UNIT 10 HEALTH, MEDICAL AND WELLNESS TOURISM

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10.0 OBJECTIVES

After reading this Unit, you will be able to:

- differentiate between health, medical, and wellness tourism
- understand the concept, types, motivations, and process of medical tourism,
- explain the global medical tourism scenario
- understand medical tourism in India,
- understand health and wellness tourism in India,
- explain the policy initiated by the Ministry of Tourism, Government of India.

10.1 INTRODUCTION

While reading the newspapers or watching television or browsing through other social media or even during general conversations, you must have come across the terms 'health tourism', 'medical tourism', and 'wellness tourism'. Have you ever wondered about the meaning of these terms? Whether they are the same or if they are different from each other? Well, the focus of this Unit is to give you a proper understanding of these terms, how they are related, their benefits and the processes involved. The Unit will also discuss their status in India as well as the policy initiated by the Ministry of Tourism.

10.2 CONCEPTS OF HEALTH, MEDICAL AND WELLNESS TOURISM

Travel for health purposes has several historical pieces of evidence, dating back to thousands of years. According to the World Health Organization (WHO), health is a state of physical mental and social well-being and not merely the complete absence of disease or infirmity and thus we can define Health Tourism as a type of tourism that has a primary motivation of contribution to physical, mental and/or spiritual health through medical interventions or wellness-based activities. The involvement of medical interventions can be termed as Medical tourism while indulgence in wellness activities can be termed as Wellness tourism. Both the terms are not the same and are considered as different forms within the broader 'Health Tourism' concept. The difference between the two forms of health tourism is in the fact that medical tourism implies the existence of a medical distress, that needs to be investigated, diagnosed and treated by medical procedures and thus considered a reactive form of health tourism, while wellness tourism is a proactive one, implying preventing or maintaining health using alternative procedures, without the involvement of specialized clinics, specialized medical personnel or invasive procedures. A concrete example is visualising a hospital for medical tourism and a spa for wellness tourism.

In the global scenario, it is observed that Health, Medical and Wellness tourism have grown exponentially in recent years to become increasingly relevant in many destinations.

10. 3 UNDERSTANDING MEDICAL TOURISM

In the modern context, medical tourism is explained as follows. "When a person travels outside his usual environment, to seek medical service, it is called "medical travel", and upon arrival, such person is called "medical tourist", and such activities which include utilization of medical services, be it direct or indirect – hospitality, cultural exposure or site-seeing, is called "Medical Tourism". Thus the leisure aspect of travelling is also included on a medical tourism trip. In general, Medical Tourism is considered a trip undertaken by a person outside the place of his usual residence to receive medical treatment, investigation or therapy and the tourists making use of the destination's infrastructure, attractions and facilities.

10.3.1 Types of Medical Tourism

Medical Tourism is classified into the following types.

1) International Medical Tourism

When people who live in one country travel to another country to receive medical, dental and surgical care while at the same time receiving equal to or greater care than they would have in their own country, and are travelling for medical care because of either affordability, better access to care or a higher level of quality of care is called International Medical Tourism.

International Medical Tourism can be further divided into two types- Inbound Medical tourism and Outbound Medical tourism:

a) Inbound Medical Tourism

When people travel outside their host/native country to another country for medical care, then it is called inbound medical tourism for the destination country. For example, foreign patients travelling to India for medical care are called inbound medical tourist for India

b) **Outbound Medical Tourism**

Outbound Medical Tourism refers to travel by tourists from the country of their origin to another country for medical purposes. When medical tourists travel to a foreign region then it is outbound tourism for his/her own country. For example, Indian patients travelling to other countries for medical care are considered as an outbound medical tourist by India

2) **Domestic Medical Tourism**

Domestic Medical Tourism (also known as Intra-bound Medical Tourism) is referred to activities of people who live in the same country but travel to different states, regions or cities to receive medical treatment. The reason could be accessibility, affordability or better quality of care which they would have not received in their home cities.

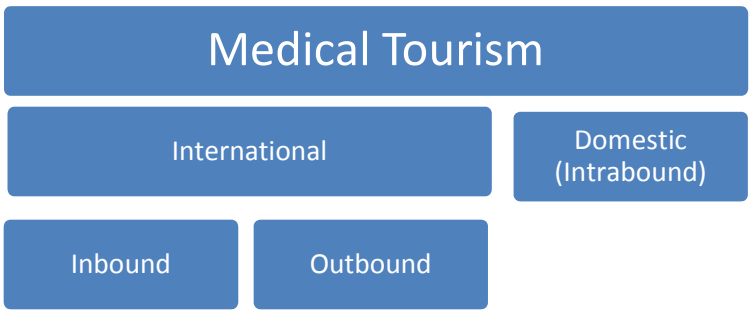

Figure 10.1: Classification of Medical Tourism

10.3.2 Types of Treatment in Medical Tourism

A wide variety of services can be obtained through medical tourism. Some of the common areas are listed below:

- Orthopaedics (branch of medicine connected with injuries and diseases of the bones or muscles)
- Organ Transplants
- Neurology (branch of medicine concerned with the study and treatment of disorders of the nervous system)
- Bariatric Surgery (involve making changes to the digestive system to help lose weight)
- Cosmetic/ Plastic Surgery
- Cancer Treatments (Oncology)
- Cardiology (Heart Surgery)
- Stem Cell Therapy (promotes the repair response of diseased, dysfunctional or injured tissue using stem cells or their derivatives)
- Dental/ Dentistry
- Eye Surgery (Ophthalmology)
- General Diagnostics
- Rehabilitation (the action of restoring someone to a healthy or normal life through training and therapy)
- Fertility Treatment etc

10.3.3 Motivations and Benefits of Medical Tourism

To devise effective marketing strategies that will lead to enhanced satisfaction of medical tourists it is important for aspiring as well as established medical tourism destinations to understand the factors which motivate medical tourists, to travel to other destinations and seek medical interventions. Some of these factors are explained below:

- Cost savings is an important motivation for the patients who have expensive medical care facilities in their home country, region or city. In many cases, the combined cost for travel, accommodation and medical treatment is at much lesser price abroad compared to the cost of medical treatment alone in respective home countries.
- Access to information about the quality of care provided in medical destinations is another motivating factor. Here the role of International healthcare accreditation which is the process of certifying a level of quality for healthcare providers and programs across multiple countries is important. There are various International healthcare accreditation organizations. An example is the US-based Joint Commission International whose accreditation is considered a gold standard for health care. There are over 600 Joint Commission International's accredited medical facilities worldwide. The accreditation process ensures standardised high quality medical care and provides tourists the confidence that the services that they wish to avail meets the international standards.

- In many of the developed countries, the waiting time for any medical treatment tends to be longer. This is very dangerous for the patients who need immediate treatments. In this case, medical tourism facilitates medical care with minimum or zero waiting periods at affordable destinations thereby giving them a timely solution.
- Services offered by the medical tourism destinations are appreciated by the patients apart from the cost and waiting time. The number of paramedical staff is more with special escorted services at the hospital. Billing procedures are easy and the doctors spend more time with each patient to ensure proper patient care.
- Medical tourism allows a patient and their relatives to experience a new culture. Health vacation packages are offered which becomes an important motivation to them for visiting heritage, natural or any other tourist site at a medical tourism destination.

Hospitals have also started providing a luxurious and comfortable stay for the patients and post-treatment the patients can also make use of the tourism facility which leads to better change for the patient. This change of environment coupled with an exciting tour can help patients recover quickly and is thus a major benefit of medical tourism. Again, apart from timely, accurate and affordable medical care, medical tourism helps in the regional development as it contributes to the overall economic benefit to the host country, state or region; creates numerous health care jobs; increases global healthcare standards by introducing the latest technologies; generates foreign exchange whenever inbound medical travel is involved; increased investment in health and allied sectors; creates socio-political benefits like improved overall infrastructure, health policies and fostering positive relationships between governments.

10.3.4 Process of Medical Tourism

Let us now try to understand how medical tourism works.

Step 1: A patient requires medical intervention for his/her health condition which he/she cannot access due to several reasons.

Step 2: He/she or the caretaker (maybe a family member or a relative or friend or colleague) searches for healthcare provider/ doctor online (example, through the internet) and offline (example, word of mouth/family/relatives/doctors).

Step 3: He/she chooses the medical tourism destination considering various factors like the cost, medical expertise, geographical area, language spoken, accreditation, patients' online feedback, the infrastructure of the country or state, patient rights and safety, etc.

Step 4: Medical tourism facilitator is approached to contact the expert doctors at the destination.

Step 5: The doctor and his/her team check the medical records of the patient with the help of Medical tourism facilitator. Advice for the treatment and cost is developed and communicated to the patient.

Step 6: As and when the patient party makes the decision, then there are scheduling and bookings of the appointments with the doctor. Payments are made; travel and accommodation are booked and the patient arrives at the medical tourism destination

Step 7: The patient undergoes treatment and finally receives advice for follow-up.

In the entire process, the role of facilitators in medical tourism is very significant since they act as intermediaries and engages with the patients and the health care providers. The next sub-section briefly describes the role of the Medical tourism facilitator.

10.3.5 Role of the Medical Tourism Facilitator

The Medical tourism facilitator acts as the link between potential medical tourists and surgeons, provider hospitals and other organizations. The facilitator may be an individual (specialised agent) or an agency or organisation. Most of the hospital chains nowadays have their own in-house Cell/Unit which provides such service. The following points aptly describe the role of a medical tourism facilitator.

- Firstly the patient puts queries about the services offered. After having received the details from the patient, the facilitator answers the queries and assists the patient in preparing his/ her medical retreat.
- After learning about the specific requirements of the patient the facilitator begins the process of designing various options for treatment.
- A list of hospitals and doctors along with the other information needed is made available to the patient by the facilitator.
- Medical history is taken by the experts with the help of a questionnaire along with his medical transcripts e.g X-Ray, MRI etc. Treatment is finalised by the panel of doctors after receiving the medical transcripts and history
- Quotations for the procedure of treatment and accommodation are given to the patient and their relatives. Here the facilitator discusses finance along with travel insurance. A final travel itinerary is developed after the quotations with special requests after discussion and considering the patient's needs.
- The facilitator arranges online meets between patients, doctors and attendants. The facilitator confirms all the reservations and sends the itinerary to the patient and relatives for reviewing it so that they get themselves acquainted with it.
- Destination Program Manager who has vast experience in the medical tourism business is appointed for the patient for assisting them throughout their stay.
- A pre-surgery consultation is done with the medical team and the procedure is performed.

- Post-operation, after consulting with the doctors about the stability of the patient he is discharged from the hospital and taken to the hotel.
- After the consultation with the doctors again the patient is allowed to visit the tourist places.
- Lastly, after a final follow-up, the patient along with his relative is escorted to the airport to go to his home country.

10.3.6 Medical Tourism Issues and Challenges

No doubt, the medical tourism sector is growing rapidly but it is also confronted with many issues and challenges. One of the major ones is the Post Operative issues. After going back to his/her home country if some post-operative issue arises, the doctor not being physically present for the follow-up treatment can lead to problems in the health of the patient. The issue of language is another one. Many a time there is a language barrier between the Medical Tourists and the Doctors/ Staff. This may create problems during the medical treatment process. Quality of Infrastructure at the host destination can be an issue if the expectation and the reality do not match. Medical Tourists coming for treatment expect quality infrastructure facilities like proper transportation, accommodation, food, water, power supply etc. which, if they do not find after arriving at the destination can lead to trust issues. This can harm their perception about the destination and may lead to unfavourable word of mouth narration when they go back to their home country. Providing cross-cultural understanding and soft communication skills training to the medical workforce is also a major challenge, considering the diverse background of the medical tourists who come from different regions of the world. The legal aspect is yet another challenge since there are no uniform laws. Different laws prevail in different countries and in case there are malpractices in the medical services provided, it will be another hassle for the patient party to sort out the things and get justice.

Check Your Progress 1

1) Define Medical Tourism? Elaborate on the types of Medical tourism?

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2) Discuss the process of Medical tourism?

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3) What is the role of a Medical tourism Facilitator?

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10.4 STATUS OF MEDICAL TOURISM

There is no doubt about the importance of the Medical Tourism Market size globally. The Medical Tourism Association has estimated that annually 14 million people globally travel to different countries for medical care. This activity is worth 50 to 70 USD Billion. The Medical Tourism Association is a global non-profit organisation that educates and advocates on behalf of the Medical Tourism and International Patient Industry.

As per a recent medical tourism market Research Report, the global medical tourism market is growing at a steady pace. It states that "Amid the COVID-19 crisis, the global market for Medical Tourism estimated at US$66.7 Billion in the year 2020, is projected to reach a revised size of US$143.6 Billion by 2027, growing at a CAGR of 11.6% over the analysis period 2020-2027". CAGR stands for Compound Annual Growth Rate.

The important global Medical Tourism destinations are Thailand, Singapore, Malaysia, Taiwan, India, Mexico Canada, Dubai, South Korea, Japan, Bulgaria, Israel, Costa Rica and Turkey.

10.4.1 Medical Tourism in India

As per a Federation of Indian Chamber of Commerce and Industry (FICCI) Knowledge Paper titled, 'Medical Value travel in India: Enhancing value in MVT', published in 2016, India is amongst the top six MVT destinations of the world which include Thailand, Singapore, Malaysia, Taiwan and Mexico. The medical tourists come to India for minor and major treatments and then travel to different tourist destinations across the country. The pleasure and luxury coupled with world-class treatment attract patients from different regions of the world. Government of India policy think-tank NITI Aayog (National Institution for Transforming India), has identified Medical Value Travel as one of the major growth drivers and a major source of Forex earning for the country. India, with a CAGR of 25 percent, is one of the fastest-growing medical tourism destinations in Asia. Indian healthcare services exports including were pegged at USD 164 Million in 2018.

Box 10.1: India's Export Markets for Medical Value Travel in 2018

Bangladesh: 50%

Iraq: 9%

Afghanistan: 7%

Oman: 4%

United States of America: 3%

Others: 27%

Over the last decade, India has grown to become a sought-after destination for medical value travel because it has proven superior over a range of factors that determines the overall quality of care. Let us look at some of the important factors driving medical tourism in India.

- Most of the medical practitioners and surgeons at Indian Hospitals are well trained or have worked at some or other time in the leading medical institutions of the world (US, Europe, or other developed nations)
- Most of the medical practitioners and nurses are well versed in English and other foreign languages.
- World Class medical and diagnostic equipment from global international conglomerates is available at leading Indian hospitals.
- The cost of quality of medical procedures and services is less in India as compared to other countries. India also has a strong pharmaceutical market.
- There are over 1000 recognized nurses-training centers in India, attached to teaching hospitals that train and graduate nearly 10,000 nurses annually.
- First-rate services and luxury amenities are available even for the budget medical tourists

10.4.2 Documentation for Medical travel to India

Each country follows a different set of rules and regulations while giving access to foreigners seeking travel for medical treatment. To get into India for treatment, one needs to apply for a medical visa. Some important information in this regard is outlined below:

List of Documents required for Medical Visa

- Original Passport with 6 months of validity and having at least 3 blank visa pages
- Recent Passport size photographs
- Photocopy of the passport
- Copy of online Visa application form

- Recommendation letter of the doctor from the home country of the patient for treating at specialized medical centre in India
- Patients Medical History / Treatment documents
- Residential Address proof
- Passport copy of attendant (for Attendant visas)
- Proof of relationship with attendant (for Attendant visas)
- Bank statement

Eligibility and other conditions

A foreigner with the sole purpose to seek medical treatment in recognized / specialised / established hospitals/treatment centres in India is granted a medical visa also known as MED Visa. If the foreign national wishes to avail treatment under the other Indian systems of medicine then in this case he/she will also be considered. The medical invitation letter, Appointment letter etc issued by the hospital authorities as per the format should be shared by the Hospitals Authorities on the official email of the Indian Mission/Post. The hospital authorities should also provide a letter to the foreign nationals (patients/ attendants) for the extension of visa and registration respectively for submission to the FRRO/ FRO concerned.

Validity of visa and extension of visa

The validity of Medical Visa (MED Visa)/Medical Attendant Visa (MED X Visa) may be up to the period of treatment or a period of one year whichever is less However, the Indian Missions/ Posts abroad may grant a Medical Visa with a validity of 6 months with triple entry as a default option to all foreign nationals other than the nationals of 33 countries. The concerned FRRO/FRO can also further extend the Medical Visa up to one year with a medical certificate from an ICMR (Indian Council of Medical Research)/ MCI (Medical Council of India)/ Government/ NABH (National Accreditation Board for Hospitals & Healthcare Providers) recognized hospital. The Ministry of Home Affairs only can grant a further extension. For Bangladesh and Pakistan nationals' extension of visa, visa validity and number of entries permitted etc. is governed by specific provisions.

Visa to attendant/ family members

Medical Attendant visa (MED X visa) may be granted to the Family members/Attendants of the patient accompanying them to India, co-terminus with the 'Med Visa' of the patient. An 'X-Misc.' visa co-terminus with the Medical Visa of the principal visa may be granted to minor children who are accompanying a parent coming for medical treatment on a Medical Visa. Not more than two persons (attendant or family member) may be allowed at a time for the grant of 'MED X' visa in the case of foreign nationals other Bangladesh and Pakistan nationals. The Pakistan nationals are allowed with only one attendant and the Bangladesh nationals are allowed with three attendants.

Registration

- The Medical/ Medical Attendant Visa held by the Foreign nationals (other than Pakistan nationals) for a period exceeding 180 days are required to get registered themselves with the FRRO/FRO concerned within 14 days of arrival in India.
- No registration would be required if the Medical / Medical Attendant Visa is valid for a period of 180 days or less.
- The Medical Visa held by Pakistan nationals irrespective of the duration of visa are required to register themselves with the FRRO/ FRO concerned within 7 days of arrival in India
- The Medical Visa held by Pakistan nationals irrespective of the duration of visa are required to register themselves with the FRRO/ FRO concerned within 24 hours of arrival in India

Check Your Progress 2

1) Write a brief note on Medical Tourism in India?

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2) Write a note on the Visa policy applicable for medical travel to India.

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10.5 WELLNESS TOURISM

Health Tourism's primary motivation is towards the contribution of physical, mental and spiritual health through medical and wellness based activities. In the previous sections, you have learnt in detail about the medical based activities, collectively referred to as medical tourism. 'Wellness' is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of well-being. 'Wellness Tourism' can, therefore, be defined as travel that involves to experience an active process of becoming aware of and making choices toward a more successful existence. In other words, 'Wellness' is a view of health that emphasizes the state of the entire being and its ongoing development.

Travelling with a pursuit of maintaining/enhancing one's self is a specific part of Wellness Tourism. Such types of tourism promise for combating stress and negativity which is generated by the daily lifestyle and thus

travelling can be made an opportunity to improve and maintain the travellers' health. Patients who want a speedy and long-lasting recovery, detoxification of the body and who are on a path of recovery after going through a medical surgery prefer Wellness Tourism. Many international patients come annually to India for a speedy recovery through Ayurveda therapies. Wellness Tourism over time includes people travelling to various destinations offering meditation, spas, wellness retreats, spiritual pilgrimage and other forms of therapies.

Wellness tourism is desired by a large number of tourists from metropolitan cities for the following reasons:

- Getting away from the hectic urban life and the difficult crowd.
- Taking time out from the pressures of the workplace for relaxation
- Self-development and mental stability by taking a holistic approach
- Indulging in pilgrimages and yoga retreat for spiritual discovery

10.5.1 Wellness Tourism in India

India has always been known for its rich heritage of 'Wellness' traditions and has enormous possibilities to offer to 'Wellness' seekers. The Indian 'Wellness' industry is one of the fastest-growing segments of the travel and leisure industry. India has the potential to become a leading 'Wellness' destination for the global travellers who come specially for Yoga and traditional forms of healing or alternate therapies like Ayurveda, Siddhi Medicine and Unani Medicine. Virtually every type of healthcare, including psychiatry, alternative treatments, and convalescent care is available in India. India has several wellness/ spa and yoga retreats. Some of the popular Wellness destinations in India are Kerala, Goa, Karnataka, Uttarakhand etc.

The potential of wellness systems, developed through centuries of the wisdom of this ancient civilization is being fully tapped by the Policymakers. This is being done by positioning India as a centre of Ayurveda, Yoga, Sidha, Naturopathy, etc. together with the spiritual philosophy that has been integral to the Indian way of life.

10.6 POLICY ON MEDICAL AND WELLNESS TOURISM IN INDIA

For any sector to grow, the intervention and interest of the government are of primary importance. In the medical and wellness tourism sector also, effective public regulations is much needed. Medical and Wellness Tourism activity is mainly driven by the private sector but the government of India has also been proactive in this regard encouraging growth through public policy. The Ministry of Tourism (MoT) has the role of a facilitator in terms of marketing this concept and promoting this in the key markets. The Ministry of Health and Family Welfare and the Ministry of Tourism have jointly formed a Task Force to promote India as a Health Destination. The National Health Policy, 2002 had also actively promoted the growth of medical

tourism. The Department of Commerce, Ministry of Commerce & Industry has identified 'Medical Value Travel Services' as one of the 12 Champion Services Sectors. The government has also identified the Ministry of Health & Family Welfare and Ministry of AYUSH as nodal Ministry to finalize sectoral schemes/action plans for 'Medical Value Travel Services' under Champion Services Sectors Scheme. **AYUSH** is an acronym for Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy.

One of the prominent governmental initiatives is the launching of a Healthcare Portal *www.indiahealthcaretourism.com* by the Department of Commerce and Services Export Promotion Council (SEPC). This portal is a single-source platform for providing comprehensive information to medical travellers about the top healthcare institutions in the country and is available in English, Arabic, Russian and French. Medical and Wellness Tourism is now promoted as Niche Tourism Products and offers various facilities as given below to promote India as a preferred destination as well as facilitate the visit of medical tourists to the country.

- Financial support as Marketing Development Assistance for Publicity and for organising Wellness and Medical Tourism Promotion shows as well as workshops/events/seminars to accredited Medical and Wellness Tourism Service Providers and Chambers of Commerce, etc.
- Medical and Medical attendant visa has been introduced to streamline and ease the travel process of Medical tourists. The e-tourist visa regime has also been expanded to include medical visits as well.
- Promotion of medical and Wellness tourism at various international platforms.
- Introduction of E visa for 169 countries (as of December, 2019)
- Constituted National Medical & Wellness Tourism Board to provide a dedicated institutional framework to take forward the cause of promotion of Medical Tourism,
- Fiscal Incentives provided under Market Development Assistance (MDA) for participation in approved medical/Tourism Fairs/medical Conferences/Wellness conference/Wellness Fairs and its allied Roadshows.
- Triple entry is permitted for e-Medical Visa and for e-Medical Attendant Visa and extension may be granted up to 6 months on case to case basis on merits of each case by the Foreigners Regional Registration Officer (FRRO)/ Foreigners Registration Officer (FRO) concerned.

As regards Wellness Tourism, guidelines are made available to address issues regarding making available quality publicity material, training and capacity building for the service providers, participation in international & domestic Wellness related events, etc. To ensure the quality services in Wellness Centres, the Guideline for Accreditation of wellness centres has been developed by National Board for Accreditation of Hospitals & Healthcare Services (NABH) in consultation with the Ministry of AYUSH.

Check Your Progress 3

1) Give reasons why a large number of tourists from metropolitan cities opt for Wellness tourism?

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2) What are some of the steps taken by the Ministry of Tourism, Government of India to promote India as a Medical and Wellness Tourism Destination?

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10.7 LET US SUM UP

In the global scenario, it is observed that Health, Medical and Wellness tourism have grown exponentially in recent years to become increasingly relevant in many destinations. This Unit has highlighted the basic concepts of health, medical and wellness tourism. Health Tourism can be defined as a type of tourism that has primary motivation of contribution to physical, mental and/or spiritual health through medical interventions or wellness-based activities**.** The involvement of medical interventions can be termed as Medical tourism while indulgence in wellness activities can be termed as Wellness tourism.

Medical tourism can be of two types-International medical tourism and Domestic medical tourism. A wide variety of services can be obtained through medical tourism, for example organ transplant, cosmetic surgery, dental treatment etc. Some of the factors which motivate medical tourists to travel to other destinations and seek medical interventions include cost savings, no waiting time for medical treatment, high-quality medical treatment, the opportunity to experience a new culture etc. It is usually a Medical tourism facilitator who acts as the link between potential medical tourists and surgeons, provider hospitals and other organizations. While medical tourism has lots of benefits and is growing rapidly, it is also confronted with many issues and challenges like post-operative issues, language barrier, providing cross-cultural understanding and soft communication skills training to the medical workforce etc

India is amongst the top Medical Value Travel (MVT) destinations of the world. India has grown to become a sought-after destination for medical value travel because it has proven superior over a range of factors that determines the overall quality of care. Each country follows a different set of rules and regulations while giving access to foreigners seeking travel for medical treatment. To get into India for treatment, one needs to apply for a medical visa.

As regard Wellness tourism, it is one of the fastest-growing segments of the travel and leisure industry in India and the country has the potential to become a leading 'Wellness' destination for the global travellers who come especially for Yoga and traditional forms of healing or alternate therapies like Ayurveda, Siddhi Medicine and Unani Medicine. In India, Medical and Wellness Tourism activity is mainly driven by the private sector but the government has also been proactive in encouraging growth through public policy.

10.8 KEYWORDS

Health care: Healthcare is the maintenance or improvement of health via the prevention, diagnosis, treatment, recovery, or cure of disease, illness, injury, and other physical and mental impairments in people

Unani: Unani medicine, also Arabian medicine, or Islamic medicine is a traditional system of healing and health maintenance observed in South Asia

Ayurveda: Ayurveda is one of the world's oldest holistic ("whole-body") healing systems. It was developed more than 3,000 years ago in India. It is based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit.

Homeopathic: Homeopathy is a "treatment" based on the use of highly diluted substances, which practitioners claim can cause the body to heal itself.

Alternate medicine: Treatments that are used instead of standard treatments. Alternative medicine may include special diets, megadose vitamins, herbal preparations, special teas, and magnet therapy. For example, a special diet may be used instead of anticancer drugs as a treatment for cancer.

Rejuvenation: The act or process of making someone look or feel young and energetic again

10.9 CLUES TO CHECK YOUR PROGRESS EXERCISES

Check Your Progress 1

1) See Sec. 10.3 for Medical Tourism definition and Sub-Sec 10.3.1 for the types of medical tourism
2) See Sub Sec 10.3.4
3) See Sub Sec 10.3.5

Check Your Progress 2

1) See Sub Sec. 10.4.1

2) See Sub Sec. 10.4.2

Check Your Progress 3

1) See Sec. 10.5

2) See Sec. 10.6

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