



## INTEGRATION OF FOLK MEDICINE AND MODERN MEDICINE

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### Abstract

Folk medicine (traditional medicine) is a collection of empirical knowledge collected by the people, used in the diagnosis and treatment of diseases, passed down from generation to generation. Some of the effective and safe methods of folk medicine have been adopted by modern medicine.

**Keywords:** folk medicine, medicine, traditional medicine, biochemistry, pathology, pathological anatomy.

Folk medicine may also include elements of magic, esotericism, and alternative medicine. It often includes ineffective or even dangerous treatments. The term folk medicine is used in the same way as the term traditional medicine. The term "traditional medicine" as defined by the World Health Organization refers to areas such as Chinese medicine, Indian Ayurveda, Arabic medicine and other forms of indigenous medicine. In countries where traditional medicine is not included in the national health system, it is often called "complementary medicine", "alternative medicine".

Medicine is a set of knowledge and practical measures in this field to preserve and strengthen human health, prolong life, prevent and treat diseases. Medicine is divided into medical-biological, clinical, medical-social and hygienic sciences. Medical and biological sciences: anatomy, histology and cytology, which study the structure of the human body; normal physiology and biochemistry, which studies the normal state of the organism, the occurrence, progression, course and structural and functional changes of the disease; pathological anatomy and pathological physiology; includes general and clinical pharmacology, which studies the effect of drugs on the body, as well as microbiology, virology and parasitology, medical genetics, and others.

Clinical sciences that study human diseases, their treatment and prevention are divided into therapy and surgery according to the main method of treatment. These parts of medicine, in turn, are divided into different fields according to the detailed study of diseases of certain organs and systems. For example, therapy includes cardiology, rheumatology, nephrology, gastroenterology, hematology, geriatrics, phthisiology, pediatrics, neurology, psychiatry, dermatology and venereology, spa therapy, physiotherapy, radiology, therapeutic dentistry; In addition to surgery, general surgery, obstetrics and gynecology surgery, traumatology and orthopedics, anesthesiology, resuscitation, neurosurgery, oncology, urology, otorhinolaryngology, ophthalmology are distinguished. Each of the clinical disciplines has a section on the methods of examining the patient and semiotically identifying the symptoms of the disease. Medical, social and hygienic disciplines that study the impact of the external environment on the body and measures to protect the health of the population include social hygiene



and health care organization, general hygiene, child and adolescent hygiene, communal hygiene, food hygiene, radiation hygiene, occupational hygiene, epidemiology and medical geography, as well as medical ethics and deontology. This division of medicine is necessary, because social processes belong to all medical sciences, as well as scientific and practical fields (military medicine, space medicine, sports medicine, forensic medicine and others) are directly related to The experimental method, which is characteristic of medical and biological sciences, is widely entering the field of clinical and hygienic Medicine. Medicine is closely connected with natural sciences (biology, physics, chemistry) and social sciences and technology.

Today, the concept of integration of modern medicine and folk medicine is gaining popularity in a number of countries, and it is estimated that integrative medicine can be the medicine of the future. According to Professor Umberto Solimene, integrated medicine, incorporating traditional folk medicine, is the medicine of the future. The importance of combining folk medicine with modern medicine in our country has been noted in the scientific works of foreign scientists. In particular, the German scientist Sophie Hochmann in her article "Revival of national identity and traditions: establishment of traditional medicine in the former Soviet Uzbekistan" after the independence of Uzbekistan, in addition to the effective implementation of fundamental reforms in all spheres of socio-political and economic life, human health, health and life expressed his opinions about the need to pay attention to the development of "alternative" medical practice in the implementation of the extension. In his opinion, for this purpose, it is an urgent issue to legally regulate folk medicine in Uzbekistan by the state and to create appropriate conditions, as well as to ensure the harmony of modern medicine and folk medicine in the provision of medical services to the population. Sharma focuses on the economic and political aspects of the popularization and growth of folk medicine. In this, he refers to the situation that arose in Great Britain in the mid-1980s, that is, the revival of folk medicine occurred due to the increase in the incomes of the middle class of the population and the increased interest in private medicine. Due to the political support of folk medicine in Great Britain, a special parliamentary group was formed on this issue. At the same time, new positions and directions for control and coordination of this field have been established in the Ministry of Health. In turn, Prince Charles made an official decision to support folk medicine.

## Conclusion:

The measures mentioned above, in turn, stimulated the integration of modern medicine and folk medicine in this country and the further expansion of research in this regard. The necessity of integration between different systems of medicine was also shown by Dr. Margaret Chen, former Director General of WHO. in his opinion, both systems of medicine, that is, folk medicine and modern western medicine, should not conflict with each other. Primary care can take advantage of the best of each system and combine them in a harmonious and effective way to address specific deficiencies. Margaret Chen points out that this will not happen by itself, it will definitely require a decision at the political level. In his opinion, it is in this case that it will be possible to effectively solve the problems



arising in the field of treatment of diseases and achieve high results in ensuring the health of the population."

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