

**Shree Manibhai Virani & Smt. Navalben Virani Science College, Rajkot**  
**Autonomous**  
**Affiliated to Saurashtra University, Rajkot**

**Offering Department: DEPARTMENT OF BIOCHEMISTRY**

**PART-II: GENERIC ELECTIVE COURSE**

**Semester-V**

<b>16UBCGE01</b>	<b>Basics of Alternative Systems of Medicines</b>	<b>2 hrs/week</b>	<b>2 credits</b>
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**Objectives**

**To enable students to**

1. Develop effective, practical, personalized strategies for promoting health and well-being.
2. Better evidence-based decision making regarding alternative systems of medicine and its integration into health care and promotion.

**UNIT I Introduction to Alternative Systems of Medicines [5 Hrs]**

- Introduction –History, types of medicine & care
- WHO & alternative systems of medicines

**UNIT II Indian Alternative Systems of Medicines [5 Hrs]**

History, Principle, Diet and Disease management of

- Obesity,
- Cardiovascular diseases and
- Diabetes

**UNIT III Oriental Alternative Systems of Medicines [5 Hrs]**

History, Principle, Diet and Disease management of

- Obesity,
- Cardiovascular diseases and
- Diabetes

**UNIT IV Traditional Alternative Systems of Medicines [5 Hrs]**

History, Principle, Diet and Disease management of

- Obesity,
- Cardiovascular diseases and
- Diabetes

**UNIT V Alternative Systems of Medicines [4 Hrs]**

- Advantages
- Disadvantages

**Reference Books:**

1. Micozzi, M. S. (2011). Fundamentals of complementary and alternative medicine: 4th Edition. New York: Saunders Elsevier.

2. Rippe, J. M. (2013). Lifestyle medicine 2nd Edition. Fl, U.S. ; CRC Press Taylor & Francis Group.
3. Rakel, B. and Elizabeth R. Mackenzie PhD (2006). Complementary and alternative medicine for older adults: A guide to holistic approaches to healthy aging. New York: Springer Publishing Company.
4. Dossey, B. M., & Keegan, L. (2012). Holistic nursing A handbook for practice (6th ed.). Sudbury, MA, United States: Jones and Bartlett Publishers.
5. Shannon, S. M. (2002). Handbook of complementary and alternative therapies in mental health. San Diego: Academic Press.