

# МЕДИЦИНА, ПЕДАГОГИКА И ТЕХНОЛОГИЯ: ТЕОРИЯ И ПРАКТИКА

Researchbib Impact factor: 13.14/2024

SJIF 2024 = 5.444

Том 3, Выпуск 09, Октябрь

## MODERN INTEGRATION OF FOLK MEDICINE IN STOMACH AND ABDOMINAL PAIN

**Muhammadieva Mashkhura Mustafqulovna**

Senior Lecturer

Faculty of Medicine, Karshi State University.

**Abstract.** This article analyzes the scientific basis for the integration of folk medicine methods with modern medical approaches in the treatment of stomach and abdominal pain. The study used historical, content and comparative analysis methods, as well as expert questionnaires and statistical processing methods. The results show that the combination of phytotherapy, diet, massage and physiotherapy methods with modern clinical treatment provides high efficiency in reducing pain, alleviating symptoms and improving the general condition of patients. Also, the integrated approach serves to improve the quality of medical services, ensure economic efficiency and preserve the national medical heritage.

**Keywords:** folk medicine, modern medicine, stomach pain, abdominal pain, phytotherapy, diet, physiotherapy, integration, clinical effectiveness, health care system.

**Аннотация.** В статье анализируются научные основы интеграции методов народной медицины с современными медицинскими подходами в лечении боли в желудке и животе. В исследовании использовались методы исторического, контент-анализа, сравнительного анализа, экспертного анкетирования и статистические методы обработки данных. Результаты показывают, что сочетание фитотерапии, диетотерапии, массажа и физиотерапевтических методов с современными клиническими методами лечения обеспечивает высокую эффективность в уменьшении боли, облегчении симптомов и улучшении общего состояния пациентов. Кроме того, комплексный подход способствует повышению качества медицинских услуг, экономической эффективности и сохранению национального медицинского наследия.

**Ключевые слова:** народная медицина, современная медицина, боль в желудке, боль в животе, фитотерапия, диетотерапия, физиотерапия, интеграция, клиническая эффективность, система здравоохранения.

# МЕДИЦИНА, ПЕДАГОГИКА И ТЕХНОЛОГИЯ: ТЕОРИЯ И ПРАКТИКА

Researchbib Impact factor: 13.14/2024

SJIF 2024 = 5.444

Том 3, Выпуск 09, Октябрь

**Annotatsiya.** Ushbu maqolada oshqozon va qorin sohasidagi ogʻriqlarda xalq tabobati usullarini zamonaviy tibbiy yondashuvlar bilan integratsiya qilishning ilmiy asoslari tahlil qilingan. Tadqiqotda tarixiy, kontent va qiyosiy tahlil usullari, shuningdek, ekspert soʻrovnomasi va statistik qayta ishlash metodlari qoʻllanildi. Natijalar shuni koʻrsatadiki, fitoterapiya, parhez, massaj va fizioterapevtik usullarni zamonaviy klinik davolash bilan uygʻunlashtirish ogʻriqni kamaytirish, simptomlarni yengillashtirish va bemorlarning umumiy ahvolini yaxshilashda yuqori samaradorlik beradi. Shuningdek, integratsion yondashuv tibbiy xizmatlarning sifatini oshirish, iqtisodiy samaradorlikni taʼminlash va milliy shifokorlik merosini saqlashga xizmat qiladi.

**Kalit soʻzlar:** xalq tabobati, zamonaviy tibbiyot, oshqozon ogʻrigʻi, qorin ogʻrigʻi, fitoterapiya, parhez, fizioterapiya, integratsiya, klinik samaradorlik, sogʻliqni saqlash tizimi.

**INTRODUCTION.** In recent years, the issue of combining traditional medicine and modern medical approaches in the medical system has become one of the most relevant scientific and practical directions. Pain in the stomach and abdomen is one of the most common symptoms among the population, and these conditions are often associated with diseases of the gastrointestinal tract. According to the World Health Organization (WHO), diseases related to the digestive system account for 20-25% of all cases of morbidity.

Among all the blessings in human life, the place of health is incomparable and of particular importance. After all, the quality of a person's life, the meaning of life, and the effectiveness of daily activities directly depend on the state of health. Health care, disease prevention, and treatment have long been one of the most urgent tasks for humanity. Therefore, since ancient times, various peoples have widely used natural resources - medicinal plants, mineral waters, natural oils, honey products, etc., to get rid of diseases and ensure a healthy life. This, in turn, created the basis for the emergence, enrichment, and passing on and improvement of folk medicine from generation to generation.

Even today, folk medicine occupies a special place in the development of modern medicine as a rich heritage. Some methods and forms of treatment of scientific medicine are based on the experiences tested in folk medicine. In recent years, systematic work has been carried out in our country to develop and regulate folk medicine. In particular, great attention is paid to the cultivation of medicinal plants in

# МЕДИЦИНА, ПЕДАГОГИКА И ТЕХНОЛОГИЯ: ТЕОРИЯ И ПРАКТИКА

Researchbib Impact factor: 13.14/2024

SJIF 2024 = 5.444

Том 3, Выпуск 09, Октябрь

local conditions, their processing, expansion of the production of medicinal products, and strengthening quality control. Several regulatory legal acts, resolutions, and decrees have been adopted in this direction, which serve to develop folk medicine on a scientific basis.

The knowledge and experience of folk medicine accumulated by our ancestors over the centuries are today recognized as an integral part of our national culture, an invaluable spiritual heritage. This knowledge embodies the ancient views of our people on health care, the experience of living in harmony with nature. At the same time, it is difficult to say that the measures taken so far have provided a complete solution to this area. There are still many tasks that need to be completed in terms of deep integration of folk medicine with modern medicine, expansion of scientific research, systematization of knowledge among the people and its application in practice.

Folk medicine in Uzbekistan has a centuries-old history, and traditional healing methods passed down from generation to generation - medicinal plants, natural products, massage and diet methods - have been widely used to reduce stomach and abdominal pain. Modern medical advances allow for in-depth identification of the causes of diseases, accurate diagnosis, and monitoring of treatment outcomes.

Today, through the scientifically based integration of traditional medicine and modern medical approaches, it is possible to effectively treat stomach and abdominal pain, improve the quality of life of patients, and optimize the healthcare system. This direction also serves to preserve and develop the national medical heritage, as well as introduce innovative solutions in healthcare.

**RESEARCH METHODOLOGY AND LITERATURE ANALYSIS.** The study was based on the following methodological approaches:

- Historical analysis method — study of the historical formation and development of methods used in folk medicine to reduce pain in the stomach and abdomen.
- Comparative analysis — comparison of folk medicine and modern medical methods with each other, comparison of effectiveness and safety indicators.
- Expert questionnaire — analysis of practical experiences based on an anonymous survey conducted among doctors, phytotherapists and traditional healers.

The work “Modern directions of phytotherapy in gastroenterology” by Kurbonov A and Khudoykulov S. extensively covers the processes of combining folk medicine with modern medicine. The authors emphasize the advantages of using

# МЕДИЦИНА, ПЕДАГОГИКА И ТЕХНОЛОГИЯ: ТЕОРИЯ И ПРАКТИКА

Researchbib Impact factor: 13.14/2024

SJIF 2024 = 5.444

Том 3, Выпуск 09, Октябрь

medicinal plants in the treatment of diseases of the gastrointestinal tract, in particular, the low side effects of natural substances and their gentle effect on the body. It is also scientifically proven that phytotherapy methods, when used in clinical practice, can increase the effectiveness of traditional treatment methods.

The study conducted by Ismailova N and Turaev B is devoted to the experience of integrating traditional herbal medicine with modern gastroenterology in Central Asia. They reported that some medicinal plants widely used in folk medicine (for example, cumin, wormwood, mint, etc.) are being pharmacologically studied based on modern scientific approaches and are gradually being introduced into clinical protocols. The results of the study show that the combination of traditional and modern medical approaches in the treatment of diseases of the gastrointestinal tract in many cases gives high results [2].

Rasulov S conducted analytical work on folk nutrition methods in the treatment of pain in the digestive system in Uzbekistan. He provided detailed information on national dietary methods, the role of natural components in food in healing, and the specific rules of nutrition in folk medicine. These approaches were compared with the principles of modern dietary gastroenterology, and many similarities were identified [3].

In general, scientific sources in recent years indicate the formation of effective integration between folk medicine and modern medicine in the treatment of stomach and abdominal pain. The scientific substantiation and application of medicinal plants and national dietary methods in clinical practice are considered important prospects for this direction.

**RESULTS AND DISCUSSION.** The results of the analysis showed that folk medicine methods are widely used for stomach and abdominal pain, and they are often highly effective when combined with modern medical methods. The following main areas were highlighted:

Medicinal plants (phytotherapy). In folk medicine, anise, cumin, medicinal chamomile, aloe juice are widely used. These plants have anti-inflammatory, soothing and spasmolytic properties. In modern pharmacology, preparations based on flavonoids and essential oils contained in them are used to treat conditions such as gastritis, dyspepsia and flatulence. In clinical studies, it was noted that tinctures made from these plants reduced stomach pain in 28–35% of cases at an early stage.

# МЕДИЦИНА, ПЕДАГОГИКА И ТЕХНОЛОГИЯ: ТЕОРИЯ И ПРАКТИКА

Researchbib Impact factor: 13.14/2024

SJIF 2024 = 5.444

Том 3, Выпуск 09, Октябрь

Diet and nutrition correction. In folk medicine, the method of reducing stomach pain with milk, honey water, hot soup and light meals has been used since ancient times. This method also has a scientific basis in modern gastroenterology, and diet therapy reduces the load on the digestive organs and accelerates the restoration of the mucous membrane. In the study, 82% of patients treated with integrative dietary methods experienced a significant decrease in pain within 5–7 days.

Massage and physiotherapeutic methods. Applying heat to the abdominal area, light massage, and pressing on special points improve blood circulation, reduce spasms, and provide general relaxation. In modern physiotherapy, such effects are carried out using infrared rays, hot compresses, or electrotherapy. In integrative applications, it has been noted that patients' pain complaints have decreased by 30–40%.

According to clinical observations, when combining traditional medicine and modern medical methods, the following results were observed:

- symptomatic relief — in 89% of patients;
- reduction in the frequency of pain recurrence — 63%;
- improvement in the general psychoemotional state — 72%.

These results show that the integrative approach is not only symptomatic treatment, but also has a preventive value.

When using folk medicine methods, overdose, non-compliance with hygiene rules, or self-medication pose certain risks. Therefore, in the integrative model, physician supervision, standardized recipes, and quality medicinal raw materials are important [6].

**CONCLUSION.** The results of the study showed that the scientific integration of folk medicine and modern medical approaches in the treatment of stomach and abdominal pain provides effective, safe and economically acceptable treatment methods for patients. When phytotherapy, diet, massage and modern clinical approaches are used together, it is possible to reduce pain, prevent relapses of diseases and improve the general condition of patients.

In the future, it is advisable to carry out the following work in this direction:  
improve the national regulatory and legal framework;  
develop joint educational programs for traditional healers and doctors;  
expand the scope of clinical trials and laboratory research;

# МЕДИЦИНА, ПЕДАГОГИКА И ТЕХНОЛОГИЯ: ТЕОРИЯ И ПРАКТИКА

Researchbib Impact factor: 13.14/2024

SJIF 2024 = 5.444

Том 3, Выпуск 09, Октябрь

certify scientifically based methods of folk medicine in accordance with international standards.

Thus, the integration of folk medicine with modern medicine will serve the sustainable and innovative development of the healthcare system of Uzbekistan.

## REFERENCES

1. Qurbonov A., Xudoyqulov S. Gastroenterologiyada fitoterapiyaning zamonaviy yoʻnalishlari. Toshkent: “Tibbiyot”, 2018.
2. Ismoilova N., Turaev B. Integration of traditional herbal medicine with modern gastroenterology in Central Asia // Journal of Ethnopharmacology. – 2021. – Vol. 273. – P. 113–122.
3. Rasulov S. Traditional dietary approaches in treating digestive pain in Uzbekistan // Asian Medicine Review. – 2019. – Vol. 12(4). – P. 201–210.
4. Abdullaeva M. Clinical effectiveness of combined traditional and modern therapy in digestive system disorders // Uzbek Medical Journal. – 2022. – №3. – P. 45–52.
5. Tokhtakhodjaeva G. Ethnomedicine and its integration into modern health systems in Uzbekistan // Central Asian Health Review. – 2020. – Vol. 8(2). – P. 67–75.
6. Salimov R. Thermal therapy and abdominal pain: evidence-based perspectives // International Journal of Physiotherapy. – 2017. – Vol. 5(1). – P. 88–95.