

**INTEGRATIVE MEDICINE: ADVANTAGES OF THE COMBINATION OF FOLK
MEDICINE AND MODERN MEDICAL APPROACHES**

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Abstract: This article highlights the advantages of the integrated use of traditional medicine traditions and modern medical approaches in the local conditions of the Republic of Uzbekistan. The use of herbs, dietary methods, and natural treatments in traditional medicine, combined with modern diagnostics, expands the possibilities for the prevention, early detection, and effective treatment of diseases. An integrative approach serves not only to comprehensively support the patient's health, but also to form individual therapy. The article also analyzes the advantages of integrative medicine, safety requirements, local experiences, and the importance of scientifically based approaches.

Keywords: integration, diagnostics, complex, individual, local plants of the Republic of Uzbekistan, experiment, scientifically based approaches, fenotip, xemotip, fitoniring.

Introduction

Medicinal plants have been used in the territory of present-day Uzbekistan since ancient times. The books written by Abu Ali ibn Sino, Abu Rayhan Beruni and several other great scientists in the field of medicine are a vivid example of this. In modern medicine, scientific research conducted in the recent past by professors and teachers of the Tashkent Pharmaceutical Institute on alkaloid-containing plants has made a significant contribution to the development of phytotherapy and pharmaceuticals [1]. Despite the achievements of synthetic pharmaceuticals worldwide, interest in phytotherapy has not lost its relevance. The need for treatment with plant products is associated with the social environment and unique culture of people living in different parts of the world [2]. Plants are programmed by nature to accumulate various substances in their roots, leaves, flowers, fruits and other organs. These are not only proteins, fats, carbohydrates that are consumed as nutrients, but also a variety of biologically active substances and substances similar to them; alkaloids, glycosides, essential oils, organic acids, enzymes, microelements, preservatives and the like. In foreign countries, the integration of folk medicine and modern medicine is carried out by officially introducing elements of folk medicine into the modern medical system, conducting scientific research to confirm their effectiveness, and introducing a complex of medical systems, most of which have not been proven effective, into clinical practice. This process is aimed at improving the quality of medical services and increasing access to medical services through the use of centuries-old experience and modern scientific knowledge. Main areas of integration. Scientific research is aimed at proving the safety and effectiveness of the means used in folk medicine, as well as their compatibility with modern medicine. Introduction to the health system, phytotherapy, acupuncture and yoga are officially included in the program of treatment and prevention of diseases in some eastern countries. Training in treatment with medicine. - in order for medical specialists to be able to recommend the most effective and safe methods to patients, our people - in a number of countries, centers have been

established that allow them to simultaneously receive traditional (folk medicine) and modern medical services in a comprehensive manner. Despite the achievements of chemistry and pharmacy, it is always difficult to find an answer to the question of which part of plants has a healing effect. They may contain substances that have different pharmacological effects at the same time. So, since ancient times, our ancestors have been using multi-component preparations. Currently, doctors around the world are reconsidering their attitude to the treatment of existing diseases and the complications that arise from them. At a certain stage, doctors and patients realized that medicine in some areas had reached a dead end. For example, the creation of a new antibiotic temporarily solved the problem when microflora developed resistance to previously used antibiotics. The continuous and indiscriminate use of some groups of drugs, especially antibiotics, increased the frequency of allergic diseases among the population. At a certain stage, doctors and patients realized that medicine in some areas had reached a dead end. For example, the creation of a new antibiotic temporarily solved the problem when microflora developed resistance to previously used antibiotics. The continuous and indiscriminate use of some groups of drugs, especially antibiotics, increased the frequency of allergic diseases among the population. This became clear, and the need to find effective and safe drugs arose. This led to the study of folk medicine, which has been used for centuries in human history [5]. The most important advantages of phytopreparations are that there is no age limit for patients when using them and that they can be used for a long time. On the contrary

Phytotherapy - list of medicinal plants by area:

Respiratory system (Pulmonology) - Macku - softens phlegm. Chamomile - anti-inflammatory. Rosemary - good for cough. Chabretz - increases phlegm secretion. Eucalyptus - antiseptic, for inhalation. Byrushka - produces phlegm in bronchitis. Effect: removes phlegm, anti-inflammatory, expands bronchi [6].

Cardiovascular system (Cardiology) - Boyuchak - cardioactive glycosides, heart failure. Chamomile - normalizes heart rhythm. Lion's tail - soothes, lowers blood pressure. Valerian - reduces heart nervousness. Melissa - mild sedative, good for tachycardia. Garlic - prevention of atherosclerosis. Ginkgo biloba - increases blood circulation and cerebral perfusion. Effects: lowers blood pressure, calms the heart rhythm, improves blood circulation, strengthens blood vessels [4].

Nervous system (Neurology) - Valerian - insomnia, neurosis. Lion's tail - vegetative dystonia. Lavender - calming aromatherapy. Chamomile - mild sedative, antispasmodic. Melissa - good for stress and anxiety. Zveroboy - for mild depression. Passiflora - insomnia, anxiety syndrome. Effects: calming, improves sleep, reduces stress and anxiety.

Gastrointestinal system (Gastroenterology) - Chamomile - gastritis, colitis, antispasmodic. Cumin, shivit - for flatulence. Ginger - nausea, improves gastric motility. Aloe - restores the gastric mucosa. Zveroboy - for mild forms of gastritis. Mint - antispasmodic, bile stimulant. Boldo - useful for the liver and biliary tract. Apricot and sano bark - for diarrhea. Effects: improves digestion, reduces spasms, anti-inflammatory.

Urinary tract - Kidneys (Urology) - Fenugreek seeds - very good for cystitis. Rosehip - diuretic. Fenugreek - a herb and diuretic. Parsley seeds - diuretic. Artichoke - for the hepatobiliary system. Effects: diuretic, anti-inflammatory

Endocrine system (Endocrinology) - Zinc - improves glucose metabolism. Black cumin oil - activates metabolism. Ginger - improves insulin sensitivity. Ginseng - activates overall metabolism.

Immune system (Immunology) - Echinacea. Ginger, garlic, honey propolis, rosehip, lemon, raspberry and all sources of vitamin C.

Anti-inflammatory direction (Anti-inflammatory) - Turmeric, chamomile, ginger, oregano, aloe.

Diabetes mellitus is a chronic disease of the endocrine system in which insulin production or its sensitivity is impaired. As a result, glucose metabolism in the body deteriorates, blood sugar levels increase, and various complications occur. Not only medications, but also phytotherapy (treatment with medicinal plants) and a proper diet play an important role in the treatment of the disease. Phytotherapy has been used in the treatment of diabetes for many years. Medicinal plants help cleanse the blood, normalize glucose levels, increase insulin sensitivity, and activate metabolism. Their effect is usually slow and gentle on the body, reducing the side effects of drugs. The most commonly used plants in patients with diabetes are: 1. Ginger - improves glucose metabolism, cleanses the blood, and helps normalize sugar levels. 2. Black cumin oil - activates the body's metabolism, increases insulin sensitivity, regulates lipid metabolism, and has an anti-inflammatory effect. 3. Ginger - increases insulin sensitivity, lowers glucose levels, and improves fat metabolism. 4. Ginseng – activates the overall metabolism, increases energy production and supports the endocrine system. 5. Bitter melon – lowers blood sugar, improves glucose entry into cells. 6. Fenugreek – enhances the effect of insulin and normalizes glucose levels. 7. Cinnamon – improves glucose and lipid profiles, supports metabolism. These plants are usually used in the form of tinctures, teas or capsules [7]. Dosages are determined under the supervision of a doctor depending on the patient's age, blood sugar level and other diseases. In combination with phytotherapy, it is important to regularly monitor blood sugar and adopt a healthy lifestyle. Diet, that is, a special diet, is one of the most important tools in the treatment of diabetes. Through nutrition, it is possible to maintain stable blood glucose levels, control weight and reduce complications associated with the cardiovascular system. Diet table No. 9 – is used as a simple diabetic diet. Its characteristic features: Restriction of carbohydrates, moderate consumption of protein and fat. Limit sugar, sweets, white flour and fatty foods. Eat fruits and vegetables in moderation. Diet table No. 10 - useful for heart or kidney complications of diabetes

SUMMARY

This article highlights the effectiveness of the integrated use of traditional medicine traditions and modern medical approaches in the conditions of Uzbekistan. Studies show that the combination of medicinal plants, natural remedies and dietary methods with modern diagnostics and therapy allows for comprehensive support of the patient's health, the formation of an individual treatment plan, and significantly increases the possibility of preventing and early detection of diseases. The article analyzes the historical roots of traditional medicine, including the scientific heritage of Abu Ali ibn Sino, Abu Rayhan Beruni and other great scientists. It is also noted that scientific research conducted at the Tashkent Pharmaceutical Institute on alkaloid-containing plants has made a significant contribution to the development of the field of phytotherapy and pharmacy. The pharmacological effects of biologically active substances contained in plants, in particular alkaloids, glycosides, essential oils, organic acids and microelements, their phenotypic and chemotypic differentiation, as well as ecological and standardization issues, are discussed in detail. These aspects are important in ensuring the effectiveness and safety of phytopreparations. The article also shows the use of phytotherapy in various areas. In pulmonology, plants such as maccu, thyme, yarrow and eucalyptus are used to cleanse the respiratory tract, have an anti-inflammatory effect and increase sputum secretion. In cardiology, yarrow, yarrow, lion's tail and garlic help normalize heart function, regulate blood pressure and strengthen blood vessels. In neurology, valerian, lion's tail, lavender, lemon balm, passionflower and St. John's wort are used to reduce stress, improve sleep quality and calm the

nervous system. In gastroenterology, chamomile, cumin, ginger, mint and aloe improve digestive processes, reduce flatulence and spasms, and restore the mucous membrane. In urology, fennel seeds, parsley and artichoke regulate the activity of the urinary tract, have a diuretic and anti-inflammatory effect. In the endocrine system, cumin, black cumin oil, ginger and ginseng play an important role in activating metabolism, increasing insulin sensitivity and normalizing glucose metabolism. Echinacea, garlic, ginger, honey, propolis, rose hips and citrus fruits are recommended to support the immune system. In the case of diabetes, the combined importance of phytotherapy and diet was emphasized. Medicinal plants support the patient's condition by improving glucose metabolism in the body, increasing insulin sensitivity, activating metabolism and reducing inflammation. Diet tables No. 9 and No. 10 are an important tool in maintaining stable blood sugar levels, controlling weight and reducing complications associated with the cardiovascular system. At the same time, phytotherapy and diet are most effective and safe when used under the supervision of a doctor, taking into account the individual condition of the patient, age, duration of the disease and other diseases. In general, the article proves the need to improve the quality of healthcare by combining traditional medicine and modern medical approaches, create individual and safe therapy for patients, as well as standardize and develop phytotherapy products on a scientific basis. Scientific research and practices conducted in these areas will contribute to the more effective implementation of integrative medicine in the healthcare system of Uzbekistan.

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