

How to due with Diseases?

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Abstract

Getting diseases, the first thing we should do is to seek medical attention to doctors. It is because they are professional. They spent a lot of time and effort to focus on building up their knowledge and experiences to treat diseases. Although you can try alternative medicine such as prepared prescriptions of Chinese Medicine due to their general validated efficacy, the risk would be higher.

Keywords: Disease, efficacy, doctor, medical attention

Introduction

In modern society, when we get a disease, the first thing we should do is to seek medical attention to doctors. It is because they are professional. They spent a lot of time and effort to focus on building up their knowledge and experiences to treat diseases. But in ancient culture, when the medical system was not well developed, People in most cultures used the nature for medicine derived from plants, animals, minerals, sun, moon, etc. The efficacy of these tried and tested medicine were based on empiricism, the theory which regards experience as the only source of knowledge. The practice of medicine developed gradually and separately in different countries with different progressive roads.¹

Our medical systems still have a lot of deficiency. There are also some unknown diseases that drugs are still needed to be invented. Different approaches on facing diseases and different methodologies for drug discovery are still needed to be carried out.²⁻³ Compounds isolated from a natural product, *Euphorbia hypericifolia*, was reported.⁴ We cannot give up on treatment on potentially 'unconquerable diseases' unless the disease is being controlled and cured. Alternative medicine such as prepared prescriptions of Chinese Medicine can be tried due to their general validated efficacy, but the risk is still higher than seeking doctor. Although a case of self-treatment of infected wound by extract of natural products was reported,⁵ It is still highly risky.

Conclusion

Getting diseases, the first thing we should do is to seek medical attention to doctors. Self-treatment is highly risky.

Reference

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