

“CONFERENCE OF NATURAL AND APPLIED SCIENCES IN SCIENTIFIC INNOVATIVE RESEARCH”

Volume 02. Issue 09. October 2025

MEDICAL TOURISM IN ASIA

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Abstract: Medicine is developed in India, China and Uzbekistan. We can not say that we can find a cure for some disease in some country. This article is written about the places famous for medical tourism in Asia, that is, the city of Zomin in Uzbekistan and China. What kind of diseases are treated in these places, whether in a modern way or in a traditional way, these questions have been answered. About the diseases and how they claim, which country is affordable and convenient, all this is covered. You will learn about the medical tourism of these places, get acquainted with pictures and statistics. When I researched about the medical tourism of these places, these places are very reliable, cheap and many people have been cured. You can easily travel to these places, get healing or just relax. China India and Zomin are all three cheap but reliable places. For example, if you want to travel along with the treatment of nervous systems, Zomin sanatorium in Uzbekistan, if you want to get treatment for oncology, cardiovascular diseases, etc., India, for reproductive health and plastic surgery, China is a very suitable place. In general, there are many places where they stand out.

Key words: Uzbekistan, India , China, Zomin, medical tourism, oncology, cigarette, ayurveda, plastic surgery.

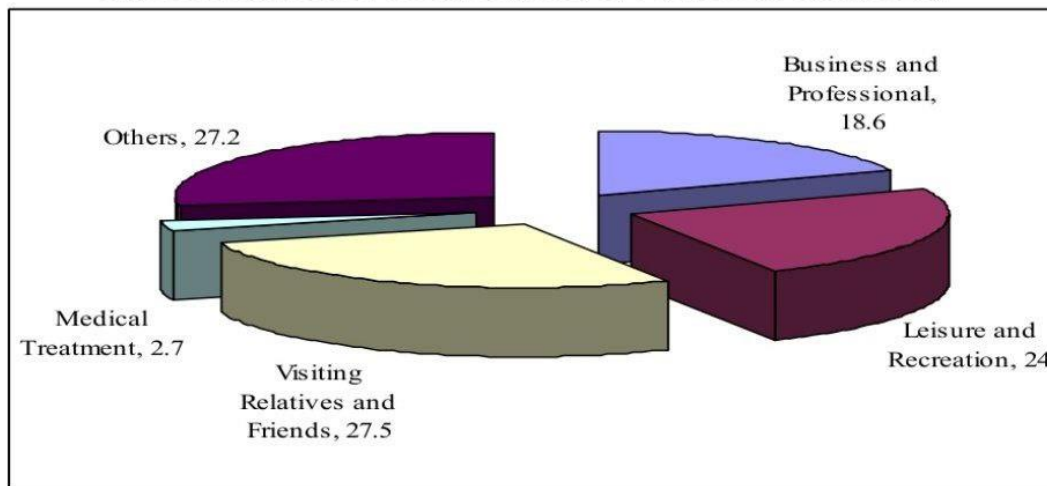
Introduction

In 2024 , 16,511,988 people died of cancer. The number of cigarettes smoked in a day is 5,924,195,168,231 , almost 6,000,000,000,000 cigarettes are smoked. Currently, the world population is 8,156,586,901 people. These indicators are increasing every second. I did not start with these statistics for nothing. Because this article is closely related to them. The title of the article is called medical tourism in Asia. It is written about the medical tourism of India , Uzbekistan and China. For example, in which country can you find a cure for cancer while reading this article? Where to go to stimulate the lungs with fresh air, filled with the harm of cigarettes, and we will consider the answers to such questions in this article.

India`s medical tourism

India has developed medical tourism for treatment of infectious diseases, diabetes, cardiovascular diseases, oncology, mental health and traditional medicine, i.e. Ayurveda. **Cardiovascular diseases.** Cardiovascular diseases are a serious problem in India and these diseases threaten the lives of many people. people are suffering from these diseases not only in India but also all over the world. since many people are facing this disease, this treatment started in India and many Asian countries are turning to Indian medicine for their heart diseases. **Oncology** .In India, the field of oncology is developing rapidly. The country has a number of well-established medical centers, research institutes and treatment programs for cancer patients. This area has not been left out of the eyes of the people of foreign countries. Foreign people flock to India for oncology treatment. **Ayurvedic treatment.** People from abroad also come for Ayurvedic treatment. Ayurveda is a traditional system of medicine from India, which is known and widely practiced all over the world. Many people use Ayurvedic methods to maintain health and cure diseases. Many clinics and centers located in India accept international patients and help them through various therapies such as herbal medicines, oils and meditation. Also, people from abroad can come to participate in Ayurveda courses and seminars. All of the above diseases are dangerous and can lead to death. But you can cure these diseases with Indian medicine. Today, modern and ancient Ayurvedic methods with a history of 4,000 years are being used. This is, visitors` diagram

Chart 3.3: Proportion of FTAs in India by Purpose of Visit (2010)



Source: Government of India (2011b).

(source: K.R.Shanmugam, 2013.)

Zomin sanatorium

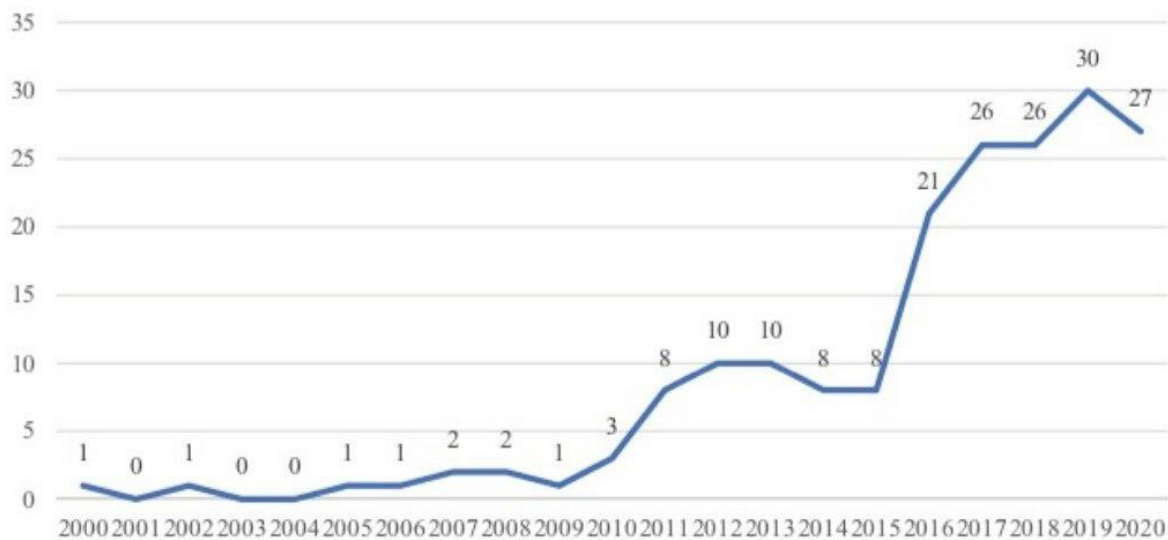
Zomin sanatorium is one of the best resorts in Uzbekistan today, which can attract foreigners and help you recover your health. Treated here with several methods; **Treatment with camel milk.** stomach diseases, skin problems and to strengthen immunity are treated with camel milk. special diets are developed for consumption of camel milk. These diets are prepared individually depending on the patient's health and disease state. During the treatment with camel milk, the condition of the patients is constantly monitored by the doctors. **Respiratory diseases.** It treats respiratory tract diseases as well as asthma, bronchitis, pneumonia, chronic obstructive pulmonary disease, allergic rhinitis and quality breathing problems. These diseases are mainly dust and smoke, because the diseases caused by smoking are considered to be cured by the fresh air of the ground and people go again and again because they benefit. The air of Zomin is very clean. This is because the area full of juniper is a mountainous zone and people are not allowed to live near the reserve. Cottages and sanatoriums have been built for vacationers and patients, and all conditions have been created for visitors. Even an airport was built for the convenience of tourists. **Tandir.** One of Zomin's national dishes, tandir (oven-baked meats), is also loved by many visitors, who have noticed significant improvements in their health. This food strengthens immunity and makes you healthy. The nature of soil is not only beautiful but also a cure for many ailments. This picture is Zomin sanatorium:



Medical tourism in China

China's traditional and modern medicine is increasing year by year, and it is one of the countries with the most developed medical tourism. Foreign citizens go to China mainly to find cures for these diseases and problems. **Oncology.** China has some modern oncology procedures and alternative treatment methods. Foreign citizens turn to special clinics for cancer treatment. **Reproductive health.** Some couples turn to Chinese medicine for treatment of infertility problems. Reproductive technologies and methods such as IVF (in vitro fertilization) are well developed in China. The reason for China's development in this field is that they cooperate with Malaysia, that is, Malaysia helps. Because the success rate of IVF treatment in Malaysia (about 66%) is higher than the world average (50%) is higher. (Kei Wei and Ji Ming Liao, 2018). **Cardiovascular diseases.** Another reason is the presence of special treatments and rehabilitation programs for cardiovascular diseases .

The reason why China's medical tourism is so highly ranked is that it is gaining the attention of foreign citizens due to the relatively low cost of medical services and the availability of alternative treatment methods. Figure presents the evolution process of medical tourism research in China. Before 2014, medical tourism research apparently advanced very slowly with only a handful of articles emerging in academia. The upward trend has become obvious since 2015 and reached its highest point in 2019. (Huahua Li, Yingying Du, Tao Xue and Carson Lewis Jenkins , 2022).



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Conclusion

According to statistics, the number of people who died due to smoking this year is 10,041,769. Above, it was written about how many cigarettes are smoked in 1 day. You learned about the Zomin sanatorium of Uzbekistan to get fresh air. You have learned that India and China are reliable and affordable countries for cancer treatment. You concluded that it is necessary to turn to the modern technologies of China regarding plastic surgery and reproductive health issues. "Thus, the issue of the topic is not only of interest to all of us, but also of great importance for our future generations. Our task is to solve these issues. is to take action and actively participate in the creation of new opportunities".

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