

## Traditional medicine. Integration problems

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The World Health Organization (WHO), as one of the fundamental criteria for assessing the level of development of traditional medicine in countries, has determined the degree of its integration into the existing health care system.

Highly appreciating the dynamics of the development of traditional medicine in our country, we always refer to this criterion defined by the WHO. Indeed, there are many positive things in this direction. Just listing everything that has been done over the past 15 years would take several pages. I will note the main thing - manual therapy and reflexology have become medical specialties, the homeopathic method of treatment has been officially approved for use, herbal medicine, bioresonance therapy, osteopathy and a number of diagnostic methods of traditional medicine have received official recognition. A licensing system for activities in the field of traditional medicine has been created and is functioning. Thousands of doctors with relevant postgraduate education choose traditional methods of diagnosis and treatment as their main activity. All this is an indicator of the real integration of traditional medicine into Russian healthcare. As far as is known, this degree of integration has not been achieved anywhere else.

I foresee the objections: "what about China, India, and most of the countries of Southeast Asia"? In most of these countries, which have achieved tremendous success in the development of traditional medicine, it is not about integrating it into the health care system, but about creating a parallel, isolated, rather, even an autonomous system with its own educational and research institutions, clinics, hospitals and pharmacies. The probability that we will follow this path is practically zero. Russian traditional medicine is an integral part of the healthcare system and, accordingly, lives according to its laws and regulations. Integration of traditional medicine into the national health care system is a long-term but continuous process,

Comprehensively considering and assessing the prospects for integrating traditional medicine into the health care system, we cannot fail to notice the presence of certain phenomena that slow down and often hinder this positive process. Let's try to understand this issue as objectively as possible, abandoning our already accustomed enthusiastic attitude to the development of traditional medicine in Russia.

For example, manual therapy and reflexology are medical specialties. Although exact statistics are not available, according to a recent statement by Professor A.B. Sitel, the number of chiropractors in the country has already exceeded the number of neurologists. Now it is difficult to imagine a hospital, clinic, sanatorium without such a specialist. Slightly fewer reflexologists. The growth of their number is largely constrained by the fact that only neurologists are prescribed to prepare them. Nevertheless, it seems to be good here too. The situation is worse with the integration of these two specialties into medical science. More than a dozen Ph.D. and doctoral dissertations on manual therapy and reflexology are defended annually. But in which dissertation councils? In neurology, therapy, orthopedic and traumatology, restorative medicine, etc. Until now, there is not a single specialized council for these specialties, and, as far as is known, it is not even planned to organize one, since for some reason it is believed that these specialties are practical, not scientific. It would seem that there is integration, but some kind of incomplete, if not incomplete.

And how can one be satisfied with the level of integration into the health care system of homeopathy, herbal medicine, osteopathy, bioresonance therapy, apitherapy, hirudotherapy, if specialists of these types of traditional medicine still do not have a normatively fixed status? That is, there is a lack of an official regulation regulating the activities of these doctors, there is no provision for a homeopathic doctor, a phytotherapist, an osteopathic doctor, etc. And since this provision does not exist, then the head of a medical institution has the right to refuse a specialist a job, which in most cases we see in practice. As a result, even if there is an official permit for the use of the method and a license to carry out medical activities, the state health care system cannot use these specialists. Suffers from this, above all, the population that does not have the opportunity to receive the necessary medical care. This, of course, does not apply to private health care, where the head will not "let go" of a specialist in demand by the population. But in our country, where there is a clear prevalence of the public health care system, integration into private health care is not critical. Directly related to the topic of integrating traditional medicine into the health care system is the problem of legalizing traditional medical systems of other countries in Russia, first of all, traditional Chinese medicine (TCM). where there is a clear prevalence of the public health system, integration into private health care is not critical. Directly related to the topic of integrating traditional medicine into the health care system is the problem of legalizing traditional medical systems of other countries in Russia, first of all, traditional Chinese medicine (TCM). where there is a clear prevalence of the public health system, integration into private health care is not critical. Directly related to the topic of integrating traditional medicine into the health care system is the problem of legalizing traditional medical systems of other countries in Russia, first of all, traditional Chinese medicine (TCM).

In recent decades, there has been an increased interest in the means and methods of TCM all over the world. In our country, the situation with the use of TCM is characterized by specialists as very controversial. On the one hand, there is no doubt about the need to expand the availability of TCM methods for the population of Russia, which have proven their effectiveness over centuries of experience.

On the other hand, it is not possible to continue to tolerate the situation in which the number of all kinds of Chinese medical centers operating outside the legal field is constantly growing, since TCM methods (with the exception of acupuncture) are not officially allowed in the country. At the same time, Chinese doctors working in these centers do not go through the procedure established by the Government.

obtaining permits to carry out activities, illegally import into the country medicinal plants and preparations unregistered with us. There is no accounting for these "specialists", and control over their activities is not properly conducted. This leads to the fact that in a number of cases, medical services are provided by doctors who do not have sufficient qualifications, or even generally dubious personalities. Recently, there have been negative reviews from patients about the activities of some centers where help is provided by Chinese doctors, which indicates a certain trend towards discrediting TCM. This dictates the need for urgent and effective intervention in the development of BMT in the country.

At the same time, experts believe that the measures taken should be sufficiently thought out and balanced, since a hasty and comprehensive registration of TCM methods can lead to real negative consequences, including:

1. Along with methods that are undoubtedly valuable for Russian healthcare (phytotherapy, diagnostics, therapeutic exercises) in TCM there is a number of methods (meditation, introduction to trance, etc.) that require in-depth study and adaptation to our conditions.

2. Rapid and uncontrolled legalization of BMT will dramatically increase the flow to our country of Chinese doctors of traditional medicine, respectively, and dubious "specialists".

3. The import into the country of unregistered Chinese drugs and medicinal plants.

4. Legalization of BMT will activate the activities of various kind of non-professional structures and personalities in the field of practical use of TCM and training.

These and other risks that may arise as a result of ill-considered measures to legalize BMT must be taken into account when solving the problem of intensifying the integration process at the upcoming stage of development of traditional medicine in Russia.

In our opinion, currently there is the only real way to solve the problems listed above - the introduction of the medical and scientific specialty "traditional medicine". This would radically change the fate of thousands of specialists, ensuring their legal status, significantly intensify scientific research in this area, significantly increase the availability of medical care to the population, and solve the problem of the development of traditional Chinese medicine in the country in a civilized and optimal way. Of course, you need to think a lot and work on the specialty passport, the form of professional training of specialists (regular postgraduate education or clinical residency) and a whole range of other issues, but this should be done now, without putting it off on the back burner. Procrastination only adds to the problems that still have to be addressed.

Talking about the integration of traditional medicine into the modern health care system, one cannot ignore the problem of traditional healers, who, according to WHO terminology, are designated as practitioners of traditional

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medicine. For most countries in Africa and parts of Latin America, WHO recommendations are to involve these individuals, represented mainly by tribal shamans and traditional healers, in local health care after training them in basic medical and hygienic knowledge. This is a kind of integration into the healthcare system.

In our country, there is also a certain (and considerable) 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 a certain therapeutic effect. The nature and mechanism of this effect is very difficult to objectify by modern methods, since there are no reliable criteria to distinguish people who really have the ability to correct 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.

There is no licensing system for traditional healers. The system of voluntary certification of services in the field of traditional medicine, developed by specialists of the Federal Scientific Clinical and Experimental Center for Traditional Diagnostic and Treatment Methods and introduced by order of Roszdravnadzor, is currently aimed only at establishing the safety of the methods used by healers, but not at determining their effectiveness.

Considering this, as well as the fact that medical care in the country as a whole 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, the right of every person to choose the desired type of medical care cannot be hindered, so there can be no question of prohibiting folk healing. We approve of the creation of professional associations of healers, interact with them on various aspects and believe that it is impossible to avoid this problem, it is necessary to study this phenomenon and seek all possible measures to establish medical control over the activities of healers.

This article is an attempt to once again draw attention to the fate of traditional medicine in Russia. Its integration into the healthcare system is only one, albeit very important, aspect of the development of this promising area of medical science and practice. We have to hear that traditional medicine in the country is at the peak of its development. This is not true, because a peak is a peak from which there is only one way - down. And we need to move up, forward, and we have a huge amount of daily hard work ahead of us.

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