



Review article

Prospects of integrated medicine as a future problem solver

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ABSTRACT

Many medical drugs extensively cause side effects and their prices are out of reach of the common man particularly of that from the developing countries. Thus the major objectives of this article are choice of appropriate drugs from all medical fields after due research-based rationalization, down-costing of prices of drugs to qualify their use at poor country's level and elimination of antagonism between the practitioners from different fields: mainstream, naturopathy, homeopathy, electronic gem therapy, traditional medicine, etc. Requisite secondary data was collected from the published literature on different fields of medicine, while the primary data based on self and other's empirical experience, was computed recalling self-witnessed medical treatment cases and interviews of the experts from different fields. The data were then sorted, processed and interpreted; the results were reported as descriptive research. The results did impress to believe that nature is equipped with extensive cures of diseases from which the humanity is suffering and thus the research should be focused on the use of medicinal seeds and herbs to rationalize their use as antibacterial agents in particular and others in general. Many substances, if taken, in crude form, may undergo certain biochemical reactions more energetically and effectively to cure the ailing parts of the living body, rays scattered through a prismatic structure of diamonds can have soothing and energizing effects on body joints to relieve them from pain and so on. All the fields of medicine do have significant potential for eradication of a large number of diseases. It may be in the interest of humanity all over the globe to develop a strategy to pick what is the best in all of them for use to cure ailing humanity. To achieve better results, it is in the general interest of medical practice to merge all the fields to develop a synthesized system that may be called "Integrated Medicine".

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INTRODUCTION

The current practice of medicine has to its credit the highest number of positive points. It is highly systematic and proceeds with logical reasons while dealing with all its facets: clinical diagnostics involving clinical laboratory and tests, surgical operations such as involving removal of tumors, cancerous cells, stones, obstructions, etc., where nothing stands in parallel from all alternative forms of medicine. It is also very successful in therapeutics and offers very effective treatments for many diseases such as liver cysts, tuberculosis, vitamin deficiency diseases, hormonal disorders and many others, yet it has been criticized extensively for its failure on the basis of some important reasons. Some of them are narrated below.

Current situation of health all over the world, particularly in developing countries, is highly deplorable. A major reason underlying this situation is the high cost of medical advice, diagnosis and treatment that has rendered the medical treatment only for few and not for all. It's down costing is the need of the whole world particularly of the developing countries. Alternative medicine based on crude herbal drugs prepared from medicinal plants and seeds is these days in the field as the rescue of the victims. Medicinal plants and seeds are in human use long over the past but unfortunately without rationalization on a scientific basis. Thus a number of research projects can be undertaken to rationalize the use of traditional drugs taken as medicinal seeds, plants and herbs in the form of powders and extracts. The bases of undertaking these projects are as under:

1. The skyrocketing cost of the drugs currently in the market due to the involvement of extraction, isolation and the purification of the active principle.
2. Side effects of the drugs currently in use. An alarming aspect is that there are many drugs in use that have much more side effects than effects.
3. There is notable malpractice encountered with general practitioners while writing the prescription. Many don't keep the record of the medical history of the patient and thus don't even know what medicines the patient has taken before he reports the doctor first time or after changing a predecessor. The practitioner operates either on hit and trial basis or on the basis of lack of knowledge. Sometimes the medicine is the same as that was prescribed by his predecessor that either had no effect due to the development of some kind of resistance against it or due to some other reason. Such a medicine thus has no effect but only the side effects. The misuse of antibiotics is a worth mentioning example in this context. While prescribing antibiotics, many practitioners try the strongest antibiotics without the sanction of any sensitivity test that signals which organisms will be subject to eradication. The results are disastrous because the misuse of antibiotics not only has extensive side effects affecting different functional body organs multifariously but also kill the body resistance which is the prime factor and tool of almost every branch of medicine including current regular stream to cure a disease by making the use of body defence. In case there is nobody defence, the patient is subject to many antagonistic forces

Keeping in view the above situation many fields from alternative medicine are being popularly adopted for the cure of ailing humanity. An overview of different fields is given below.

SOME ALTERNATIVE MEDICAL FIELDS

Naturopathy or Naturopathic Medicine

Naturopathy or naturopathic medicine is a form of alternative medicine based on the healing power of nature. It employs a wide variety of "natural" modalities such as homeopathy, herbalism, etc., as well as diet, nutrition and lifestyle counselling. Naturopaths believe in a holistic approach for finding the cause of disease by understanding the body, mind, and spirit of the patient with non-invasive treatment generally avoiding surgery and use of drugs. Major stress, of course, is on treatment by keeping the patients on natural and fresh foods. To cut short, naturopaths focus on supporting the body's own healing power and empowering the patient to make lifestyle changes essential for the best possible health. They

emphasize on preventing disease and educating patients.

The philosophy and methodology of naturopathy have their roots in vitalism and self-healing and are in conflict with the evidence-based mainstream medicine (Atwood, 2003; Atwood, 2004; Singh and Ernst, 2009; Barrett, 2013; Gorski, 2014; Harvey, 2015). They oppose the use of vaccines and preach alternative anti-vaccine practices that tend to lower down vaccination rates (Wilson et al., 2004; Jagtenberg et al., 2006; Busse et al., 2008).

Harry Benjamin (Benjamin, 1940) once claimed in his famous book "Your Diet in Health and Disease" that majority of the voyagers on a ship who fell ill and suffered from cancer were cured by him after putting them on fresh fruits and vegetables. The claim has been strongly opposed by American Cancer Society that says, "Scientific evidence does not support claims that naturopathic medicine can cure cancer or any other disease since virtually no studies on naturopathy as a whole have been published" (Russell and Rovere, 2009).

Homeopathy

Homeopathy is a system of alternative medicine created in 1796 by Samuel Hahnemann based on his doctrine of "like cures like", translating that a substance that causes the symptoms of a disease in healthy people would cure similar symptoms in sick people (Hahnemann, 1833). He believed that the underlying causes of disease were the phenomena termed as miasms defined as a toxic or noxious effect on living body translating into illness, and homeopathic preparations addressed them. The preparations are made applying a process called homeopathic dilution, which involves repeated dilutions of a chosen substance in alcohol or distilled water, followed by forceful striking on an elastic body. Hahnemann found that undiluted doses caused reactions, sometimes dangerous ones and suggested that specified preparations be given at the lowest possible dose. He concluded that dilution reduced toxicity and side-effects, but the vigorous shaking and striking on an elastic surface nullified it (Hahnemann, 1833). Homeopaths select remedies by consulting reference books known as repertories, and by considering the totality of the patient's symptoms, personal traits, physical and psychological state, and life history (Kayne, 2006).

Homeopathy is now about two centuries old science but it has been continuously criticized by the experts of the regular stream and other related disciplines such as biology, chemistry, etc., yet it has strengthened progressively with the passage of time. It has well consolidated its forces all over the world including the USA where the first homeopathic school opened in 1835, and in 1844, the American Institute of Homeopathy, was established and throughout 19th century, dozens of

homeopathic institutions have been reported to appear in Europe and the United States (Winston, 2006). By 1900, there were 22 homeopathic colleges and 15,000 practitioners in the United States (Ernst and Kaptchuk, 1996).

Recently the Food and Drug Administration has held a hearing April 20 and 21, 2015 requesting public comments on the regulation of homeopathic drugs (Food and Drug Administration, 2015). The FDA cited the growth of sales of over the counter homeopathic medicines as \$2.7 billion in 2007; many labelled as "natural, safe, and effective (Kelly, 2015). This can be considered as an index to the popularity of homeopathy in public.

Electronic Gem Therapy

The basic philosophy of electronic gem therapy stands on the assumption that the human body is a system of a large number of magnetic fields that ultimately assemble on one point called Assemblage Point (A.P.). The disturbance of AP from its normal position translates into a physiological disorder manifested in the form of the disease while it's shifting back to normal into the elimination of the disease or cure of the human body. Such shifting is accomplished by exposure of the diseased body parts to light rays of specific frequency ranges. The exposures are called treatments that may not be one but a certain number depending upon the nature and gravity of the disease.

Light rays of different frequency ranges are produced by passing light through gems of different types such as ruby, emerald, sapphire, etc. An index to different frequency ranges may be different colours of the light emitted from the gems: green, orange, red etc. The machines used for producing the rays are called Electronic Gem Therapy Lamps. Rays of different colours exert different intensity thermal effects. The green rays are known to be cold while red to be hot. The orange rays are said to exert medium heating effects. Usually, green rays, due to their cooling effect are applied to treat hyperactive body parts. An example here may be hyperactive or hot liver normally treated with cold rays green in colour. The red colour rays are applied to treat hypoactive body parts such as cold spleen to elevate their activity as desired. The orange rays are mostly applied to treat almost all body parts that undergo small deviations from the normal. There are around sixty cases outlined by John Whales a big custodian of electronic gem therapy practising in London in his famous book, "The Catalyst of Power-The Assemblage Point of Man" (Whales, 2009) translated by Khan (Khan and Randhawa, 2009).

Traditional Medicine

The traditional medicine is in use of humanity to cure human and animal diseases since antiquity.

It is based upon the belief that there is no disease whose cure is not provided by Allah (God) in the form of natural herbs and seeds. It is totally based on the empirical experience of individuals, families or groups. It is given different names by different abodes on different parts of the globe: Greek Medicine, Chinese Medicine, Indian Medicine, and many others. The author and his group focused their practical research on this field to rationalize the use of medicinal herbs, plants and condiments by the people on the basis of their empirical experience and advice of the traditional medicine physicians.

METHODOLOGY

The plan of research was spread over four stages: Collection of data, computation of data, analysis of data and interpretation of results.

Collection of data

Both secondary and primary sources were used to collect the data. The secondary data was collected by consulting literature in the libraries, visiting websites of alternative medicine to know the basis of their philosophies and modalities. Some books and encyclopedias of the claimers the effectiveness of the alternative fields were read to grasp their essence. The examples may be "Your Diet in Health and Disease" by Franklin Benjamin (1940) an important practical manual for practising naturopathy for a thorough description of the mechanics and description of homeopathy and BBC Two Program Science and Nature TV and Radio Follow up (Horizons, 1914). "The Catalyst of Power- Assemblage Point of Man" (Whales, 2009) for the effectiveness of electronic gem therapy and "Mujarrab Nuskhei" by Syed Amjad Ali Jafri throwing spotlight on alternative medicine including even acupuncture and others. Some renowned experts in different fields such as Prof. Abdul Hameed Baig (Deceased and interviewed more than three decades back), Dr. Iqbal (Deceased and interviewed more than two decades back), Hakeem Rahat Nasim Sodharvi for Unuani Hikmat were personally interviewed to compute their opinions while composing primary data.

The effectiveness of the drugs and treatments was judged on the basis of the empirical experience of the author and that of the people particularly of the elders who had used them either themselves or advised others to use them on the basis of the past history of their use and curative action. For some treatments and alternative medicines, the author made himself the subject to judge their effectiveness.

The spectrum of judging the alternative medicine drugs and treatments by the author is very broad and thus its documentation may spread over unlimited space, Better to quote or outline a few as samples to arrive at final conclusions. After

reading “Your Diet in Health and Disease”, he was impressed by the following points Benjamin made in the current context as under:

1. The gastrointestinal tract is the major source of poisons and thus it should be cleaned by cutting off the supply of additional food, and the putrefied stuff in it must be cleaned by washing with a simple warm water enema. The example of the infection in the gut is just like that of a dunghill in a locality: if it is removed the flies and mosquitos growing on it will be eliminated automatically because no medium will be left for their survival.
2. The carbohydrates and proteins should be taken separately.
3. All poisons are acidic in character and thus must be eliminated by neutralization with citrus juices that exert an alkaline effect on the living body ultimately after their metabolism.
4. The human body should be periodically cleansed by eliminating poisons with the exclusive intake of citrus juices to keep normal health.

Keeping in view the said points, the author subjected himself to the treatments of many commonly encountered diseases such as exposures, colds, coughs, fever, diarrhoea, etc., with handsomely positive results. No doubt, he left practising later because it was extremely difficult to practice and involved many restrictions that translated into the loss of many enjoyments in everyday life.

The author tried many homeopathic medicines on him and observed that some of them worked very well to cure many respiratory diseases. Examples may be Bryonia 200, Merc sol 30 etc. A drug that impressed him unforgettably is Sulphur 30 that proves very effective to cure boils underneath the shoulders. It took only three days for complete cure and disappearance of the boils. The author witnessed himself the treatment given to a lady suffering from a blockage of menstruation cycle not cured over long by a highly capable gynecologist by Dr. Iqbal (homeopath). After 24 hours big clots of clotted blood started dropping, the process continued till there was clear blood flow and the temperature was back to normal.

Turning towards electronic gem therapy only two examples will do. The author once could not judge the depth and his foot suddenly fell on the lower floor from the upper floor of the yard of a big building with a difference around 9 inches. He suddenly felt severe pain in his back that was intolerable. He went to Dr. Nasir Randhawa who told him that there was slip disc due to which sciatica nerve was pressed resulting into a slowing of nerve signals and pain. He treated the author with red radiation for three days; each 25-minute exposure.

The disc reverted within three days. Once, the author was undergoing an ultrasound scan of his abdomen. His radiologist pointed out that his prostate had enlarged and advised him to come next time after taking plenty of water so that the prostate could be checked thoroughly. He came home and went to Dr. Randhawa, who assured that electronic gem therapy had 100% results in prostate treatment. After taking three treatments, he went back to the same radiologist after drinking a lot of water. The radiologist was asked to pay special attention to the prostate. After the examination, he put this question to the author, “Who told you that your prostate is enlarged?” The answer was, “You Dr. Sir”

Attention to traditional medicine pulls the author back to the remote past when he was just a child and witnessed his mother not equipped with any formal education treating a large number of patients suffering from an eyesore in author’s birthplace that is a village located in District Sargodha in Punjab, Pakistan. The rush of the patients was to such an extent that groups/families from nearby villages up to the radius of about 15 to 20 miles were seen visiting with hands on each other’s shoulders lead by a guide with healthy eyes. Most of the patients recovered after a few days of treatment.

The medicine was a well ground mixture of four components out of which remembered were *Cassia absus* (Chaskoo in Punjabi), crystalline ammonium chloride (called the ekri naushadar in Punjabi) and (maskhora) and fourth has been forgotten. The mother told that the most important basic component was *Cassia absus*. Taking into consideration its role as an eye cure, the author deployed one of his M. Sc. research students to look into the antibacterial activity of the seeds of *Cassia absus*. Similarly many medicinal herbs, seeds and condiments were investigated to assess their antibacterial activity in search of substitutes for antibiotics that are very expensive drugs. Moreover, the author and his group focused their research on the field of traditional medicine to rationalize the use of medicinal herbs, plants and condiments by the people on the basis of their empirical experience and advice of the traditional medicine physicians.

Computation of data

The data were sorted to discard superfluous information and subsequently computed.

Analysis of data

The data were analyzed on the basis of the utility of each field of alternative medicine with reference to curing different human diseases. The activity of the alternative medicine and treatments was compared to that of the drugs in use by the

current regular scheme by inspection and subsequent intuitive judgment.

Interpretation of results

The results were compiled and interpreted as described in the following section.

RESULTS AND DISCUSSION

The results of research pertaining to naturopathy, homeopathy and electronic gem therapy have been reported under the research methodology because these could not be separated from basic events that acted as stimuli of research conducted here. An overall comment may be that all the fields do carry significant value if proper attention is given to provide a rational sanction for their use by the people. Some comments will be made in this context later.

Most of the research was practically conducted on the determination of the antibacterial activity of medicinal herbs, seeds, condiments, etc., in search of the substitutes for antibiotics. A number of research papers were subsequently published (Khan, et al., 1991; Javed and Khan, 1993; Shaukat et al., 2000; Qasim and Khan, 2001). The spectrum of the research activity was extended to the determination of the antibacterial activity of oils from different seeds and their subsequent analysis to know the factors responsible for their activity (Saad et al., 2003). Results were highly promising, the horizon of study was further extended to conduct a biochemical investigation of a number of seeds and their oils. Many papers have been published (Khan and Haq, 2011; Khan and Iqbal, 2012; Khan et al., 2012). The results indicate that this is a highly promising field for future projections. Apart from the biochemical investigation highlighted above, some enquiries were lodged keeping in view the traditional use of garlic as an anti-cholesterol agent and of some gums and medicinal seeds for some illnesses such as those of alimentary canal (Khan and Mahmood, 1984; Khan and Jafar, 1991). Medicinal seeds were also looked into for their mineral content particularly the trace elements due to their well-recognized role in health and disease (Khan and Rashid, 2012).

As overall comment made above is that all the fields do carry significant value if proper attention is given to provide a rational sanction for their use by the people. A few points are made to support this idea:

1. Both naturopaths and traditional medicine practitioners rightly believe that the major source of poisons that cause physiological disorders is the gastro-intestinal tract, Of course, the approach to clean the gut is different which is also to some extent in agreement with that of regular-stream. Both

traditional medicine and regular-stream make use of laxatives to stimulate the bowel action for removing putrefied remnants of food from the gut but their use may sometime dangerous also because it may lead to diarrhoea and some time to dehydration also. Fasting under the cover of hospital staff with nutritional drips is also in practice of the mainstream and routine fasting in that of traditional physicians. Prolonged fasting may cause hyperacidity and also a general weakness. Here the most commendable approach may be that of a naturopath who prescribes continuous fasting on warm citrus juices and periodic washing of the gut by simple warm water enema. When the intestinal tract will be clean, physiological disorders such as hyperacidity, fever, etc., will be automatically mitigated. Moreover, the body will not be weakened because the citrus fruit juices will supply the required nutrition.

2. A naturopath rightly believes that carbohydrates and protein should be taken separately. In other words, bread and meat should be taken separately. This advice carries significant weight because the digestion of carbohydrates starts in the mouth where the medium is alkaline while that of protein in the gastric where the medium is highly acidic. Thus the chances of an attack on carbohydrate particles will be better because these will not be shielded by protein particles that pass un-attacked in the mouth.
3. Another convincing aspect of naturopathy is that it believes in the neutralization of the poisons that are acidic in reaction by the fruits and vegetables that have the alkaline reaction ultimately.
4. The major point that goes in favour of homeopathy is that its holistic approach bears a strong appeal and its effectiveness has been witnessed by a large number of people. Its rapid growth and increase in its popularity since its invention is statistical proof of its significance as the popular vote is also the model on which Community Medicine research is being conducted. As far application of abnormal dilution of medicinal substances is concerned, it can be justified on two bases: a) There are some chemical reactions that do not take place when reagents are in the concentrated form but they do so when these are in dilute state, b) Some substances such as arsenic, mercury etc., are extremely poisonous when taken in concentrated form (low potency) but are highly effective cures when given in highly diluted form because they lose their poisonous nature. Moreover not all the medicines used in homeopathy are abnormally diluted; the spectrum of use is from zero through 10, 30, 200, even up to million.
5. The potency of homeopathic medicines also multiplies due to intense agitation against

plastic surface agitators because high kinetic energy absorption may ultimately render the substances lose electrons to form positive and negative ions that may act very fast to cause the curative action.

6. The secret of the success of electronic gem therapy may be that when specific organs are exposed to the light rays of specific frequency ranges, responses are highly positive. For example, the hyperactive liver is exposed to cold rays of low frequency (green) to calm it down while the cold spleen is energized with high-frequency hot rays (Red) to activate it. The UV lamp applied by mainstream may not be effective on both of these organs. It may rather damage the exposed body part due to its very high-frequency radiation. The deep penetration of electronic rays in the body organs may be because of rapid cures.
7. Traditional medicine is very popular all around the world particularly in Europe and America as herbal medicine on the basis of empirical experience without its rationalization on scientific grounds. Its effectiveness is unchallenged and it can be said with confidence that it has relieved humanity from many ills since the Stone Age. There is the likelihood of occurrence of anticancer substances hidden in the treasure of nature. What is strongly needed is their exploration through scientific research. There seems to be no harm in using herbal medicines in natural form as natural cures. Some of the herbal medicines such as garlic, *Carumcopticum*, *Nigella sativa*, and many other condiments are in service of humanity as medical treatments as well as foods without any side effects; why not to use them in crude form in place of very expensive medical drugs.

In spite of the entire advocacy for the alternative fields, there is no hesitation in saying that these fields have yet to exhibit some enhanced capacity to deal with the emergency cases. No doubt, in some cases the results are even miraculous but if performance is averaged the treatments are very slow and patients trapped in some dangerous illnesses can't wait so long due to horror of death which is difficult for anyone to bear.

CONCLUSION AND RECOMMENDATION

From the brick- by- brick model developed above, it may be concluded that all the fields including systematic regular medicine (wrongly termed as allopathy), naturopathy, homeopathy, electronic gem therapy, traditional medicine, etc., are significantly rich to contribute for the emancipation of the ailing humanity from different diseases. Thus all of them may be merged to develop a compound medical science that can be termed as "Integrated Medicine" functional under

one the umbrella of the regular stream that still stands superior because it offers a sound base, systematic mechanics, and effective rescue in emergencies.

Integration is an uphill task because the antagonism encountered at the hand of experts from all branches of medicine will have to be eradicated. All the players from the alternative fields should be counselled to stop propaganda against experts from the mainstream and asked to stop calling them allopaths while those of the mainstream should be asked to welcome experts from the alternative fields on equal footing. The synthesized field of "Integrated Medicine" will need an integrated curriculum design.

CONFLICT OF INTEREST

Author declares no conflicts of interest.

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