

International Folk Medicine.

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Abstract. In this article, the role of international folk medicine and the analysis of research conducted in this field, as well as the results of practical work, methods of folk medicine that have been proven to be effective and safe, and the need to harmonize traditional medicine with modern medicine were highlighted.

Key words: Traditional medicine, health promotion, health care, modern medicine, medical products, stress, pharmacology, esotericism

For about 80% of the world's population, the first stop after a cold or broken bone isn't the hospital - instead, the first step is to turn to traditional medicine, which cultures around the world have used for thousands of years (perhaps there's no hospital nearby, or they cannot afford it).

Folk medicine (traditional medicine) is a collection of knowledge collected by the people, used in the diagnosis and treatment of diseases, as well as passed down from generation to generation. Some of the effective and safe methods of folk medicine have been adopted by modern medicine. The term folk medicine is used in the same way as the term traditional medicine.

Widely used in traditional medicine around the world, the main reason for our conclusion is a 2023 study on the diversity of ethno-medicinal plants among tribal communities in the Annapur district of Central India. Ethnobotanical data were collected using questionnaires, interviews and focus group discussions conducted by local traditional healers in 29 villages in Anuppur district, Madhya Pradesh, Central India. A total of 114 plant species belonging to 103 different genera belonging to 59 families have been found to be used in the treatment of various diseases. Of the 43 species of trees (38%), the most preferred method of preparation of traditional medicines was in the form of ground powder.

Recognizing that traditional medicine and other alternative forms of healing are important sources of health care for many people around the world, the World Health Organization and the Government of India are holding their first Traditional Medicine Summit they spent The summit was held in August 2023 in Gandhinagar, Gujarat, India. The Summit brought together health policy-makers, traditional health practitioners and users, international organizations, academics and private sector stakeholders from 88 WHO Member States. At the summit, leaders aim to share best practices and scientific evidence and information on traditional medicine.

Understanding traditional medicine can help health professionals create sustainable, personalized, and culturally respectful practices.

In many countries, traditional medicine is cheaper and more accessible than conventional health care. And many traditional medicines come from the same source as the compounds used in conventional medicine - up to 50% of medicines have a natural product root like aspirin. Many factors can influence the choice of traditional medicine. Cultural factors can also influence people's use of traditional medicine.

For instance, as more people in China embrace Western culture, fewer choose traditional medicine. In contrast, many African immigrants to Australia continue to use traditional medicine to express their cultural identity and maintain a cohesive ethnic community. A patient's preference for traditional medicine is often personal, environmental, and cultural.

Nature has always been an undisputed source of health problems and medicines since ancient times. What is our main tragedy? Most of our medical scientists do not accept folk medicine, some doctors work without even knowing the basics of modern medicine. As a result, both components of the treatment, which are actually connected to each other, remain underdeveloped. So, how can the dead-end aspects of modern medicine be put on the right track and guided?

First of all, it is necessary to bring modern medicine and folk medicine, divine medicine, medical Nabaviya as close as possible, and study the scientific heritage of our great ancestors in this field in depth.

Second, it is necessary to increase the hours of practical training and lectures in medical institutes, academies and educational institutions. Folk medicine was used in the past and is still widely used today, and the reason for this is that various drugs used in modern medicine are harmful to the human body. Herbal medicines are the most widely used complementary or adjunctive treatment therapies worldwide, accounting for approximately 80% of primary care in developing countries such as China, Nigeria, Ghana, India. In developed countries such as USA, Canada and various European countries, herbal products are mainly consumed as dietary supplements and nutrients.

"The WHO Global Report on Traditional and Complementary Medicine continues to show rapid growth in the global adoption of complementary and traditional medicine in 2019. Of the 179 WHO member countries, 79 have developed national policies and the rest 109 countries have implemented national regulations and laws related to complementary and traditional systems of medicine. In addition, 124 WHO member countries have implemented regulations and policies related to herbal medicines. .

In conclusion, in the treatment of diseases of the people of our age, it is necessary not to rely only on modern medicine, but to combine it with folk medicine.

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