



Glossary

Natural healing: Treatment using natural modalities such as herbalism, homeopathy and diet.

Acupuncture: It is a form of alternative medicine and a key component of traditional Chinese medicine involving thin needle being inserted into the body.

Ayurvedic medicine: Also known as Ayurveda, is one of the oldest holistic healing system. it is based on the belief that health and wellness depends on delicate balance between mind, body and spirit.

Aroma therapy: Treatment by using plant extract and essential oil for healing.

Meditation: It is an activity in which the practitioner just sits and allows the mind to dissolve.

Reflexology: A system of massage used to relief tension and treat illness based on the theory that there are reflex point on the feet, hand and head linked to every part of the body.

Flaccidity: Is a clinical manifestation characterized by weakness or paralysis and reduce muscle tone.

Anxiety: A feeling of worry, nervousness or unease about something with an uncertain outcome.

Sedation: Sedation is the reduction of irritability or agitation.

Scar tissue: Scar tissues are fibrous tissues that replace normal skin after injury.