

**OPPORTUNITIES FOR INTEGRATING TRADITIONAL MEDICINE WITH
MODERN MEDICINE CONTENT: THE INTEGRATION OF TRADITIONAL
HEALING METHODS WITH MODERN MEDICAL DIAGNOSTICS AND THEIR
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Annotation: This article explores the global evolution, significance, and integration of traditional medicinal systems with modern medical practices. Traditional medicine, which relies on natural materials such as plants, minerals, and animal products along with practices like Ayurveda, yoga, acupuncture, and naturopathy, is contrasted with conventional medicine in terms of philosophy, methodology, and regulatory frameworks. The article highlights the increasing post-pandemic global interest in merging traditional and modern systems for more holistic and personalized healthcare. A detailed analysis is provided on the safety, efficacy, and standardization challenges associated with herbal medicines, emphasizing the role of regulatory frameworks such as WHO guidelines and international cooperation bodies. The piece also surveys global models of integration, such as those in China, India, South Korea, Vietnam, and several African nations. The Uzbek government's active steps, including policy implementation and legal frameworks (2018–2023), to promote traditional medicine are showcased. Finally, the article emphasizes that successful integration depends on research, training, policy support, and harmonized standards to ensure equitable healthcare access and scientific validation of traditional knowledge.

Key Words: Traditional Medicine, Herbal Medicines, Modern Medicine, Integration of Healthcare Systems, Ayurveda, Traditional Chinese Medicine (TCM), Complementary and Alternative Medicine (CAM), WHO Guidelines, Medical Regulations, Health Policy, Herbal Drug Standardization, Personalized Medicine, Medical Education, Uzbekistan, Traditional Medicine, Ethnomedicine, Healthcare Strategy, Clinical Trials, Global Health Systems, Phytotherapy, Evidence-Based Traditional Medicine

Since ancient times all across the globe the traditional medicinal system mainly utilizes plants, animals, minerals. The use of specific practices as yoga, acupuncture, naturopathy, Ayurveda are also included in traditional healthcare system of world [1]. The traditional medicinal system is focused on preventive and promotive aspects which is different from modern medicine concept. The modern medicinal system is primarily based on science and technology with the use of modern diagnostic tools [2]. Post pandemic specially the integration of traditional and modern medicinal system is gaining popularity. People are focused to use traditional medicines along with western medicinal practices so as to gain maximum benefits [3]. The integration of both the practices provides a more holistic and personalized health care considering into account of patient's belief and socio-cultural practices. As the use of herbal medicines is gaining popularity all across the globe a significant concern has been raised to ensure their efficacy, safety and quality control measures as they lack the scientific biomedical understanding [4].

The main difference between traditional medicine and conventional medicines occurs in mode of treatment. The traditional medicines involve the use of plant and mineral based preparations and take an account of whole life style including physical and mental activity, diet and sometimes even spiritual beliefs whereas conventional medicines are primarily based on medicine or surgery taking account of precautions along with side effects. The medicines are well standardized and can be comprehended all over the world as the prepared medicines undergo predetermined standards for safety set in each country. These safety measures are based on the rigorous drug trials going through several levels from experimental animal trials to final trial after approval from recognized body to human clinical trials. The efficacy of doses is fixed depending on body weight, age, kidney and liver functions. In case if adverse reactions occur for medicines or any surgical procedure that has to be reported to medicinal community globally. The healer in this is trained physician or surgeon and consider the detailed medicinal history of the patient and other diagnostic reports of the patient [5]. However, the traditional healer often has the information passed through generations and his own experience. The traditional medicines prescribed most of the time do not scrutinized with rigor and its adverse effects are not well documented or reported. The traditional practices more often do not undergo quality testing and component analysis as well as are not uniform across the country also [5,6]. Usually the traditional medicines emphasize on the assessment of an individual and recommends personalized treatment, thereby presenting a challenge in issues related to a large population in a community [7]. Therefore, each country has its own guidelines regarding selection of herbal materials, analytical biomedical methods for evaluating its efficacy as herbal medicines which involves data collection, clinical trials and its outcomes [8].

In 2000 the guidelines provided by WHO on “Methodology on Research and Evaluation of Traditional Medicine” was adopted by each country which defines appropriate advancement, registration, and utilization along with unified approach toward using specific terminology for traditional medicine traditions [9]. It was in 2006, that International Regulatory Cooperation for Herbal Medicines was established by WHO. This network works in facilitating the communication and collaboration between various countries for overseeing herbal medicines [10]. In some countries much advancements have been made to validate the traditional medicines in the light of modern medicines. This complex process involves understanding the efficacy, effectiveness and underlying principles of the herbal medicines used for the ailment of various diseases [11]. The scientific conclusions involve policy making and standardization of herbal medicines, training of researchers in traditional medicines along with combination of conventional medicinal research methods. Research grant proposals from government bodies and other NGO can help the funding process occurring during research on traditional medicines. These bodies can also help in planning and designing studies in traditional medicines [5]. In Uzbekistan a legal framework has been framed and formed for traditional healers and their services (Association of traditional medicine of Uzbekistan). The main goals are to effectively and safely use traditional medicines and directions of its development [12]. The health ministers of Common Wealth have issued key policies for the integration of traditional and complementary medicinal health system of world .In most of the Asian countries like China, India , South Korea , Vietnam ,traditional health systems have been incorporated in the national policies .In Vietnam and China the modern and traditional medicines are integrated through medicinal education and practice, whereas in India and South Korea traditional and modern medicines forms a parallel approach [12] .In China, 95% of

general hospitals have traditional medicinal departments treating approximately 20% of outpatients daily, as the integration of traditional Chinese medicine into national health care started in late 1950s. A science based approach and emphasis on research was laid down for traditional medicines to attain harmonization with modern medicine [13]. Similarly, in South Korea the full integration of western and oriental medicine occurred by the year 2001. It included training of consultants, promotion of clinical cooperation, lifting of a ban on employment of doctors practicing oriental medicine in public hospitals [14]. In 1970 India adopted a parallel model through Indian Medicine Central Council Medicine Act. In 2000, regulations were introduced to improve Indian herbal medicines by establishing standard manufacturing process and its quality control [15]. The African countries like Ghana, Nigeria had also developed certain guidelines for regulating and practicing traditional medicines [16]. In Malaysia a council was established in 2000 representing Indian, Chinese, Malay, Homoeopathy and complimentary system for the development of standardized training programs, accreditation standards, guidelines and code of ethics [17].

The development of effective integration strategies will help to establish mutual understanding between different medicinal systems, integrate theoretical and clinical platforms establishing traditional medicines as well as provide equitable distribution of resources between traditional and conventional medicinal systems [18]. The establishment of four laws of 2018,2020,2023 helped to promote traditional medicine in Uzbekistan. The promotion and establishment of such laws for including herbal medicines with conventional medicine is considered to be the need of hour required for betterment of mankind today [19,20].

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