

Traditional Medicine: Ways of Development and Optimization

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Annotation: The Central Asian region has a centuries-old history, being the cradle of the Eastern Renaissance. This is a unique country, whose scientists, folk customs and traditions form the basis of the medical canon of Abu Ali ibn Sino. The development of modern or orthodox medicine closely connects humanity with pharmacology.

Keywords: orthodox medicine, pharmacology, chronic diseases, symptoms, self-regulatory mechanisms, long-term treatment, modern medicine.

Today, a person's dependence on medicines and the inability to use the body's own adaptive reserves lead to the development of chronic diseases and complications of these conditions. Today, along with orthodox medicine, the services provided by traditional healers in the Republic of Uzbekistan are increasingly expanding and reaching a new level of development. A legal framework has been created to regulate the activities of traditional healers, and the main goals and directions for the effective and safe use and development of their methods and achievements have been determined. One of the main goals of modern traditional medicine is early diagnosis of diseases based on primary prevention, identification of early symptoms of the disease and then selection of effective treatment methods. A national management system (Uzbekistan Association of Traditional Medicine) has been created to train, retrain and improve the skills of specialists in this field. Its activities are aimed at conducting research on the development and implementation of the concept of traditional medicine in Uzbekistan. Based on the World Health Organization's Traditional Medicine Strategy for 2014-2023, the considered goals include health protection, peace of mind, strengthening health care, improving the quality of services, and developing services based on mutual respect and solidarity with medical workers. Within the framework of implementing these goals and objectives, the Uzbek Association of Traditional Medicine and the Academy of Medicine have developed a concept for the development of traditional medicine in Uzbekistan and a roadmap for its implementation. An important postulate is the rational use of the potential of traditional medicine in creating alternative opportunities for the population to make informed choices about their health.

The development of modern, or orthodox, medicine has closely linked human health care with pharmacology and advanced medical technologies. While these achievements have significantly improved diagnostic and therapeutic capabilities, excessive reliance on pharmaceutical interventions has, in some cases, reduced the use of the body's natural adaptive and self-regulatory mechanisms. This situation often contributes to the progression of chronic diseases and the emergence of complications requiring long-term treatment.

In this context, traditional medicine is gaining renewed attention as an important complementary component of the healthcare system. In the Republic of Uzbekistan, traditional medicine is undergoing a stage of institutional development and modernization. The activities of traditional healers are now regulated by a legal and normative framework, which defines standards for safety, effectiveness, and professional responsibility. This regulatory approach ensures the rational integration of traditional methods into the national healthcare system while protecting public health.

One of the key objectives of modern traditional medicine is disease prevention and early diagnosis. Traditional diagnostic approaches, based on careful observation of early symptoms, lifestyle factors, and individual constitutional characteristics, contribute to primary prevention strategies. These methods emphasize maintaining balance, strengthening immunity, and preventing disease progression rather than focusing solely on treatment at advanced stages.

To support sustainable development in this field, a national management and coordination system has been established through the Uzbekistan Association of Traditional Medicine. This organization is responsible for training, retraining, and continuing professional development of specialists, as well as for promoting scientific research and evidence-based practices in traditional medicine. Its activities aim to integrate national traditions with modern scientific knowledge, ensuring continuity between historical medical heritage and contemporary healthcare demands.

The strategic development of traditional medicine in Uzbekistan is aligned with the World Health Organization's Traditional Medicine Strategy for 2014–2023. This strategy emphasizes the integration of traditional medicine into national health systems, the promotion of safe and effective use of traditional practices, and the strengthening of regulatory frameworks. Core priorities include improving population health, enhancing quality of healthcare services, ensuring mental well-being, and fostering collaboration and mutual respect between traditional practitioners and medical professionals.

Within the framework of these objectives, the Uzbekistan Association of Traditional Medicine, in cooperation with the Academy of Medicine, has developed a national concept and a roadmap for the development of traditional medicine. This document outlines key stages of implementation, including scientific validation of traditional methods, development of educational standards, and expansion of research activities.

An important postulate of this concept is the rational use of the potential of traditional medicine to create alternative and complementary healthcare options. This approach enables the population to make informed choices regarding their health while preserving cultural heritage and ensuring safety, effectiveness, and ethical medical practice. Ultimately, the optimized integration of traditional and modern medicine contributes to a holistic, patient-centered healthcare system.

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