

INTEGRATION OF THE TRADITIONAL MEDICINE OF THE INDIVIDUAL COUNTRY TO MODERN MEDICINE IS THE BETTER WAY OF MEDICAL HEALTH CARE



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Traditional medicines (TM)

DEFINE BY WHO

“The sum total of knowledge, skills and practices based on the theories, beliefs and experiences indigenous to different cultures that are used to maintain health, as well as to prevent, diagnose, improve or treat physical and mental illnesses.”

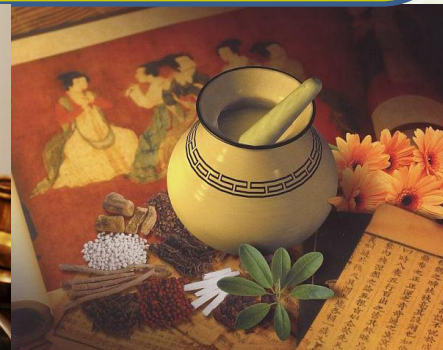


**World Health
Organization**

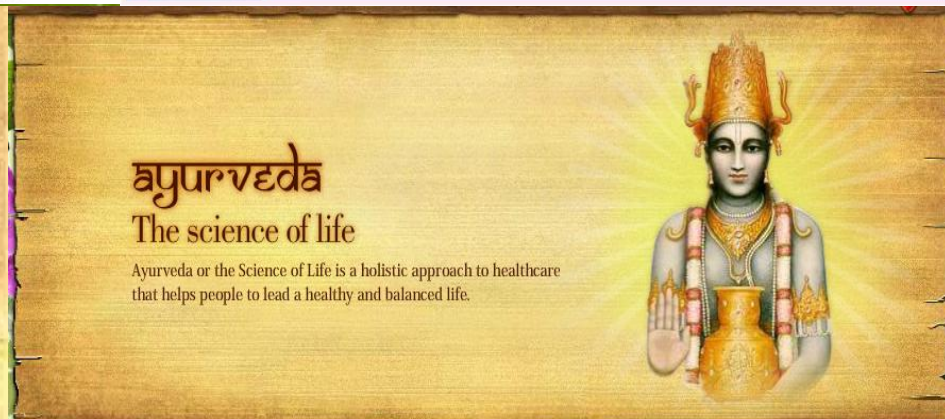
Traditional medicines are not simply a “thing of the past,” or the mechanism of dealing with illness before the introduction of Western medicine.



Most of the countries of the world have one or the other form of traditional system of medicine or a health practices besides conventional medicine.



The Four Temperaments



China and India are the leaders in this field where Traditional Chinese medicine and Ayurveda are practiced as official systems of medicine and are flourishing through wide range of research and development activities and are powerfully extending a significant health care coverage to the population specially in rural areas



- Traditional medicines are still first-line healthcare for 75 percent of the world's population.
- More than 95 % of the population in the least developing countries use herbs for health and other purposes.
- More than one third of Americans and Europeans use herbs for health purposes, spending over 7.0 billion \$ annually.
- More than 25 % of modern pharmaceutical drugs have botanical origins.





The integration of traditional medicine (TM) can be done in one of the following three ways

Incorporated as an integral part of a country's formal health care system, with each being separately recognized as legitimate forms of health care within the same framework.

It can be practice integrated with modern medicine by individual health care practitioners by giving crash course programme to all modern medicine practitioners

Traditional and modern practices can be integrated as two branches of medical science, with the ultimate incorporation of elements of both to form a new branch.



The incorporation of traditional and modern evidence-based medicine (EBM) as integral parts of a country's formal health care system is most likely to be achieved and has been demonstrated to be practicable in many countries, particularly in Asian countries such as China, Japan, Korea, and India, among others.

([World Health Organization 2001](#))



DEGREE OF INTEGRATION

The WHO has defined three types of health system to describe the degree to which TM/CAM is officially recognized part of the national health system:

- **Integrative systems**

TM/CAM is officially recognized and incorporated into all areas of health care provision.

- **Inclusive systems**

recognize TM/CAM, but has not yet fully integrated it into all aspects of health care.

- **Tolerant systems**

The national health care system is based entirely on biomedicine, but some TM/CAM practices are tolerated by law.



TRADITIONAL MEDICINE IS THE BETTER WAY TO THE REMOTE HEALTH SERVICES





INTEGRATION OF MODERN MEDICINE AND HERBAL PHARMACY





The incorporation of traditional medical modalities such as herbal medicine into modern by either the second or third method of health care integration is not easily achieved for a host of reasons, including scientific, cultural, educational, and legal.





Ayurveda Yoga & Naturopathy Unani Siddha Homeopathy

- In India, there are over 8000 licensed pharmacies which manufacture drugs and formulations to be used by Ayurvedic practitioners.
- The system is adequately supported with Governmental regulatory bodies like AYUSH on the pattern of MCI for modern medicine, besides the Central Council of Research in Ayurvedic Sciences similar to ICMR for modern medicine.



INTEGRATION

- Central Council of Indian Medicine (CCIM) permits integrated practice of AYUSH while MCI is still debating on this issue.
- China has bilateral integration of systems of Medicine, both traditional and conventional.
- China has substantially reduced the gap and has helped to develop a unique integrative model of health care delivery system and achieving good health and decreasing mortality rate.

IMMUN BOOSTER TRADITIONAL MEDICINE

Mulethi (root of liquorice; Glycyrrhiza Glabra)

Mulethi contains **anti-microbial** agents that detect and attack unwanted bacteria and germs, protecting you from sicknesses. The anti-microbial agent is called **Glycyrrhizin**, which actually inhibits the growth of the harmful microbes, further protecting you from disease and infection.



Ginger Root

Ginger works to strengthen your **immune system** and prepare your body for any **incoming viral diseases and infections**. Ginger is also known to have **anti-inflammatory** properties so it is excellent at calming the stomach pain.



Turmeric

It is known to bolster the **immune system**, purify the blood, **strengthen digestion**, and eliminate natural toxins from the digestive tract.



Astragalus (*huang qi*)

One of the most frequently used **Chinese herbs** and has historically been used to tonify *wei qi*. It fortifies the lungs, strengthens the *wei qi* and indirectly protects against external pathogenic factors.



USEFUL HERBS IN THE TREATMENT OF DIARRRHEA

Arjuna – Terminalia arjuna



The bark of the arjuna tree is useful in the treatment of diarrhea. The bark is taken as a decoction in dosages of 15 to 30 grams per day.

Babul (*Acacia arabica*) Banyan (*Ficus bengalensis*)

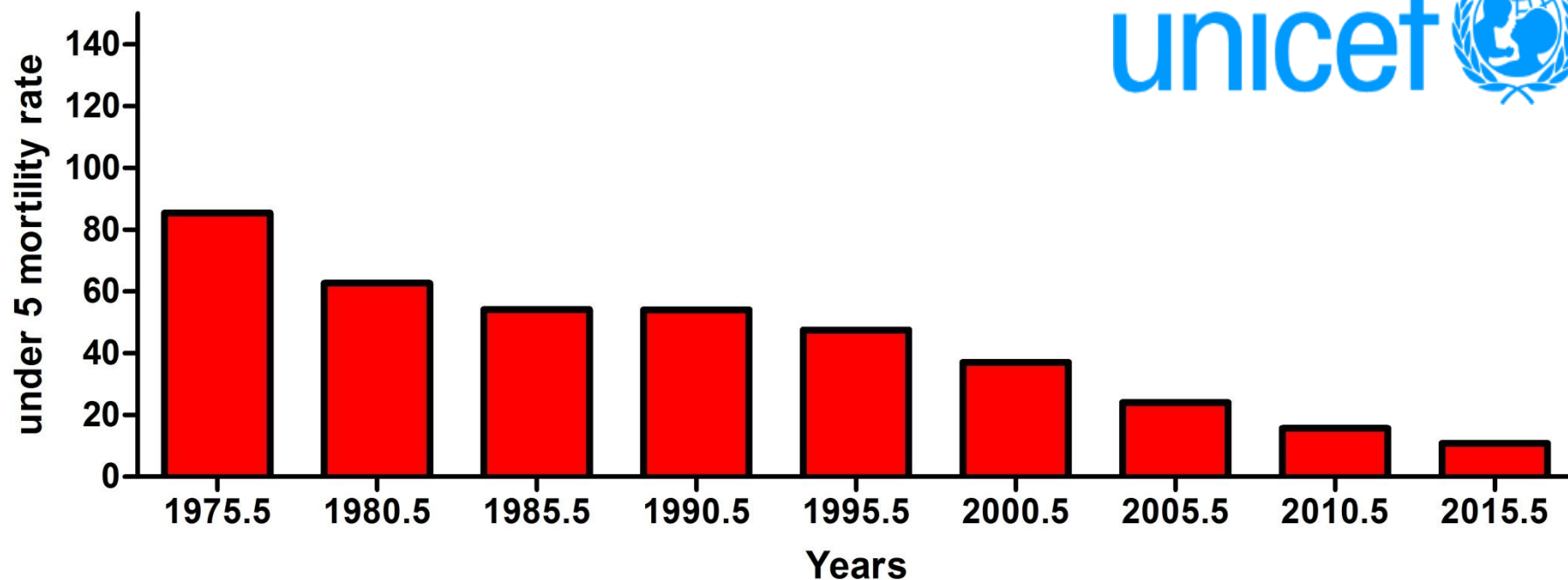


The babul tree is very useful in preventing diarrhea. Each part of the babul tree is useful. Its leaves can be taken as a mixed dose with black cumin seeds, its bark can be taken as an infusion with water and even its gum can be taken as a syrup



The buds of the banyan trees are the beneficial parts. These must be soaked in water overnight and the infusion must be taken in the morning.

UNDER-FIVE MORTALITY RATE- CHINA



Years	1970.5	1975.5	1980.5	1985.5	1990.5	1995.5	2000.5	2005.5	2010.5	2015.5
CHINA	113.8	85.4	62.7	54.1	54.1	47.6	37	24	15.7	10.8

UNICEF GLOBAL DATABASES



TRADITIONAL MEDICINE IN INDIA

India has about 500,000 registered Ayurvedic (Traditional Medicine) practitioners supported with 300 Ayurvedic colleges producing 20,000 Undergraduate and 2500 Postgraduate Ayurvedic doctors every year in India but this system runs parallel in India with medical / modern medicine.



Herbal Medicine: Advantages

- Reduced risk of side effects
- Effectives with chronic conditions
- Cost effective
- Widespread availability
- Easy to store in remote areas
- No need for cold storage
- Economically independent of global economic fluctuations



Indian Traditional Medicine Claims

Generalised conditions

- Autoimmune conditions
- Acute inflammation of muscles, joints and connective tissues
- Psoriasis and other skin conditions

Debility

- Chronic fatigue syndrome
- Fatigue and debility after illness
- Fatigue linked to depression
- Support during terminal illness

Fevers

- Fevers resulting from infectious causes
- Febrile symptoms of non-infectious origin





Infectious disease

- Acute gastrointestinal, respiratory, and urinary infections
- Topical bacterial infections
- Minor-to-moderate febrile infections
- Minor-to-moderate chronic bacterial, fungal and viral infections

Malignant diseases :

- Cancers of varying types
- Symptoms resulting from cancer
- Problems with body systems

Cardiovascular system

- Hypertension
- Angina
- Ongoing symptoms of cardiac disease





Gastrointestinal (GI) system

- Dyspepsia
- GI reflux
- Food intolerance and allergies
- Constipation and diarrhoea

Genitourinary system

- Urinary tract infections
- Benign prostate hypertrophy Impaired lactation

Menopausal problems

- Premenopausal syndrome (PMS)

Nervous system

- Anxiety states
- Insomnia
- Nervous exhaustion
- Pain control
- Stress symptoms

Respiratory system

Skin diseases



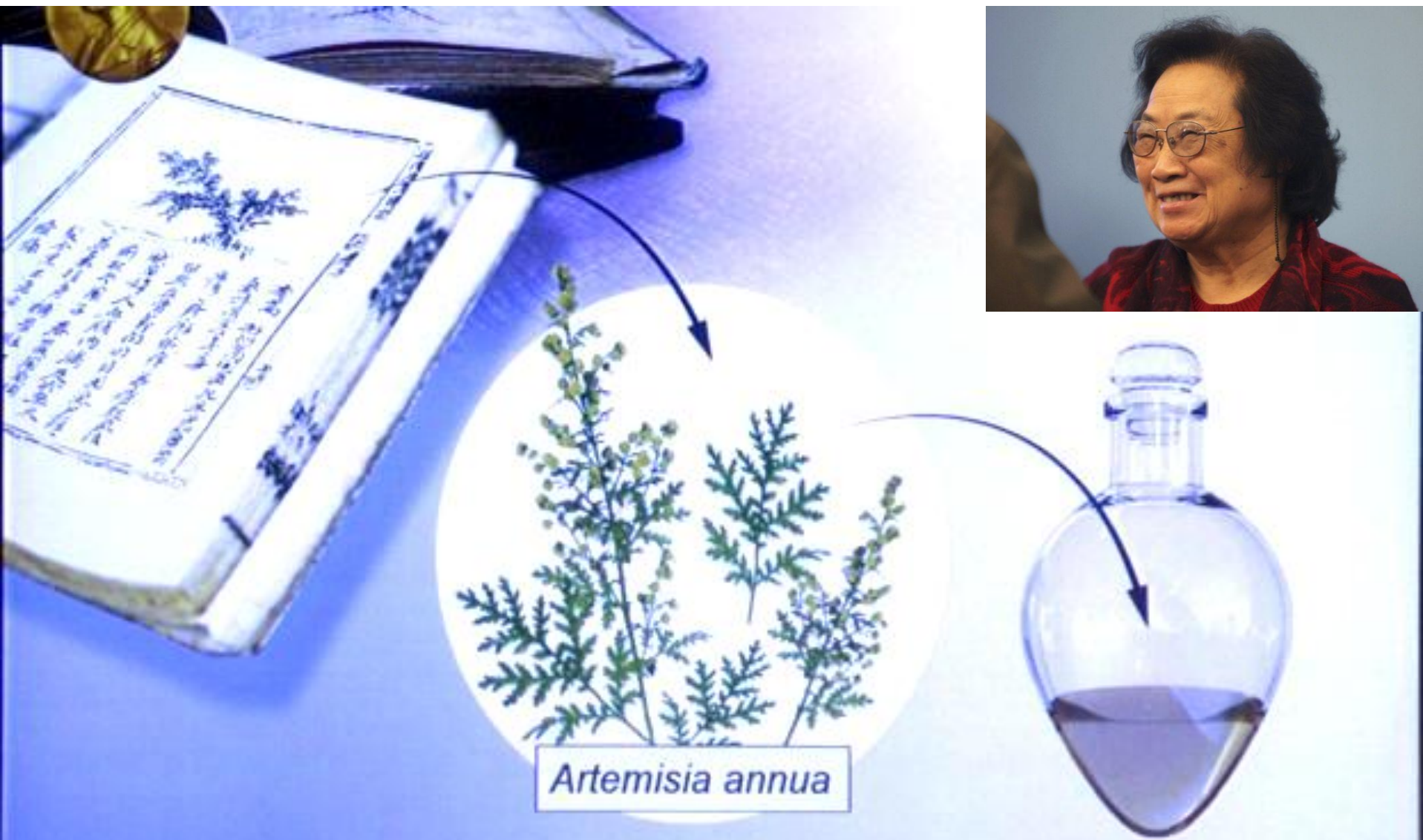


Many other countries have, or are considering establishing, similar databases to protect and claims similar efficacy of traditional medicines.

These are China, Ghana, Malaysia, Nigeria, South Africa, Tanzania, Thailand, some nations in the Middle East and others



Tu Youyou has become the first Chinese woman to win a Nobel Prize, for her work in helping to create an anti-malarial medicine.





European Parliament Resolution (1997)

Called on the commission regarding traditional medicine

- Carry out studies into the safety, efficacy, & use
- Launch a process of recognizing CAM
- Encourage the development of research programs
- Create a directive on food supplements

A Directive on food supplements is the only concrete response from the Commission and Council so far.



- USA, Australia, Canada, and members of the European Union USING herbal medicine in the form of complementary and alternative medicine (CAM) or phytomedicine.
- In the last two to three decades has led to a multinational, multibillion dollar industry, professional and trade organizations, national and international practice and research conferences, establishment of specialized integrated medicine practices and clinics in pain management and adjunctive cancer therapy, incorporation of CAM courses in conventional medical colleges, introduction of CAM degree-level education programs.



- Establishment of research funding agencies such as the U.S. (NIH) National Center for Complementary and Alternative Medicine (NCCAM), and the Australian National Institute of Complementary Medicine (NICM).
- As a result of these developments, the issue of integration of CAM medicine, including herbal preparations, into modern medicine has been the subject of ongoing international discussions in the last few years.



Most of tribes are dependent on traditional
Medicine and live long and healthy life



The way forward for the EU – Integrated Healthcare

- Conventional and non-conventional approaches to healthcare and those that practice them working together in an integrated approach offer a wider range of options for the greater benefit of patients.
- The recommendations of the Council of Europe and WHO both offer good guidance on a constructive way forward for the EU and all individual Member States of Europe.



Beijing Declaration 8 November 2008

- Governments ensure appropriate, safe and effective use of traditional medicine.
- Integrating traditional medicine into their national health systems, we call on those who have not yet done so to take action.
- Governments should establish systems for the qualification, accreditation or licensing of traditional medicine practitioners.
- Strengthened and appropriate training programmes established for health professionals, medical students and relevant researchers



World Health Assembly, May 2009

The World Health Assembly - the supreme decision-making body of the World Health Organization WHO - by its resolutions WHA62.13 and WHA67.1812 urged Member States, inter alia:

- To integrate traditional medicine (TM) and CAM within national healthcare systems by developing and implementing national TM policies and programmes.
- To promote the safety, efficacy and quality of TM/CAM by expanding the knowledge base, and providing guidance on regulatory and quality assurance standards.
- To establish systems for the qualification, accreditation or licensing of TM/CAM practitioners
- To increase the availability and affordability of TM/CAM.



FACTORS RELEVANT TO/AFFECTING INTEGRATION OF HERBAL MEDICINE INTO MODERN MEDICAL PRACTICES

Issues pertaining to herbal / traditional medicine

1. Herb Quality Issues
2. Quality Assurance/Quality Control In Processing
And Manufacturing/Preparation of herbal
Medicines (Good Manufacturing Practices Issues)
3. Herbal Mechanisms Of Action, Bioavailability,
And Herbs' Chemical Constituents
4. Herb–drug Interactions
5. Herb-herb Interactions
6. Efficacy Measurements: Objective Quantifiable
Versus Subjective Quality Of Life
7. Other Safety Issues



CIP 2016

March 3-6, 2016 | Xi'an - China

The 5th Global Congress for
Consensus in Pediatrics & Child Health



NIMS UNIVERSITY

Education's World, World's Education

CHALLENGES

Our challenge is to transcend the assumptions made by doctors, drug companies' promotions and the restrictive drug approval process used by the government.





Recommendations

**Crash Course with modern Medicine for
under graduate medical course**

Regulate with International policy

**Health care providers, including doctors and pharmacists
should be trained in TM.**



Achieve goal through minimizing the path length

International Traditional Medicine Association (ITMA)



THANK YOU

谢谢

