

Effectiveness and Integrated Therapeutic Adverse Events of Traditional Medicine in Today's World

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DESCRIPTION

People suffering from any disease or illness may receive different treatments for different reasons. Traditional medicine has long been used to alleviate ailments associated with the changing seasons. Traditional medicines are increasingly seen as a symbol of safety compared to synthetic medicines, which are regarded as harmful to humans and the environment. These medicines are referred to as Health practices, approaches, knowledge, and beliefs, including herbal, animal, and mineral medicines, psychotherapy, procedures, and exercises, used alone or in combination to treat, diagnose, prevent, or prevent points. Traditional medicines have no side effects, are relatively safe, environmentally friendly, and are widely used. Herbal medicines have been valued for their medicinal, flavoring, and aromatic properties for thousands of years, but traditional medicines have temporarily overturned their importance. This medicine is used by about 60% of the population. These drugs are not only used by the rural population but are also used in developing countries for major healthcare needs. It is rapidly gaining attention due to increased attention by government agencies and various NGOs composed of the general public and researchers, as well as the increasing side effects, and cost factors of modern medicine.

More than 80% of the population in developing countries cannot afford the most basic medical treatments, medicines, and vaccines. Complementary and alternative practices are popular among wealthier people in both developed and developing countries, but evidence of their safety and effectiveness is scant. Tobacco is the first plant that the Creator gave to Native people and it is the main activator of all plant spirits. The other three plants, sage, cedar, and sweetgrass followed by tobacco, together are called the four sacred medicines. Traditional medicines have few side effects, have been recommended for generations, and are highly effective and therefore well tested. In addition, traditional medicine is made from herbs and natural remedies and not only cures specific symptoms but also restores the whole body to a healthy state. So, traditional medicine is a passive or

limited treatment but it provides an error-free treatment for those symptoms without any side effects.

Conventional therapies are beneficial in treating mental health problems such as chronic illnesses and stress-related disorders. The role of traditional medicine has played an important role in Myanmar's history. Although the use of modern medicine has increased dramatically, it is not easily accessible to many people, especially in rural areas, due to its prohibitive cost and limited availability. Partly as a complement to modern medicine and partly as an alternative to modern medicine, it is still practiced by the majority of the population. Based on personal experience and traditional beliefs regarding the effectiveness of different societies have historically developed a variety of beneficial healing methods to combat a variety of health and life-threatening diseases. Traditional medicines, also known as complementary and alternative medicine or ethnic medicine continue to play an important role in many countries in today's world. The drugs used in Transcendental Meditation are mostly derived from natural products.

Traditional medicine is the sum of the total theories, beliefs, empirical knowledge, skills (the ability to apply empirical knowledge), and practices of various cultures, whether explainable or not, for the maintenance, prevention, and maintenance of health, used for diagnosis and used to improve physical or mental illness. Traditional medicine includes ancient methods such as Ayurveda and Ayurvedic medicine, as well as acupuncture, modern medicine, and herbal medicine. Ayurveda is considered one of the oldest recognized Traditional Medicine Systems (TSM) in the world.

For instance, traditional physicians cannot perform surgeries or any complex ailments using only traditional medicine. Dosing has to do by measuring the drug to the patient. This is primarily done to prevent potential abuse and overdose. Traditional medicine experts always warn against taking traditional medicines with modern alternatives due to the possibility of adverse reactions.

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