**Cultural differences in healthcare and medicine**

1. What do you think of when you think of western medicine?
2. What do you think of when you think of traditional medicine?
3. what do you think of when you think of alternative medicine?

Write a brief paragraph of your current understanding of these terms.  What are the main differences - that you are aware of?

I think of medical practises that were originated in Western (European) countries. Treating the symptoms (rather than the causes) of a disease using drugs, surgery and radiation is mainly involved with western medicine. Western medicine is mainly evidence based and built on the scientific method and rigorous research findings. Patients are usually treated after identifying the problems via systematic testing.

Traditional medicine includes practises that are based on theories and beliefs, influenced by different cultures rather than the scientific method. Herbal remedies are the most popular form of treatment in traditional medicine. A few examples of traditional medicine practises include, Ayurvedic medicine, Siddha medicine and traditional Chinese medicine. These traditional practises have been developed largely within the eastern countries over the generations before Western/Conventional medicine came into play. Traditional medicine takes on a holistic nature, meaning that it treates the whole person after taking the symptoms of a disease as well as the mental and social factors of the patient into account.

Alternative medicine includes healing processes that are unproven or impossible to prove. Traditional practises that are adopted outside of their traditional culture too are considered as a form of alternative medicine. Alternative medicine is used in place of standard medical care (Western medicine). Chiropractic, acupuncture and homeopathy are considered as some of the alternative practises. Alternative medical treatments are often based on religious beliefs, tradition, superstitions and belief in the supernatural energy and do not follow the scientific principles that are followed in Western medicine.

Medical practises that were originated in Western (European) countries and use drugs, surgery and radiation to treat the symptoms (rather than the causes) of a disease are known as Western medicine. Traditional medicine was developed largely within the eastern countries over the generations before western/conventional medicine came into play and it includes practises like Ayurvedic medicine, Siddha medicine and traditional Chinese medicine that are based on theories and beliefs, influenced by different cultures instead of the scientific method and rigorous research findings, Western medicine is built upon. Herbal remedies are the most popular form of treatment in traditional medicine. Unlike Western medicine that treats patients after taking the symptoms into account via systemic testing, traditional medicine takes on a holistic nature, meaning that it treats the whole person after taking the symptoms of a disease as well as the mental and social factors of the patient into account. In contrast to western medicine as well as traditional medicine, alternative medicine includes healing processes like chiropractic, acupuncture and homeopathy that are hugely influenced by religious beliefs, tradition, superstitions and belief in the supernatural energy. These methods are unproven or impossible to be proven. In some instances, traditional practises that are adopted outside of their traditional culture too are considered as a form of alternative medicine. Depending on personal preferences, sometimes alternative medicine is used in place of standard medical care (Western medicine).

1. Medical practises that were originated in Western (European) countries are known as Western medicine. Traditional medicine was developed largely within the eastern countries over the generations before western/conventional medicine came into play and it includes practises like Ayurvedic medicine, Siddha medicine and traditional Chinese medicine. Alternative medicine includes healing processes that don’t rely on surgery or conventional medication. Often, alternative medical practises are either unproven or disproven.

In Western medicine, drugs, surgery and radiation are used to treat patients whereas traditional medicine mainly uses Herbal remedies. Alternative medicine heavily relies on mind and body practices such as message, meditation as well as natural products like minerals and herbs. Western practices treat the symptoms of a disease rather than its causes after systematic testing while both traditional and alternative approaches treat the whole person after taking the symptoms of a disease as well as the mental and social factors of the patient into account. Western medicine is based on the scientific method whereas traditional practises are built upon theories and beliefs, influenced by different cultures and alternative practises bank mainly on superstitions and belief in the supernatural energy.

1. Definitions
2. Pros/Cons, Differences