

# BÖLÜM 83

## Radyasyon Hasarının Komplikasyonlarının Yönetiminde Geleneksel ve Tamamlayıcı Tıp



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### GİRİŞ

Modern tıbbın vücuttaki biyolojik mekanizmalardaki bozulmaların ortaya çıkarılması ve tedavi edilmesi konusunda başarılı olduğuna kuşku yoktur. Ancak insanların kalabalık sağlık merkezlerinde sıra beklemenin, testler yaptırmanın ve her şeyin ardından doktorla kısa bir görüşmenin ötesinde birtakım ihtiyaçları bulunmaktadır. Tetkiklerinde sorun saptanmasa da yaşam kalitelerini artırmaya yönelik değişiklikler bulabilmek ve ilaçların yan etkilerinden bir süreliğine de olsa kurtulmak bunlardan bazılarıdır. İnsanlar modern tıbbın medikal ve cerrahi tedavilerine başvurdukça oluşan komplikasyonların sıklığı da kaçınılmaz olarak artmaktadır. Bu da Geleneksel ve Tamamlayıcı Tıp (GETAT)'a doğru bir akıma neden olmaktadır.

Batı dünyasında GETAT'ın karşılığı "Alternatif ve Tamamlayıcı Tıp"tır. Her ne kadar bu uygulamalar tek bir isim altında anılmaktaysa da pratikte kimi zaman yaygın olarak uygulanan tedavilerin yanında tamamlayıcı, kimi zaman ise bunlara alternatif olarak tercih edilebilmektedir. Unutulmaması ge-

reken en önemli nokta ise bu durumun kültürlere göre değişebildiğidir. Öyle ki, Çin'de Geleneksel Çin Tıbbı (GÇT) hem yaygın koruyucu ve tedavi edici yöntem olarak kullanılırken hem de modern tıp kavramı içerisinde giderek artan bir oranda tamamlayıcı, hatta alternatif tedavi yöntemi olarak yaygınlaşmaktadır (1, 2). Kökeni Sokrates ve İbn-i Sina'ya dayanan modern tıp gibi, GÇT ve kökeni Hindistan'a dayanan bir alternatif tıp sistemi olan Ayurveda'nın da binlerce yıllık geçmişleri olduğu ve kökeni Aristo ve İbn Al-Haytam'a dayanan aynı bilimsel yöntemle araştırıldığı unutulmamalıdır.

Diğer önemli nokta ise değeri milyarlarca dolara ulaşan GETAT pazarının büyük çoğunluğunun yeterince bilimsel veri ve yasal düzenlemeye maruz kalmamış ürünlerden oluştuğudur. Doğal ürün veya beslenme desteği olarak lanse edilen, ilaç olmadığı özellikle vurgulanarak satılan ürünlerin çoğunluğunun ruhsatı sağlık otoriteleri dışında kurumlardan alınmaktadır (3). Doğadan elde edilen her madde gibi bu ürünler de sağlık sorunlarına yol açabilmektedir (4). Ayrıca kimi ürünlerin içerisinde ticari ilaçlarda bulunan maddeleri barındırması

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dukları, dolayısıyla etkilerinin ve yan etkilerinin bulunduğu unutulmamalıdır.

- İnsan vücuduyla ilgili her tedavinin uygulamaya konulmadan önce etkilerinin ve diğer uygulamalarla etkileşiminin araştırılması gereklidir.
- Son 10 yıldır yürütülen GETAT çalışmaları CONSORT ve STRICTA standartlarına tabi tutulmaktadır. Bu standartlarla birlikte pek çok yöntemin plasebodan daha etkili olmadığı saptanmıştır.
- Radyasyon hastalığı Geleneksel Çin Tıbbı'nda beş farklı sendrom altında tedavi edilmektedir. Tümünde de akupunktur, beslenme ve egzersizler yoluyla vücuttan kaybedilen enerji ve çiyerine konmakta, ayrıca belirli organ patolojileri tedavi edilmektedir.
- Radyasyon hastalığında bitkisel tedavilerin en çok kullanıldığı alan kanser tedavilerine bağlı gelişen gastrointestinal yan etkilerdir. GÇT, Ayurveda ve fitoterapide kullanılan bitkisel ilaçlar hastaların yarısına yakını tarafından tercih edilmektedir.
- Diyarede bitkisel ilaçların enema şeklinde barsak yoluyla uygulanması oral uygulamadan çok daha etkili olmaktadır.
- Radyasyon maruziyeti sonrası kemik iliği depresyonu hem akupunktur hem de transfüzyonlar yoluyla giderilebilirken, bitkisel ilaçlar yalnızca hematopoietik kök hücre transplantasyonu sonrası gözlenen yan etkilerin giderilmesinde kullanılmaktadır.
- Radyasyona bağlı beyin nekrozunun tedavisiyle ilgili çok çalışma olmasına rağmen etkili bir bitkisel ilaç tedavisi henüz bulunamamıştır.

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