



REVIEW ARTICLE

## Impact of natural and energy medicine techniques: outcome evaluation of Alternative Medicine clinical cases

Impacto de las técnicas de medicina natural y energética: evaluación de resultados de casos clínicos de Medicina Alternativa

Nathalia Melissa Simbaña-Cola<sup>1</sup>✉ , María Ilusión Solís-Sánchez<sup>1</sup> , María José Albiño-Hernández<sup>1</sup> 

<sup>1</sup>Universidad Regional Autónoma de los Andes. Ambato, Ecuador.

**Received:** December 30, 2024

**Accepted:** December 31, 2024

**Published:** January 01, 2025

**Citar como:** Simbaña-Cola NM, Solís-Sánchez MI, Albiño-Hernández MJ. Impacto de las técnicas de medicina natural y energética: evaluación de resultados de casos clínicos de Medicina Alternativa. Rev Ciencias Médicas [Internet]. 2024 [citado: fecha de acceso]; 28(S2): e6614. Disponible en: <http://revcmpinar.sld.cu/index.php/publicaciones/article/view/6614>

### ABSTRACT

**Introduction:** alternative medicine is a practice that has had a great impact as an adjuvant to conventional medicine, as it is minimally or non-invasive. This has allowed it to be used in people of any age in order to promote healing, revitalization and health.

**Objective:** to evaluate the effectiveness of various alternative medicine therapies in the treatment of certain diseases.

**Methods:** a literature review was conducted following PRISMA guidelines. Databases such as PubMed, Scielo and Cochrane were searched for studies on alternative medicine in December 2023 and January 2024. From 9113 initial results, 43 relevant papers were selected for analysis. Results: the results were varied and beneficial, showing the efficacy of the therapies and the potential they have when used properly as a complement to conventional therapy, allowing the collection of sufficient information to take into account an evidence-based therapy, and in conclusion it could be seen that both the therapies and the information collected can help in the prevention and treatment of multiple diseases.

**Conclusions:** alternative medicine therapies, accessible and inexpensive, have shown historical and current benefits in the prevention and treatment of diseases. Globally regulated, they are preferred by patients with economic limitations. Clinical cases confirm their efficacy and therapeutic value.

**Keywords:** Traditional Medicine; Naturopathy; Traditional Medicine Practitioners; Complementary Therapies.

## RESUMEN

**Introducción:** la medicina alternativa es una práctica que ha tenido un gran impacto como coadyuvante de la medicina convencional, al ser poco o casi nada invasiva. Ello ha permitido que sea usada en personas de cualquier edad con el fin de promover la curación, la revitalización y sanidad.

**Objetivo:** evaluar la efectividad de diversas terapias de medicina alternativa en el tratamiento de ciertas enfermedades.

**Métodos:** se realizó una revisión bibliográfica siguiendo las directrices PRISMA. Se buscaron estudios sobre medicina alternativa en bases de datos como PubMed, Scielo y Cochrane en diciembre de 2023 y enero de 2024. De 9113 resultados iniciales, se seleccionaron 43 trabajos relevantes para el análisis.

**Resultados:** los resultados fueron variados y beneficiosos dejando en evidencia la eficacia de las terapias y el potencial que tienen al ser usadas adecuadamente como un complemento de la terapia convencional, permitiendo recopilar la suficiente información para tener en cuenta una terapia basada en evidencia, y en conclusión se pudo constatar que tanto las terapias como la información recopilada pueden ayudar en la prevención y tratamiento de múltiples enfermedades.

**Conclusiones:** las terapias de medicina alternativa, accesibles y económicas, han mostrado beneficios históricos y actuales en la prevención y tratamiento de enfermedades. Reguladas globalmente, son preferidas por pacientes con limitaciones económicas. Los casos clínicos confirman su eficacia y valor terapéutico.

**Palabras clave:** Medicina Tradicional; Naturopatía; Practicantes de la Medicina Tradicional; Terapias Complementarias.

## INTRODUCTION

Alternative medicine is a complementary practice to conventional medicine, which has had a great impact in the area of health due to its easy access and multiple benefits for patients. With the passing of time, several physician-scientists have focused on the investigation of the different complementary therapies, since alternative medicine is based on providing a curative or self-healing treatment, focused on treating the symptomatology, with revitalizing and regenerating capacity and even contributes positively to the immune system.<sup>(1)</sup>

Currently, the diseases that attack the human being have a number of symptoms and discomforts which affect the quality of life of patients, each disease begins acutely and then destroy the body to the point of becoming chronic pathologies, with all the ability to alter the structural, psychological and social functionality of an individual. It is considered as an option, the use of alternative medicine as a therapeutic means to align the physical, mental, emotional and spiritual balance of each patient.<sup>(2)</sup>

Its use is transforming the way people approach their health and well-being. Its integration into healthcare systems has facilitated closer collaboration between professionals from various disciplines, providing more holistic care to patients. Scientific research supports its effectiveness in areas such as pain relief, stress reduction and mood enhancement. In addition, the use of technologies has enabled ongoing education and remote monitoring, improving access and effectiveness of these treatments. These techniques promote a more holistic and preventive approach to modern medicine, offering additional options for health and wellness.<sup>(3,4)</sup> This research was conducted to evaluate the effectiveness of various alternative medicine therapies in the treatment of certain diseases.

## METHODS

For the development of this literature review, an analysis of the literature on the use of alternative medicine therapies in medical practice was carried out. The PRISMA guidelines were followed in order to obtain real and transparent information from this writing.

In December 2023, the search for information was started using terms such as "alternative medicine" in databases such as PubMed, Scielo and Cochrane, the search was expanded by using AND and OR boolean operators in the terms "alternative medicine" "clinical applications" "alternative and complementary medicines" "disease" "alternative therapy" "clinical application" "traditional medicine". In the month of January 2024, to continue with the search we applied search filters in which we chose systematic reviews of the last five years, the search was as follows: (alternative and complementary medicines) OR (alternative complementary medicines) AND (disease) OR (alternative therapy) OR (alternative therapies) AND (alternative clinical treatment) OR (clinical application) OR (clinical applications) OR (clinical applications) OR (traditional medicine) OR (traditional medicines).

A total of 9113 results were obtained, for which inclusion criteria were applied (essays, theses, trials or bibliographic reviews published in medical or university journals, published between 2018 and 2024, where clinical cases with clinical application of these therapeutic modalities were included) and exclusion (research that was not developed in humans was excluded), being considered 60 works, taking into account their relevance and depth in the subject. Twenty were eliminated, which presented results that were not aligned with the objectives of the present research, and 43 papers were retained in the analysis stage (three papers were added in the final stage after the manual review of the initial 40).

## DEVELOPMENT

Table 1 shows the distribution of the studies reviewed in the present investigation, detailing the therapeutic modalities used, the objectives of the investigation, as well as the therapeutic strategies adopted and their results.

**Table 1.** Distribution of the studies analyzed.

Fuente [Modalidad terapéutica]	Objetive	Therapeutic strategy	Results
Siewert et al.,(2022) [Homeopatía] <sup>(3)</sup>	To determine the efficacy of individual or standardized homeopathic pharmacological treatment.	Administration of the homeopathic drug Galphimia glauca in patients with allergic rhinitis meeting inclusion and exclusion criteria.	The results of using homeopathic drugs are mixed, but they have managed to demonstrate a low-risk safety profile, so observational trials are still to be conducted
Frass et al.,(2020) [Homeopatía] <sup>(4)</sup>	To determine the effects of homeopathy on the quality of life and survival of patients with non-small-cell lung cancer	Patients went to outpatient centers every 9 weeks. This study to 150 patients, which 98 of them received individual double-blind homeopathic remedies and 52 of them had a control if homeopathic treatment.	People's lives were much improved in the group using homeopathy compared to those taking placebo. In addition, those who used homeopathy lived much longer than those in the placebo and control groups.
Mourão et al.,(2019) [Homeopatía] <sup>(5)</sup>	To evaluate the effect of homeopathy on the oral health of patients with DM 2 and gingivitis in conjunction with non-surgical dental treatment for chronic periodontitis	40 patients took homeopathic medicines such as: berberis 6CH, 2 tablets (2 times a day for 45 days), Mercurius solubilis, belladonna, Hepar sulfur-6CH (2 tablets, 3 times a day for 15 days) and biotherapeutic Pyrogenium - 200 CH (single weekly dose x 2 weeks).	All patients who participated in the study were found to have improvements based on observation visits and studies.
Nayak et al.,(2022) [Homeopatía] <sup>(6)</sup>	To investigate how homeopathic medicine affects these indicators of COVID 19 and the cytokine storm	Homeopathic medicines were prescribed and purchased from an Indian company. Each medication had a standard for ingesting medications according to the government. It consisted of 500 mg of azithromycin once a day, 40 mg of pantaprazole once a day, 500 mg of calcium twice a day, 10 mg of montelukast/ 5 mg of levicetirizine once a day during sleeping hours.	Treating COVID-19 patients with regular medical care along with a personalized homeopathic approach has been shown to be most effective in helping them recover more quickly
Pannek et al.,(2019) [Homeopatía] <sup>(7)</sup>	To study whether traditional homeopathy may be useful in preventing repeated urinary tract infections in people with spinal cord injury	Each patient was treated by means of standardized prophylaxis alone or in combination with homeopathic medicine and important aspects such as general and specific quality of life	Use of additional homeopathic treatments helps to markedly reduce urinary tract infections in spinal cord injury patients

		and level of satisfaction with the treatment offered were evaluated during one year.	
Gyawali et al.,(2021) [Medicina Ayurveda] <sup>(8)</sup>	To examine the consistency of evidence related to the efficacy and safety of Ayurvedic herbs in the treatment of hypercholesterolemia	Preparations of these Ayurvedic herbs could be used as therapies or as an adjunct to non-conventional care.	Ayurvedic herbs, i.e., guggulu, garlic, and black cumin, were shown to be safe and effective in reducing high cholesterol levels to a moderate degree.
Rioux et al.,(2019) [Medicina Ayurveda] <sup>(9)</sup>	To assess the feasibility of an intervention combining Ayurveda and Yoga for weight loss	Participants met with an Ayurvedic practitioner six times during the study, twice a month. They followed individualized dietary guidelines and participated in therapeutic yoga classes three times per week, with recommendations to practice at home for two to four additional sessions per week	During the 3-month intervention period, participants lost on average 3.5 kg, increasing to 5.6 kg and 5.9 kg at 3 and 6 months, respectively. Those who lost 3% of their body weight during the intervention also lost an additional 3% during follow-up.
Sharma et al.,(2022) [Medicina Ayurveda] <sup>(9)</sup>	To analyze the safety and preventive effectiveness of a comprehensive Ayurveda and yoga approach incorporating mindfulness (CAY), as an adjunct to standard care, in the context of health care workers (HCWs) vs. COVID-19	Participants in the intervention group received a supplemental CAY regimen for 12 weeks. This regimen consisted of taking samshamni vati and kalmegh vati twice daily after meals. They also participated in specifically designed yoga sessions, which included relaxation and breathing practices, asanas, pranayama and deep relaxation techniques, led by certified yoga therapists. The sessions were conducted virtually	The research yielded a trial in which the frequency of COVID-19 and acute respiratory infections (ARI) was lower in the group that received the integrated Ayurveda and yoga treatment (CAY group) compared to the control group, although this disparity did not reach statistical significance.
Kumar et al.,(2022) [Medicina Ayurveda] <sup>(11)</sup>	To analyze the safety and efficacy of Ayurvedic medicine in the treatment of conjunctivitis.	Ayurveda-described eye drops were prescribed in almost all studies, and oral medications were prescribed in only 2 of the cases. A two-week course of treatment was prescribed in allergic conjunctivitis and one week in acute conjunctivitis.	This study gave a result in which Ayurvedic compared to non-Ayurvedic interventions had a positive outcome in reducing conjunctivitis symptoms.

<p>Esser et al.,(2021) [Medicina Ayurveda]<sup>(12)</sup></p>	<p>To evaluate the effectiveness of Ayurvedic medicine "Mohana Choorana" on biochemical indicators associated with type 2 diabetes in individuals with glucose intolerance, by conducting a randomized, placebo-controlled, crossover clinical trial.</p>	<p>Throughout the 4-week treatment period, participants ingested one capsule of the herbal supplement or placebo three times daily before a meal. The two interventions were administered to subjects in a randomized fashion, with a 4-week rest period between each one</p>	<p>In conclusion, caution should be exercised when using such herbal treatments, especially when employed by individuals who are already at risk, such as the participants in our study population.</p>
<p>Valera-Calero et al.,(2022) [Acupuntura]<sup>(13)</sup></p>	<p>To study the effectiveness of dry needling and acupuncture in patients suffering from fibromyalgia, in terms of pain relief, improvement of function and reduction of disability, both in the short and long term</p>	<p>Studies were included that evaluated the application of dry needling and/or acupuncture in adult patients with fibromyalgia, considering pain management, disability, function and/or quality of life, published in the last 10 years in English, Portuguese or Spanish. Animal studies, cadaveric samples, published proceedings, abstracts and studies with less than 30 subjects were excluded.</p>	<p>In conclusion, this evidence supports the use of acupuncture as an effective adjunctive treatment along with medication and exercise to reduce the severity and symptoms of fibromyalgia, including pain relief, improved sleep, quality of life, reduced depression, anxiety, and fatigue.</p>
<p>Zhao et al.,(2023) [Acupuntura]<sup>(14)</sup></p>	<p>To examine the effectiveness and safety of the acupuncture method in people with depression and absence of sleep in women with perimenopausal depression and comorbid insomnia</p>	<p>Seventy patients were randomly selected for the actual acupuncture test which was performed for 17 sessions for 8 weeks. Skin points were treated with 75% alcohol followed by punctures with 14 disposable stainless steel needles.</p>	<p>Acupuncture is safe and can help improve problems such as chronic pain and depression, with positive results in the short to medium term. It is not yet clear whether the antidepressant effect of acupuncture is specific or non-specific.</p>
<p>Zhang et al.,(2022) [Acupuntura]<sup>(15)</sup></p>	<p>To investigate the effectiveness and safety of acupuncture in the treatment of insomnia in individuals diagnosed with cancer</p>	<p>We searched for and collected clinical trials until November 2021 from ten databases and two trial registration platforms. Trial quality was assessed using the Jadad score and risk of bias (2.0). Meta-analysis was performed using the random-effects model when the included studies showed high methodological quality</p>	<p>Acupuncture shows promising potential in the management of cancer-associated insomnia in cancer patients or survivors. However, more research with rigorous designs and larger samples is required to confirm its efficacy and safety in the treatment of insomnia in people diagnosed with cancer, especially those who experience clinically relevant insomnia</p>

<p>Woo et al.,(2018) [Acupuntura]<sup>(16)</sup></p>	<p>To review the current information on the efficacy and safety of acupuncture in the treatment of primary dysmenorrhea</p>	<p>In this study, manual acupuncture, electroacupuncture, auricular acupuncture, and any other variant of acupuncture involving needle insertion were considered. Methods such as pharmacopuncture and acupressure, as well as other types of acupuncture uncommon in Korean clinical practice, such as ocular acupuncture and floating acupuncture, were excluded.</p>	<p>The findings of this research indicate that acupuncture may be more effective in reducing menstrual pain and related symptoms compared with no treatment or the use of nonsteroidal anti-inflammatory drugs, and this effectiveness may be maintained over a short follow-up period.</p>
<p>Comachio et al.,(2020) [Acupuntura]<sup>(17)</sup></p>	<p>To identify the efficacy of electroacupuncture and manual acupuncture on pain and disability in patients with chronic non-specific low back pain.</p>	<p>The manual acupuncture group was treated with a total of 23 needles distributed on various parts of the body. Each patient received manual acupuncture using disposable stainless steel needles (0.20 mm × 15 mm, brand name: DONG BANG, East Asia), inserted perpendicularly into the skin at a depth of approximately 0.5 cm for a period of 40 min.</p>	<p>In summary, the findings of this study indicate that both electroacupuncture and manual acupuncture produce comparable effects in decreasing pain, disability, quality of life, global perception of effect, and depression in patients suffering from chronic low back pain</p>
<p>Holm et al.,(2021a) [Quiropráctica]<sup>(18)</sup></p>	<p>To evaluate the effect of chiropractic care on infantile colic.</p>	<p>The strategy was used in such a way that patients had to check in at the therapy room at a certain prearranged time and undergo the therapy for 15 minutes.</p>	<p>A decrease in excessive crying was observed in the group receiving chiropractic care compared to the control group, but this reduction did not reach a statistically significant level after making the necessary adjustments</p>
<p>Holm et al.,(2021b) [Quiropráctica]<sup>(19)</sup></p>	<p>To find factors that may alter the effect of treatment and that could affect the efficacy of chiropractic care in treating excessive crying in infancy.</p>	<p>The children had to attend a chiropractic clinic 4 times in a 2-week period. Interventions included interviews with the infants' parents, observation of asymmetries, complete examinations and individual manual treatment. They received general exercises such as cyclic leg movements.</p>	<p>None of the predetermined criteria or parameters worked to identify colicky infants who might benefit most from manual therapy. However, longer initial duration of crying, shorter duration of symptoms, and younger age were found to be associated with greater improvement in reducing hours of crying</p>
<p>Kendall et al.,(2018) [Quiropráctica]<sup>(20)</sup></p>	<p>To analyze the feasibility of</p>	<p>Patients underwent mixed cervical and</p>	<p>It should be noted that 24 patients were selected for the</p>



	conducting a fully powered Randomized Controlled Trial, taking into account factors such as speed of recruitment, adherence to the intervention and measurement of outcomes, the setting in which the study is conducted, the effectiveness of blinding, the expense involved, and potential adverse reactions	thoracic spine management processes of massage, mobilizations and range of motion exercises including instrument-assisted manipulations for 4 weeks.	study and only 2 of the participants were lost in the process, consequently chiropractic interventions were performed on 12 patients and 10 of them underwent simulated interventions. 6 of the participants had minor injuries such as spinal pain or headaches.
Bronfort et al.,(2022) [Quiropráctica] <sup>(21)</sup>	To investigate the relative effectiveness of receiving exclusive chiropractic care over a 12-week period versus a comprehensive, multidisciplinary approach in adult individuals with subacute and chronic low back pain of duration	Patients took 12 weeks of monodisciplinary chiropractic medical care or comprehensive multidisciplinary team-based care. Hot and cold compresses, soft-tissue massage, as well as different techniques performed by acupuncture practitioners, psychologists, physiotherapists, massage therapists, and primary care providers were also used.	Those in the comprehensive multidisciplinary care group demonstrated a slight inclination toward more favorable outcomes in contrast to the single-disciplinary chiropractic care group, although the disparities between the groups were minimal in extent. Considering the resources needed to effectively establish comprehensive interdisciplinary care teams
Vining et al.,(2018) [Quiropráctica] <sup>(22)</sup>	To compare the impacts of receiving chiropractic treatment for 4 weeks with a wait-list control group in relation to muscle strength in active duty individuals	Patients underwent a chiropractic procedure for 4 weeks. They were divided into two different terms called thrust and non-thrust consisting of a high speed and low amplitude procedure.	A set of forms were carried out in which they were asked about the range of pain they felt after each session, which represented different ranges of low back pain and different conditions, ranging from mild pain to very high pain. With these surveys it was concluded that the patients felt better and were able to perform their physical activities better.
Kobayashi et al.,(2019) [Shiatsu] <sup>(23)</sup>	To examine the effectiveness of Shiatsu treatment for chronic back pain by conducting a randomized controlled study.	The patients suffering from low back pain received one hour of Shiatsu therapy once a week for four weeks continuous of four weeks of standard care.	Shiatsu therapy and standard treatment for low back pain improved quality of life and some symptoms in a small sample group.
Lanza et al.,(2018) [Shiatsu] <sup>(24)</sup>	To assess this technique on mood,	This test was performed on patients with	We analyzed that there were improvements in the mini



	cognition, and the ability to perform independent activities in patients participating in physical activity	Alzheimer's disease and depression who were assigned to an "active group" which was assigned shiatsu activities including physical activity and a "control group" which was assigned physical activity only, these activities were performed once a week for ten months.	metal status test group, activity of daily living and geriatric depression scale. However, when analyzing the differences before and after the interventions, we only observed a statistically significant decrease in the geriatric depression scale score in the active group.
Harorani et al.,(2021) [Shiatsu] <sup>(25)</sup>	To study the effects of Shiatsu massage on agitation in patients who are on mechanical ventilation	Patients were randomly selected for the study and each was assigned an intervention consisting of three five-minute massage periods with a break of at least two minutes.	The use of Shiatsu massage seems to work well in calming agitation in patients who are being mechanically ventilated. However, more research with more participants and over a longer period of time is required to ensure that these results are robust
Ardabili et al.,(2014) [Shiatsu] <sup>(26)</sup>	To examine the effect of Shiatsu on pain intensity in burn patients	This study was carried out on 120 burn participants who were divided into 4 groups for hand, leg, hand and leg massages and those who did not receive any massage. Sessions of 20 minutes were performed, while the massage was performed the patients closed their eyes and concentrated on the procedure.	According to the data, applying Shiatsu to the hands and legs was helpful in relieving pain and could be an additional option along with analgesics to reduce the amount of medication needed
Ingram et al.,(2005) [Shiatsu] <sup>(27)</sup>	To examine how shiatsu techniques, as taught by midwives in hospitals, affect the progress of labor and delivery after the due date, with the aim of providing useful information for clinical practice	66 women with 40 weeks of gestation went to a hospital clinic to learn massage techniques given by a midwife and Shiatsu massages, these courses and massages were implemented for at least 6 days.	Women who went past their due date and used Shiatsu were much more likely to experience a natural delivery compared to those who did not. Of those who received Shiatsu, 17% more had a natural childbirth compared to those who did not receive Shiatsu teachings
Tabatabaeichehr et al.,(2020) [Aromaterapia] <sup>(28)</sup>	To examine what information is available on the use of aromatherapy to alleviate pain and anxiety during labor and delivery	In the participation of this study they had to carry out methods of inhalation, foot massage, acupressure points and compresses. These were the ways of aromatherapy applied in the study having lavender as the main study essence.	The findings of this study indicate that aromatherapy, used as an additional, alternative option, may be beneficial in reducing the anxiety and pain experienced by mothers during childbirth.

<p>Son et al.,(2019) [Aromaterapia]<sup>(29)</sup></p>	<p>To investigate the effect of aromatherapy and music therapy on Korean nursing students.</p>	<p>Each study subject was locked in a different room so as not to interfere with each other in the study, each of them had a 20-minute therapy in which the room had a temperature of 26-27 °C and medium illumination. After that, 3 experts evaluated the nursing skills of each subject.</p>	<p>It was concluded that teaching aromatherapy along with music therapy in nursing education can help improve basic nursing skills and decrease anxiety and stress in nursing students.</p>
<p>Li et al.,(2022) [Aromaterapia]<sup>(30)</sup></p>	<p>To evaluate the effect of aromatherapy on anxiety and depression.</p>	<p>The therapeutic strategy was enhanced by inhalation and massage with essential oils. These techniques were performed for 10 to 20 minutes for 2 days a week.</p>	<p>Aromatherapy helped reduce anxiety in cancer patients, but had no positive impact on depression and mental well being</p>
<p>Her et al.,(2021) [Aromaterapia]<sup>(31)</sup></p>	<p>To analyze research on aromatherapy and sleep to determine the effects of aromatherapy on sleep quality in adults and the elderly.</p>	<p>In various studies reviewed, it was pointed out that the aromatherapy procedures, most of which were with lavender oil, were treated between 10 to 30 minutes and in more severe cases once during the night.</p>	<p>Aromatherapy helps improve sleep quality and reduce stress, pain, anxiety, depression, and fatigue in adults and older people</p>
<p>Hines et al.,(2018) [Aromaterapia]<sup>(32)</sup></p>	<p>Demonstrate that aromatherapy is as effective and safe as regular medications in preventing and treating nausea and vomiting in adults and children</p>	<p>A process was performed by various methods such as direct inhalation, diffusion, massage or compresses, these processes varied between 2, 5, 15 and 30 minutes.</p>	<p>This conclusion is supported by unreliable evidence, making it rather dubious. In addition, the unreliable evidence also suggests that people who used aromatherapy may require less anti-nausea medication, although this is also uncertain. Likewise, people who used aromatherapy or anti-nausea medications may be equally satisfied with their treatment, based on unreliable evidence.</p>
<p>Rousseaux et al.,(2022) [Hipnosis]<sup>(33)</sup></p>	<p>To evaluate how hypnosis and virtual reality can help reduce anxiety and pain in patients before and after cardiac surgery</p>	<p>Hypnosis: 20-minute sessions per patient, plus a pre-recorded hypnosis session.                  Virtual reality: 20-minute sessions with a helmet and glasses and a three-dimensional graphic landscape.</p>	<p>There were no major differences between the groups tested; it does not follow whether one technique is superior to the other. More research is needed to analyze the therapeutic benefits.</p>

Anlló et al.,(2020) [Hipnosis] <sup>(34)</sup>	To assess whether a short 15-minute hypnosis session can reduce anxiety immediately in patients with severe chronic obstructive pulmonary disease (COPD).	The study was conducted in each patient's room and each session lasted 15 minutes over a 24-hour period.	After a 15-minute hypnosis session, participants experienced a decrease in their anxiety and breathing rate and reduced anxiety about dyspnea
Delestre et al.,(2022) [Hipnosis] <sup>(35)</sup>	To examine how Ericksonian hypnosis, together with self-hypnosis learning, affects the ability to control food intake in adults with obesity and high levels of eating disinhibition, compared to conventional nutrition education	70 of the 82 participants were the ones who attended all their sessions in which they were part of 8 nutritional education workshops as well as 8 hypnosis sessions during 8 months.	For adults with obesity and difficulty controlling their eating, hypnosis and self-hypnosis can greatly improve how they relate to food, and also improve their ability to control their eating.
Amraoui et al.,(2018) [Hipnosis] <sup>(36)</sup>	To examine the effectiveness of a preoperative hypnosis session in decreasing postoperative breast pain in patients exposed to minor surgery for breast cancer	This study was conducted with 150 women who already had an appointment for a minor breast cancer surgery, each of them had a 15-minute hypnosis therapy session before the general anesthesia was applied	The findings of this study do not show that hypnosis helps with pain after minor breast cancer surgery in women. Although there are some improvements in other aspects, this needs to be confirmed with further research.
Fisch et al.,(2020) [Hipnosis] <sup>(37)</sup>	To analyze how a group therapy program using hypnosis affects healthy individuals experiencing high levels of perceived stress	The patients were submitted to 5 weekly sessions of 2 hours during weeks in order to reduce stress.	This study showed that patients resulted in improvements in their stress management resulting in less stress and improved quality of life.
Chen et al.,(2023) [Tai Chi] <sup>(38)</sup>	To assess whether tai chi chuan, is better than brisk walking in contributing to mental function in older adults with type 2 diabetes and mild cognitive problems	Each patient was monitored by endocrinologists for 30 minutes once every 4 weeks for a period of 24 weeks. At the same time, tai chi procedures were given for 1 hour 3 times a week.	In a study of older adults with type 2 diabetes and mild memory problems, Tai Chi Chuan was found to be more effective than brisk walking in improving overall mental function
Siu et al.,(2021) [Tai Chi] <sup>(39)</sup>	To compare whether tai chi chuan helps older adults with insomnia sleep better with exercising normally and with a group	The patients attended an exercise routine for 12 weeks consisting of brisk walking and muscle strengthening exercises. At the same time they attended a	The project found that doing regular exercise and practicing Tai Chi helped sleep better, and these positive effects were noted after up to 2 years, although improvements in sleep quality were small.

	that does nothing by recording movement	12-week 24-form yang-style tai chi program.	
Palumbo et al.,(2012) [Tai Chi] <sup>(40)</sup>	Determine the benefit of tai chi at work may be an inexpensive way to make older nurses physically and mentally healthier, reduce their work stress, and increase their productivity	Patients were required to attend tai chi classes once a week and to perform it for 45 minutes, with 10 minutes of breathing exercises, 30 minutes of practice and 5 minutes of cool-down exercises.	This small study shows that Tai Chi is a cost-effective wellness option for older working women in the workplace, suggesting that it should be tested in a larger group to confirm its effectiveness.
Leung et al.,(2019) [Tai Chi] <sup>(41)</sup>	To evaluate whether a 12-week Tai Chi exercise program is useful, well-received, and has positive effects on heart health and metabolism, as well as quality of life in Chinese adults with metabolic syndrome	Patients who were previously chosen for the study had to attend a 1-hour tai chi class 2 times a week, including practicing these exercises at home for 30 minutes 3 times a week.	The study intervention was feasible and accepted by Chinese adults with metabolic syndrome. Although it was not powered to find significant statistical differences, both positive and negative changes in some cardiac risk factors were observed.
Menglu et al.,(2021) [Tai Chi] <sup>(42)</sup>	Investigating how Tai Chi affects cognitive function and physical fitness in older people in need of care	Patients underwent exercise for 3 sessions of 60 minutes per week for 12 weeks. Simplified CT training was given in 24 forms, having 5-minute warm-up, 30-minute exercise and 5-minute cool-down sessions	These results indicated that after training in Tai Chi for 3 months, older people with cognitive impairment can experience improvements in their intellectual capacity and retain their working memory and mental flexibility.
Chilanguad et al.,(2020) [Biodescodificación] <sup>(43)</sup>	Understand how stress affects certain hormones and how it can cause changes in facial structure through scientific research	The terms "Biological decoding" and "Biological decoding" were searched in Google, more than 5,000 results were obtained for the former and more than 50,000 for the latter. No references were found when searching SciELO, PubMed and SCOPUS.	We found evidence to suggest that the theory of "Biological Decoding" could be related to stress and stress triggers. This could affect the nervous system and cause changes in the bones during growth or bone maturation
Cossio (2022) [Biodescodificación] <sup>(44)</sup>	Analyze data and real case studies to understand the relevance of biodescodification therapy as an adjunct to treatment.	The status of the patient was determined by means of video calls that lasted 40 minutes during which the patient was surveyed.	According to interviews, patients who have tried biodescoding therapy have experienced physical and mental benefits. All of them reported a reduction of symptoms and emotional release.
Jacho (2023) [Holística] <sup>(45)</sup>	To understand how indigenous communities in the inter-Andean alley of Ecuador accept and	A quantitative but not experimental research was carried out using a survey as a data collection instrument.	It was understood how important alternative or complementary medicine techniques are, since they are a fundamental part of the

	use complementary or alternative medicine.		culture of the inhabitants of the Chambapongo community.
--	--	--	--

## DISCUSSION

According to the exhaustive investigation of the types of alternative therapy through the search of clinical cases, it can be analyzed that Alternative Medicine has multiple benefits in the treatment of diseases that can cause chronic pain, lack of sleep, memory disorders, metabolic diseases and especially contributes to the maintenance and recovery of osteoarticular movements in the elderly, metabolic diseases and especially contributes to the maintenance and recovery of osteoarticular movements in the elderly, although several therapies are still under investigation, after performing this analysis I can determine that alternative medicine has more advantages and beneficial therapeutic effects for the physical and mental health of patients and people who want a better lifestyle. <sup>(2,46)</sup>

The comparative analysis of different clinical cases showed very positive results regarding the complementarity of this type of therapy in conjunction with conventional treatment, the different types of alternative medicine have been used for several years, each one has a system and solid principles that could explain how they contribute to the treatment of a disease. Favorable results were evaluated, highlighting the importance of alternative medicine as a complementary therapy that has the ability to significantly influence joint, muscular, emotional and sleep disorders such as insomnia.

According to the investigation of three different cases on the subject of acupuncture, three specific cases have been highlighted which collaborate to the relief of patients suffering from fibromyalgia, depression and insomnia and patients with cancer which are highlighted that these processes which were used dry needling and reviews of clinical trials highlights the reliability and recovery giving pleasing results in patients and demonstrating the potential of this method of analysis. <sup>(13,14,15)</sup>

Two researches related to the topic of the analysis of chiropractic cases have been highlighted, addressing the topics of infantile colic and dizziness and neck pain and non-specific neck pain in elderly people, in which they highlight its importance and efficacy being used for a short or long time in patients, despite the fact that the studies have been completely different, beneficial results were obtained. <sup>(18,20)</sup>

Regarding the efficacy of aromatherapy in patients with labor pain and anxiety, it was necessary to carry out an investigation where an analysis of the patients by means of inhalation, massage, footbath, acupressure points and compresses showed positive results for the patients, resulting to be one of the best options for the relaxation of the patients who are in the process of labor. <sup>(28)</sup>

Regarding the subject of aromatherapy for the treatment of vomiting and postoperative dizziness and hypnosis for the management of anxiety, different results were obtained in which in the case of aromatherapy there is not enough evidence to resort to this as a quality process and on the other hand in the case of hypnosis there was not a very varied result among the patients, in spite of this, the patients were satisfied with the processes given. <sup>(32,33)</sup>

The results obtained from the topics of craniofacial alterations and biodescodification as a complement for the treatment of diseases were beneficial and effective giving as an effect that the biological decoding is due to stress which can damage the nervous system, as well as in the topic of treatment of diseases an evident reduction of symptoms was obtained.<sup>(43,44)</sup>

Casos específicos como lo fueron el shiatsu para el dolor lumbar y Tai Chi para las mujeres dependientes de metanfetamina tuvieron resultados significativos y que lograron satisfacer padecimientos que tenían los pacientes en cada una de las ramas mencionadas en los cuales se mejoraron la calidad de vida de los pacientes. Por lo que se puede usar estas terapias como una ayuda a las medidas convencionales de tratamiento médicos para contribuir al alivio de las dolencias.<sup>(23,42)</sup>

Through the analysis it was possible to clarify the short and long term benefits of the different therapies, highlighting the use of different active ingredients that each therapy uses, as is the case of homeopathy which through natural preparations manages to extend the life span in cancer patients and even treat viral diseases as in the case of Covid, Ayurveda, on the other hand, has a significant influence on metabolism as it has the ability to lower cholesterol and reduce weight, acupuncture contributes to the treatment of chronic pain, aromatherapy influences the central nervous system of patients by providing relaxing or sedative effects, even music and dance contribute to the reduction of stress, increased mobility and flexibility in older adults.<sup>(38,39)</sup>

## CONCLUSION

The analysis of information on alternative medicine therapies has shown their significant impact throughout history, from ancient civilizations until today. These therapies, developed from ancestral discoveries, have been consolidated in complementary medicine due to their accessibility, low cost and use of natural elements. They are preferred by patients with economic limitations and conditions that make access to conventional treatments difficult. Global legislation has regulated their practice, highlighting their worldwide influence. The clinical cases analyzed show benefits in the prevention and treatment of diseases, highlighting the capacity of the human body to heal with these therapies. The efficacy of alternative medicine and its therapeutic value have been confirmed through a comparative review and the experience of medical professionals.

## BIBLIOGRAPHICAL REFERENCES

1. Valeria Ruíz Aucatoma D. Use of alternative and complementary therapies for pain relief in adults and older adults. *Salud ciencia tec*[Internet]. 2022 [cited 21/03/2024]; 2(1). Available from: <https://www.medigraphic.com/cgi-bin/new/resumenI.cgi?IDARTICULO=109123>
2. Rodríguez Lara H, Espinosa Aguilar A, Elers Mastrapa Y. Las terapias alternativas como solución al cuidado de problemas crónicos de salud. *Rev Cubana Enfermer*[internet]. 2022[cited 21/03/2024]; 38(2). Available from: [http://scielo.sld.cu/scielo.php?script=sci\\_arttext&pid=S0864-03192022000200016](http://scielo.sld.cu/scielo.php?script=sci_arttext&pid=S0864-03192022000200016)

3. Siewert J, Teut M, Gaertner K, Binting S, Eberhardt C, Ortiz M, et al. Homeopathy for seasonal allergic rhinitis: rationale, design and methods of the three-armed randomized controlled HOMEOSAR trial. *BMC Complement Med Ther* [Internet]. 2022 Dec [cited 04/02/2024]; 22(1): 338. Available from: <https://doi.org/10.1186/s12906-022-03820-w>
4. Frass M, Lechleitner P, Gründling C, Pirker C, Grasmuk-Siegl E, Domayer J, et al. Homeopathic Treatment as an Add-On Therapy May Improve Quality of Life and Prolong Survival in Patients with Non-Small Cell Lung Cancer: A Prospective, Randomized, Placebo-Controlled, Double-Blind, Three-Arm, Multicenter Study. *Oncologist* [Internet]. 2020 [cited 27/02/2024]; 25(12): e1930–55. Available from: <https://doi.org/10.1002/onco.13548>
5. Mourão L, Carillo R, Linares SM, Canabarro A, Fischer RG. Homeopathy and Periodontal Treatment in Type II Diabetic Patients: a 1-Year Randomized Clinical Trial. *Braz Dent J* [Internet]. 2019 [cited 27/02/2024]; 30(2): 139–45. Available from: <https://www.scielo.br/j/bdj/a/JMCzzBQh6yBhPC77q5pMtCz/?lang=en>
6. Nayak D, Gupta J, Chaudhary A, Singh KG, Deshmukh A, Das D, et al. Efficacy of individualized homeopathy as an adjunct to standard of care of COVID-19: A randomized, single-blind, placebo-controlled study. *Complement Ther Clin Pract* [Internet]. 2022 Aug [cited 27/02/2024]; 48: 101602. Available from: <https://doi.org/10.1016/j.ctcp.2022.101602>
7. Pannek J, Pannek-Rademacher S, Jus MS, Wöllner J, Krebs J. Usefulness of classical homeopathy for the prophylaxis of recurrent urinary tract infections in individuals with chronic neurogenic lower urinary tract dysfunction. *J Spinal Cord Med* [Internet]. 2019 Jul [cited 27/02/2024]; 42(4): 453–59. Available from: <https://doi.org/10.1080/10790268.2018.1440692>
8. Gyawali D, Vohra R, Orme-Johnson D, Ramaratnam S, Schneider RH. A Systematic Review and Meta-Analysis of Ayurvedic Herbal Preparations for Hypercholesterolemia. *Medicina* [Internet]. 2021 May [cited 04/02/2024]; 57(6): 546. Available from: <https://www.mdpi.com/1648-9144/57/6/546/htm>
9. Rioux J, Howerter A. Outcomes from a Whole-Systems Ayurvedic Medicine and Yoga Therapy Treatment for Obesity Pilot Study. *J Altern Complement Med* [Internet]. 2019 Mar [cited 05/02/2024]; 25(S1): S124–37. Available from: <https://pubmed.ncbi.nlm.nih.gov/30870013/>
10. Sharma V, Khuntia BK, Soneja M, Huddar VG, Ramakrishnan S, Sharma P, et al. Efficacy of add-on Ayurveda and Yoga intervention in health care workers of tertiary care hospital during COVID-19: Randomized controlled trial. *Complement Ther Clin Pract* [Internet]. 2022 Aug [cited 06/02/2024]; 48: 101601. Available from: <https://doi.org/10.1016/j.ctcp.2022.101601>
11. Kumar KV, Ahmad A, Srivastava AK, Namdev Kamble P, Sudhakar D, Makhija P, et al. Efficacy and Safety of Ayurveda interventions in the management of conjunctivitis: A systematic review and meta-analysis. *Complement Ther Clin Pract* [Internet]. 2022 May [cited 27/02/2024]; 47: 101568. <https://doi.org/10.1016/j.ctcp.2022.101568>
12. Esser D, Matualatupauw J, De Vos RCH, Wehrens R, Van Der Stappen J, Van Der Meer I, et al. Ayurvedic Herbal Preparation Supplementation Does Not Improve Metabolic Health in Impaired Glucose Tolerance Subjects; Observations from a Randomised Placebo Controlled Trial. *Nutrients* [Internet]. 2021 Jan [cited 06/02/2024]; 13(1): 260. Available from: <https://doi.org/10.3390/nu13010260>



13. Valera-Calero JA, Fernández-de-las-Peñas C, Navarro-Santana MJ, Plaza-Manzano G. Efficacy of Dry Needling and Acupuncture in Patients with Fibromyalgia: A Systematic Review and Meta-Analysis. *Int J Environ Res Public Health* [Internet]. 2022 [cited 06/02/2024]; 19(16): 9904. Available from: <https://doi.org/10.3390/ijerph19169904>
14. Zhao FY, Zheng Z, Fu QQ, Conduit R, Xu H, Wang HR, et al. Acupuncture for comorbid depression and insomnia in perimenopause: A feasibility patient-assessor-blinded, randomized, and sham-controlled clinical trial. *Front Public Health* [Internet]. 2023 Feb [cited 27/02/2024]; 11: 1120567. Available from: <https://doi.org/10.3389/fpubh.2023.1120567>
15. Zhang J, Zhang Z, Huang S, Qiu X, Lao L, Huang Y, et al. Acupuncture for cancer-related insomnia: A systematic review and meta-analysis. *Phytomedicine*[Internet]. 2022 Jul[citado 27/02/2024]; 102: 154160. <https://doi.org/10.1016/j.phymed.2022.154160>
16. Woo HL, Ji HR, Pak YK, Lee H, Heo SJ, Lee JM, et al. The efficacy and safety of acupuncture in women with primary dysmenorrhea: A systematic review and meta-analysis. *Medicine* [Internet]. 2018 Jun [cited 20/02/2024]; 97(23) e11007. Available from: <https://doi.org/10.1097/md.00000000000011007>
17. Comachio J, Oliveira CC, Silva IFR, Magalhães MO, Marques AP. Effectiveness of Manual and Electrical Acupuncture for Chronic Non-specific Low Back Pain: A Randomized Controlled Trial. *J Acupunct Meridian Stud*[Internet]. 2020 Jun[citado 27/02/2024]; 13(3): 87–93. <https://doi.org/10.1016/j.jams.2020.03.064>
18. Holm LV, Jarbøl DE, Christensen HW, Søndergaard J, Hestbæk L. The effect of chiropractic care on infantile colic: results from a single-blind randomised controlled trial. *Chiropr Man Therap* [Internet]. 2021 [cited 21/02/2024]; 29(1): 15. Available from: <https://doi.org/10.1186/s12998-021-00371-8>
19. Holm LV, Vach W, Jarbøl DE, Christensen HW, Søndergaard J, Hestbæk L. Identifying potential treatment effect modifiers of the effectiveness of chiropractic care to infants with colic through prespecified secondary analyses of a randomised controlled trial. *Chiropr Man Therap* [Internet]. 2021 Dec [cited 24/02/2024]; 29(1). Available from: <https://doi.org/10.1186/s12998-021-00373-6>
20. Kendall JC, French SD, Hartvigsen J, Azari MF. Chiropractic treatment including instrument-assisted manipulation for non-specific dizziness and neck pain in community-dwelling older people: a feasibility randomised sham-controlled trial. *Chiropr Man Therap* [Internet]. 2018 May [cited 23/02/2024]; 26(1). Available from: <https://doi.org/10.1186/s12998-018-0183-1>
21. Bronfort G, Maiers M, Schulz C, Leininger B, Westrom K, Angstman G, et al. Multidisciplinary integrative care versus chiropractic care for low back pain: a randomized clinical trial. *Chiropr Man Therap* [Internet]. 2022 Dec [cited 23/02/2024]; 30(1): 10. Available from: <https://doi.org/10.1186/s12998-022-00419-3>
22. Vining R, Minkalis A, Long CR, Corber L, Franklin C, Gudavalli MR, et al. Assessment of chiropractic care on strength, balance, and endurance in active-duty U.S. military personnel with low back pain: a protocol for a randomized controlled trial. *Trials* [Internet]. 2018 Dec [cited 23/02/2024]; 19(1): 671. Available from: <https://doi.org/10.1186/s13063-018-3041-5>

23. Kobayashi D, Shimbo T, Hayashi H, Takahashi O. Shiatsu for chronic lower back pain: Randomized controlled study. *Complement Ther Med*[Internet]. 2019 Aug[citado 27/02/2024]; 45: 33–37. <https://doi.org/10.1016/j.ctim.2019.05.019>
24. Lanza G, Centonze SS, Destro G, Vella V, Bellomo M, Pennisi M, et al. Shiatsu as an adjuvant therapy for depression in patients with Alzheimer’s disease: A pilot study. *Complement Ther Med*[Internet]. 2018 Jun[citado 27/02/2024]; 38: 74–78. <https://doi.org/10.1016/j.ctim.2018.04.013>
25. Harorani M, Garshasbi M, Sediqi M, Farahani Z, Habibi D, Farahani M, et al. The effect of Shiatsu massage on agitation in mechanically ventilated patients: A randomized controlled trial. *Heart and Lung* [Internet]. 2021 [cited 2024 Feb 24]; 50(6): 893–897. Available from: <http://www.heartandlung.org/article/S0147956321002326/fulltext>
26. Ardabili FM, Purhajari S, Ghezjeljeh TN, Haghani H. The Effect of Shiatsu Massage on Pain Reduction in Burn Patients. *World J Plast Surg* [Internet]. 2014 Jul [cited 24/02/2024]; 3(2): 115-118. Available from: <https://wjps.ir/article-1-109-fa.pdf>
27. Ingram J, Domagala C, Yates S. The effects of shiatsu on post-term pregnancy. *Complement Ther Med*[Internet]. 2005 Mar[citado 27/02/2024]; 13(1): 11–5. <https://doi.org/10.1016/j.ctim.2004.12.004>
28. Tabatabaeichehr M, Mortazavi H. The Effectiveness of Aromatherapy in the Management of Labor Pain and Anxiety: A Systematic Review. *Ethiop J Health Sci* [Internet]. 2020 May [cited 25/02/2024]; 30(3): 449-458. Available from: <https://doi.org/10.4314/ejhs.v30i3.16>
29. Son HK, So WY, Kim M. Effects of Aromatherapy Combined with Music Therapy on Anxiety, Stress, and Fundamental Nursing Skills in Nursing Students: A Randomized Controlled Trial. *Int J Environ Res Public Health* [Internet]. 2019 Nov [cited 25/02/2024]; 16(21): 4185. Available from: <https://doi.org/10.3390/ijerph16214185>
30. Li D, Li Y, Bai X, Wang M, Yan J, Cao Y. The Effects of Aromatherapy on Anxiety and Depression in People With Cancer: A Systematic Review and Meta-Analysis. *Front Public Health* [Internet]. 2022 May [cited 25/02/2024]; 10: 853056. Available from: <https://doi.org/10.3389/fpubh.2022.853056>
31. Her J, Cho MK. Effect of aromatherapy on sleep quality of adults and elderly people: A systematic literature review and meta-analysis. *Complement Ther Med*[Internet]. 2021 Aug[citado 27/02/2024]; 60: 102739. <https://doi.org/10.1016/j.ctim.2021.102739>
32. Hines S, Steels E, Chang A, Gibbons K. Aromatherapy for treatment of postoperative nausea and vomiting. *Cochrane Database Syst Rev* [Internet]. 2018 Mar [cited 26/02/2024]; 2018(3): CD007598. Available from: <https://doi.org/10.1002/14651858.CD007598.pub3>
33. Rousseaux F, Dardenne N, Massion PB, Ledoux D, Bicego A, Donneau AF, et al. Virtual reality and hypnosis for anxiety and pain management in intensive care units: A prospective randomised trial among cardiac surgery patients. *Eur J Anaesthesiol* [Internet]. 2022 Jan [cited 26/02/2024]; 39(1): 58-66. Available from: <https://doi.org/10.1097/eja.0000000000001633>

34. Anlló H, Herer B, Delignières A, Bocahu Y, Segundo I, Mach Alingrin V, et al. Hypnosis for the Management of Anxiety and Dyspnea in COPD: A Randomized, Sham-Controlled Crossover Trial. *Int J Chron Obstruct Pulmon Dis* [Internet]. 2020 [cited 26/02/2024]; 15: 2609-2620. Available from: <https://doi.org/10.2147/copd.s267019>
35. Delestre F, Lehericey G, Estellat C, Diallo MH, Hansel B, Giral P. Hypnosis reduces food impulsivity in patients with obesity and high levels of disinhibition: HYPNODIET randomized controlled clinical trial. *Am J Clin Nutr*[Internet]. 2022 Jun[citado 27/02/2024]; 115(6):1637-45. <https://doi.org/10.1093/ajcn/nqac046>
36. Amraoui J, Pouliquen C, Fraisse J, Dubourdieu J, Rey Dit Guzer S, Leclerc G, et al. Effects of a Hypnosis Session Before General Anesthesia on Postoperative Outcomes in Patients Who Underwent Minor Breast Cancer Surgery: The HYPNOSEIN Randomized Clinical Trial. *JAMA Netw Open* [Internet]. 2018 Aug [cited 27/02/2024];1(4). Available from: <https://doi.org/10.1001/jamanetworkopen.2018.1164>
37. Fisch S, Trivaković-Thiel S, Roll S, Keller T, Binting S, Cree M, et al. Group hypnosis for stress reduction and improved stress coping: a multicenter randomized controlled trial. *BMC Complement Med Ther* [Internet]. 2020 Nov [cited 27/02/2024]; 20(1): 344. Available from: <https://doi.org/10.1186/s12906-020-03129-6>
38. Chen Y, Qin J, Tao L, Liu Z, Huang J, Liu W, et al. Effects of Tai Chi Chuan on Cognitive Function in Adults 60 Years or Older With Type 2 Diabetes and Mild Cognitive Impairment in China: A Randomized Clinical Trial. *JAMA Netw Open* [Internet]. 2023 Apr [cited 27/02/2024]; 6(4): e237004. Available from: <https://doi.org/10.1001/jamanetworkopen.2023.7004>
39. Siu PM, Yu AP, Tam BT, Chin EC, Yu DS, Chung KF, et al. Effects of Tai Chi or Exercise on Sleep in Older Adults With Insomnia: A Randomized Clinical Trial. *JAMA Netw Open* [Internet]. 2021 Feb [cited 27/02/2024]; 4(2): e2037199. Available from: <https://doi.org/10.1001/jamanetworkopen.2020.37199>
40. Palumbo MV, Wu G, Shaner-McRae H, Rambur B, McIntosh B. Tai Chi for Older Nurses: A Workplace Wellness Pilot Study. *Appl Nurs Res* [Internet]. 2012 Feb [cited 27/02/2024]; 25(1): 54-9 Available from: <https://doi.org/10.1016/j.apnr.2010.01.002>
41. Leung LY ling, Chan AW kiu, Sit JW hung, Liu T, Taylor-Piliae RE. Tai Chi in Chinese adults with metabolic syndrome: A pilot randomized controlled trial. *Complement Ther Med*[Internet]. 2019[citado 27/02/2024]; 46: 54-61. Available from: <https://doi.org/10.1016/j.ctim.2019.07.008>
42. Menglu S, Ruiwen L, Suyong Y, Dong Z. Effects of Tai Chi on the Executive Function and Physical Fitness of Female Methamphetamine Dependents: A Randomized Controlled Trial. *Front Psychiatry* [Internet]. 2021 [cited 27/02/2024]; 12: 653229. Available from: <https://doi.org/10.3389/fpsy.2021.653229>
43. Chilanguad N, Ríos NS, Ximena |, Daza Z, Lucía Rodríguez M, Carlos |, et al. La descodificación biológica y las alteraciones craneofaciales, una mirada desde las ciencias básicas. *Rev Estomatol*[Internet]. 2020[citado 27/02/2024]; 28(2): 17-22. <https://docs.bvsalud.org/biblioref/2021/01/1145695/v28n02a06.pdf>

- 
44. Cossio Palacios TR. Biodescodificación como complemento para el tratamiento de las enfermedades en el Centro Sanasiente, Lima 2021. Universidad César Vallejo[Internet]; 2022[citado 27/02/2024]. <https://repositorio.ucv.edu.pe/handle/20.500.12692/91256>
45. Jacho Yaguana JL. ACTITUDES HACIA LA SALUD HOLÍSTICA, COMPLEMENTARIA Y ALTERNATIVA. Brazilian Journal of Health Review[Internet]. 2023[citado 27/02/2024]; 6(1): 2771-2789. Disponible en: <https://ojs.brazilianjournals.com.br/ojs/index.php/BJHR/article/view/56970>
46. Ruíz Aucatoma DV, Rodríguez Gamboa MS. Uso de terapia alternativa y complementaria para el alivio del dolor en adultos y adultos mayores. Salud, Ciencia Tecnología [Internet]. 2022 [citado 27/02/2024]; 2:76. Disponible en: <https://www.medigraphic.com/pdfs/salcietec/sct-2022/sct221ai.pdf>