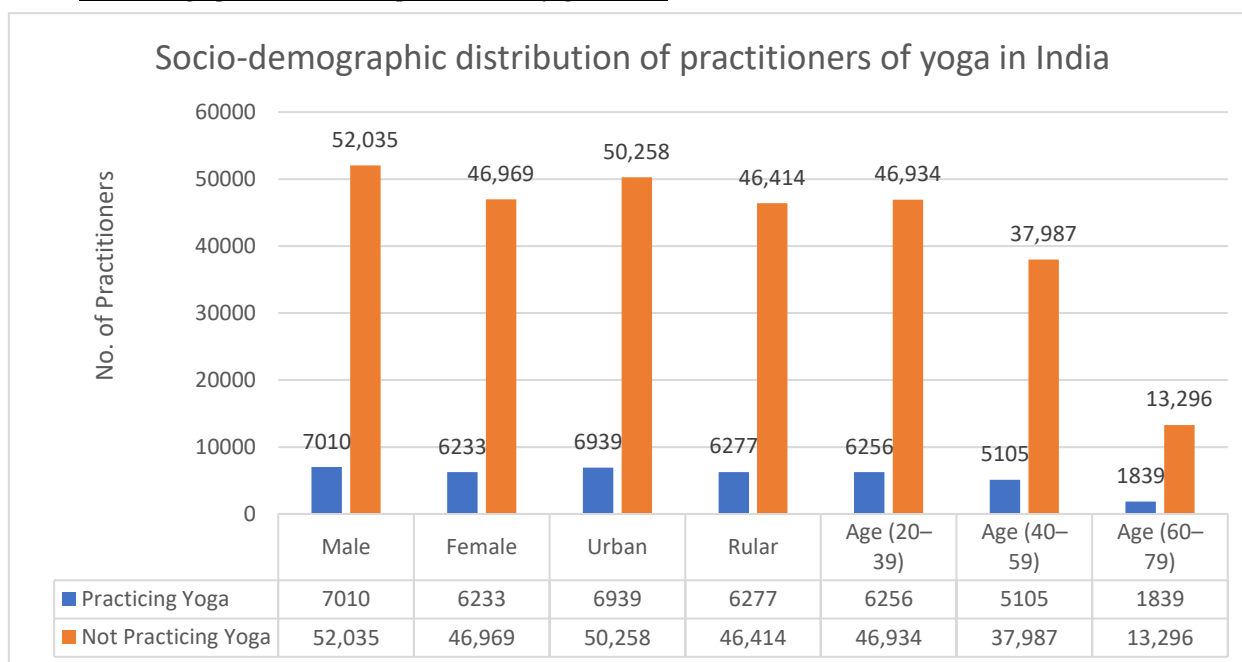


a. MIND BODY THERAPIES

Behavioral, psychological, social, and spiritual methods are all part of mind-body therapy. Mind-body activities, such as meditation and deep relaxation, take advantage of our understanding of how the mind may positively influence the body to increase physical health and function. The types of healing practices in mind body therapies includes; Biofeedback/neurofeedback, Meditation/relaxation response, Support groups, Psychotherapy, Art, music, and dance therapies, Guided imagery, Yoga and Prayer. They are used for symptom control, quality of life improvement, stress reduction in the treatment of chronic conditions (such as coronary artery disease and low back pain), and pain management. Although yoga is a traditional mind-body practice that has been successfully employed in India for the prevention and control of hypertension, diabetes, and related chronic insulin resistance problems associated with ageing, it is not widely used in Indian tertiary health care centers.⁽⁰²⁾ Meditation and other mind-body activities, such as yoga and mindfulness, are becoming increasingly popular, with 14% of US adults reporting having utilized these approaches in the preceding year.⁽⁰³⁾ According to a study conducted by Tata Memorial Hospital, incorporating Yoga into the treatment of breast cancer patients is quite beneficial. Yoga resulted in a 15% relative improvement in disease free survival (DFS) and a 14% improvement in overall survival (OS). Yoga, one of the oldest disciplines with its origins in India, has become one of the most commonly employed treatment practices in Indian hospitals. Despite evidence of health benefits in patients, a new Pew Research Center survey finds that most Indians do not practice yoga. Only roughly a third of Indian adults (35%) claim they practice yoga on a regular basis, with 22 percent doing so monthly or less and even fewer doing so daily (7%) or weekly (6 percent). In India, healthcare centers such as AYUSH, which has over 30000 establishments, demonstrate that approximately 19,000 hospitals use Yoga and other mind-body therapies in Treatment of patients. Other mind-body therapies include guided imagination, a cognitive behavioral approach in which a client is coached in visualizing a soothing setting or series of experiences while following guided directions. It is a gentle strong technique that is increasingly being used to promote relaxation and provide therapeutic advantages. According to a survey conducted in South Indian secondary schools, guided imagery approach is efficient in lowering exam anxiety among school children. It will also help to minimize tension among students at all levels of test in order for them to perform well in their academics, particularly in board exams administered by the state and federal governments.⁽⁰⁴⁾ Many health issues, such as anxiety and discomfort, have been healed via the use of mind-body therapies. Americans spent \$33.9 billion in out-of-pocket spending on Complementary and Alternative Medicine (Integrative Therapies) treatments in 2007. Mind-body therapies are chosen by 17% of Integrative Therapies users, with 24% suffering from anxiety or

depression. In a previous study, 26 percent of survey respondents, or 3.8 million people, employed mind-body therapies for depression specifically, with 29 percent finding the therapies "extremely helpful."⁽⁰⁵⁾ Mind-body therapies should be made mandatory in Indian healthcare facilities to improve rates of recovery and patient adherence to therapy.

02. Socio-demographic distribution of practitioners of yoga in India.



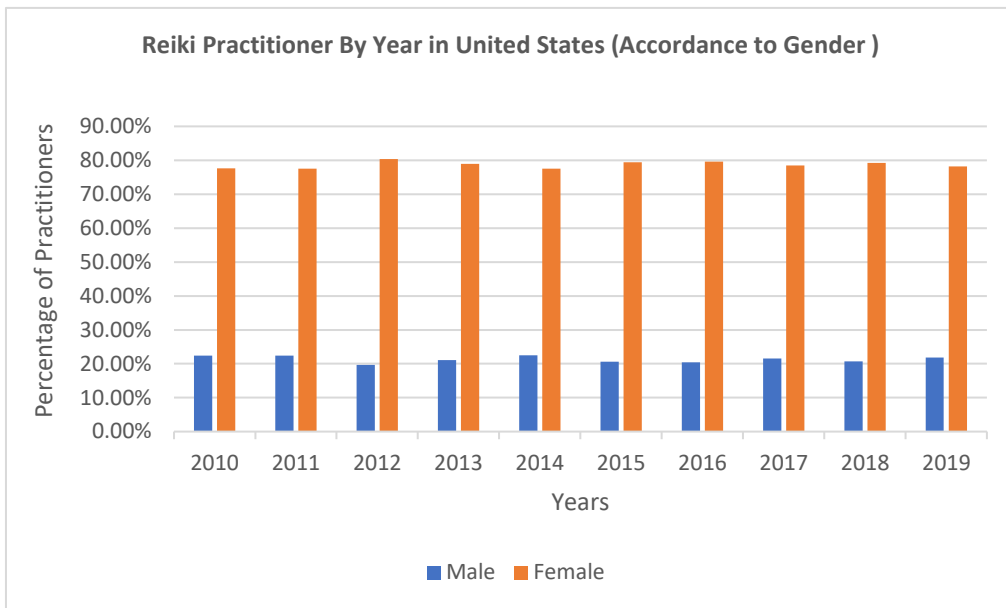
Reference - Knowledge, Attitude, and Practice of Yoga in Rural and Urban India, KAPY 2017: A Nationwide Cluster Sample Survey -Mishra, Amit S., SK, Rajesh, HS, Vadiraja, Nagarathna, Raghuram, Anand, Akshay, Bhutani, Himshikha, Sivapuram, Madhava S., Singh, Amit, and Hongasandra R. Nagendra. "Knowledge, Attitude, and Practice of Yoga in Rural and Urban India, KAPY 2017: A Nationwide Cluster Sample Survey." *Medicines* 7, no. 2 (2020). Accessed December 20, 2022. <https://doi.org/10.3390/medicines7020008>.

b. ENERGY BASE THERAPIES

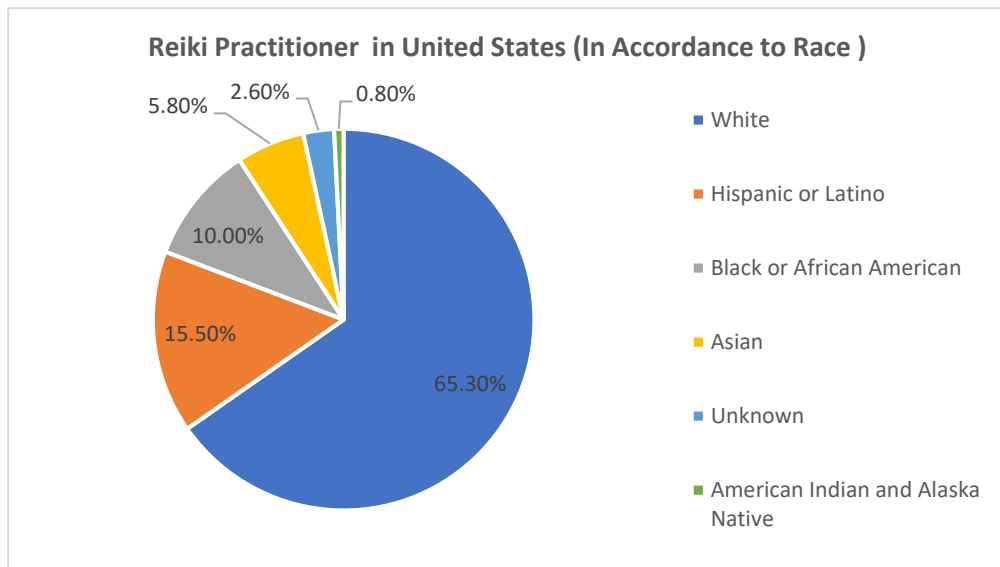
Energy base therapy is a subset of integrative therapies that deals with the two forms of energy fields: Putative Energy Fields and Veritable Energy Fields. A veritable energy therapy uses a certain and quantifiable wavelength or frequency to treat the patient's ailments. Other electromagnetic forces, such as visible light, monochromatic radiation, and magnetism are also used in these therapies, along with mechanical vibrations like sound vibration. Electromagnetic spectrum rays are also used to treat patient's condition. This vital energy or life force is known under different names in different cultures, such as qi in traditional Chinese medicine (TCM), ki in the Japanese Kampo system, doshas in Ayurvedic medicine, and elsewhere as prana, etheric energy, fohat, orgone, odic force, mana, and homeopathic resonance.⁽⁰⁶⁾ Herbal medicine, acupuncture, acupressure, moxibustion, and cupping are all thought to work by redressing imbalances in the interior biofield, such as by resuming the flow of qi along meridians to restore health. A patient is said to receive the vital energy (external qi) from some therapists in order to regain health.⁽⁰⁷⁾ Examples of practices involving putative energy fields include: Reiki and Johrei, both of Japanese origin, Qi gong, a Chinese practice, Healing touch, in which the therapist is purported to identify imbalances and correct a client's energy by passing his or her hands over the patient and Intercessory prayer, in which a person intercedes through prayer on behalf of another. According to a recent survey by the National Center for Health Statistics, roughly 1% of participants had utilized Reiki, 5% had practiced qi gong, and 4.6% had engaged in some sort of healing ritual.⁽⁰⁸⁾ Reiki can raise levels of hemoglobin and hemocrit, as shown by Wertzel (1989).⁽⁰⁹⁾ It enabled an improvement in pain control and quality of life, according to Olsen and Hanson (1997).⁽¹⁰⁾ Evidence from a phenomenological study undertaken by Mansour et al (1998) reports improved sleep pattern, reduced perception of pain, decreased emotional stress, improved social relationships and normalization of low-blood pressure.⁽¹¹⁾ Mansour et al (1999) studied the effects of reiki on relaxation and stress. A research study at Hartford Hospital in Hartford, Connecticut indicates that Reiki improved patient sleep by 86 percent, reduced pain by 78 percent, reduced nausea by 80 percent, and reduced anxiety during pregnancy by 94 percent. The quantitative data resulting from this study indicate both biological and physiological changes in support of a relaxation response.⁽¹²⁾ The 2007 National Health Information Survey, which included 23,300 Americans, found that 0.5% of Americans had used energy medication in the previous year.⁽¹³⁾ According to a comparable survey conducted by the Centers for Disease Control in 2004, 0.5% and 1% of respondents had used qi gong and reiki, respectively.⁽¹⁴⁾ Given that many integrative therapies and other providers of therapies not formally classified as energy medicine based (e.g., massage therapists and herbalists) also incorporate energy medicine into their practices, these numbers may actually be much higher than survey data suggests. In the US, patients can receive some sort of energy therapy at least 50 hospitals and clinics.⁽¹⁵⁾ In Tertiary healthcare facilities, energy-based therapies might be thought of as an alternative to allopathic painkillers.

03. Reiki Practitioner By Year in United States (Accordance to Gender)

Year	Male	Female
2010	22.39%	77.61%
2011	22.43%	77.57%
2012	19.63%	80.37%
2013	21.05%	78.95%
2014	22.51%	77.49%
2015	20.61%	79.39%
2016	20.43%	79.57%
2017	21.54%	78.46%
2018	20.75%	79.25%
2019	21.82%	78.18%



04. Reiki Practitioner in United States (Accordance to Race)

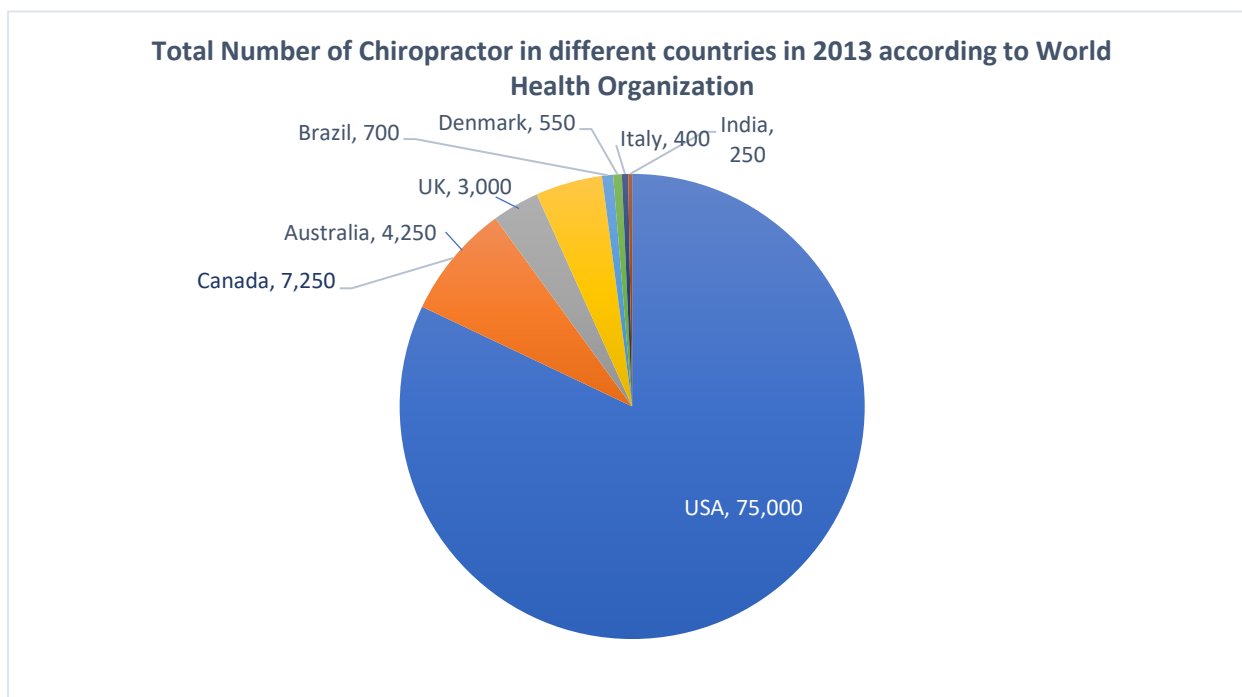


Reference - Reiki Practitioner Demographics And Statistics In The USA (<https://www.zippia.com/reiki-practitioner-jobs/demographics/>)

c. MANIPULATIVE AND BODY-BASED THERAPIES

Practices that manipulate or involve moving the physical body are called body-based or manipulative. The application of several of these may include energy work, and some energy therapies include touching the body. Integrative physical therapy, massage, chiropractic manipulation, osteopathic manipulation, Trager, applied yoga, Jin Shin Do and acupressure, Feldenkrais, Craniosacral therapy Roling, Rubenfeld, and Alexander techniques are among the manipulative therapies. They are used to treat chronic problems like low back pain, headaches, foot pain, carpal tunnel syndrome and other pain related problems. Massage therapy is a common form of manipulative therapy in India. Newborn massages are customary in India and other south Asian nations, where it has been shown to reduce weight gain, control sleep-wake cycles, control infant behaviors, have local impacts on the skin, have nutritional benefits, and have other effects on infants like somatic growth. ⁽¹⁶⁾ According to randomized controlled research on the effects of oil gum massage therapy on common pathogenic oral microorganisms, there was a substantial decrease in mean Streptococcus variants count, Lactobacillus count, plaque scores, and gingival scores in all four groups following the study. ⁽¹⁷⁾ Another practice that is widely used in Indian hospitals for prevention of side effects is chiropractic therapy. According to a recent study, those who have migraine or a severe headache were more likely to report getting chiropractic care in the last year than people who don't have these diseases. Additionally, 87.2% of chiropractors say they treat patients with headache issues, according to a 2015 survey. Additionally, the survey showed improvements in pain scores, an increase in pain-free days, a decrease in medication use, and a decrease in anxiety/dysthymia as stated by the patient. According to patient accounts, chiropractic care was a part of the treatment strategy and might have helped with the overall therapeutic result. ⁽¹⁸⁾ According to Dr. Sachin Kandhari, Senior Consultant Neurosurgeon at Institute of Brain and Spine (IBS) Hospitals in Delhi, "Spinal Cord Stimulation (SCS) is one of the most efficient technologies which, unlike other interventional pain treatment approaches, delivers long-term benefits." Acupressure is said to be another prevalent therapy utilized in Indian hospitals, with most hospitals implementing it to lessen labor discomfort. In a study, it was observed that applying acupressure to the acupoint SP6 during contractions decreased the level of pain experienced by nulliparous women during the active phase of labor, whereas pain intensity increased in the presence of light touch or conventional care. The impact of acupressure was most noticeable right away, but the difference in pain levels between the group receiving simply touch and the group not receiving any sort of treatment persisted for at least two hours. ⁽¹⁹⁾ The Government of India has accepted Acupuncture as an "Independent System of Healthcare in India", also Punjab has country's first indoor acupuncture hospital and training center at Ludhiana which was recently recognized by the World Federation of Acupuncture- Moxibustion Societies (WFAS). Manipulative therapies are in abundant use in other countries such as USA and China. As of 2022, there were 12,863 acupuncturist businesses in the US, a rise of 3.3 percent from 2021, and there were 67,787 chiropractor businesses, an increase of 0.6 percent from 2021. In order to better manage side effects and increase the effectiveness of therapy, manipulative therapies must be used in Indian hospitals.

05. Total Number of Chiropractor in different countries in 2013 according to World Health Organization



d. WHOLE SYSTEMS

The whole medical system heals the individual's mind, body, and soul in addition to curing disease and its symptoms. This system includes integrated therapies, which are widely utilized. The whole medical system includes Chiropractic, Osteopathy, Homeopathy, Ayurvedic medicines (including Unani Siddha and Sowa-Rigpa), Traditional Chinese medicines, kampo (Traditional Japanese medicines), Naturopathy, and Anthroposophical medicine. All of them stick to the same idea—that the body is capable of self-healing and possesses a vital energy source for health—but employ various different techniques. Integrating traditional Chinese medications reportedly lowers HIV mortality and morbidity while boosting immunity. Astragali Radix root, Ginseng, Gossampiniflos, and Geranium Wilfordii Maxim are some of the medications that were utilized. ⁽²⁰⁾ TCM has demonstrated evidence-based benefits in preventing adult falls, COPD, osteoarthritis, Parkinson's disease, insomnia, depression, cognitive function, and more in addition to HIV. ⁽²¹⁾ TCM is not widely practiced in India, despite the fact that the nation itself is known for its use of herbs and traditional remedies. AYUSH (Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homeopathy) is the primary system utilized in India. The combined use of Ayurveda and Western medicine to treat elephantiasis in India earned a lifetime achievement award from the International Society of Dermatologists. This is only one of many successful evidence-based instances. ⁽²²⁾ By the end of April 2014, there were 8461 (34.6%) primary health facilities, 331 (44.3%) district hospitals, and 1885 (36.3%) community health care facilities that housed AYUSH facilities. The number of rural residents serviced by each DH, CHC, and PHC in India in 2014 was 2.61, 0.46, and 0.1 million, respectively. With 1829 contractual appointments of AYUSH doctors, Uttar Pradesh topped all Indian states, followed by Bihar and Odisha. ⁽²³⁾ About 40% of individuals in western nations utilize herbal Ayurveda medications for treatment, compared to 70% of rural Indians who rely on the ayurvedic medical system. Another aspect that contributes to its widespread use is the fact that more than 80% of individuals in developing countries cannot pay the expenses of basic medicinal treatments and vaccines. ⁽²⁴⁾ In India Homeopathy stands just next to Ayurveda within AYUSH. Government runs 673 AYUSH wellness centers out of which 255 belongs to homeopathy consisting of 37.8% of all wellness centers. ⁽²⁵⁾ In addition to these, naturopathy, a vital aspect of the AYUSH system, has become more well-known recently and is particularly effective in treating non-communicable and chronic diseases including hypertension, diabetes, heart disease, etc. ⁽²⁶⁾ While, according to 2014 statistics, there were about 1764 practitioners of yoga and naturopathy in 42 Ayush hospitals. ⁽²⁷⁾ Chiropractic care, which places a strong focus on treating patients through spinal adjustments, is another form of treatment that falls within the umbrella of the whole medical system. India is a little behind in its adoption despite being popular in western nations. According to statistics, the US has the largest proportion of chiropractors per capita, whereas India has the lowest proportion—0.0007 chiropractors for every 100.000 residents ⁽²⁸⁾ As a result, there is a growing demand for integrated medications and a whole medical system.

06. Number of Practitioners in Various Integrative Therapies in India.

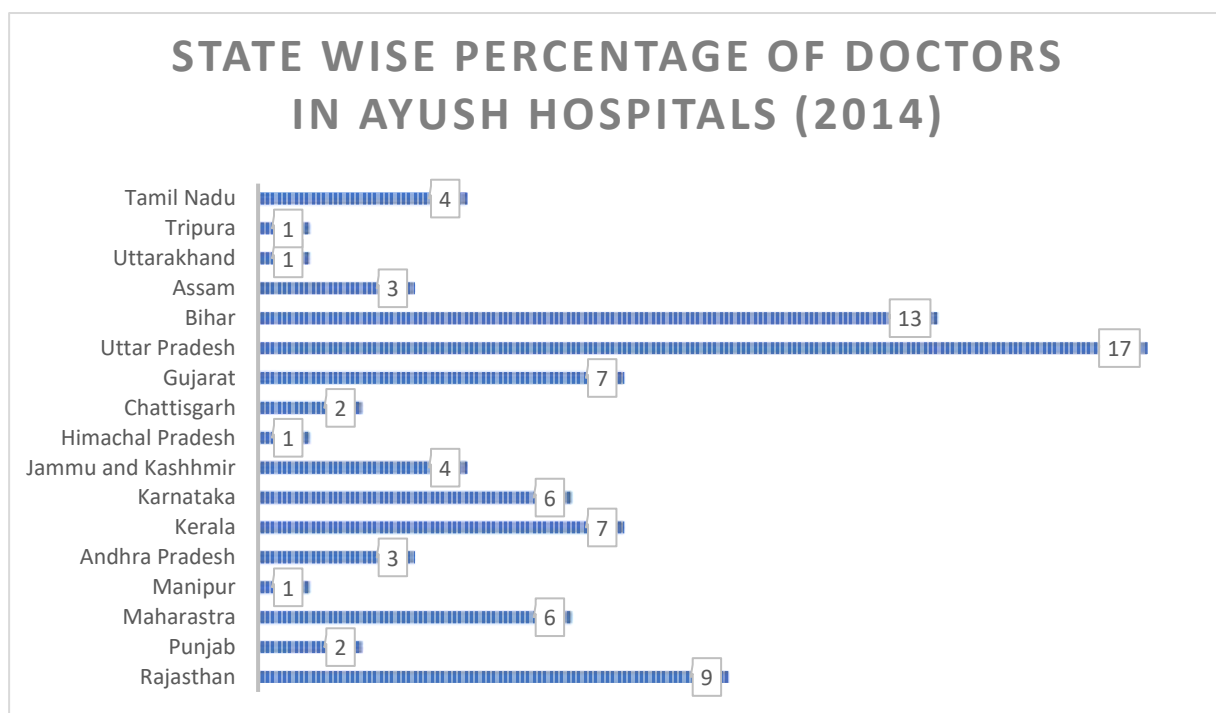
Particulars	Ayurveda	Yoga and Naturopathy	Unani	Siddha	Homeopathy	Total
Number of practitioners	399400	1764	47683	8173	279518	736538
AYUSH hospitals	2838	42 (7+35)	257	265	213	3615
Bed strength	43170	1107 (85+1022)	3379	2305	6834	56805
Dispensaries	15153	214 (138+76)	1289	845	7199	24700
UG colleges	260	18	41	8	186	513
PG colleges	100	0	9	3	39	151

Reference - A brief assessment of Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homoeopathy health system based on Five-year Plans of India (https://www.researchgate.net/figure/Current-status-of-AYUSH-in-India-as-on-March-31-2014_tbl1_316255010)

07. Number of Practitioners in India According to States

States	Percentage of Doctors
Rajasthan	9
Punjab	2
Maharashtra	6
Manipur	1
Andhra Pradesh	3
Kerala	7
Karnataka	6
Jammu and Kashmir	4
Himachal Pradesh	1
Chattisgarh	2
Gujarat	7
Uttar Pradesh	17
Bihar	13

Assam	3
Uttarakhand	1
Tripura	1
Tamil Nadu	4



Reference - A brief assessment of Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homoeopathy health system based on Five-year Plans of India (https://www.researchgate.net/figure/Current-status-of-AYUSH-in-India-as-on-March-31-2014_tbl1_316255010)

e. **BIOLOGICAL THERAPIES**

Biologically based methods comprise of treatments and items that are ingested or applied topically to the body that are made naturally or biologically. Examples include- Natural substances, biological products, active organisms, functional or orthomolecular medicines, botanical medicines, diet and nutrients including supplements. These products are popular worldwide and as they are natural, they have minimum side effects. The use of biologically based treatment (BBT) in patients with various illnesses has grown over time. It has evidence-based potential of disease modifying effects in Multiple Sclerosis, Asthma, Lupus Nephritis, Malignant bone tumors, Glioma, Depression etc. ⁽²⁹⁾ Biologically based therapy has reportedly boosted patient compliance and morbidity in patients with cardiovascular disease, according to a survey conducted in New York City. ⁽³⁰⁾ Talking about natural substances, L-tryptophan, an essential amino acid, is widely used for many medical conditions. It can cross the blood brain barrier and hence is used in many psychiatric disorders, in serotonin, tryptamine, melatonin, niacin synthesis. It also influences the endocrine system, cortisol, prolactin and growth hormone. ⁽³¹⁾ Numerous human interventional studies have shown that noni juice, a biological product, may enhance bone health, increase immunity and endurance, and improve joint health. ⁽³²⁾ Probiotics and other active organisms fall under umbrella of biological based method. They can be obtained from consuming fermented foods or by supplementing diets. They are frequently used for diarrhea and aid in reestablishing good bacteria in your stomach. Bifidobacterium and Lactobacillus have been discovered to be effective treatments for several mental health issues, including anxiety, autism, depression, and OCD. Probiotics can also help with allergies and eczema, as well as protecting your heart. ⁽³³⁾ Many chemotherapeutic drugs, commonly known as plant alkaloids, are produced from plants. Vinca alkaloids, for instance, are obtained from the periwinkle plant, Taxans from the bark of the Pacific yew tree, podophyllotoxins from May apple trees, Camptothecan analogues from the Asian "Happy Tree," and many others. ⁽³⁴⁾ The primary focus of biologically based methods is on dietary supplements, which have their own sector termed nutraceuticals. It comprises vitamins, minerals, herbal remedies, dietary fibers, etc. Dietary supplements and herbal goods are the two areas of this business that are expanding the fastest, respectively at 19.5% and 11.6% annually. Nutraceuticals' nutritional treatment helps the body cleanse itself while also supplying it with vitamins, minerals, and dietary fiber. Examples of nutraceutical products include Chyawanprash, Proteinx, Omega women, Calcirol D-3 etc. ⁽³⁵⁾ Because certain biological products are not subject to FDA inspection since they are not viewed as pharmaceuticals, extra care should be taken to prevent interactions with allopathic treatments and negative consequences.

08. Common herbs as nutraceuticals used as Nutraceuticals

Common name	Biological name	Constituent	Health benefits
Garlic	Dried bulbs of <i>Allium sativum</i> (Liliaceae).	Alliin and allicin	Anti-inflammatory, antibacterial, antigout, nerve tonic
Maiden hair tree	Leaves of <i>Ginkgo biloba</i> (Ginkgoaceae).	Ginkgolide and bilobalide	PAF antagonist, memory enhancer, antioxidant
Ginger	Rhizomes of <i>Zingiber officinale</i> (Zingiberaceae.)	Zingiberene and gingerols	Stimulant, chronic bronchitis, hyperglycemia and throat ache
Echinacea	Dried herb of <i>Echinacea purpurea</i> (Asteraceae)	Alkylamide and echinacoside	Anti-inflammatory, immunomodulator, antiviral
Ginseng	Dried root of <i>Panax ginseng</i> (Araliaceae)	Ginsenosides and Panaxosides	Stimulating immune and nervous system and adaptogenic properties
Liquorice	Dried root of <i>Glycyrrhiza glabra</i> (leguminosae)	Glycyrrhizin and liquirtin	Anti-inflammatory and Anti-Allergic, Expectorant
St. John's wort	Dried aerial part of <i>Hypericum perforatum</i> (Hypericaceae)	Hypericin and hyperforin	Antidepressant, against HIV and hepatitis-c virus ^[24]
Turmeric	Rhizome of <i>Curcuma Longa</i> (Zingiberaceae)	Curcumin	Anti-inflammatory, antiarthritic, anticancer and antiseptic
Onion	Dried bulb of <i>Allium cepa</i> Linn. (Liliaceae)	Allicin and alliin	Hypoglycemic activity, Antibiotic and anti-atherosclerosis
Valeriana	Dried root of <i>Valeriana officinalis</i> Linn. (Valerianaceae)	Valerenic acid and valerate	Tranquillizer, migraine and menstrual pain, intestinal cramps, bronchial spasm.
Aloes	Dried juice of leaves <i>Aloe barbadensis</i> Mill. (Liliaceae)	Aloins and aloesin	Dilates capillaries, anti-inflammatory, emollient, wound healing properties
Goldenseal	Dried root of <i>Hydrastis Canadensis</i> . (Ranunculaceae)	Hydrastine and berberine	Antimicrobial, astringent, antihemorrhagic, treatment of mucosal inflammation
Senna	Dried leaves of <i>Cassia angustifolia</i> (Leguminosae)	Sennosides	Purgative,
Asafoetida	Oleo gum resin of <i>Ferula asafoetida</i> L. (Umbelliferae)	Ferulic acid and umbellic acid	Stimulant, carminative, expectorant
Bael	Unripe fruits of <i>Aegle marmelos</i> Corr. (Rutaceae)	Marmelosin	Digestive, appetizer, treatment of diarrhea and dysentery
Brahmi	Herbs of <i>Centella asiatica</i> (Umbelliferae)	Asiaticoside and madecassoside	Nervine tonic, spasmolytic, anti-anxiety

Reference – Chauhan B, Kumar G, Kalam N, Ansari SH. Current concepts and prospects of herbal nutraceutical: A review. Journal of advanced pharmaceutical technology & research. 2013 Jan;4(1):4.

3. RESULTS

Integrative Therapies shows a significantly good statistics in reduction of symptoms or side effects during diseases and pharmacological treatments. The statistics shows mind-body therapies are used for symptom control, quality of life improvement, stress reduction in the treatment of chronic conditions (such as coronary artery disease and low back pain), and pain management. Hospitals like AYUSH are incorporating mind-body therapies into their treatment plans. Reiki and other energy-based therapies are not as popular in India as they are in the US, China, and other nations, where they are more regularly utilized to treat pain, anxiety, and irregular sleep patterns. Given that acupuncture is regarded as a "Independent System of Healthcare in India," the use of manipulative therapies has increased in that country. In the USA alone, there were 67,787 chiropractors and 12,863 acupuncturist firms as of 2022. Due to its Indian origins, whole systems like Ayurveda are widely used in India as an integrative therapy. By the end of April 2014, there were 1885 (36.3 percent) community health care facilities that housed AYUSH (Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homeopathy) facilities, 8461 (34.6 percent) primary health facilities, and 331 (44.3 percent) district hospitals. Biological therapies include Dietary supplements and Herbal Medicines which are majorly used in Indian Hospitals during treatments. Examples of nutraceutical products include Chyawanprash, Proteinx, Omega women, Calcirol D-3 etc. are given for maintaining vitamins, nutrients in the body. In conclusion, the majority of integrative therapies that have been shown to be more effective must be included in treatment plans.

4. CONCLUSION

The use of integrative therapies has shown a considerable improvement in patient adherence to treatment, as well as an increase in the number of recovery rates in institutions where integrative therapies are adopted. Integrative therapies should be encouraged in tertiary healthcare institutes in order to improve

patient life quality and reduce morbidity and mortality rates. Integrative therapies show reduction in many side effects of pharmacological treatments. The incorporation of these integrative therapies in hospitals will result in better patient engagement and adherence towards the treatment protocols.

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