

Traditional Chinese Medicine in Russia (State and Prospects)

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Everything great civilizations of the past, especially ancient Egyptian, ancient Greek, ancient Roman, left behind an invaluable heritage in the field of culture, science, technology, developed by subsequent generations of mankind to their modern level. Modern medicine also has its origins in ancient civilizations. But at certain stages of its development, it lost its national characteristics, became supranational, global, and now no one cares about which ancient civilization it is drawn from.

The great ancient Chinese civilization is a different matter. She left behind, among other components of a huge heritage, a unique medicine, the rationality and effectiveness of which allowed her to go through the millennia and become necessary for modern mankind. It is called traditional Chinese medicine (TCM) to emphasize its difference from the so-called. modern "Western" medicine and point out that it is based on the centuries-old traditions of ancient Chinese medicine.

It is believed that traditional chinese medicine is an a kind of traditional medicine. This is a misconception. TCM is much closer to Western medicine. Judge for yourself. Since the advent of writing, TCM information has been transmitted in writing (there are more than 20,000 volumes of works by ancient Chinese doctors). TCM is a deeply developed system that includes philosophy, a kind of understanding of the pathogenesis of diseases, original terminology, a huge arsenal of diagnostic and treatment methods, which have retained a certain value of drugs and dosage forms to this day.

Like Western medicine, BMT involves four stages of medical care: prevention, diagnosis, treatment, and medical rehabilitation. The requirement of an individual approach to the patient, consideration of all processes occurring in the human body in an inextricable connection with the environment, with nature are also characteristic of TCM. The attention that the Chinese paid to the training of medical personnel is noteworthy. Medical schools of TCM have been known since ancient times. And in the VI century A.D. in China, a state medical institute was organized, which trained specialists in therapy, surgery, pediatrics, ear and eye diseases.

For almost five millennia, TCM was the only source of medical care for the population of vast China. The "Western" medicine that appeared much later could not supplant TCM from the life of society, as it happened in other countries with folk medicine. It is characteristic that when, in the late 1920s, the authorities of the then China tried to legally ban TCM, they met with such a strong popular protest that they quickly abandoned their plan. Although a certain "suppression" of TCM continued for several decades. In People's China, TCM received a new, unseen before, development due to real government support. Per

the historically short term BMT, which used to be called "medicine for barefoot doctors", has become a powerful medical system, which is used by more than half of the country's population. In the 70s of the last century, the State Administration of Traditional Chinese Medicine and Pharmacology of the PRC was created to manage this system. Currently, the Office has a wide network of hospitals, clinics and pharmacies, educational and research institutions. Training of TCM specialists in terms of volume and time does not differ much from the training of doctors of the "western" standard, although its content has pronounced features.

It is indicative that in the 50s of the XX century, when the Soviet Union did everything possible to help the development of People's China, one of the retaliatory steps of the Chinese government was to invite Soviet doctors to study to master BMT - one of the few values that then China possessed.

Among the many methods of traditional Chinese medicine that have stood the test of time for centuries, acupuncture is the most widely used worldwide. Acupuncture in European countries has always been surrounded by a certain veil of secrecy, which often accompanies much of what came from the East. The mechanism of the curative action of acupuncture, which is quite understandable from the point of view of the postulates of traditional Chinese medicine, has long been a stumbling block for researchers, whose scientific outlook was formed on completely different principles. At the same time, the effectiveness of acupuncture in a number of diseases was beyond doubt. Here is what the English researcher A. Huxley wrote about this: "The fact that a needle prick in the heel can improve the functioning of the liver seems incredible. This cannot be believed since, from the point of view of generally accepted physiological theory, this is meaningless. Within our framework of concepts, we cannot explain why a needle stick in the heel is accompanied by an improvement in liver function, and therefore we say: "this cannot be." The only downside to this argument is that improvement does occur. "

In 1956, at the peak of fraternal friendship between the Soviet and Chinese peoples, three doctors were sent to the People's Republic of China for training in acupuncture - N.N. Osipova, E. D. Tykochinskaya and M.K. Usova. The glorious history of Russian reflexology began from this business trip (this is the name acupuncture has received in our country). After the return of this group and subsequent groups of Soviet doctors to the USSR, scientific research on this problem began, and a system of postgraduate training of doctors in reflexology began to be created.

Following this, in a number of medical educational institutions there are courses, and then the department of reflexology. The logical continuation of this creative process was the creation of the Central Research Institute of Reflexology, opened in Moscow on March 4, 1977. The establishment of the Institute made it possible to organizationally and methodically unite the disparate forces of scientists and practitioners (R.A. Durinyan, A.I. Nechushkin, V.S. Goidenko, A.T. Kachan, N.N. Osipova, V.M. A. Tabeeva and others), many of

who later headed the departments and courses of reflexology in medical educational institutions of postgraduate training, became prominent specialists in this field, promoters of traditional Chinese medicine in the country. The scientific and medical authority of reflexology in our country grew at such a pace that in 1997 it officially received the status of a medical specialty. At present, only in the system of state and municipal health care there are more than two thousand reflexotherapy rooms.

Unfortunately, reflexology is still the only traditional Chinese medicine method officially approved for medical use in Russia. Other methods from its richest arsenal, which are widely used not only in Asia, but throughout the world, still do not have official permission from us, although, judging by numerous appeals, they are in great demand by the population.

The effectiveness of such methods as traditional herbal medicine, various types of massage, therapeutic and recreational gymnastics, high information content of traditional Chinese diagnostics have been confirmed by centuries of practice affecting hundreds of millions of people. The introduction of these well-studied methods into practice would expand the therapeutic and diagnostic capabilities of the Russian healthcare system. At the same time, we are forced to admit that the current situation in the country with the use of traditional Chinese medicine methods in the provision of medical care to the population is very contradictory. These methods are increasingly used in medical practice, without being officially approved.

A variety of medical institutions, especially private form property, taking advantage of the high demand of the population for traditional Chinese medicine, widely use its methods in their activities, inviting specialists from the PRC for this. At the same time, the procedure established by the Government for registering foreign specialists for work (determining the equivalence of diplomas, passing exams in a specialty, obtaining a license for medical activity, etc.) is grossly violated. The practice has taken root when a license is obtained for Russian doctors, and then foreign specialists are invited under this license to receive and treat patients. At the same time, people often work under the guise of specialists who do not have a full-fledged medical education, and in some cases are generally dubious personalities. In addition to the fact that in the process of treatment, unauthorized and even prohibited methods are used (meditation, introduction into trance, etc.), medicinal plants illegally imported into the country are almost universally used. There is no accounting for these "specialists", and control over their activities is not carried out properly. This is largely due to the fact that diplomas of higher education for specialists in traditional Chinese medicine have no analogues in Russian medical education. Thus, these specialists do not fall under the current system of recruiting foreigners, and there is no special system appropriate for this case. In addition, a whole system (and not only a private one) has been operating in the country for several years. This is largely due to the fact that diplomas of higher education for specialists in traditional Chinese medicine have no analogues in Russian medical education. Thus, these specialists do not fall under the current system of recruiting foreigners, and there is no special system appropriate for this case. In addition, a whole system (and not only a private one) has been operating in the country for several years. This is largely due to the fact that diplomas of higher education for specialists in traditional Chinese medicine have no analogues in Russian medical education. Thus, these specialists do not fall under the current system of recruiting foreigners, and there is no special system appropriate for this case. In addition, a whole system (and not only a private one) has been operating in the country for several years.

courses of teaching TCM methods (however, as well as the methods of the Tibetan, Indian and other traditional medical systems) both to doctors and to everyone. The fate of the "specialists" trained in this way is vague, since they have no legal right to apply the acquired knowledge in official medical practice.

Soberly assessing the current situation, experts warn about a certain riskiness of a one-time and widespread resolution of all TCM methods. At the moment, this can only exacerbate the situation and take the use of TCM out of control. We consider it expedient to carry out a preliminary so-called. clinical testing of these methods in a number of medical institutions of various forms of ownership under the auspices of the Ministry of Health and Social Development of Russia or Roszdravnadzor. Based on the results of the approbation, it would be possible to carry out the procedure for the official registration of TCM methods.

In the course of this clinical trial, it is absolutely necessary to develop a certification system for TCM specialists from China to work in Russia.

The third important component of the problem is the use of TCM drugs by specialists on a legal basis. The conditions of this use, which do not contradict the existing legislation of the Russian Federation, can also be worked out during the period of clinical testing of TCM methods.

Relevant proposals aimed, on the one hand, at the further development of traditional Chinese medicine in the country, and on the other, at strengthening control and streamlining the activities of specialists in this area, were prepared by our Center and submitted to the Ministry of Health and Social Development of the Russian Federation. Currently, the Ministry has instructed the Federal Service for Surveillance in Healthcare and Social Development to develop and implement a set of measures for the development and regulation of traditional Chinese medicine in Russia.

Summing up the results of many years of studying the problem of the development of traditional Chinese medicine in our country, we can draw the following conclusions.

1. The undoubted achievements of traditional Chinese medicine in the processes of prevention, diagnosis, treatment and medical rehabilitation.

2. Recognizing the need to introduce TCM methods into practice national healthcare, special attention should be paid to such aspects as adaptation to Russian conditions, the development of a certification system for Chinese specialists in the field of TCM, and the solution of the problem of using medicinal plants and medicinal herbal raw materials from China in the treatment of patients.

3. Bearing in mind the prospects for the development of traditional Chinese medicine in Russia, attention should be paid to the creation of a system for training domestic specialists in this area, including the development of unified postgraduate training programs, internships in China, etc.

4. Do not idealize traditional Chinese medicine. it by no means an omnipotent panacea designed to "help out" Russian health care.

The efficiency of the methods of this system is not higher than that of the methods of other known systems. The need for its implementation should be considered through the prism of expanding the availability and increasing the volume of medical care to the population of our country.

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