

Gangaram goes for holistic cure

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SCEPTICS SCOFF at alternative methods of treatment, but new-age medics combine them with modern medicine for better results. In a unique initiative, Sir Gangaram hospital, in association with the Research Institute of Vedic Culture, recently organised a two-day conclave to find out ways to improve public health through holistic treatment.

Talking about the initiative, Dr S.K. Sama, chairman of Sir Gangaram Hospital, said: "In India we have a variety of traditional systems of medicines such as yoga, naturopathy, ayurveda, unani, homeopathy, siddha, etc.



Many a times they are complementary to each other. We are planning to create these wings in the hospital so that patients can have a choice in determining the system of medicine they would like to go for."

Doctors, specialists from various fields and spiritual gurus

will be part of the programme. "We need good hearts to treat ailing patients, we need helping hands to remove their pain and we need beautiful minds to give them happiness," this is how Dr Sama described the hospital's effort at creating a disease-free society through holistic system

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Some of the eminent names associated with the programme are Swami Chidanand Saraswati, Sadguru Jaggi Vasudeva, Dr S.C. Manchanda (senior con-

sultant, cardiology), Prof B.M. Hegde, among others.

These experts, who have done extensive research on Vedic and holistic medicines, have suggested that yoga, vegetarian diet, no-smoking, regular exercise, meditation etc. should be part of all systems of treatment for better success. The holistic approach can help all kinds of patients as it focuses on prevention more than the cure.

Sharing her experience with holistic medicine, Gayl Walker, a speaker at the conclave, said battling with breast as well as uterus cancer in the last decade, she decided to give up the regular medical treatment and took up holistic treatment. Today she is completely cured. (A)