



## An analysis of cures for various medical conditions, the fourteen established pillars of health

Ismael Tabuñar Fortunado

University of Santo Tomas, Manila, Philippines

### Abstract

There are unwanted medical conditions human and his environment has to face. We have taxonomy to identify living beings and another, chemical nomenclature that is proposed in another paper. There are synthetic to natural remedies. There are removals for the cause of a medical condition/s. Humans is the main concern of this paper and to properly improve his condition.

**Keywords:** analysis, cure, health, medicine, pillars

### 1. Introduction

We are facing a crisis, a pandemic. (WHO 2020) This paper may serve as an action to unify or give a summary. There is the importance to physical inspection and physical examination. (Fortunado 2019)<sup>[7]</sup> There are also genetic and historical references. Fourteen cures are to be studied. Addition to the summary is highly welcomed.

### 2. Methodology

#### 2.1 This is a summarization

##### 1. Drug Repurposing

Given the high attrition rates, substantial costs and slow pace of new drug discovery and development, repurposing of 'old' drugs to treat both common and rare diseases is increasingly becoming an attractive proposition because it involves the use of de-risked compounds, with potentially lower overall development costs and shorter development timelines. Various data-driven and experimental approaches have been suggested for the identification of repurposable drug candidates; however, there are also major technological and regulatory challenges that need to be addressed. In this Review, we present approaches used for drug repurposing (also known as drug repositioning), discuss the challenges faced by the repurposing community and recommend innovative ways by which these challenges could be addressed to help realize the full potential of drug repurposing. (Pushpakom 2019)<sup>[12]</sup>

##### 2. Analog

Pharmacology noun A therapeutic agent with structural or chemical similarity to, or which mimics the effects of, another agent, but which differs chemically. (Anonymous 2012)

##### 3. Natural Remedy and Naturopathy

Natural remedies are commonly got from existing natural resources. These are herbal medicines and activities. These are passed on from generations to get rid of common health problem. Many blogs are visible for this subject.

Naturopathy or naturopathic medicine is a form of alternative medicine that employs an array of pseudoscientific practices branded as "natural", "non-invasive", or promoting "self-healing". The ideology and

methods of naturopathy are based on vitalism and folk medicine, rather than evidence-based medicine (EBM). (Jagtenberg *et al.* 2006)<sup>[8]</sup>

##### 4. Natural Drugs, Synthetic Drugs and Semi-synthetic Drugs

Natural drugs are made from compounds found in nature. The most prevalent natural drug sources are plants. The field of science that studies the relationship between people and medicinal plants is known as medicinal ethnobotany. Some examples of medicine that come from plants are morphine (from opium), digoxin (from flower, *Digitalis lanata*), and aspirin (from willow tree bark). Less prevalent natural drug sources include animals, microbes, and minerals. (Lahlou 2014)<sup>[9]</sup>

Synthetic drugs come from starting materials that are not found in nature. Instead, they are produced by man from smaller chemical building blocks. (Lahlou 2014)<sup>[9]</sup> An example of synthetic medicine is the experimental anti-malaria drug, arterolane. Arterolane Semi-synthetic drugs are neither completely natural nor completely synthetic. They are a hybrid. Semi-synthetic drugs are generally made by converting starting materials from natural sources into final products via chemical reactions. Examples of semi-synthetic medicine include the antibiotic, penicillin, and the chemotherapy drug, paclitaxel. To make the chemotherapy drug, paclitaxel, 10-deacetylbaaccatin is extracted from yew needles and undergoes a 4-stage synthesis process. (Lahlou 2014)<sup>[9]</sup>

##### 5. Vaccines

Prevention is better than cure, a famous cliché in the medical world.

We are in a dire need of finding vaccines for infections and a lot more.

Vaccination is one of the most effective ways to prevent diseases. A vaccine helps the body's immune system to recognize and fight pathogens like viruses or bacteria, which then keeps us safe from the diseases they cause. Vaccines protect against more than 25 debilitating or life-threatening diseases, including measles, polio, tetanus, diphtheria, meningitis, influenza, tetanus, typhoid and cervical cancer. (Anonymous 2020)<sup>[11]</sup>

## 6. Antibodies

Antibodies are proteins produced by the immune system of higher life-forms that help defend the host against foreign invasion. When a host is challenged by foreign material (bacteria, virus, toxins, etc.) the first response of certain host immune cells called macrophages is to engulf these invaders (antigens) and process them biochemically. This biochemical processing essentially creates a blueprint that is used for the development of an immune response that results in the production of antibodies (Fig. 12.2). The unique feature of antibodies produced in response to an antigen is that they are synthesized in such a way that they are highly specific for that antigen. Thus, they can chemically interact and bind only with that particular antigen, neutralize it, and/or aid in its destruction and removal from the body. (Scot *et al.* 2009)<sup>[13]</sup>

## 7. Surgery – This is correction or removal of a particular part or parts of the body.

Surgical procedures are commonly categorized by urgency, type of procedure, body system involved, the degree of invasiveness, and special instrumentation.

There are four major categories of surgery: (1) wound treatment, (2) extirpative surgery, (3) reconstructive surgery, and (4) transplantation surgery. (Anonymous 2020)<sup>[2]</sup>

## 8. Therapy

A therapy or medical treatment (often abbreviated tx, Tx, or T<sub>x</sub>) is the attempted remediation of a health problem, usually following a diagnosis.

As a rule, each therapy has indications and contraindications. There are many different types of therapy. Not all therapies are effective. Many therapies can produce unwanted adverse effects.

*Treatment* and *therapy* are generally considered synonyms. However, in the context of mental health, the term *therapy* may refer specifically to psychotherapy. (Anonymous 2020)<sup>[3]</sup>

## 9. Energy Healing – Energy healing is a holistic practice that activates the body's subtle energy systems to remove blocks. By breaking through these energetic blocks, the body's inherent ability to heal itself is stimulated. (Baron 2020)<sup>[5]</sup>

## 10. Fitness – There are exercises and supplements. Food Science and how we produce good hormones are vital to our health.

For most healthy adults, the Department of Health and Human Services recommends these exercise guidelines:

**Aerobic activity.** Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week. Greater amounts of exercise will provide even greater health benefit. But even small amounts of physical activity are helpful. Being active for short periods of time throughout the day can add up to provide health benefit.

**Strength training.** Do strength training exercises for all major muscle groups at least two times a week. Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

(Laskowski 2020)

## 11. Genetic correction

Genes are the building blocks of heredity. They are passed from parent to child. They hold DNA, the instructions for making proteins. Proteins do most of the work in cells. They move molecules from one place to another, build structures, break down toxins, and do many other maintenance jobs.

Sometimes there is a mutation, a change in a gene or genes. The mutation changes the gene's instructions for making a protein, so the protein does not work properly or is missing entirely. This can cause a medical condition called a genetic disorder.

(Anonymous 2020)<sup>[4]</sup>

## 12. Synergy – a combination or combinations of the above stated cures.

## 13. Accidental Remedies or Beyond Medical Explanations

There are exorcisms, false dilemmas about recovering, unconventional remedies, unintentional cures, unacceptable cures, unwanted cures, out of body experiences, angels, sacrifices...

## 14. Replacement – When could we exhibit more replacements other than robotic or mechanical heart?

## 3. Results and Discussion

This promotes health. Life is hard and we may fall. These fourteen categories established the lifelong helping of each other.

## 4. Conclusion

As discussed, there are fourteen pillars of health. Addition to this is highly appreciated. We have experience these and promote this to our utmost knowledge and skills. They are all equally respected. This hopes to be just an example of how we struggle and triumph. Support to the forefronts, forerunners, practitioners, doers, supporters and action takers of these are highly regarded.

## 5. References

1. Anonymous. Analog. Medical Dictionary for the Health Professions and Nursing © Farlex, 2012.
2. Anonymous. Genetic Disorders, 2020. <https://medlineplus.gov/geneticdisorders.html>. Retrieved June 1, 2020.
3. Anonymous. Surgery, 2020. <https://www.britannica.com/science/surgery-medicine>. Retrieved May 30, 2020.
4. Anonymous. Therapy, 2020. <https://en.wikipedia.org/wiki/Therapy>. Retrieved May 30, 2020.
5. Anonymous. Vaccines, 2020. <https://www.who.int/topics/vaccines/en/> Retrieved May 30, 2020.
6. Baron M. What Everyone Should Know About Energy Healing, 2020. <https://www.mindbodygreen.com/0-23890/what-everyone-should-know-about-energy-healing.html>. Retrieved May 30, 2020.
7. Fortunado I. the importance of elective to full physical examination and/or elective to full body inspection\*, an application of superficial anatomy to confined patients

- for final diagnosis and diagnostic opinion. world journal of advance healthcare research. 2019; 3(2):9-11.
8. Jagtenberg, Tom; Evans, Sue; Grant, Airdre; Howden, Ian; *et al.* (April 2006). "Evidence-based medicine and naturopathy". *Journal of Alternative and Complementary Medicine*. 12 (3): 323–328.
  9. Lahlou M. The Success of Natural Products in Drug Discovery. *Pharmacology & Pharmacy*, 2014, 4, 17-31.
  10. Laskowski, Edward 2020. <https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916>. Retrieved June 1, 2020.
  11. Pushpakom S, Iorio F, Eyers, *et al.* rug repurposing: progress, challenges and recommendations. *Nat Rev Drug Discov*, 2019; 18:41-58.
  12. Scot E Dowd, Raina M Maier. *Immunological Methods in Environmental Microbiology* (Second Edition). Academic Press, 2009.
  13. WHO 2020. Covid 19. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>. Retrieved May 31, 2020.