

Traditional medicine in Russia

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Traditional medicine has existed and exists in every society throughout the history of mankind, being intimately connected with the national (sometimes - with the group) culture.

For many centuries, medical assistance to the population in Russia was almost everywhere provided by folk methods and means. Among them, herbal medicine, bone-setting, ore throwing (bloodletting) prevailed, Russian baths, various types of massage were widely used for health-improving and medicinal purposes, People who used irrational (spiritual) methods in their practice, which are now considered by most researchers, have always played a noticeable role in folk medicine. as energy-informative, A feature of Russian folk medicine, due to its vast territory and multinationality, is the combination of a number of folk healing systems. Throughout the country, the methods and means mentioned above were used, in Kalmykia, Buryatia, Tuva, Tibetan medicine became widespread,

It should be noted that Russian traditional medicine has always closely interacted with official medicine, especially in rural areas. And only with the wide availability of medical care for all segments of the population, the development of the state free health care system, starting from the 20-30s of the XX century, traditional methods and means of treatment were practically ousted from the life of the population of Russia. At the same time, the genetic memory of the people firmly preserved not only the most benevolent memories of traditional medicine, but also a certain amount of knowledge, skills and abilities characteristic of folk healing.

Therefore, by the time a significant part of the population had a certain uncertainty in the approaches and capabilities of official medicine, concern about the side effects of chemicals, the ground for the revival of traditional (folk) medicine was well prepared.

The Russian Ministry of Health timely caught the emerging trends and, focusing on WHO recommendations, implemented a number of organizational measures to support, develop and integrate traditional medicine into the country's healthcare system.

What do we have today? The head institution of the Ministry of Health of the Russian Federation for the problems of traditional medicine, the Federal Scientific Center for Traditional Methods of Diagnostics and Treatment, has been created and is actively operating. The Center employs about 180 researchers, including more than 30 candidates and doctors of sciences. As part of the Academic Council of the Ministry of Health of the Russian Federation, a special unit has been allocated to deal with the problems of traditional medicine. Reflexology, manual therapy and massage have official status

medical specialties, Officially recognized homeopathic method of treatment, which is classified as traditional medicine. We have received permission to use bioresonance therapy, herbal medicine, hirudotherapy, and a number of traditional diagnostic methods in medical practice. A nationwide licensing system for traditional medical activities has been created and is functioning. Under the auspices of the Ministry of Health of Russia, congresses and scientific and practical conferences on the problems of traditional medicine are regularly held. The Russian Ministry of Health has approved and is implementing the "Sectoral Program for the Development of Traditional Medicine in the Country until 2005", in the implementation of which about 30 research, educational and treatment-and-prophylactic institutions are taking part.

At present, about 2 thousand reflexotherapy rooms and more than 800 manual therapy rooms are operating in medical institutions of the Russian Ministry of Health. The number of doctors for whom activities in the field of homeopathy, herbal medicine, hirudotherapy, and traditional diagnostics are becoming the main one is constantly increasing.

The development of traditional medicine required a significant increase in the number of trained medical personnel. In the last ten years alone, 7 departments have been organized in the system of postgraduate education of the Ministry of Health of Russia, dealing with complex problems of traditional medicine. The training of specialists in traditional medicine is carried out by 25 postgraduate educational institutions. In 2002, about 4.8 thousand doctors received specialization and improved their qualifications in certain types of traditional medicine.

Many years of experience in working on the register of types of traditional medicine used in the territory of the Russian Federation allowed us to classify them according to the degree of scientific validity and use in practical health care. We distinguish three groups:

1. Types of traditional medicine that have received scientific justification, widespread introduction into medical practice and became medical specialties:

- a) manual therapy;
- b) medical massage;
- v) reflexology.

2. Scientifically proven traditional medicine

widespread introduction into medical practice, but not having the status of a medical specialty:

- a) bioresonance therapy;
- b) homeopathy;
- v) naturotherapy (phytotherapy, hirudotherapy, apitherapy);
- G) traditional diagnostics.

3. Types of traditional medicine that have not yet received scientific justification, and as a result of this, not currently licensed for medical use and in need of further study:

a) national traditional health systems (Tibetan medicine, Ayurveda, yoga, Chinese traditional medicine, and so on); b) folk healing.

A prerequisite for permissions activities in the traditional medicine is the presence of higher medical education, with the exception of massage, for which a secondary medical education is sufficient.

The results of a wide range of scientific studies in the field of traditional medicine allow us to say with confidence that most of its methods have proven effectiveness in a number of diseases. There is no doubt about the analgesic effect of acupuncture, manual therapy is successfully used in neurology and orthopedic traumatology. In the treatment of chronic pathology, significant success is achieved with the help of phytotherapeutic and homeopathic remedies. At the same time, we believe that the potential of traditional methods and means is still insufficiently used and in increasing the volume of their application we see a real prospect for expanding the therapeutic and diagnostic capabilities of a practicing physician.

As you know, at present all over the world a course has been taken towards the creation of new diagnostic technologies, which, while maintaining and even increasing the information content, would be less traumatic, if possible, non-invasive and inexpensive. These requirements are fully met by the methods of traditional diagnostics, most often based on the removal of information from biologically active points of the body and the use of the phenomenon of biological resonance. The information content of these methods when using modern computer technology is already at a very high level, and there are real opportunities to improve it.

An important and very promising direction of traditional medicine is the creation and use of medicines of natural origin based on centuries of experience in folk healing. The mildness of action, the absence of side effects, a relatively low cost and, at the same time, reliable efficacy, especially in the treatment of chronic diseases, combined with the confidence of the population, make these drugs very attractive for both patients and doctors. According to our data, at least 60% of the Russian population use natural medicines for treatment. These funds make up a significant portion of OTC drugs. At the same time, we certainly have great reserves in the use of natural medicines. As you know, biologically active substances, isolated from medicinal plants underlie more than 65% of all medicinal products. At the same time, according to experts, to date, no more than 10-15% of existing medicinal plants have been studied in this direction (in folk medicine of Russia, for example,

more than 2.5 thousand medicinal plants were used, while the State Pharmacopoeia contains only about 250 of them). The study, development and use of traditional medicinal natural raw materials opens up clear prospects for the creation of cost-effective, affordable, safe and therapeutically effective domestic medicinal products of natural origin.

I would like to highlight in this article another issue that has a fairly large public response. This refers to our attitude to folk healing.

As you know, there is a certain group of people who have individual, inherited or acquired abilities of non-contact impact on the body of another person, which in some cases has an undoubted therapeutic effect. These are traditional healers who, in the terminology of the latest documents of the World Health Organization, are designated as practicing traditional medicine. The nature and mechanism of their action is very difficult (and is it possible at all?) To objectify using modern methods; there are no reliable criteria to distinguish people who really have the ability to correct their health from people who are sincerely mistaken, sometimes mentally unhealthy, and often simply unscrupulous. There is no reliable statistics on the results of their treatment and follow-up data.

In this regard, there is no system for licensing traditional healers, since no one, including health authorities, can guarantee society not only the effectiveness, but, and most importantly, the safety of their impact.

Considering this, as well as the fact that medical care in the country is available to the entire population, we do not currently see the need to integrate this sector of traditional medicine into the health care system.

At the same time, we cannot interfere with the right of every person to choose the desired type of medical care, so there is not even a question of prohibiting folk healing. We approve of the creation of professional associations of healers, interact with them on various aspects.

In approaches to healing activities, a wide variety of assessments are permissible - from complete trust to complete rejection, only the position of detachment is unacceptable. We must not close our eyes to the scale of the spread of this phenomenon and to the fact that the activity of healers, whether we like it or not, is taking place in our medical field. At present, it seems to us the most expedient to intensify work on the regulation of healing activities in order to establish medical control and ensure the safety of the population, while not abandoning attempts to develop objective criteria for energy-informational effects, to study the abilities of the most famous healers up to conducting research in a clinical setting.

We know that a number of our colleagues in traditional medicine are skeptical about this section of our work, believing that such an attitude to the problem of healing almost compromises traditional medicine.

Let me disagree with them. In addition to the above evidence of the need to keep this problem in sight, I can say that our position is based on the latest recommendations of the WHO and the Ministry of Health of Russia, encouraging the attention of official medicine to traditional medicine.

Today we can say with confidence that Russia has created a system for providing medical care to the population using traditional methods of diagnosis and treatment, integrated into the country's healthcare system and being its integral part.

Traditional medicine in the country is developing dynamically and at a fairly fast pace. At the same time, there are a number of problems, both left over from previous years and those that have arisen recently. These problems relate to organizational issues, scientific, methodological, and educational.

Further work on terminology is needed. Recently, in foreign materials, the methods known to us again began to be designated as complementary and / or alternative medicine.

To us, these names do not seem very good. The recognition of these types of medical activities as alternative to a certain extent opposes them to all others, which does not contribute to their integration into the national health system. With regard to the complementarity of these types in relation to allopathic ones, in our opinion, it would be more accurate to speak of complementarity, since reflexology, manual therapy, herbal medicine, and homeopathy in a number of cases may well act as a basic method of treatment.

We are supporters of the term traditional medicine, which we denote as a collection of systematized, taught and widely practiced methods of prevention, diagnosis and treatment, based on centuries-old traditions of folk medicine, as well as knowledge, skills and abilities used for the purpose of healing, not always at the moment having a scientific and logical explanation and transmitted from generation to generation in oral and / or written form.

We assume that this definition is not perfect and needs clarification. We are ready to continue this work in cooperation with readers.

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