

Research Article

# Exploring the Nodus of Treatment, the Treatment of Diseases Is Always Full of Uncertainty

Chi Zhao\* 

Department of Cardiovascular Medicine, Dalian Second Hospital, Dalian, China

## Abstract

The greatest threat to human existence is disease. In order to alleviate the pain caused by diseases, human beings have tried many methods in survival practice. People have always believed that drug treatment is the most trustworthy means and can play an immediate role in relieving and eliminating symptoms. But the harsh reality is that more and more diseases are out of control, the mortality from non-communicable diseases (NCDs), including cancer, is increasing every year, illustrating the limited and ineffective nature of drug treatment, and scholars around the world are searching for ways to alleviate the suffering of disease and prolong life. Non-drug treatments such as homeopathy have been promoted worldwide because they are effective, however, it is not clear why various non-drug treatments are effective, and prayer and witch doctors also play a role in the psychological and mental comfort as non-drug treatments. In fact, the onset of NCDs is a mental injury, and the mental and psychological damage can only be solved through the soothing of the mind, and all the therapeutic measures (including drugs) used to treat the mental trauma can be used. There are uncertainties in drug treatment, homeopathy and prayer, and a true analysis of their meaning can be helped for the treatment of disease.

## Keywords

Disease Treatment, Medication, Homeopathy, Prayer, Mental Damage

## 1. Introduction

Humans have been on earth for hundreds of millions of years, and the greatest threat to humanity is disease [1]. There are many ancient areas where there are no doctors and drugs, people can only rely on prayer and holy medicine [2]. In order to relieve the pain caused by diseases, early humans found some ways to relieve and alleviate the symptoms of diseases from nature, and many methods are still using today. Even so, in the occurrence of disease and a series of problems such as recovery from disease to health there are always unclear questions in people's minds. Centuries ago, people's health was not guaranteed because of a lack of medical care. How-

ever, for more than a century, the rapid development of medical research, especially the scale of drug research and development is unprecedented, but diseases are still not effectively controlled. We can see that, for thousands of years of written records, human beings have experienced countless epidemics of disaster, infectious diseases are difficult to control, and for more than a century, the confusion brought by NCDs to human beings is also amazing, we can't help but ask, where are the advantages of modern technology? In reality, there are various treating methods adopted by people, we should also see that in the early days, people have not medi-

\*Corresponding author: [zhaochi-cardio@163.com](mailto:zhaochi-cardio@163.com) (Chi Zhao)

**Received:** 9 December 2024; **Accepted:** 20 December 2024; **Published:** 14 January 2025



Copyright: © The Author(s), 2025. Published by Science Publishing Group. This is an **Open Access** article, distributed under the terms of the Creative Commons Attribution 4.0 License (<http://creativecommons.org/licenses/by/4.0/>), which permits unrestricted use, distribution and reproduction in any medium, provided the original work is properly cited.

cine and resorted to God's comfort for relieving pain and sickness [3]. Nowadays, even if there are enough medicines in hospitals, but people found that the treatment of disease with drugs was not ideal, so homeopathy and alternative therapies were adopted [4]. Because homeopathy has not been scientifically proven, there has been controversy. What kind of method to take to treat the disease, exactly is there no best way to get rid of the disease, in people's minds are full of confusion and illusion. Most people believe that human health should be helped by social and scientific progress, but no matter the arrival of acute infectious diseases on a large scale, or the spread of NCDs in the world, it is not as easy to solve as imagined, and some inexplicable diseases continue to appear, almost incurable, such as cancer, refractory intestinal disease and Alzheimer's disease [5, 6]. Disease is like a thick dark cloud that never goes away, and people hope that one day the secret of disease can be discovered behind this cloud, and that the means of overcoming will soon be discovered.

## 2. The Spiritual World and the Exorcism of Diseases

Because of the lack of scientific knowledge, early human beings could only turn to heaven, God, etc., in order to eliminate diseases. In ancient times, people exorcised demons through sacrifices and other forms, and many diseases were relieved and cured. In people's minds, the source of diseases was always attributed to demons and ghosts, and this method of prayer has been passed down to the present. Although people know that this method is superstitious, it is still unclear how diseases came about, relatives and friends around them died in an unknown way and they still want to be fatalistic, because they have lost faith in traditional medicine and modern medicine has strayed from its origins [7]. Modern medicine is just that, even if you go to a very advanced hospital, the doctors do not know the source of disease.

Both in east and west, people in order to deal with the disaster brought by diseases and other adverse events, built a lot of large-scale buildings, the western church is tall and majestic, magnificent, giving people a kind of overwhelming vigor. Chinese temples are also magnificent, built on high mountains, accompanied by ancient trees and green pines, and there is an aura that can remove all demons. Religious belief is universal throughout the world. In the Western world, it has always been believed that God is in charge of human destiny, while in the Eastern world, it is also believed that the Buddha is in charge of people's souls, and the Buddha is respected by doctors, pharmacists and patients [8]. Even in this very modern day, people still place their fate on the "holy Lord". Many believe that human life and death, sickness and health, are known only by the Holy One.

Progress of science and technology has also been led by the development of society to the, especially the progress of medical science. Advances in medical science are mainly

reflected in a variety of imaging diagnostic devices, as well as in the pharmaceutical industry. A wide variety of large-scale imaging diagnostic devices are used to detect diseases such as tumors early, and the pharmaceutical industry is developing more effective drugs to remove the disease. However, there is not any role in exploring the causes of disease with the advances in medical science. In recent years, genetic testing has been attracted the most attention. Researchers have tried to find the cause of diseases through genetic testing, but they have been repeatedly frustrated. One of the major disappointments in human autoimmunity has been the relative failure on genome-wide association studies to provide "smoking genetic guns" [9].

The researchers did find some factors associated with NCDs, such as poor sleep, lifestyle, poor diet, poverty, environmental degradation, inequality and unfairness, etc. [10-12]. However, few scholars have reported and analyzed the relationship between this series of factors and the occurrence and development of diseases. In fact, there is cause for all diseases, and this reason of NCDs is caused by human beings themselves, but it has always been thought that the cause is unknown.

It is precisely because the cause of many diseases is not clear that there is still confusion in people's spiritual world, whether God created the disease, or whether human beings themselves created the disease. Only by understanding this problem, there should be direction and purpose in the treatment of diseases.

## 3. The Drug Treatment Has Been in People's Minds Ideally

Drugs are valued because symptoms can be quickly relieved and removed by drugs, leading to the belief that the disease can be also eradicated by drugs. And people are fantasizing that one-day humanity will invent a drug to treat a terminal illness, therapeutic approaches targeting these pathways have been extensively investigated to tackle this incurable disease [13].

The use of drugs was first discovered in nature, there is pain relief with many plants, hypnosis and cooling effects. In Chinese traditional medicine there is a long history of thousands of years and hundreds of kinds of Chinese herbs has been developed, which has indeed played an indelible contribution to ensuring the health of the population [14]. In western opium poppy, cannabis, etc., have also been played as a good role in relieving pain [15]. By the middle of the 19th century, there were more than 100 natural medicines in the western world [16]. The reason why humans can and cope with the test of disease is inseparable from the use of drugs. With the progress of society and science and technology, drug manufacturing is developing at an unprecedented speed. Drug manufacturing has become the most profitable industry in the world, and people's health is placed in the second place [17].

To deal with acute infectious diseases, researchers have developed a variety of antibiotics, in order to ensure nutrition, researchers have developed a variety of vitamins and other supplies, in order to treat NCDs including cancer, researchers have developed a variety of drugs to control blood pressure, blood sugar, blood lipids, blood uric acid and other aspects of the drug, cancer drugs are also emerging in an endless stream on the market. Over the past few years, the monoclonal antibody market has grown exponentially [18]. What role drugs play in the treatment of disease has not yet been evaluated by researchers. In fact, the out-of-control of the disease indicate the failure of disease prevention and treatment, and many scholars have put increased demands on health systems [19].

Why is the application of drugs more and more widely, the use of drugs has reached the level of obsession, many patients think that the only way to eliminate diseases is to use drugs, but in hundreds of years of medical practice, an effective cure of the disease and a reduction in mortality has not been brought by drug treatment. Few scholars have confirmed the limitation and ineffectiveness of drugs through the application of clinical drugs. At present, doctors have been used to non-etiological treatment and take it for granted, statin-takers emphasize that they have "no choice" about taking them [20].

There is a reason why people have become obsessed with medication, and it is likely that both ordinary people and researchers believe that symptoms can be relieved by drugs as well as diseases can be cured. A lot of people think that it is quite possible that there are magic drugs in the world that some very difficult diseases can be treated, such as panaceas [21].

There are many critically ill patients, such as those with advanced cancer, whose only hope is to rely on drugs, hoping that the disease can be disappeared after taking them. Patients suffering from general NCDs, under the doctor's advice, are taking medicine every day, afraid that one day does not take medicine on time, the disease cannot be well treated.

There is little laboratory evidence to confirm the effectiveness of drugs, and few scholars have conducted drug and non-drug-controlled trials. Indeed, some scholars have found that patients with advanced cancer who take placebo have a higher survival rate than those who use anti-cancer drugs, and Limited data suggest that early palliative care improves quality of life and survival in patients with advanced cancer, but such studies are too few [22].

At present, drug treatment is common, and in people's minds, drug treatment is reasonable, and non-drug treatment is likely to be perverse, irregular, and reasonable. For example, people have a great dispute over homeopathy, which is unscientific and unbelievable [23]. We often encounter things like this, if a person says in front of his family that he does not take medication for relatives and friends, it means he will not adopt any treatment for him or her, and will inevitably be opposed by everyone.

Drug treatment has been deeply rooted in people's minds, and non-drug treatment is difficult to be accepted by people.

In addition, the mainstream of society is still taking drug treatment, and if hospitals leave drug treatment, there is no need for hospitals to exist.

## 4. The Rise of Nearly-non-drug Treatments

Similar non-drug treatments, represented by homeopathy, originated in Germany at the end of the 16th century, when pharmacist Samuel Hahnemann proposed a new treatment method [24]. Blood-letting, leeches, pumping tanks, laxatives and arsenic were all the rage, and other medical treatments were scarce. Hahnemann wants to give up these horrible treatments. So, he gave Cinchona cream (quinine) to healthy people, who quickly developed fever, rapid pulse, and cold limbs, all the same symptoms as malaria patients. Therefore, Hahnemann believed that the reason why these drugs can play a therapeutic effect is because it can produce the same symptoms "fighting poison with poison", so he framed the treatment theory of "like cures like". The word Homeopathy, derived from the Greek words 'homoios' and 'pathos', was born. He then ran a series of tests, testing other drugs on healthy volunteers and himself. Homeopathy has been become popular in some countries, and some universities even offer this specialty [25]. The treatment became popular in the United States in the 1960s. According to the official website of the National Institutes of Health, a 1999 survey showed that about 6 million Americans were using this therapy. In 1994, the World Health Organization introduced the treatment to the health systems of many countries, including Germany, the United Kingdom, India, Pakistan, Sri Lanka, Mexico and so on.

A central concept of homeopathy, called the "healing system," is a functional system of the human body. Proponents of homeopathy believe that the human body has a powerful ability to heal itself. In other words, the "rehabilitation system" is a functional regulation system for the self-repair of human tissues, successful treatment by paramedical methods is self-healing [26]. They believe that the recovery system is pervasive in all tissues of the human body, and that there is an amazing self-healing function. In this huge system, there is a certain connection between self-rehabilitation and external cause treatment, related to psychological factors, and this traction plays the role of homeopathic guidance and homeopathic promotion. Adjust the body with some strength, so that the circulatory system and nervous system function smoothly, and achieve natural recovery [27, 28]. The most common explanations for homeopathy are safety and self-healing [29, 30].

The rise of homeopathy has been controversial, with the ritual of homeopathic drug dilution (violent shaking) and the result of dilution being regarded as illusory and false, a substitute less credible than a placebo. In order to explain the diluted solution, some people even think that the memory

function of water is playing a role [31]. In fact, homeopathy is diluting medicine, and Chinese medicine is also taken after boiling, and no one studied what kind of biological activity of Chinese herbal medicine preparations after boiling, the medication principle still lacked a scientific explanation [32]. Many Tibetan medicines and Mongolian medicines also need to be boiled, so that the essence of the preparation after hot processing and the diluent of homeopathy are the same, that is, almost no pharmaceutical ingredients in the preparation, so far, no researchers have verified it. It should be emphasized here that the ritual sense of homeopathic shaking of the medicine bottle probably played a major role, as did the dialectical preaching of the Chinese medicine practitioner.

In other words, this method similar to non-drug treatment, not only homeopathy and alternative therapy, after boiling Chinese medicine, Tibetan medicine and Mongolian medicine can be called similar to non-drug treatment. In the practice of treating diseases, humans have carried out this kind of treatment thousands of years ago. It is very likely that the diluted solution of homeopathy will not show the ingredients of the drug, and the boiled herbal preparation will not show the bioactive drug.

From the above analysis, homeopathy, alternative therapies and some traditional Chinese medicine treatments are exactly non-pharmacological treatments, not close to non-pharmacological treatments.

## 5. A Wide Variety of Non-drug Treatments

People living on the earth have long discovered various ways to keep fit and prevent diseases. Meditation, yoga, qigong, tai chi and other methods have been spreading among the people, which enrich people's lives and provide protection for human health, and are considered to have potential therapeutic effects on negative symptoms [33]. The treatments of acupuncture, physiotherapy and cupping, etc. also play an irreplaceable role in the treatment of diseases [34, 35].

Why these non-drug methods can be used to treat diseases should be the worthiest of investigation in medical science. Meditation, yoga, tai chi, etc. all play a similar role in practice, that is, to remove distractions from the mind. In these exercises, the mind is in a blank state, and the usual troubles and other things are forgotten. The biological function is in the most ideal state, there will be no headache, dizziness, abdominal discomfort feeling. The practice of qigong is a step up from meditation and yoga in that the thoughts in the brain can drive the function of organs and tissues, in qigong practice, some parts of the body can appear heat phenomenon. It is the process of mind-driven energy, disease can be produced by bad mind-driven energy, and good mind-driven energy contributes to health. Researchers are using yoga, qigong and other methods to help patients reduce stress and improve energy [36]. Mindfulness interventions are already being

studied to correct undesirable mindsets such as depression and anxiety [37].

It is gratifying that many researchers are already practicing non-drug therapy, and that in countries like the United States, where several cancer and other associations across the country non-drug therapy have been initiated for cancer patients, because the incidence and mortality of NCDs, including cancer, remain high, and the effectiveness of drugs is questionable [38]. These treatments include meditation, yoga, meditation, tai chi, and more.

The practice of meditation, yoga and tai chi has been for a long history, meditation, a practice as old as civilization itself, has become a fundamental aspect of human culture and spirituality across the globe. Meditation is a mental training approach [39]. Derived from the desire to achieve inner peace and enlightenment, meditation weaves its own path through history, developing alongside society while maintaining its core essence.

Ancient discipline of meditation is an art of efficient management of attentional energy with total engagement [40], so, here, we'll learn about the rich history of meditation, from the earliest recorded instances to its widespread use in today's fast-paced world. By tracing the origins of meditation, understanding its development in different cultures, and examining its role in modern society, we attempt to provide a comprehensive overview of the meditation journey.

Yoga promotes physical and mental health and promotes unity and harmony of the body and mind. This ancient practice is rapidly gaining popularity as more and more people discover the benefits of yoga, from reducing stress and anxiety and calming the mind to increasing strength, balance and flexibility. Yoga studios, yoga classes and yoga discussions are everywhere. You may be wondering; how did yoga get started? What's the history behind this beloved form of exercise? Yoga has been for a long and fascinating history, rich in culture, spirituality and philosophy [41].

If we are to trace the origins of tai chi, then we must start with Bodhidharma, the monk who is credited with bringing Buddhism from Central Asia to China, Korea and Japan. The exact year of his arrival and the exact place he came from are disputed. He was thought to have come from Northern India or Persia and was always portrayed as non-Chinese, even described as a "blue-eyed barbarian". His teachings and influence began to appear in writings of the 5th century AD. An alternative to the conventional implementation of heart groups is tai chi, which was found to improve adherence to cardiac rehabilitation programs in international studies [42]. Tai chi has a positive effect on anxiety and depression, especially for patients with cancer, stroke, and heart failure [43].

Qigong, a practice that combines movement, meditation, controlled breathing, imagination, and sound, has been for a rich and ancient history. The history of qigong spans more than 4,000 years and reflects a profound legacy that continues to influence modern health and wellness practices. Understanding its history and origins provides a deeper appreciation



of this ancient discipline. Studies have shown that depression and anxiety can effectively be reduced by tai chi and qigong exercises in healthy people and clinical people [44].

In short, there are many non-drug treatments, and activities and behaviors that are conducive to stabilizing our mood abound in our lives, such as painting, calligraphy practice, doing fine crafts that we enjoy, and so on. Through such activities and behavioral exercises, you can establish a good mentality, eliminate bad mentality, and play a role in enhancing health and reducing disease.

## 6. The Role of Prayer in Healing

People have realized in life practice that people with religious beliefs are physically healthy and can reduce the occurrence of diseases, at present, scholars are already studying this issue [45, 46].

In ancient times, human beings lived in an environment where there was a lack of medicine and medicine, and diseases could take someone's life at any time. Human beings thought that it was fate that determined human life, and adopted the way of prayer to relieve pain and patients. The witch doctor was a very popular means and way to cure diseases at that time, and probably the only way to find a doctor.

Even with the progress of society and the development of science, many people still believe that there is a "God" power in controlling human life, disease is given by God, and only God can relieve human suffering from disease. At present, the development of medical science and technology is unprecedented, and pharmaceutical manufacturing has become the world's largest industry, which should bring good news to the health of the population. However, the increasing incidence and mortality of NCDs, including cancer, the doubts have been raised about the credibility of medical science, in high-mortality contexts, exposure to death can beget fatalism, or even foster distrust of formal healthcare [47]. Many people who are seriously ill, because they do not benefit from drug treatment, believe that some kind of "divine" power is in charge of life, affecting the screening of cancer [48].

The hope of mankind lies not only in having more wealth, but, above all, in extending life. In people's minds, churches and magnificent temples give them a kind of support and hope that as long as they believe in God and Buddha, they can ensure their health and reduce disease, which is prevalent in many Asian countries [49].

The historical merits of religion are undeniable, and ancient humans have realized that by uniting their beliefs, they can accumulate the strength of a group, not only to defeat beasts or other groups, but also to accomplish things that were impossible before them. Mankind also hopes to ensure health and reduce the harm caused by plague and disease through faith in heaven. Western religion is filled with the pursuit of health and resistance to disease, and Chinese temples are no exception. Western temples required certain sick people to take medicine to wash away their sins, and Eastern temples had

special halls of medicine Kings and medicine masters, where prayer could ensure health and reduce disease.

The most famous in the West is undoubtedly the Temple of Asclepius at Epidaurus, which attracted sick people until the 5th century. In this typical hospital of ancient times, patients huddle in a special enclosure and pray to the gods for good dreams that will cure them. Religion actually originates from witch doctors, who played a role in ancient times and were tried for their healing activities [50-52].

There is a certain connection between witch doctors and traditional Chinese medicine, and between witch doctors and religion. If the medicine provided by witch doctors to patients is the same as that provided by Chinese medicine to patients, and the therapeutic effect obtained is the same, or close to it, our view of them is worth pondering, the successful treatment by paramedical methods is due to placebo and self-healing [53].

Homeopathy was popular in the West, and some priests and clergy were involved in spreading the method [54]. Many patients, while taking homeopathic preparations, need to pray that their condition will evolve in a better direction. Whether homeopathy plays a role or prayer plays a role, no scholars have conducted research in this area. A patient with mental illness testified to the importance of prayer through his own experience. He recounted how many patients with mental illness ended their lives because of pain, but his faith and absolute belief in the existence of God gave him the faith to continue his struggle with severe mental illness. As a Muslim, his faith required him to pray five times a day, and after 10 years of hard work he overcame his illness [55].

Why the disease can be driven away by prayer, the witch doctor's spell can also drive away the disease, human beings have always believed that prayer and the witch doctors have a superstitious color, and the witch doctor is also a demonic image in people's hearts. However, people do not think that the process of the onset of NCDs is the mental damage, to correct the mental damage is to have the mentality of facing the disease, reasonable adjustment, through the adoption of "orthodox" treatment is absolutely unable to solve the mental damage. But people believed in the power of God under the color of superstition, and the disease was cured, which is not the case. It is time for people to know that the secret is not the power of God, but the power of their own spirit.

Illness is not God's punishment for human beings, but is caused by one's own lack of adaptability, and this improvement in adaptability is not given by God, but the victory of one's own spiritual strength over one's own weakness.

## 7. Looking for the Key to Undo the Mental Damage

What are the causes of mental damage, that is, what are the causes of NCDs, including cancer? Find the cause of the disease, all problems can be solved. Acute infectious diseases are caused by the invasion of pathogens to the human body,

and the removal of invading pathogens is the key to the treatment of acute infectious diseases. What is the cause of NCDs, is the bad information from the brain, reducing and removing the bad information is like finding the key to remove the mental damage. Some scholars believe that depression should be considered as a target for the prevention of physical and mental disease [56].

However, for many years, people have not realized that the bad information from the brain can be so serious, oral ulcers can be induced by mild, serious can lead to cardiac events, long-term bad information is extremely destructive to tissues and organs, serious can be caused from inflammatory lesions in some parts, and can even become cancerous [57, 58]. Moreover, mental health issues can affect recovery from cancer, quality of life, and survival [59].

The mental damage is extremely terrible and should be highly valued, but the mental damage is not easy to be easily detected, and therefore, the study of the etiology of NCDs has been repeatedly frustrated. The reason why spiritual damage is not easy to be found is that human beings hide this secret too deeply, and the complexity of society and groups makes patients unwilling to expose this privacy, once exposed, it will affect their family status, social status, as well as their future and fate. Medical claims to protect personal privacy, which is often the root cause of disease, do not promote a healthy society but hinder it, this is the complexity of ethics with tensions between public interest and personal privacy [60].

This kind of spiritual damage, in the early stage is not easy to cause serious damage to tissues and organs, the patient's own degree of education, the understanding of the people around and the intensity of enlightenment, determine whether the spiritual damage can be quickly corrected. The reason why many patients with NCDs are difficult to cure is that bad information from the brain is frequently sent out, tissue and organ damage is characterized by repeated inflammation, and the outcome of this inflammation is often characterized by scar tissue of tissues and organs, and more seriously, the lesion is characterized by cancerous tissue.

The reason why this kind of mental damage has no way out through drug treatment is that any drug cannot fundamentally remove the bad information from the brain, only using the drugs of hypnosis, sedation, the bad information can be temporarily stopped by anti-depressant from the brain i.e. inhibit the abnormal current of the brain [61]. People mistakenly believe that cancer cells can be killed by anti-cancer drugs. In fact, the main effect of anti-cancer drugs is to reduce cognitive function, which plays the role of anti-depression in disguise [62].

In recent years, non-pharmacological treatments mainly on homeopathy have been adopted. The popularity of homeopathy has indeed opened up new ways of treating diseases, but it is controversial because it does not explain the mechanism in theory. In fact, the essence of homeopathy is to carry out psychological adjustment, which is to improve the biological function of the human body from a biological perspective.

Any drugs and various therapies are acceptable if they help to improve the biological function, however many scholars have not advocated the use of drug therapy [63]. Homeopathy, alternative therapy, and psychotherapy are embraced by many, and homeopathy uses highly diluted substances to stimulate the body's natural healing abilities [64]. These health care alternatives to be more congruent with their own values, beliefs, and philosophical orientations toward health and life [65]. Socio-aesthetics offers the patient the possibility of regaining harmony between body and mind [66].

From the perspective of psychology to understand the treatment of disease, prayer and witch doctors in the treatment of disease can also be explained. Whether it is praying or witch doctors chanting spells, it produces a certain psychological stability in the patient's mind and reduces the content of bad information in the brain. Removing the cloak of prayer and superstition of witch doctors and correcting psychological distortions in front of the gods is the connotation of being able to cure diseases.

In short, psychological problems have always been a very mysterious topic, disease and psychological disorders are inseparable, God is also inseparable from the soul. Human beings hope to find the key to remove the damage of the soul in it, and believe that it will be found. Because many scholars have discovered the route of this secret passage, but there is still a long way to explore.

## 8. Conclusion

Morbidity and mortality from NCDs, including cancer, have been proven to be out of control. In order to deal with the global epidemic of NCDs, disease treatment must be targeted and strategic, and non-drug treatments such as homeopathy are increasingly valued and do have the effect of alleviating disease, and the mechanism should be uncovered. The historical exploits of prayer and witch doctors should always be remembered as the state of the disease can be reversed from a psychological point of view. Every disease occurs for a reason, the onset of NCDs is caused by mental ill-health [67], the mental and psychological damage can only be solved through the remedy of the soul, all methods, including drug treatment, should be adopted for remedying the mental and psychological trauma. Non-pharmacological treatments such as homeopathy and prayer will no longer be "mystical treatment" and "mysticism" [53]. Uncertainty is the ubiquitous presence across health care [68], and researchers are finding the reason and secret inside.

## Abbreviations

NCDs    Non-communicable Diseases

## Ethical Approval

This article does not contain any animal studies conducted

by any of the authors.

## Informed Consent

Informed consent was obtained from all individual participants in the study, and there were three authors of the paper who had no interest relationship with each other.

## Publisher's Note Statement

All claims expressed in this article are solely those of the authors and do not necessarily represent those of their affiliated organizations, or those of the publisher, the editors and the reviewers. Any product that may be evaluated in this article, or claim that may be made by its manufacturer, is not guaranteed or endorsed by the publisher.

## Data Availability Statement

Much of the evidence by searching in this paper comes from the research results of clinical investigators, and the content and information in this paper need not be confidential and can be shared.

## Conflicts of Interest

The authors declare that the research was conducted in the absence of any commercial or financial relationships. This study did not receive any corporate sponsorship, no funding.

## References

- [1] Theodore K. Chronic non-communicable diseases and the economy. *West Indian Med J*. 2011 Jul; 60(4): 392-6.
- [2] Chomentowska E, Polak A, Grzybowski A. Holy Medicine: Patron Saints of Wounds Due to Animal Bites. *Skinmed*. 2024 Aug 2; 22(2): 90-97.
- [3] Rebecca BJ. (May 06, 2024) Prayers for the Sick - Healing Sickness with Faith. <https://www.crosswalk.com/faith/prayer/prayers-for-the-sick-heal-sickness-with-faith.html>
- [4] Fisher P. Homeopathy and mainstream medicine: a dialogue of the deaf? *Wien Med Wochenschr*. 2005 Nov; 155(21-22): 474-8. <https://doi.org/10.1007/s10354-005-0226-9>
- [5] Parigi TL, Massimino L, Carini A, Gabbiadini R, Bertoli P, Allocca M, Bezzio C, Dal Buono A, D'Amico F, Furfaro F, Loy L, Zilli A, Ungaro F, Jairath V, Peyrin-Biroulet L, Armuzzi A, Danese S. Prevalence, characteristics, management, and outcomes of difficult-to-treat inflammatory bowel disease. *J Crohns Colitis*. 2024 Sep 12; jjae145. <https://doi.org/10.1093/ecco-jcc/jjae145> Epub ahead of print.
- [6] Wen X, Hu J. Targeting STAT3 signaling pathway in the treatment of Alzheimer's disease with compounds from natural products. *Int Immunopharmacol*. 2024 Nov 15; 141: 112936. <https://doi.org/10.1016/j.intimp.2024.112936>. Epub 2024 Aug 19.
- [7] Breen JO. Health in Need of Healing: Church History as a Road Map for Future Evangelization in Medicine. *Linacre Q*. 2020 Nov; 87(4): 444-450. <https://doi.org/10.1177/0024363920916275> Epub 2020 Apr 13.
- [8] Natsume Y, Okuda J. [Similarities between Indian Hindu god Dhanvantari and Yakushi Buddha (Buddha of healing)]. *Yakushigaku Zasshi*. 2008; 43(2): 185-8. Japanese.
- [9] Long H, Yin H, Wang L, Gershwin ME, Lu Q. The critical role of epigenetics in systemic lupus erythematosus and autoimmunity. *J Autoimmun*. 2016 Nov; 74: 118-138. <https://doi.org/10.1016/j.jaut.2016.06.020> Epub 2016 Jul 6.
- [10] Kolokolov OV, Salina EA, Lvova OI. Rasstroistva sna i onkologicheskie zabolevaniya [sleep disorders and oncological diseases]. *Zh Nevrol Psikhiatr Im S S Korsakova*. 2024; 124(5. Vyp. 2): 125-131. Russian. <https://doi.org/10.17116/jnevro2024124052125>
- [11] Blinnikova K, Cohen CW, McKeag ID. Lifestyle Intervention for the Prevention of Cardiovascular Disease. *Prim Care*. 2024 Mar; 51(1): 13-26. <https://doi.org/10.1016/j.pop.2023.07.001> Epub 2023 Aug 23.
- [12] Ignatow G, Gutin I. Elite class self-interest, socioeconomic inequality and U.S. population health. *Sociol Health Illn*. 2024 Nov; 46(8): 1749-1771. <https://doi.org/10.1111/1467-9566.13813> Epub 2024 Jun 26.
- [13] Hayama M, Riches JC. Taking the Next Step in Double Refractory Disease: Current and Future Treatment Strategies for Chronic Lymphocytic Leukemia. *Onco Targets Ther*. 2024 Mar 8; 17: 181-198. <https://doi.org/10.2147/OTT.S443924>
- [14] Sun Y. The role of Chinese medicine in clinical oncology. *Chin J Integr Med*. 2014 Jan; 20(1): 3-10. <https://doi.org/10.1007/s11655-013-1551-2> Epub 2013 Oct 14.
- [15] Erku D, Shrestha S, Scuffham P. Cost-Effectiveness of Medicinal Cannabis for Management of Refractory Symptoms Associated With Chronic Conditions: A Systematic Review of Economic Evaluations. *Value Health*. 2021 Oct; 24(10): 1520-1530. <https://doi.org/10.1016/j.jval.2021.04.1276> Epub 2021 Jul 17.
- [16] Lev E, Peri Y. [Historical evidence of the beginning of modern medicine in the holy land: "list of medicinal preparations found in stores and dispensary on july 21st 1857"]. *Harefuah*. 2001 Nov; 140(11): 1109-12, 1115. Hebrew.
- [17] Lexchin J. Profits First, Health Second: The Pharmaceutical Industry and the Global South Comment on "More Pain, More Gain! The Delivery of COVID-19 Vaccines and the Pharmaceutical Industry's Role in Widening the Access Gap". *Int J Health Policy Manag*. 2024; 13: 8471. <https://doi.org/10.34172/ijhpm.2024.8471> Epub 2024 May 18.

- [18] Mekala JR, Nalluri HP, Reddy PN, S B S, N S SK, G V S D SK, Dhiman R, Chamrathy S, Komaragiri RR, Manyam RR, Dirisala VR. Emerging trends and therapeutic applications of monoclonal antibodies. *Gene*. 2024 Oct 20; 925: 148607. <https://doi.org/10.1016/j.gene.2024.148607> Epub 2024 May 24.
- [19] GBD 2015 Mortality and Causes of Death Collaborators. Global, regional, and national life expectancy, all-cause mortality, and cause-specific mortality for 249 causes of death, 1980-2015: a systematic analysis for the Global Burden of Disease Study 2015. *Lancet*. 2016 Oct 8; 388(10053): 1459-1544.
- [20] Polak L, Green J. Rethinking decision-making in the context of preventive medication: How taking statins becomes "the right thing to do". *Soc Sci Med*. 2020 Jan 10; 247: 112797. <https://doi.org/10.1016/j.socscimed.2020.112797> Epub ahead of print.
- [21] Papadopoulos G. Die wunderbaren Wirkungen von Allheilmitteln: Vorstellungen zwischen Antike und Früher Neuzeit [The admirable effects of panaceas: ideas between antiquity and early modern times]. *Wurzburg Medizinhist Mitt*. 2011; 30: 228-45. German.
- [22] Kang E, Kang JH, Koh SJ, Kim YJ, Seo S, Kim JH, Cheon J, Kang EJ, Song EK, Nam EM, Oh HS, Choi HJ, Kwon JH, Bae WK, Lee JE, Jung KH, Yun YH. Early Integrated Palliative Care in Patients With Advanced Cancer: A Randomized Clinical Trial. *JAMA Netw Open*. 2024 Aug 1; 7(8): e2426304. <https://doi.org/10.1001/jamanetworkopen.2024.26304>.
- [23] Mastrangelo D. Hormesis, epitaxy, the structure of liquid water, and the science of homeopathy. *Med Sci Monit*. 2007 Jan; 13(1): SR1-8. Epub 2006 Dec 18.
- [24] Kaplan B. Homoeopathy: 1--What is it? *Prof Care Mother Child*. 1994 Jun-Jul; 4(5): 151-2.
- [25] Campbell A. The origins of classical homoeopathy? *Complement Ther Med*. 1999 Jun; 7(2): 76-82. [https://doi.org/10.1016/s0965-2299\(99\)80085-5](https://doi.org/10.1016/s0965-2299(99)80085-5)
- [26] Hopff WH. Homöopathie [Homeopathy]. *Schweiz Rundsch Med Prax*. 1990 May 8; 79(19): 593-6; discussion 596-7. German. PMID: 2190291.
- [27] Engelhardt H. Homöopathie; Ein Therapieverfahren zur Mobilisierung der Selbstheilungskräfte [Homeopathy; a therapeutic practice for the mobilization of self-healing powers]. *Pflege Aktuell*. 1995 Jan; 49(1): 12-4. German.
- [28] Fisher P. What is homeopathy? An introduction. *Front Biosci (Elite Ed)*. 2012 Jan 1; 4(5): 1669-82. <https://doi.org/10.2741/489>
- [29] Ben-Arye E, Karkabi S, Shapira C, Schiff E, Lavie O, Keshet Y. Complementary medicine in the primary care setting: Results of a survey of gender and cultural patterns in Israel. *Gend Med*. 2009 Jul; 6(2): 384-97. <https://doi.org/10.1016/j.genm.2009.07.002>
- [30] Suri M, Katnoria S, Walter NS, Manchanda RK, Khurana A, Nayak D, Bagai U, Kaur S. Efficacy of Chininum Sulphuricum 30C against Malaria: An in vitro and in vivo Study. *Complement Med Res*. 2022; 29(1): 43-52. English. <https://doi.org/10.1159/000517509> Epub 2021 Jul 27.
- [31] Milgrom LR. Is homeopathy possible? *J R Soc Promot Health*. 2006 Sep; 126(5): 211-8. <https://doi.org/10.1177/1466424006068237>
- [32] Zhou N, Yang Y, Li K, Ke Y, Zheng X, Feng W, Bai Z, Liu T, Wang Y, Liu Z, Li X. (2019) Integrating strategies of chemistry, biochemistry and metabolomics for characterization of the medication principle of "treating cold/heat syndrome with hot/cold herbs". *J Ethnopharmacol*. 2019 Jul 15; 239: 111899. <https://doi.org/10.1016/j.jep.2019.111899> Epub 2019 Apr 27.
- [33] Sabe M, Sentissi O, Kaiser S. Meditation-based mind-body therapies for negative symptoms of schizophrenia: Systematic review of randomized controlled trials and meta-analysis. *Schizophr Res*. 2019 Oct; 212: 15-25. <https://doi.org/10.1016/j.schres.2019.07.030> Epub 2019 Aug 1.
- [34] Zhang X, Li B, Liu H, Zhang Y, Ni Y, Zeng Y, Feng Y, Fu Y. [Clinical experience in treatment of refractory tinnitus with He's santong therapy of acupuncture]. *Zhongguo Zhen Jiu*. 2024 Nov 12; 44(11): 1324-7. Chinese. <https://doi.org/10.13703/j.0255-2930.2023.1008-0001>
- [35] Kim S, Lee SH, Kim MR, Kim EJ, Hwang DS, Lee J, Shin JS, Ha IH, Lee YJ. Is cupping therapy effective in patients with neck pain? A systematic review and meta-analysis. *BMJ Open*. 2018 Nov 5; 8(11): e021070. <https://doi.org/10.1136/bmjopen-2017-021070>
- [36] Rosenbaum E, Gautier H, Fobair P, Neri E, Festa B, Hawn M, Andrews A, Hirshberger N, Selim S, Spiegel D. Cancer supportive care, improving the quality of life for cancer patients. A program evaluation report. *Support Care Cancer*. 2004 May; 12(5): 293-301. <https://doi.org/10.1007/s00520-004-0599-0>. Epub 2004 Feb 26.
- [37] Zainal NH, Newman MG. Examining the Effects of a Brief, Fully Self-Guided Mindfulness Ecological Momentary Intervention on Empathy and Theory-of-Mind for Generalized Anxiety Disorder: Randomized Controlled Trial. *JMIR Ment Health*. 2024 May 24; 11: e54412. <https://doi.org/10.2196/54412>
- [38] Carlson LE, Ismaila N, Addington EL, Asher GN, Atreya C, Balneaves LG, Bradt J, Fuller-Shavel N, Goodman J, Hoffman CJ, Huston A, Mehta A, Paller CJ, Richardson K, Seely D, Siwik CJ, Temel JS, Rowland JH. Integrative Oncology Care of Symptoms of Anxiety and Depression in Adults With Cancer: Society for Integrative Oncology-ASCO Guideline. *J Clin Oncol*. 2023 Oct 1; 41(28): 4562-4591. <https://doi.org/10.1200/JCO.23.00857> Epub 2023 Aug 15.
- [39] Haudry S, Turpin AL, Landeau B, Mézenge F, Delarue M, Høbert O, Marchant NL, Klimecki O, Collette F, Gonneaud J, de La Sayette V, Vivien D, Lutz A, Chélat G; MED-IT-AGEING Research Group. Decoding meditation mechanisms underlying brain preservation and psycho-affective health in older expert meditators and older meditation-naïve participants. *Sci Rep*. 2024 Nov 27; 14(1): 29521. <https://doi.org/10.1038/s41598-024-79687-3>
- [40] Deshmukh VD. Neuroscience of meditation. *Scientific-WorldJournal*. 2006 Nov 16; 6: 2239-53. <https://doi.org/10.1100/tsw.2006.353>



- [41] Steph G (October 24, 2023) The history of yoga: How it started, and how it's going.  
<https://www.themanual.com/fitness/history-of-yoga/>
- [42] Wieczorrek G, Weber U, Wienke A, Egner E, Schröder J, Vogt A, Müller-Werdan U, Weber A, Steighardt J, Girschick C, Schlitt A. Adhärenz in Herzgruppen: Ein prospektiver, randomisierter Vergleich einer konventionell durchgeführten Herzgruppe zu einer Tai-Chi-Herzgruppe [Adherence to Phase III Cardiac Rehabilitation Programs: A Prospective, Randomized Comparison between a Conventionally Conducted Program and a Tai Chi-Based Program]. *Sportverletz Sportschaden*. 2016 Jun; 30(2): 95-100. German.  
<https://doi.org/10.1055/s-0042-100952> Epub 2016 Apr 11.
- [43] Cai Q, Cai SB, Chen JK, Bai XH, Jing CX, Zhang X, Li JQ. Tai Chi for anxiety and depression symptoms in cancer, stroke, heart failure, and chronic obstructive pulmonary disease: A systematic review and meta-analysis. *Complement Ther Clin Pract*. 2022 Feb; 46: 101510.  
<https://doi.org/10.1016/j.ctcp.2021.101510> Epub 2021 Nov 2.
- [44] Zhang P, Li Z, Yang Q, Zhou J, Ma X. Effects of Taijiquan and Qigong exercises on depression and anxiety levels in patients with substance use disorders: A systematic review and meta-analysis. *Sports Med Health Sci*. 2021 Dec 30; 4(2): 85-94.  
<https://doi.org/10.1016/j.smhs.2021.12.004>
- [45] Laura U, Brandon V. Prone to wellness? Dispositional awe, religion/spirituality, and well-being among academic scientists. *Soc Sci Res*. 2024 Sep; 123: 103063.  
<https://doi.org/10.1016/j.ssresearch.2024.103063>  
Epub 2024 Aug 21.
- [46] Richly P, Cuello C, Fernández Croce M, Flores I, Dorman G, O'Neill S. Cambios en la religiosidad del paciente relacionados con la demencia [Changes in patients' religiosity related to dementia]. *Vertex*. 2024 Jan 10; 34(162): 16-19. Spanish.  
<https://doi.org/10.53680/vertex.v34i162.501>
- [47] Lungu E, Rozelle J, Smith-Greenaway E. Fatalism or vigilance? Exposure to infant and maternal deaths and subsequent use of maternal health services in Malawi. *World Dev*. 2025 Jan; 185: 106795. <https://doi.org/10.1016/j.worlddev.2024.106795> Epub 2024 Oct 2.
- [48] Brevik TB, Sæther KW. Approaching religious fatalism in cancer screening education. *J Eval Clin Pract*. 2024 Aug; 30(5): 842-847. <https://doi.org/10.1111/jep.13957> Epub 2024 Jan 8.
- [49] Okuda J, Noro Y, Ito S. Les pots de médicament de Yakushi Bouddha (bouddha de la guérison) au Japon [Medical pots of Yakushi Buddha in Japan]. *Rev Hist Pharm (Paris)*. 2005; 53(345): 7-32. French. <https://doi.org/10.3406/pharm.2005.5757>
- [50] Yang JP, Wang ZG, Lu X. [On Bian Que and the culture of witch doctor of Eastern Yi Ethnic Group as viewed from the Picture of Bian Que's Needling in the stone-carved figure of Han Dynasty]. *Zhonghua Yi Shi Za Zhi*. 2016 Jan 28; 46(1): 3-8. Chinese.  
<https://doi.org/10.3760/cma.j.issn.0255-7053.2016.01.001>
- [51] Li C. [An outline medical history of Taiwan (I): the period of folklore medicine and witch doctor]. *Zhonghua Yi Shi Za Zhi*. 1997; 27(1): 41-5. Chinese.
- [52] McDonald SW. The witch doctors of Scotland. *Scott Med J*. 1998 Aug; 43(4): 119-22.  
<https://doi.org/10.1177/003693309804300411>
- [53] Hopff WH. Der Neomystizismus in der Medizin. Beispiel Homöopathie [Neomysticism in medicine. The example of homeopathy]. *Wien Med Wochenschr*. 1987 Dec 15; 137(23): 542-8. German.
- [54] Benkene Jenoffy Z, Benke T. A prevenci ó gondolata az 1876. évi közeg és egészségügyi törvényben. [Reception of Homeopathy by the Hungarian Churches and Clericals during the 19-20. Centuries]. *Orvostört Kozl*. 2016; 62(1-4): 29-41. Hungarian.
- [55] Rafiuddin MS, Sami MB. The Role of Religion and Ethnic Factors in My Recovery From 10 Years of Schizophrenia and Severe Depression. *Schizophr Bull*. 2024 Nov 8; 50(6): 1277-1278. <https://doi.org/10.1093/schbul/sbad174>
- [56] Frank P, Batty GD, Pentti J, Jokela M, Poole L, Ervasti J, Vahtera J, Lewis G, Steptoe A, Kivimäki M. Association Between Depression and Physical Conditions Requiring Hospitalization. *JAMA Psychiatry*. 2023 Jul 1; 80(7): 690-699.  
<https://doi.org/10.1001/jamapsychiatry.2023.0777>
- [57] Albanidou-Farmaki E, Pouloupoulos AK, Epivatianos A, Farmakis K, Karamouzis M, Antoniadis D. Increased anxiety level and high salivary and serum cortisol concentrations in patients with recurrent aphthous stomatitis. *Tohoku J Exp Med*. 2008 Apr; 214(4): 291-6. <https://doi.org/10.1620/tjem.214.291>
- [58] Korost YV, Shkvarok AK, Pekhenko VS, Turchak DV, Kędrak M, Jurczak P. Evaluation of cardiovascular complaints in higher education students experiencing elevated level of situational anxiety during the martial law and peacetime. *Wiad Lek*. 2024; 77(4): 659-664. <https://doi.org/10.36740/WLek202404107>
- [59] Mirošević Š, Prins J, Bešić N, Borštnar S, Škufca Smrdel AC, Homar V, Popović M, Klemenc-Ketiš Z. Symptoms of Anxiety and Depression Among Slovenian Breast Cancer Survivors Post-Treatment During the COVID-19 Pandemic: A Cross-Sectional Study. *Zdr Varst*. 2024 Mar 1; 63(1): 55-62.  
<https://doi.org/10.2478/sjph-2024-0008>
- [60] Smith A, Bhugra D, Ventriglio A, Liebreiz M. Speculation fit for a king? Medical announcements from the British royal family and the recurring ethical complexities of personal privacy and public commentary from physicians. *BMC Med Ethics*. 2024 Oct 4; 25(1): 105. <https://doi.org/10.1186/s12910-024-01105-0>
- [61] O'Connor SM, Sleebs BE, Street IP, Flynn BL, Baell JB, Coles C, Quazi N, Paul D, Poiraud E, Huyard B, Wagner S, Andriambeloson E, de Souza EB. BNC210, a negative allosteric modulator of the alpha 7 nicotinic acetylcholine receptor, demonstrates anxiolytic- and antidepressant-like effects in rodents. *Neuropharmacology*. 2024 Mar 15; 246: 109836.  
<https://doi.org/10.1016/j.neuropharm.2024.109836> Epub 2024 Jan 6.
- [62] Revannasiddaiah S, Gupta M, Seam R, Gupta M. The neurobiological basis of anti-cancer therapy induced cognitive dysfunction and the promising pharmacological modalities against the same. *J Cancer Res Ther*. 2012 Jan-Mar; 8(1): 162-3.  
<https://doi.org/10.4103/0973-1482.95207>

- [63] Dao E, Barha CK, Zou J, Wei N, Liu-Ambrose T. Prevention of Vascular Contributions to Cognitive Impairment and Dementia: The Role of Physical Activity and Exercise. *Stroke*. 2024 Apr; 55(4): 812-821. <https://doi.org/10.1161/STROKEAHA.123.044173>
- [64] Srivastava SP, Upadhyay P, Das S, Tiwari N, Mishra S, Tripathi SM. Managing Diabetic Complications with Alternative Therapeutic Strategies. *Curr Diabetes Rev*. 2024; 20(5): e070923220791. <https://doi.org/10.2174/1573399820666230907112430>
- [65] Astin JA. Why patients use alternative medicine: results of a national study. *JAMA*. 1998 May 20; 279(19): 1548-53. <https://doi.org/10.1001/jama.279.19.1548>
- [66] Arquillière A, Giner AM, Delabre A, Deneuve S, Frobert P. Socio-esthétique et réappropriation de soi [Socio-aesthetics and reappropriation of the self-]. *Soins*. 2021 Oct; 66(859): 48-51. French. <https://doi.org/10.1016/j.soin.2021.08.016> Epub 2021 Aug 24. PMID: 34654516.
- [67] Zhao, C. Exploring the Difficulties of Treatment, Rational Analysis of Homeopathy. *Int. J. Homeopathy Nat. Med.* 2024, 10(2), 27-37. <https://doi.org/10.11648/j.ijhnm.20241002.11>
- [68] Tyreman S. Trust and truth: uncertainty in health care practice. *J Eval Clin Pract*. 2015 Jun; 21(3): 470-8. <https://doi.org/10.1111/jep.12332>. Epub 2015 Apr 16.