

Table 1. Examples of systems of alternative medicine

System	Description
Traditional Chinese medicine	Traditional system based on the concept that disease results from disruption in the flow of qi (energy) and imbalance in the forces of yin and yang. Practices such as herbal treatments, meditation, massage, and acupuncture seek to aid healing by restoring the yin-yang balance and the flow of qi
Ayurvedic medicine	Whole medical system that originated in India aiming to integrate the body, mind, and spirit to prevent and treat disease. Therapies used include herbs, massage, and yoga
Traditional Aboriginal medicine	Traditional Aboriginal or indigenous medicine uses a holistic model of wellbeing through the integration of emotional, physical, mental, and spiritual aspects of being
Naturopathy	Aims to support the body's ability to heal itself through the use of dietary and lifestyle changes together with complementary medicine therapies such as herbs, massage, and joint manipulation
Homeopathy	Homeopathy is based on the premises that (i) substances that may cause illness or symptoms in a healthy person can, in very small doses, treat those symptoms in a person who is unwell, and that (ii) highly diluted preparations retain a 'memory' of the original substance

Reference

1. National Health and Medical Research Council. 2015. NHMRC Information Paper: Evidence on the effectiveness of homeopathy for treating health conditions. Canberra: NHMRC.
2. National Institute of Complementary Medicine. 2018. [Complementary medicine: the evidence](#). [accessed May 2018]