

## Modern Medicine and the Role of Folk Medicine in Human Health

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**Abstract:** The article is devoted to studying the relevance alternative medicine in the modern world. The history of development is described this method of treatment, statistics on the use of various methods of traditional medicine in the 21st century. A feature of this study is the use of a survey in the form of anonymous questioning of people different ages and types of employment.

**Key points:** modern medicine, native medicine, alternative medicine, herbal medicine, hirudotherapy, bloodletting, manual therapy.

**Relevance of the work:** In the 21st century, the century of rapid progress and high technologies, traditional medicine occupies a special place. Everyone at least once in my life I turned to her for help. Whether it be decoctions and infusions from colds or clay masks to cleanse the skin.

Therefore, even in In the modern world, traditional medicine plays a significant role. Important, however, set priorities, since not all methods alternative medicine can be used to treat various diseases, and some of them can even be harmful. After all, according to certain statistical data, for example, in China in 2002 from Traditional medicine affected 9854 people. Our goal is to find out the degree of awareness of the Russian population on issues related to traditional medicine. In connection with the goal, the main task is to study the negative and positive perceptions of people about the treatment of complex diseases using traditional methods medicine.

**Material and research methods:** This study took participation of 339 people, most of whom were 1st and 2nd year students universities of different fields. Also took part in the survey pensioners and people of various professions, including doctors, entrepreneurs, economic, legal and technical workers sectors. To obtain empirical data, we used sociological method - questioning. To process statistical data (as well as their collection) the Google Forms program was used.

The age ratio of respondents is presented in the diagram below, where the age of the majority of respondents (85.5%) is in period from 18 to 25 years inclusive, a smaller part (1.5%) – more 50 years. The percentage of other groups is: 6.5% - 16-17 years, 3.8% - from 36 to 50 years and 2.4% - from 26 to 35 years, respectively.

**History:** Alternative medicine has always been in great demand among population. This term refers to the use in medicinal for the purposes of herbs, decoctions, moods, balms, as well as such techniques as acupuncture (acupuncture), bloodletting, hirudotherapy (treatment leeches) and so on. In fact, the history of modern medicine takes its origins from the folk.

The first mentions were noted in “Russkaya Pravda” in the first quarter of the 11th century. At this time, healers were called lechtsy. They used medicines based on wormwood, plantain, nettle, wild rosemary, thistle, birch leaves, linden, ash bark, onion, garlic, horseradish and birch sap, as well as They consumed honey, cod liver, and milk. It was believed that jewelry from Certain stones have healing properties. For example, Yakhont necklaces made childbirth easier.

The main place for all medical procedures was steam bath. They delivered babies there, cared for newborns, they adjusted dislocations and did bloodletting, performed massages, rubbed medicinal ointments. Centuries later, the famous Russian obstetrician N.M. Maksimovich-Ambodik (1744-1812) wrote: "The Russian bathhouse is still It is considered an indispensable remedy for many diseases. In medical science there is no medicine that would be equal to the power of... a bath" (source "History of Medicine", T. S. Sorokina) With the further development of medicine, various techniques appeared treatment.

Methods of treatment using traditional medicine methods [2,3]:

1. Acupuncture (acupuncture) is one of the most ancient methods treatment and pain relief. The origins of the development of this method are not reliably known. People rubbed their bruises and found sore points (points).

In an effort to reduce pain, they influenced them. First this there were means at hand. The evidence was found pointed stones, bamboo sticks. Acupuncture originated in China and remains popular to this day. Biologically active points, the impact of which leads to an improvement in the condition of the body.

For example, the palm contains a lot of points responsible for different organs. In the center of the palm there is a place associated with the stomach. From the brush hands, to the left of the center there is a point connected to the esophagus. On the sides wrists - points associated with the lungs. Along the edges of the palm, closer to the phalanges, places responsible for the intestines.

2. Hirudotherapy (treatment using leeches). In ancient times this the method was used everywhere. By the 20th century it had lost its relevance, however, in the 21st century it is again used in medicine. Leeches squirt salivary enzyme hirudin, which prevents blood clotting, reduces inflammatory reactions. Leeches are used in treatment diseases such as diabetes, glaucoma, thrombophlebitis, obesity, thyroid disease, migraine, bronchitis, bronchial asthma and other.
3. Bloodletting is a method based on removal from the body a certain amount of blood using punctures, hirudotherapy, cuts. This method was popular until the 19th - 20th centuries and was used for treatment of cardiovascular failure, pneumonia, with sudden increased blood pressure, poisoning with various poisons, uremia.
4. Herbal medicine is a method based on the use of herbs and complex preparations from them. This method is often attributed fungotherapy (treatment with mushrooms), apitherapy (treatment with bee venom and their other products). Herbal medicine uses herbs (such as chamomile, oregano, calendula, lemon balm), subshrubs (lavender, thyme), shrubs (rose hips, hawthorn, black elderberry), trees (birch, oak, linden) and algae (kelp).
5. Hydrotherapy - the use of procedures such as baths, washing, wrapping, wiping for treatment and prevention purposes diseases. There are local and general methods of influence, as well as physical (hydromassages), temperature, chemical. Thereby the walls of blood vessels are stimulated, immunity increases, relaxation, improved blood circulation.
6. Clay therapy - the use of clays of different temperatures for treatment arthritis, osteochondrosis, psoriasis, seborrhea, diabetes and rickets.
7. Manual therapy - the use of the therapist's hands for treatment purposes diseases of the musculoskeletal system.
8. Conspiracies, whispering - using a certain volume voices for suggestion.

**Results:** When a person faces a choice between modern and traditional medicine, it is primarily based on previous experience, both your own and that of your ancestors: parents, grandmothers and grandfathers, as well as immediate relatives. Most people adopts the traditions of his family and passes them on from generation to generation.

This is how modern youth become familiar with folk medicine.

The survey showed that most respondents are in one way or another connected with medicine, often through close relatives: 5.3% respondents are themselves medical professionals (from doctors to junior medical personnel), 32.2% have relatives occupying positions the position of a doctor of one or another specialization, and for 22.1% of respondents in the family has representatives of nursing staff [Fig. 3].

It was also revealed that a considerable number of respondents (88.5%) relatives use traditional medicine, despite the fact that only 61.7% of respondents use the techniques themselves alternative medicine.

Survey conducted by Levada Center, as reported by Interfax [4], showed that more than half of Russians (52%) trust the methods of folk medicine.

Number of medical workers among respondents' immediate relatives limited impact on people. Primarily due to following traditions of ancestors, as well as due to the special mentality of the population. By according to our survey, the effectiveness of traditional medicine methods was noted in 47% of respondents, and 45.2% of noticeable improvements in the treatment process was not observed.

According to the data we collected, we can conclude that most often people (80%) use herbs and herbs to solve their problems, in second place in popularity is medicinal clay (22.9%), third hydrotherapy takes the place (20.8%) [Fig. 5]. Based on our data studies, the vast majority of people (77.3%) receive information about traditional methods of treatment through the family, from generation to generation. This is especially true for the use of herbs and tinctures (80%).

It is worth noting that these treatment methods are suitable for small spectrum of diseases. Also, these techniques are used not only in for health purposes, but also to achieve beauty and youth. At half cases (52%) the use of alternative medicine is successful when using it for cosmetic purposes (to improve the condition skin, acne and post-acne treatment). However, almost half of the people did not notice improvements. Only 2.8% of respondents noted a strong deterioration condition.

**Conclusion:** Thus, we can conclude that folk medicine has not lost its popularity. Despite the fast developing modern medicine and people's desire for everything new, the experience and knowledge of our ancestors is recognized in the 21st century.

Alternative medicine is quite relevant in modern times. world, however, one cannot say about its full effectiveness.

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