**TEXT**

**THERAPY**



**A therapy** or **medical treatment** (often abbreviated **tx**, **Tx**, or **Tx**) is the attempted remediation of a [health](https://en.wikipedia.org/wiki/Health) problem, usually following a [medical diagnosis](https://en.wikipedia.org/wiki/Medical_diagnosis). Therapy is a process, the desired (but not always achievable) goal of which is relief, removal or elimination of [symptoms](https://uk.wikipedia.org/wiki/%D0%A1%D0%B8%D0%BC%D0%BF%D1%82%D0%BE%D0%BC) (compensation, cessation) and manifestations of a particular [disease](https://uk.wikipedia.org/wiki/%D0%97%D0%B0%D1%85%D0%B2%D0%BE%D1%80%D1%8E%D0%B2%D0%B0%D0%BD%D0%BD%D1%8F) , pathological condition or other disturbance [of vital activity](https://uk.wikipedia.org/wiki/%D0%96%D0%B8%D1%82%D1%82%D1%94%D0%B4%D1%96%D1%8F%D0%BB%D1%8C%D0%BD%D1%96%D1%81%D1%82%D1%8C) , normalization of disturbed life processes and recovery, restoration [of health](https://uk.wikipedia.org/wiki/%D0%97%D0%B4%D0%BE%D1%80%D0%BE%D0%B2%27%D1%8F) (sanitation). Often, the concept of "therapy" is understood as the use of non-surgical treatment methods. In the medical jargon, "therapy" is also everything related to [internal diseases](https://uk.wikipedia.org/wiki/%D0%92%D0%BD%D1%83%D1%82%D1%80%D1%96%D1%88%D0%BD%D1%96_%D0%B7%D0%B0%D1%85%D0%B2%D0%BE%D1%80%D1%8E%D0%B2%D0%B0%D0%BD%D0%BD%D1%8F) .

As a rule, each therapy has [indications](https://en.wikipedia.org/wiki/Indication_(medicine)) and [contraindications](https://en.wikipedia.org/wiki/Contraindication). There are many different types of therapy. Not all therapies are [effective](https://en.wikipedia.org/wiki/Efficacy#Medicine). Many therapies can produce unwanted [adverse effects](https://en.wikipedia.org/wiki/Adverse_effect).

As a rule, the treatment process for the patient is carried out by a qualified doctor of a certain specialization, depending on the specific disease.

**Therapeutic approaches**

* [**Etiotropic therapy**](https://uk.wikipedia.org/wiki/%D0%95%D1%82%D1%96%D0%BE%D1%82%D1%80%D0%BE%D0%BF%D0%BD%D0%B0_%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F) aims to eliminate the cause of the disease (for example,[antibacterial therapy](https://uk.wikipedia.org/w/index.php?title=%D0%90%D0%BD%D1%82%D0%B8%D0%B1%D0%B0%D0%BA%D1%82%D0%B5%D1%80%D1%96%D0%B0%D0%BB%D1%8C%D0%BD%D0%B0_%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F&action=edit&redlink=1) for[infectious diseases](https://uk.wikipedia.org/wiki/%D0%86%D0%BD%D1%84%D0%B5%D0%BA%D1%86%D1%96%D0%B9%D0%BD%D1%96_%D0%B7%D0%B0%D1%85%D0%B2%D0%BE%D1%80%D1%8E%D0%B2%D0%B0%D0%BD%D0%BD%D1%8F) ).
* [**Pathogenetic therapy**](https://uk.wikipedia.org/wiki/%D0%9F%D0%B0%D1%82%D0%BE%D0%B3%D0%B5%D0%BD%D0%B5%D0%B7) is aimed at the mechanisms of disease development, it is used, in particular, in the absence of effective[etiotropic therapy](https://uk.wikipedia.org/w/index.php?title=%D0%95%D1%82%D1%96%D0%BE%D1%82%D1%80%D0%BE%D0%BF%D0%BD%D0%B0_%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%97&action=edit&redlink=1) (for example,[replacement maintenance therapy](https://uk.wikipedia.org/w/index.php?title=%D0%97%D0%B0%D0%BC%D1%96%D1%81%D0%BD%D0%B0_%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F&action=edit&redlink=1)[with insulin](https://uk.wikipedia.org/wiki/%D0%86%D0%BD%D1%81%D1%83%D0%BB%D1%96%D0%BD) in[diabetes](https://uk.wikipedia.org/wiki/%D0%A6%D1%83%D0%BA%D1%80%D0%BE%D0%B2%D0%B8%D0%B9_%D0%B4%D1%96%D0%B0%D0%B1%D0%B5%D1%82) due to insufficient production of this hormone[by the pancreas](https://uk.wikipedia.org/wiki/%D0%9F%D1%96%D0%B4%D1%88%D0%BB%D1%83%D0%BD%D0%BA%D0%BE%D0%B2%D0%B0_%D0%B7%D0%B0%D0%BB%D0%BE%D0%B7%D0%B0) ).
* [**Symptomatic (palliative) therapy**](https://uk.wikipedia.org/wiki/%D0%A1%D0%B8%D0%BC%D0%BF%D1%82%D0%BE%D0%BC%D0%B0%D1%82%D0%B8%D1%87%D0%BD%D0%B0_%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F)  — it is used to eliminate individual symptoms of the disease (for example, the use of[analgesics](https://uk.wikipedia.org/wiki/%D0%90%D0%BD%D0%B0%D0%BB%D1%8C%D0%B3%D0%B5%D1%82%D0%B8%D0%BA) for pain, antipyretics for high[fever](https://uk.wikipedia.org/wiki/%D0%93%D0%B0%D1%80%D1%8F%D1%87%D0%BA%D0%B0) ) in addition to etiotropic and pathogenetic therapy, as well as to reduce the suffering of palliative patients as a component of[palliative care](https://uk.wikipedia.org/wiki/%D0%9F%D0%B0%D0%BB%D1%96%D0%B0%D1%82%D0%B8%D0%B2%D0%BD%D0%B0_%D0%B4%D0%BE%D0%BF%D0%BE%D0%BC%D0%BE%D0%B3%D0%B0) .
* [Art therapy](https://uk.wikipedia.org/wiki/%D0%90%D1%80%D1%82%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F) is a form of psychotherapy that can be used in pedagogy and social work, which is based on creativity, art, to harmonize personality development through self-expression and self-discovery.
* Gene therapy is an expensive therapy used to treat people with the most deadly forms of an inherited disease. This is potentially a new standard of care for people with serious genetic disorders. The therapy uses a virus to deliver a normal copy of a gene to a person born with a damaged gene. Currently, this type of treatment is developed for children with fatal genetic disorders.

Conservative (non-surgical) treatment (properly, therapy) is carried out *by chemical* , *physical* and *biological* methods.

**Chemical** and **biological methods** include pharmacotherapy[,](https://uk.wikipedia.org/wiki/%D0%A4%D0%B0%D1%80%D0%BC%D0%B0%D0%BA%D0%BE%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F) chemotherapy[,](https://uk.wikipedia.org/wiki/%D0%A5%D1%96%D0%BC%D1%96%D0%BE%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F) phytotherapy [,](https://uk.wikipedia.org/wiki/%D0%A4%D1%96%D1%82%D0%BE%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F) immunotherapy, [and](https://uk.wikipedia.org/wiki/%D0%86%D0%BC%D1%83%D0%BD%D0%BE%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F) phage [therapy](https://uk.wikipedia.org/w/index.php?title=%D0%A4%D0%B0%D0%B3%D0%BE%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F&action=edit&redlink=1).

**Physical** conservative methods of treatment include physiotherapy [,](https://uk.wikipedia.org/wiki/%D0%A4%D1%96%D0%B7%D1%96%D0%BE%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F) massage [and](https://uk.wikipedia.org/wiki/%D0%9C%D0%B0%D1%81%D0%B0%D0%B6) physical therapy, [hydrotherapy](https://uk.wikipedia.org/wiki/%D0%93%D1%96%D0%B4%D1%80%D0%BE%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F). Physiotherapy methods include impact on the body with the help of electromagnetic and sound radiation ( [UHF therapy](https://uk.wikipedia.org/w/index.php?title=%D0%A3%D0%92%D0%A7-%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F&action=edit&redlink=1) , [magnetotherapy](https://uk.wikipedia.org/wiki/%D0%9C%D0%B0%D0%B3%D0%BD%D1%96%D1%82%D0%BE%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F" \o "Magnetotherapy) , [electrophoresis](https://uk.wikipedia.org/wiki/%D0%95%D0%BB%D0%B5%D0%BA%D1%82%D1%80%D0%BE%D1%84%D0%BE%D1%80%D0%B5%D0%B7) , [laser therapy, [X-ray therapy,](https://uk.wikipedia.org/wiki/%D0%A0%D0%B5%D0%BD%D1%82%D0%B3%D0%B5%D0%BD%D0%BE%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F)](https://uk.wikipedia.org/w/index.php?title=%D0%9B%D0%B0%D0%B7%D0%B5%D1%80%D0%BE%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F&action=edit&redlink=1) etc.).

Surgical treatment formally goes beyond internal medicine (therapy) . It is used in case of impossibility or low effectiveness of conservative treatment.

However, therapy cannot be logically contrasted with surgery, since surgery is a special case of treatment (therapy) that must be applied when necessary from the point of view of the therapeutic program.

**Conservative (non-surgical) treatment** treatment (properly, therapy) is carried out by chemical, physical and biological methods.

**Chemical and biological methods** are the main conservative methods of influencing the diseased organism. They include pharmacotherapy and chemotherapy, [phytotherapy](https://uk.wikipedia.org/wiki/%D0%A4%D1%96%D1%82%D0%BE%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F" \o "Phytotherapy) , immunotherapy and phage therapy.

**Physical conservative methods** of treatment include [physiotherapy](https://uk.wikipedia.org/wiki/%D0%A4%D1%96%D0%B7%D1%96%D0%BE%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F) , [massage](https://uk.wikipedia.org/wiki/%D0%9C%D0%B0%D1%81%D0%B0%D0%B6) and [physical therapy](https://uk.wikipedia.org/wiki/%D0%9B%D1%96%D0%BA%D1%83%D0%B2%D0%B0%D0%BB%D1%8C%D0%BD%D0%B0_%D1%84%D1%96%D0%B7%D0%BA%D1%83%D0%BB%D1%8C%D1%82%D1%83%D1%80%D0%B0) , [hydrotherapy](https://uk.wikipedia.org/wiki/%D0%93%D1%96%D0%B4%D1%80%D0%BE%D1%82%D0%B5%D1%80%D0%B0%D0%BF%D1%96%D1%8F) . In most cases, these methods are auxiliary. Physiotherapy methods include exposure to the body using electromagnetic and sound radiation (UHF therapy, magnetotherapy, electrophoresis, laser therapy, X-ray therapy, etc.)

*Medical treatment* and *therapy* are generally considered synonyms. However, in the context of [mental health](https://en.wikipedia.org/wiki/Mental_health), the term *therapy* may refer specifically to [psychotherapy](https://en.wikipedia.org/wiki/Psychotherapy).



Before the creating of therapy as a formal procedure, people told stories to one another to inform and assist about the world. The term "healing through words" was used over 3,500 years ago in Greek and Egyptian writing. The term [psychotherapy](https://en.wikipedia.org/wiki/Psychotherapy) was invented in the 19th century, and psychoanalysis was founded by [Sigmund Freud](https://en.wikipedia.org/wiki/Sigmund_Freud) under a decade later.

The words ***care***, ***therapy***, ***treatment***, and ***intervention*** overlap in a [semantic field](https://en.wikipedia.org/wiki/Semantic_field), and thus they can be [synonymous](https://en.wikipedia.org/wiki/Synonym) depending on [context](https://en.wikipedia.org/wiki/Context_(language_use)).

The English word *therapy* comes via Latin *therapīa* from [Greek](https://en.wikipedia.org/wiki/Greek_language): θεραπεία and literally means "curing" or "healing".