

## Editorial

# CAM - Back to nature

Back to nature is an urgent call nowadays, technology the great man's invention - part of it is of great benefits to mankind, the other part may be the cause of future end of life on earth.

We recently have heard about phenomena that were not common before as heat entrapping and global change of climate, earthquakes, tsunamis, environmental pollution and cancer inducing insecticide dusted food.

In the past, before modern era had come, man depended mainly on cultivation and simple manual industries. His main food was related to what his land produced. Processed and canned food was not recognized. His breathed air was pure; his water was clean from unpolluted sources. He used his environment for shelter, food and cure. Endemic herbs were his medicine, life philosophy or traditional believes at that time and theory of body energy and holism was his way of explaining health and disease.

One can say that man's life was smooth, simple and healthy depending on nature.

CAM or complementary medicine is the practical application of returning back to all what is natural. Complementary medicine as defined by the National Center for complementary and Alternative Medicine (NCCAM) in the USA, is a group of diverse medical and health care systems, practices and products that are not presently considered to be part of conventional Western medicine. NCCAM classifies CAM therapies into five categories, or domains (Table 1).

Through the different modalities of CAM, we can change our lifestyle and behaviour and live a more simple healthy life. Emergence of CAM as a new current of medicine depends on whether or not precise scientific evidence can be accumulated.

Evidence based researches in the field of complementary medicine have to increase and be supported by public authorities and private ones.

Medical journals must encourage such researches by applying reduced fees or even publication for free of good researches in that field.

Finally, the scope of CAM is beyond all expectations. CAM is filled with new and amazing discoveries, and it will increase people's welfare. It deserves more evidence based researches and through investigations.

**Table 1.** Classification of CAM therapies.

---

1. Alternative medical systems	Traditional Chinese medicine, Ayurveda, homeopathic medicine, chiropractic, naturopathic medicine, etc.
2. Mind–body interventions	Meditation, prayer, mental healing, art, dance, music therapy, etc.
3. Biologically based therapies	Foods, herbs, vitamins, dietary supplements, aromatherapy, etc
4. Manipulative and body-based methods	Chiropractic or osteopathic manipulation, and massage, etc.
5. Energy therapies Biofield therapies Bioelectromagnetic-based therapies	Qi gong, therapeutic touch -based Electromagnetic fields

---

## REFERENCES

- Jonas WB (1997). Researching alternative medicine. *Nat Med*; 3:824–82.
- Austin JA, Marie A, Pelletier KR (1998). A review of the incorporation of and alternative medicine by mainstream physicians. *Arch. Intern. Med.*, 158:2303–10.
- Koop CE (2002). The Future of Medicine. *Science* 295:233.
- Friedland DJ, Go AS, Davoren JB, Shlipak MG, Bent SW, Subak LL, Mendelson T (1998). *Evidence-based Medicine: A Framework for Clinical Practice*. Stamford: Appleton and Lange.

Prof. Neveen Helmy Aboelsoud,  
Editor-in-Chief, JCMR,  
Complementary Medicine Researches and Applications Department,  
Medical Researches Division,  
National Research Center,  
El Bohouth Street,  
Dokki,  
Cairo,  
Egypt-12311,  
Egypt.

Mobile: 0124359509  
Email: [neveenster@gmail.com](mailto:neveenster@gmail.com)