

# The Scientific Basis Of Integrative Medicine

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## Relaxation Techniques - National Institutes of Health

31-05-2016 · National Center for Complementary and Integrative Health 4 Relaxation Techniques High Blood Pressure Stress can lead to a short-term increase in blood pressure, and the relaxation response has been shown to reduce blood pressure on a short -term basis, allowing people to reduce their need for blood pressure medication. However, it's uncertain

Syllabus - MBBS - All India Institute of Medical Sciences, New Delhi

2. Be competent to practice preventive, promotive, curative and rehabilitative medicine in respect to the commonly encountered health problems; 3. Practice Evidence Based Medicine, appreciating the rationale for different therapeutic modalities and be familiar with the administration of "essential drugs" and their common side effects; 4.