Terminology and Definitions of CAM Methods

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### Terms for „CAM“ in Science

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
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<tbody>
<tr>
<td>AM</td>
<td>Alternative M</td>
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<tr>
<td>CM</td>
<td>Complementary M</td>
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<tr>
<td>CAM</td>
<td>Compl and Alternative M</td>
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<td>UCM</td>
<td>Unconventional M</td>
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<tr>
<td>TM</td>
<td>Traditional M</td>
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<td>IM (IH resp.)</td>
<td>Integrative M</td>
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### Terms for „CAM“ elsewhere

- Experience-based Medicine (Erfahrungsheilkunde, Germany)
- Soft medicine ('Sanfte Medizin', Ger), Médicine douce (France)
- Holistic Medicine
- Biological Medicine
- Naturheilkunde ('Natural' Healing)
- Folk medicine
- Ethnomedicine
- Traditional medicine
- Second (deuxième) médecine (France)
- Besondere Therapierichtungen (German authority use in the 80ies)
Existing Terms for „NonCAM“

Conventional Medicine
Mainstream Medicine
Orthodox Medicine
Regular Medicine
Scientific Medicine
Evidence based Medicine
Allopathic Medicine
Biomedical Medicine (Biomedicine)
Western Medicine
Modern Medicine
Academic Medicine
Scholarly Medicine (Germany: Schulmedizin)
University Medicine
Established Medicine
Conservative Medicine
• CAM´ involved with perspectives from US
  • Neglecting European history over 150 yrs
  • Broad inclusion of nonmedical activities (Praying), lifestyle, procedures from conventional medicine (physiotherapy) /psychology (stress reduction programs)
  • Will be mixed with IM in America: CAIM
• CM´ to be mixed with conventional medicine (also CM)

• TM´ imbalanced and not for Western countries (WHO)
  Proposal TEM (Traditional European Medicine)

• IM´ describes certain setting and not methods
  • Excludes own-based practitioners
Our proposal for pragmatic European Definition

Complementary and Alternative Medicine (CAM) utilised by European citizens represents a variety of different medical systems and therapies based on the knowledge, skills and practices derived from theories, philosophies and experiences used to maintain and improve health, as well as to prevent, diagnose, relieve or treat physical and mental illnesses. CAM has been mainly used outside conventional health care, but in some countries certain treatments are being adopted or adapted by conventional health care.
Classification of CAM-disciplines/methods, which may be provided by medical doctors, practitioners and also used as self-treatments

1) Traditional European Medicine TEM, resp. Traditional European Naturopathy TEN

2) Special European medicinal systems (e.g. Homeopathy, Anthroposophy)

3) Adapted methods/medicinal systems from Non-European Traditional Systems

4) Others unconventional medicinal methods used in Europe
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