

AĞRI VE AROMATERAPİ

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GİRİŞ

Bir bütün olarak Tamamlayıcı ve Alternatif Tıp (TAT) olarak adlandırılan, ana akım Batı tıbbının dışında kalan çeşitli sağlık uygulamalarının ortak kullanımı yüzyıllardır var olmuştur. Tamamlayıcı yaklaşımlar geleneksel tıbbı ek olarak kullanılırken, alternatif yaklaşımlar ise geleneksel tıbbi tedavinin yerine kullanılmaktadır. Bütünleştirici bir yaklaşıma göre, titiz bilimsel yöntemlerle güvenli ve etkili olduğu bulunan geleneksel ve TAT tedavileri birleştirilmektedir (1). Çok sayıda TAT terapileri tanımlanmıştır: zihin-vücut terapileri (örneğin, yoga ve biofeedback), biyolojik temelli uygulamalar (örneğin, vitaminler ve takviyeler), manipülatif ve vücut temelli yaklaşımlar (örneğin, masaj ve refleksoloji), enerji iyileştirme (örneğin, reiki ve terapötik dokunuş) ve şifa sistemleri (örneğin, Ayurvedik tıp) bunlardan bazılarıdır (1-2). Günümüzde TAT, özellikle ağrı tedavisi için birçok ülkede giderek artan bir şekilde popüler olmaya devam etmektedir. Bunun sebebi ise hastaların, geleneksel tedaviyle tamamen geçmeyen ve devam eden semptomlarla yaşamaya çalışması olarak görülmektedir. Amerika'da, insanların TAT yöntemlerini kullanma nedenlerinin çoğunlukla ağrı olduğu bildirilmektedir (2).

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