Complementary, Alternative, or Integrative Health: What’s In a Name?

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- Integrative Medicine
- So, What Terms Does NCCIH Use?
- Types of Complementary Health Approaches
- NCCIH’s Role
- NCCIH’s Mission and Vision
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Focus: la persona mes enllà de la malaltia
Cos - M ent - Vitalitat
La dona del segle XXI cerca la atenció integrada per la seva salut
WORLD CONFERENCE ON BREAST CANCER
Integrative Medicine is now an established part of healthcare in the United States:

• The patient and practitioner are partners in the healing process.
• All factors that influence health, wellness, and disease are taken into consideration.
• The care addresses the whole person, including body, mind, and spirit in the context of community.
• Practitioners use all appropriate healing sciences to facilitate the body's innate healing response.
• Effective interventions that are natural and less invasive are used whenever possible.
• Because good medicine is based in good science, integrative medicine is inquiry driven and open to new models of care.
• Alongside the concept of treatment, the broader concepts of health promotion and the prevention of illness are paramount.
• Care is individualized to best address the person’s unique conditions, needs, and circumstances.
• Practitioners of integrative medicine exemplify its principles and commit themselves to self-exploration and self-development.
All of the centers in the study reported being affiliated with a hospital, a healthcare system, and/or a medical or nursing school.

The interventions most prescribed are:
- Food/Nutrition/Supplements
- Yoga
- Meditation
- TCM/Acupuncture
- Massage
- Pharmaceuticals

Clinical conditions for which integrative medicine has been successful:
- Chronic pain
- Gastrointestinal conditions
- Depression
- Stress
- Cancer
Complementary Therapies [E02.190]

- Acupuncture Therapy [E02.190.044] +
- Anthroposophy [E02.190.088]
- Auriculotherapy [E02.190.204] +
- Diffuse Noxious Inhibitory Control [E02.190.262]
- Holistic Health [E02.190.321]
- Homeopathy [E02.190.388]
- Horticultural Therapy [E02.190.438]
- Medicine, Traditional [E02.190.488] +
- Mesotherapy [E02.190.506]
- Mind-Body Therapies [E02.190.525] +
- Musculoskeletal Manipulations [E02.190.56]
- Naturopathy [E02.190.655]
- Organotherapy [E02.190.701] +
- Phytotherapy [E02.190.755] +
- Reflexotherapy [E02.190.799]
- Rejuvenation [E02.190.822]
- Sensory Art Therapies [E02.190.888] +
- Speleotherapy [E02.190.894]
- Spiritual Therapies [E02.190.901] +
- Therapeutic Touch [E02.190.906]
- Yoga [E02.190.937]

Mind-Body Therapies [E02.190.525]

- Aromatherapy [E02.190.525.061]
- Biofeedback, Psychology [E02.190.525.123] +
- Breathing Exercises [E02.190.525.186]
- Hypnosis [E02.190.525.217] +
- Imagery (Psychotherapy) [E02.190.525.249]
- Laughter Therapy [E02.190.525.311]
- Meditation [E02.190.525.374]
- Mental Healing [E02.190.525.500]
- Psychodrama [E02.190.525.781] +
- Psychophysiology [E02.190.525.812]
- Relaxation Therapy [E02.190.525.875]
- Tai Ji [E02.190.525.890]
- Yoga [E02.190.525.937]
NCCIH’s Funding Priorities and Research Focus

The National Center for Complementary and Integrative Health (NCCIH) at the National Institutes of Health (NIH) funds and conducts research to help answer important scientific and public health questions about complementary health approaches. NCCIH works to determine what is promising, what helps and why, what doesn’t work, and what is safe.

Organizational Structure

The roles of NCCIH’s leadership, offices, and divisions, including a Message from the Director.

Job Opportunities

Information about job openings, training, and continuing education.

Strategic Plans and Reports

Current and past research planning documents and program assessments.

Budget and Legislation

Appropriations amounts, with related congressional justifications and testimony.

Mission and History

- NCCIH Facts-at-a-Glance and Mission
- NCCIH’s Research Strategy
- NCCIH Timeline
- NCCIH History/Chronology (NIH Almanac)

Visitor Information

Maps, directions, and security info.

Get Involved

How members of the public can become a part of the NCCIH research effort.

Advisory Council
The Concerted Action for Complementary and Alternative Medicine Assessment in the Cancer Field (CAM-Cancer) project divides the CAM into categories:

- **biologically based practices** (nutrition, vitamins, phytotherapy)
- **energy medicine** (healing touch, therapeutic touch, reiki, spiritual healing, satnam rasayan)
- **mind-body medicine** (meditation, yoga, taichi, progressive muscle relaxation, acupuncture)
- **alternative medical systems** (homeopathy, traditional medicines)
- **manipulative and body-based practices** (massage, osteopathy, chiropractor)

10 most common complementary health approaches among adults—2012

- Natural Products*: 17.7%
- Deep Breathing: 10.9%
- Yoga, Tai Chi, or Qi Gong: 10.1%
- Chiropractic or Osteopathic Manipulation: 8.4%
- Meditation: 8.0%
- Massage: 6.9%
- Special Diets: 3.0%
- Homeopathy: 2.2%
- Progressive Relaxation: 2.1%
- Guided Imagery: 1.7%

Clarke 2015
Motivacions d’ús per part de les pacients:
Influènciat per l’ús de família i amistats, i nivell educatiu alt p< .001

Reduïr dolor, efectes secundaris de tractaments,
Corregir cansament crònic,
Enfortir sistema immune,
Prevenir recidives,
Augmentar qualitat de vida
Augmentar percentatge de curació

Temps de Resposta Variable als tractaments CAM:
- inmediata en una aplicació bioelectromagnètica medicinal o cosmetic,
- Biodisponibilitat segons el temps d’absorció de nutrients o plantes: unes hores, 3 dies, 3 setmanes, 45 dies, 3 mesos per revertir processos bioquímics, biofísics bioelèctrics o mentals
**Meditació Guiada:** lider dirigeix atenció a l’objecte de focus

**Meditation Voluntaria:** la persona dirigeix internament l’enfoc

**Newberg 2003** Meditació Voluntaria Tibetana activació en les areas de concentració, lobuls frontals i prefrontal cortex (PFC), desactivació de lobuls parietals (percepció atemporal i disminució de diferenciació individual

**Lazar 2010** Meditació Voluntaria Kundalini: activació en PFC

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*Kirtan Kriya Meditation and High Resolution Brain SPECT Imaging*  
*Dharma Singh Khalsa M.D., Nisha Money M.D., Daniel Amen M.D., and Chris Hanks Ph.D.* 2009  
Activació i sincronització de cortex frontals i temporals.  
Activació neuroendocrina Hipófisi
... i les nostres pacients en prenen, n’utilitzen ens ho expliquen en demanen ...?

Gràcies


• **“I just start crying for no reason”: the experience of stress and depression in pregnant, urban, African-American adolescents and their perception of yoga as a management strategy**. Kinser P, Masho S. Womens Health Issues. 2015 Mar-Apr;25(2):142-8. PMID: 25648492


Càncer Ginecològic


- **The biopsychosocial spiritual model applied to the treatment of women with breast cancer, through RIME intervention (relaxation, mental images, spirituality).** Elias AC, Ricci MD, Rodriguez LH, Pinto SD, Giglio JS, Baracat EC Complement Ther Clin Pract. 2015 Feb;21(1):1-6. PMID: 25682524


• **Impact of yoga on functional outcomes in breast cancer survivors with aromatase inhibitor-associated arthralgias.** Galantino ML, Desai K, Greene L, Demichele A, Stricker CT, Mao JJ. Integr Cancer Ther. 2012 Dec;11(4):313-20. PMID: 21733988