

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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دانشیار مرکز تحقیقات فلسفه و تاریخ پزشکی، بیوتکنولوژی، تغذیه،

بیماریهای عفونی و گرمسیری دانشگاه علوم پزشکی تبریز

رئیس تیم تحقیقاتی اخلاق و تاریخ پزشکی دانشگاه علوم پزشکی تبریز

عضو شورای پژوهشی مرکز تحقیقات حقوق و اخلاق پزشکی دانشگاه علوم

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<http://www.who.int/medicines>



WHO Traditional Medicine Strategy



Dr Samvel Azatyan

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What is traditional medicine?

WHO defines traditional medicine as including diverse health practices, approaches, knowledge and beliefs incorporating plant, animal, and/or mineral based medicines, spiritual therapies, manual techniques and exercises which can be used to maintain well-being, as well as to treat, diagnose or prevent illness.

بنا به تعریف سازمان جهانی بهداشت، طب سنتی به تمامی روش‌های درمانی، اطلاعات و دانسته‌های ما از محصولات بهداشتی و درمانی گفته می‌شود که همگی مربوط به استفاده صحیح از گیاهان، مواد معدنی، اجزای حیوانات و همچنین درمان‌های روحی و روانی و روش‌های درمانی با دست، به منظور درمان، تشخیص و پیشگیری از بیماری و حفظ سلامت هستند.



Traditional and Complementary/ Alternative Medicine

Categories of TM/CAM



Main Popular System of TM/CAM

- Traditional Chinese Medicine
- Indian **Ayurveda** Medicine
- Arabic **Unani** Medicine
- Homeopathy
- Chiropractic



Traditional and Complementary/ Alternative Medicine

Categories of TM/CAM

Medication

- Medicinal plants
- Mineral materials
- Animal materials

Non-medication

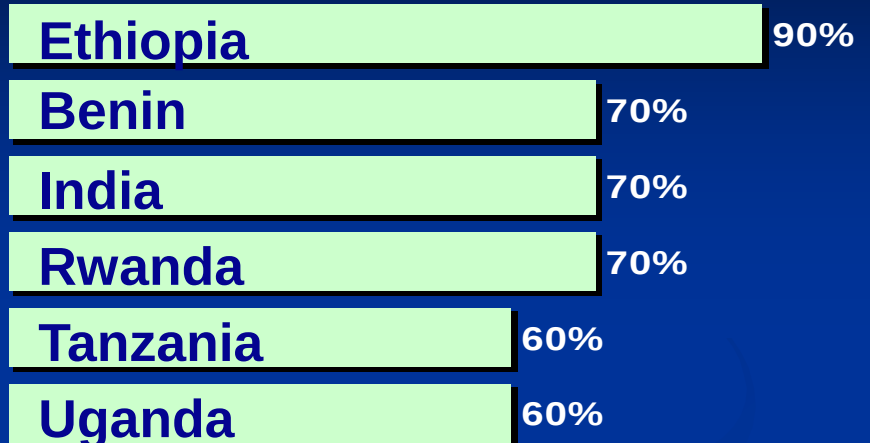
- Acupuncture
- Chiropractic
- Osteopathy
- Manual therapies
- Qigong, Taiji, Yoga
- Physical, mental and spiritual therapies

معالجات گیاهی، درمان های روحی و معنوی، طب سوزنی، یوگا، اشکال مختلف طب بومی و رژیم درمانی همه می توانند بخشی از طب سنتی یا طب مکمل به حساب آیند.

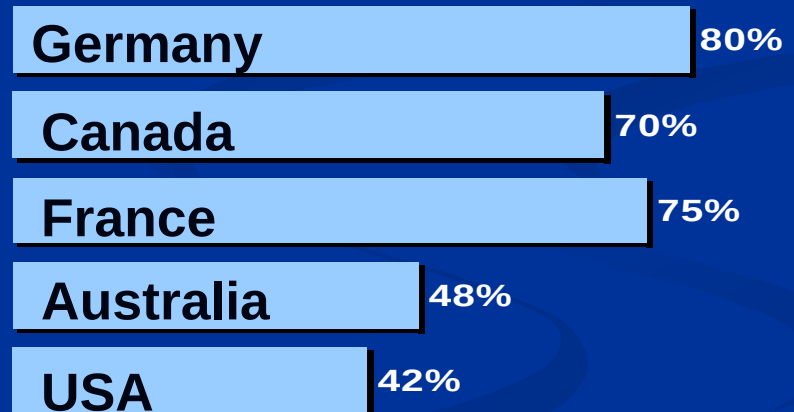


Populations using TM/CAM worldwide

Populations in developing countries using traditional medicine for primary health care

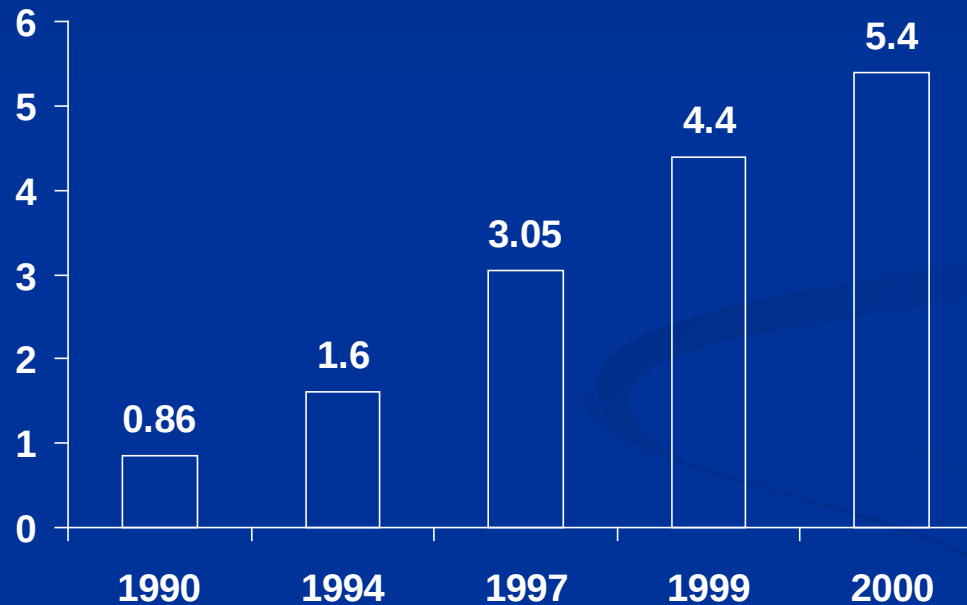


Populations in developed countries who have used complementary and alternative medicine at least once



Herbal medicines are rapidly increasing in economic importance

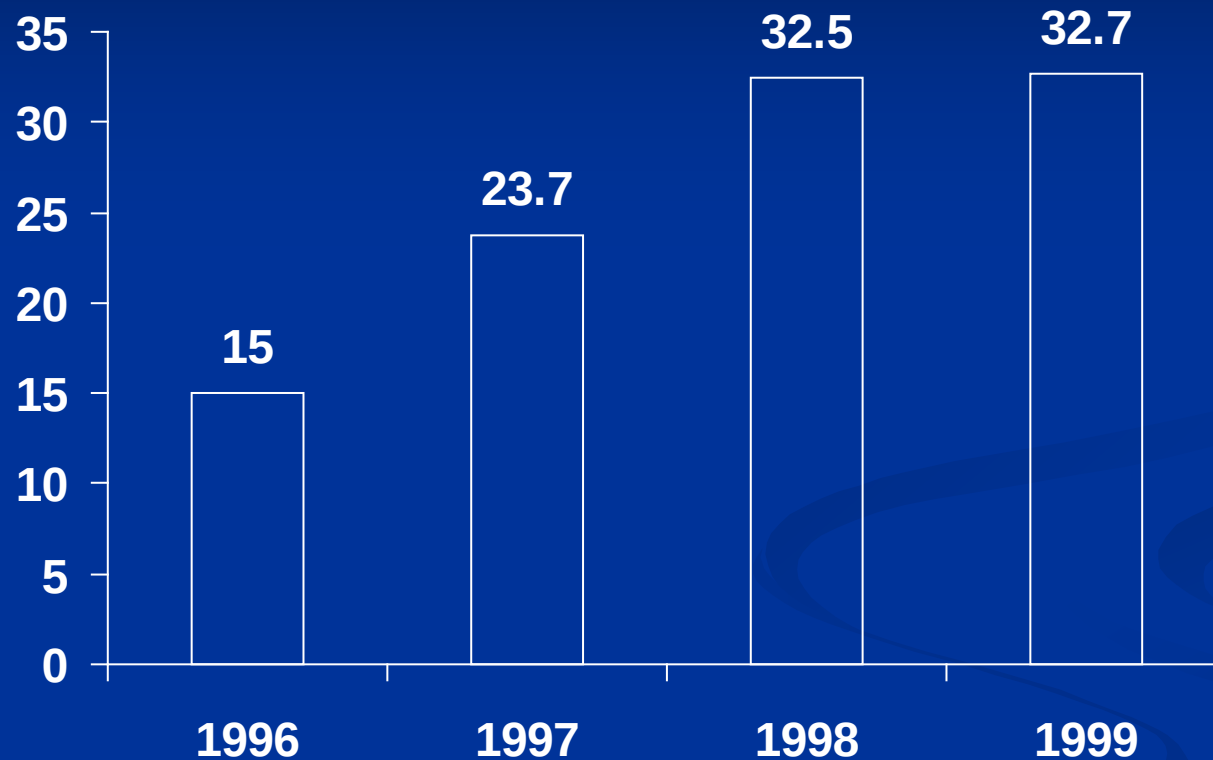
Marketing of Herbal Products
(Thousand million US\$)



Annual sales of OTC herbal medicines in USA



Marketing of Herbal Products in Canada (Million US\$)



Taken from: *Waiting for the Sheriff: From growth to uncertainty in the NHP market*, NDMAC Issue Seminar, 2000, Canada



Marketing of Herbal Products in Great Britain (Million US\$)



Source: House of Lords, 2000



Why traditional medicine?

**Accessible and affordable in
developing countries**

RATIO OF PRACTITIONERS TO POPULATION

	Traditional practitioner	Medical doctor
Swaziland	1:100	1:10,000
Ghana	1:200	1:20,000
Uganda	1:700	1:25,000
Mozambique	1:200	1:50,000



Why traditional medicine?

An alternative approach to health care in developed countries

- concern about the adverse effects of "chemical drugs",
- questioning of the approaches and assumptions of allopathic medicine, and
- greater public access to health information.



General considerations

- Despite its existence and use over centuries, traditional medicine has not been officially recognized in most countries.
- The safety and efficacy data on traditional medicine are far from sufficient.
- Lack of research data are mostly due to a lack of *adequate or accepted research methodology for evaluating traditional medicine*.



Uncritical enthusiasm *versus* uninformed scepticism

- strong reservations and often frank disbelief about the benefits of TM.
- demand has grown for evidence on the safety, efficacy and quality of TM products and practices.

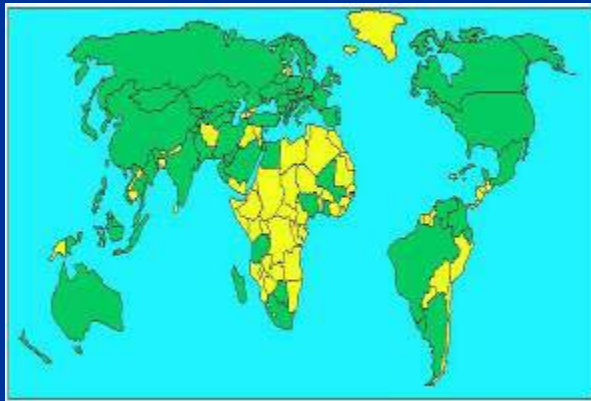
Increased use of TM/CAM has not been accompanied by an increase in the quantity, quality and accessibility of clinical evidence to support claims of TM/CAM.



Many challenges need to be met for potential of traditional medicine to be fully realized

Policy and regulation

Government policy and national regulations vary



Only **45** of 191 WHO Member States have a national policy for TM/CAM

Only **54** of 191 WHO Member States regulate herbal medicines



WHO Traditional Medicine Strategy



Policy: integrate TM/CAM with national health care systems

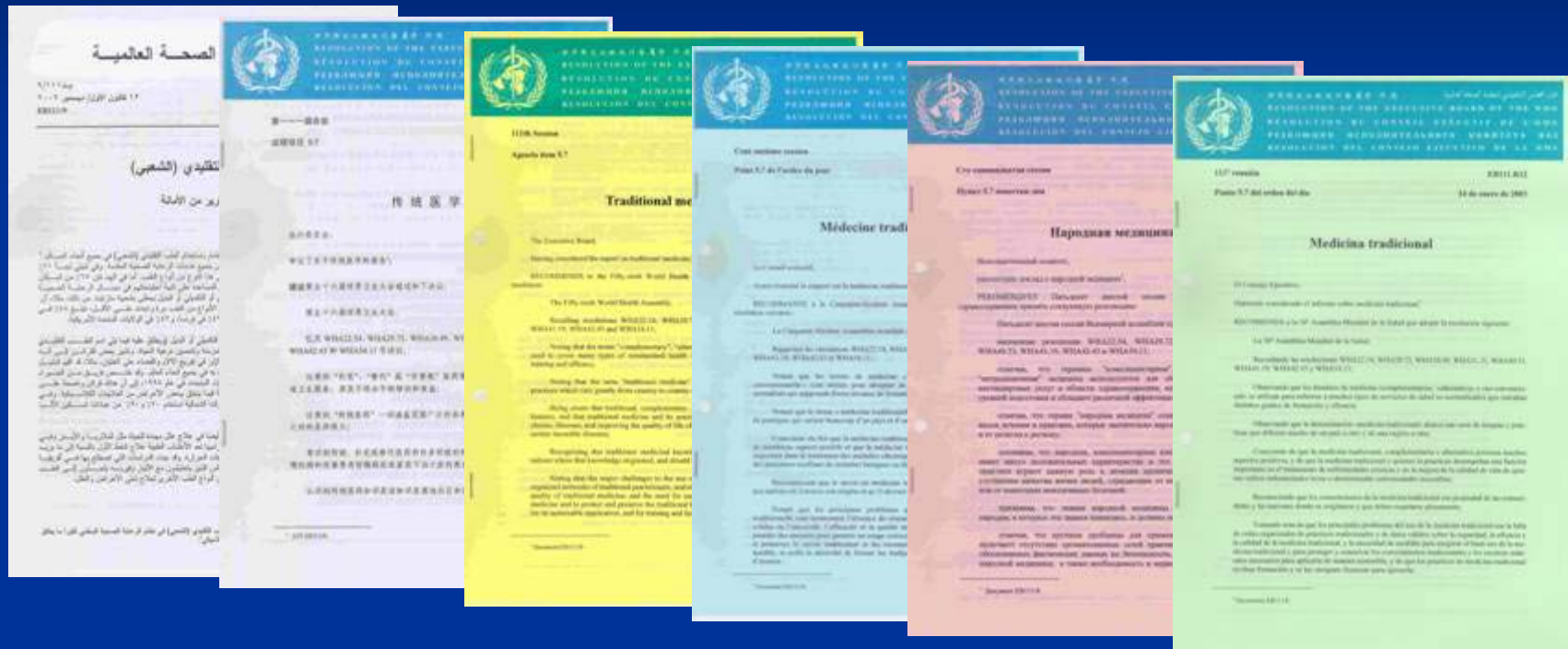
Safety, efficacy and quality: provide guidance and support for effective regulation

Access: ensure availability and affordability of TM/CAM

Rational use: promote therapeutically-sound use of TM/CAM by providers and consumers



WHO Executive Board Resolution, May 2003



Policy

National Capacity Building

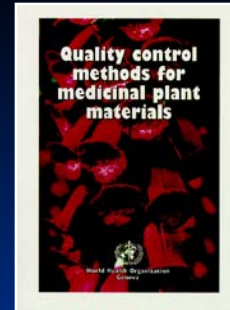
- Series of workshops
 - On regulation of herbal medicines

AFRO	2	AMRO	2
EMRO	2	SEARO	1
EURO	1	WPRO	1

- Support of the countries developing national policies on promoting proper use of TM/CAM



Safety, Efficacy and Quality



Quality control

- Good Agricultural and Collection Practices for medicinal plants
(کشت و جمع آوری کیفی گیاهان دارویی)
- Updating Quality Control Methods for Raw Materials of Medicinal Plants
(به روز نگهداشتن کنترل کیفی مواد اولیه گیاهان دارویی)
- Updating GMP guidelines for herbal medicines
(به روز نگهداشتن دستور العمل های گیاهان دارویی)
- Contaminants and residues
(توجه به آلودگی ها و مواد زائد)

Safety

- Developing Guidelines for Safety Monitoring and pharmacovigilance of Herbal Medicines



Access

- A growing herbal market and its great commercial benefit - need to ensure sustainable use of medicinal plant resources



- Difficulties relating to the protection of knowledge on traditional medicine

Rational Use

WHO developing training guidelines

- Training guidelines for chiropractic
- Training guidelines for manual therapies
 - Osteopathy
 - Chinese tui-na (A kind of massage)
 - Shiatsu
 - Judo-therapy
- Training Guidelines for Phytotherapy
- WHO Consumer Guidelines



Conclusion

- Traditional Medicine will contribute to human health care in the 21st century;
- There are many challenges to the safety and effective use of traditional medicine;
- The WHO Strategy will meet the gaps and challenges;

but...



It is long way to go...



Thank you !

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