



PROBLEMS AND PROSPECTS OF FOLK'S MEDICINE

Yuldasheva L.S. TSDI

Ass. Departments of Social Sciences
with a bioethics course
T.: 903161262
E-mail: Ylola8030@gmail.com

Article history:	Abstract:
Received: 20 th March 2024 Accepted: 10 th April 2024	Traditional medicine includes the cultural wisdom and knowledge of a society, including traditional healing methods passed down from generation to generation. Despite its rich history and effectiveness in treating various diseases, traditional medicine faces challenges and opportunities in modern healthcare. This article examines the challenges faced by traditional medicine, such as uncertainty, lack of standardization, and risks associated with unregulated practice. It also explores the promising future of traditional medicine, including innovation, integration with modern healthcare systems, community empowerment, and advances in research. By exploring barriers and potential pathways forward, we can better understand the complexities of traditional medicine and its role in modern healthcare.
Keywords: folk medicine, modern medicine, medicinal plants, practice, innovation, medical services. drugs.	

Rooted in tradition and passed down from generation to generation, traditional medicine contains a wealth of knowledge about natural remedies, treatments and cultural beliefs

The importance of traditional medicine lies in its ability to provide holistic and accessible health solutions that are closely linked to the stories and experiences of local communities. Traditional medicine is an integral part of cultural identity and reflects the unique beliefs, values and practices of different communities around the world.

Traditional medicine preserves the knowledge of ancestors and the wisdom of the lands through oral traditions, customs and medicines.

By respecting and preserving these practices, communities preserve their cultural heritage and strengthen their sense of identity and belonging.

One of the main advantages of traditional medicine is its accessibility. Many folk remedies use local plants, herbs and medicines that are readily available to communities, especially in rural or underserved areas. The accessibility and simplicity of traditional medicine make it a valuable resource for people who lack access to modern medical services or face financial hardships.

MATERIALS AND METHODS

Traditional medicine embodies a holistic approach to health, taking into account the relationship between body and spirit, nature and mind. Traditional healers and practitioners often address not only physical symptoms, but also the emotional, mental and spiritual well-being of people

Traditional medicine, with its emphasis on prevention, balance and harmony of body and soul, promotes overall health and well-being, as well as the treatment of specific diseases. While modern medicine offers advanced methods and technologies for treating a specific area of the body.

And traditional medicine offers alternative and complementary approaches to healthcare, healing the entire body in harmony with nature.

Integrating traditional treatments with modern medicine can improve patient-centered care, improve outcomes, and offer culturally relevant solutions for diverse populations. By recognizing the value of both systems, health care providers can offer comprehensive and inclusive health care services.

Traditional medicine empowers communities to take control of their health and well-being, increasing self-reliance and resilience.

.[1]

By sharing knowledge, practices and treatments within communities, traditional medicine promotes community cohesion and mutual support. In times of crisis or upheaval, traditional medicine provides a sense of continuity, comfort and hope, strengthens community bonds and promotes healing on an individual and community level. Because it has the power to find solutions, promote holistic well-being, complement modern healthcare practices and empower communities.

By embracing the wisdom of the past and recognizing the value of traditional healing practices, we can



enrich our understanding of health and healing, promote cultural diversity, and build healthier, more inclusive societies that respect the richness of human experience. Traditional medicine, embodying the enduring legacy of traditions that have sustained and nourished generations throughout history, serves to enhance the strength, continuity and strength of society.[3]

Traditional medicine has deep cultural roots and historical significance and faces a number of challenges affecting its implementation, acceptance and integration into modern healthcare systems. Although traditional medicine has valuable knowledge and traditions, it also faces challenges of safety, effectiveness, standardization and acceptance in modern society.

One of the main problems faced by traditional medicine is the lack of standardized methods, quality control measures and their regulation. In the absence of clear guidelines and regulations, the safety and effectiveness of traditional medicine and treatments are often questioned. Using herbs, plants and traditional treatments without proper monitoring or understanding of potential side effects can jeopardize people's health and well-being.

Another important problem of traditional medicine is the limited scientific data on effectiveness and safety. Although many folk remedies have been passed down from generation to generation and are deeply ingrained in cultural practice. And effectiveness in treating specific diseases cannot always be confirmed by rigorous scientific research.

The lack of clinical trials, research and empirical data hinders the validation and authority of traditional medicine in the eyes of modern health professionals and institutions. The commodification and appropriation of traditional medicine by commercial organizations and the mainstream healthcare industry is exploitative and wrong, raising concerns about misinformation and cultural insensitivity. Commercialization of traditional healing methods and practices can dilute their cultural significance, distort their original intentions, and undermine the authenticity of indigenous knowledge systems. [2]

RESULTS AND DISCUSSIONS

The introduction of traditional medicine without due recognition of cultural background perpetuates inequality and undermines the contributions of marginalized communities. Despite efforts to integrate traditional and modern health care practices, popular resistance to the integration of medicine into

mainstream health care systems persists. Suspicion, stigma and prejudice towards traditional medicines and practices hinder their acceptance and use in clinical settings. The lack of recognition and inclusion of traditional healers and practitioners in formal health care structures limits the opportunities for collaboration, knowledge sharing, and the potential benefits of integrating different treatment modalities related to informed consent, patient autonomy, and medical ethics in the practice of traditional medicine.

The use of spiritual rituals, animal products, or alternative healing methods can create ethical dilemmas and conflicts with established biomedical principles. Balancing cultural sensitivity, individual rights and ethical standards in the context of traditional medicine practice requires careful navigation, and communication between various stakeholders reflects interaction. Rooted in cultural traditions and ancestral wisdom, traditional medicine has a treasure trove of healing traditions that have supported communities for centuries. In the face of challenges and doubts in modern healthcare systems, the promise of traditional medicine is bright, with potential for innovation, collaboration and the promotion of holistic health

One of the main advantages of traditional medicine is its rich cultural heritage and diversity. Traditional healing practices are deeply intertwined with cultural beliefs, rituals and social structures and reflect the values and experiences of diverse populations around the world. By preserving and honoring this cultural heritage, traditional medicine provides a deep connection to ancestral knowledge and a sense of identity and belonging to individuals and communities. Traditional medicine emphasizes a holistic approach to health and healing, empowering people by viewing them as complex beings interconnected with their environment, society and spirituality. This person-centered care model resonates with the growing interest in integrative and holistic health care practices that address the physical, emotional, mental and spiritual aspects of well-being.

The holistic nature of traditional medicine is compatible with the need for individualized and comprehensive care that takes into account the unique needs and preferences of each person. The potential benefits of integration into mainstream healthcare practice are growing. Integrative medicine strives to combine the best of both worlds, drawing on evidence-based practices from various healing traditions to optimize patient outcomes and improve



health. Traditional medicine offers a wealth of knowledge, practices and treatments that complement traditional treatments and expand the options available to patients in need of complex treatments. Traditional medicine promotes collaboration, sharing, and community support for health and healing, deeply rooted in collective practices

Through community participation and empowerment, traditional medicine not only promotes health and healthy lifestyles, but also strengthens social connections, resilience and cohesion among individuals and communities. Community-led health initiatives that incorporate traditional medicine empower people to take an active role in managing their health and well-being. The revival of interest in traditional medicine has opened up new opportunities for innovation and research in traditional medicine. Scientific studies, clinical trials, and research collaborations examine the effectiveness, safety, and mechanisms of action of folk remedies and practices, elucidating their potential therapeutic benefits.

By combining traditional knowledge with modern scientific methods, researchers and practitioners can unlock the healing potential of traditional medicine and contribute to evidence-based integrative approaches to health care, integrative medicine, community empowerment, and scientific innovation. By embracing the strengths and diversity of traditional medicine traditions and respecting their cultural roots and contributions to health and well-being, we can harness the transformative power of traditional medicine to create a more inclusive, holistic and sustainable health system that respects the traditions of the past while embracing the innovations of the future.

CONCLUSION

Traditional medicine, based on cultural heritage and holistic principles, faces challenges and opportunities in the modern healthcare sector. Challenges include uncertainty, lack of standardization and potential risks associated with unregulated practices. However, the prospects for traditional medicine are bright due to innovation, integration with the mainstream healthcare system, community empowerment and scientific advances. By addressing challenges through regulation, evidence-based research, and collaboration with modern medicine, traditional medicine can become a valuable complement to traditional health care, helping to support holistic well-being and culture.

REFERENCES

1. **Yuldasheva L.S. Халқ табобати фалсафаси. Т. : Invest book.-2023**
2. **2.Соколов И.И., Степанов В.В.** Народная медицина-наука и традиционные знания. Санк-петербург 2001
3. **Yuldasheva, Lola Sadullaevna** (2024). SPIRIT AS A NATURAL FORCE IN BERUNI'S VIEWS. Oriental renaissance: Innovative, educational, natural and social sciences, 4 (4), 199-203.
4. **4.Сельчанок К** Тайны Восточной медицины. М.-2007
5. **Yuldasheva,, L. S.** (2023). LOGICAL TEACHING OF ABU ALI IBN SINA. International scientific journal of Biruni, 2 (4), 51-58.
6. **6.www.ziyonet.uz**