

Scope of traditional medicine methods
within the framework of the modern model of public health protection in the Russian
Federation
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Throughout the 20th century, the Ministry of Health performed the function of the main state institution dealing with the preservation of the health of citizens. In connection with the development of new trends in science, the formation of the paradigm of convergence of various natural sciences, the healthcare model has radically changed.

In 2012, we talked about the system that biologist and geneticist Leroy Hood introduced. He formed and proposed the principle of "medicine of the four Ps": predictive, preventive, personalized and participatory.

Russian scientists have developed a multicomponent model of public health protection, briefly presented as "medicine of the five Ps". The focus of the new system in planning, implementing and evaluating the effectiveness of activities is the person. This is what led, ultimately, to a natural transition to "medicine of the five Ps", when medicine becomes not only predictive, proactive, individualized, partner-oriented, but also patient-oriented.

A multicomponent model of public health protection is a structure in the center of which is the citizen himself with a certain life position of an active participant in society and a player in the labor market, who is helped by self-control technologies to monitor the state of various body functions. The use of modern medical gadgets allows for self-observation and self-diagnosis, forms a responsible attitude of the patient to his health and allows to implement the principle of patient-doctor partnership.

The attending physician who is in constant communication and can promptly advise the patient as needed, determined by the citizen. Next comes the level of in-depth diagnostics, if it is difficult for the doctor to determine the situation himself. This is where telemedicine and BigData information technologies - clinical decision support systems - come into play. If necessary, the doctor can use the entire set of modern NBIC-technologies (nano-bio-info-cogno).

The outer layer is society, the totality of everything that surrounds a person and affects his well-being: food, water, climate, work, habits, stable connections, psychological comfort and much more - this is a sphere, as you can see, is also not medical, but important in terms of impact on human health. Society has a significant impact on human behavior, on his desire to maintain his health.

Thus, the multicomponent model of maintaining health includes the capabilities and needs of the individual, the resources of professional medical

science and a certain social order of the state and society.

For all components of this model, objective criteria and standards of functioning have been developed, and at the same time there is a certain risk of error, voluntary or involuntary error, the so-called. "human factor".

A large role in supporting decision-making at any level of this model by any of its participants is assigned to knowledge about human health, skills of self-observation and self-diagnosis, as well as the use of devices designed to facilitate and improve human life - medical gadgets. With their help, both self-control and self-diagnosis are possible, as well as consultations with specially trained persons at the stage before contacting a medical institution, monitoring the condition during the period of seeking qualified and specialized help, as well as controlling the influence of environmental factors on a person.

The methods of traditional medicine are getting their well-deserved place in the implementation of the patient-centered model of health care.

Thousands of years of experience in the traditional philosophy of health, which is the basis of modern medical devices and techniques, allows, under certain conditions, to significantly reduce the risk of developing the disease, ease the course of the disease, and avoid mistakes when living in society.

In the process of self-diagnostics and diagnostics, the signals of exteroceptor fields, pulse diagnostics, evaluation of automatic diagnostics signals from specialized gadgets are informative. Invaluable assistance to general practitioners and further at the stages of qualified and specialized care is provided by qualified diagnostics using automated software systems that allow assessing the viability of human adaptive resources, detecting and localizing signs of functional and morphological disorders, assessing the influence of environmental factors, analyzing the tolerance of water, food, medicinal drugs, emotional stress, to assess the state of the static and dynamic balance of the musculoskeletal system, maxillofacial system.

To implement the possibilities of traditional medicine in the practice of a patient-oriented system of public health protection, it is advisable to establish a network of preventive and prophylactic observation rooms on the principle of walking distance, additional diagnostics rooms and preservation of traditional medicine departments in medical institutions.

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