

# DIFFERENT THERAPEUTIC MODALITIES - II

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## SPECIFIC LEARNING OBJECTIVES

At the end of this  
session the student  
should be able to:

Differentiate between  
pharmacological and

non pharmacological  
therapies.

Define complementary  
alternative medicine  
(CAM) including  
homeopathy herbal  
medicine & spiritual  
therapy and discuss its  
clinical implications

Discuss the role of diet,  
nutrition and lifestyle

changes in management of diseases.

### **Pharmacological therapies**

In general terms, pharmacology is the science of drug action on biological systems.

Pharmacological therapy is medical care that involves the use of medications, either alone or in combination

with other types of therapy.

It is based on the principles of how the human body affects individual drugs, how drugs affect the body, and how drugs interact with each other.

**Non pharmacological therapies**

Therapy that does not include medications is

called non-pharmacological therapy.

This can include lifestyle changes, such as diet, exercise, and control of smoking and drinking alcohol.

Others include the use of patient education, cognitive behavioral

therapy (CBT),  
relaxation, and music.

Non pharmacological therapies that may  
contribute to effective analgesia in  
palliative care settings

**Complementary and Alternative  
Medicine**