IJFANS INTERNATIONAL JOURNAL OF FOOD AND NUTRITIONAL SCIENCES
ISSN PRINT 2319 1775 Online 2320 7876
 Journal UGC CARE Listed (Group-I) Volume 11,Sp Issu 11A 2022

"A Comparative Study on Traditional Medicine and Modern Allopathic Drugs".

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Abstract:

Traditional medicine and allopathic drugs belong to two significant aspects of care solutions with different strengths and limitations. Traditional medicine is based on cultural and historical practices and focuses on holistic, preventive care and remedies that are natural. Conversely, conventional western medicine depends on scientific research, laboratory-produced drugs, and symptomatic short-term relief. The paper is a fair analysis of the two systems and determines the effectiveness of the two systems, their accessibility, safety, and contribution to the area of public health. The objective of the study will be to determine complementary elements of both modern medicine and traditional medicine that can be used in the model of an integrative healthcare approach.

Keywords: Traditional Medicine, Allopathic Medicine, Herbal Remedies, Holistic Healthcare, Modern Drugs, Comparative Study, Integrative Medicine

Introduction:

Medicine has been over the years a core of the human civilization building the mode in which societies prevent, diagnose, and treat diseases. The world has two reigning healthcare systems, namely, traditional and modern allopathic medicine. Although traditional medicine is also a thousand years old and is entrenched in centuries of cultural history, allopathic medicine is only relatively young being discovered in the 19 th and the 20 th century as scientific inquiry and the exploration of pharmaceuticals became commonplace.

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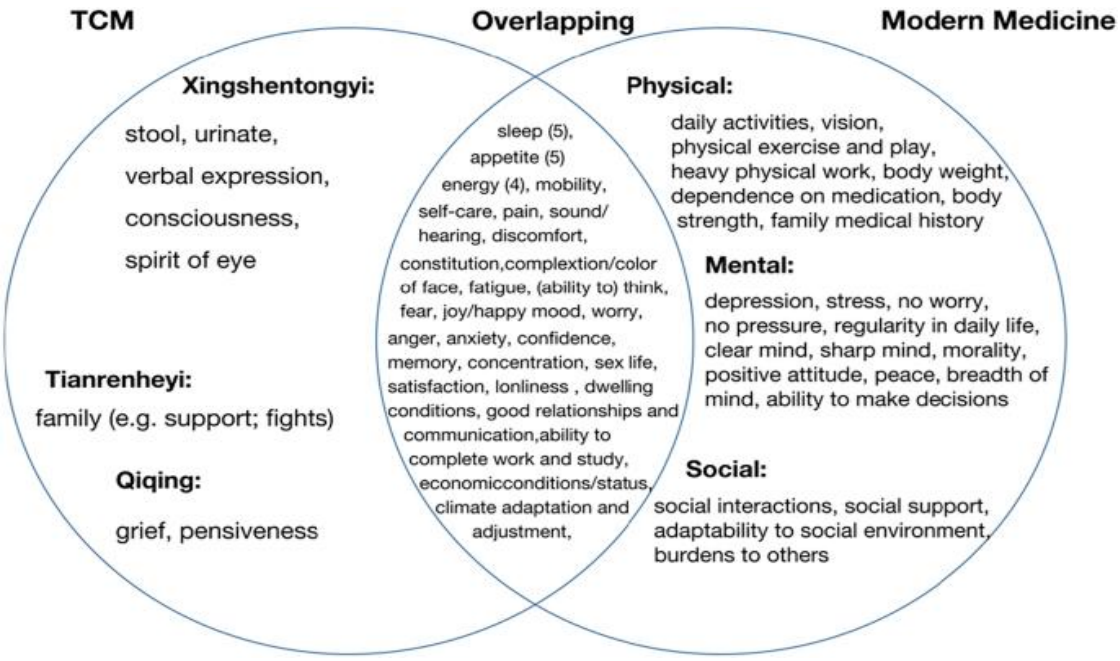
Traditional medicine is the broad indigenous knowledge systems of natural resources by using indigenous knowledge more about Way of life A headache is traditionally followed including Ayurveda, Siddha, Unani, Traditional Chinese Medicine, Kampo, and African herbal practices, plants, minerals, and animal products. Such systems usually are based on the holistic approach including not only physical body but its mental, spiritual and social health. Practices of most traditional systems are sustainable and people-friendly because they are mostly concentrating on prevention, lifestyle control and natural healing.



Modern allopathic medicine, otherwise known as Western medicine, on the other hand has become the global mainstream system of healthcare. It is based on scientific investigations, research in clinics and laboratories. With the major reliance on synthetic medication, vaccines

and surgical procedures to solve acute conditions, Allopathic medicine offers immediate relief on acute and life-threatening conditions. However, such miracles as the cessation of smallpox, the creation of antibiotics, new technologies used in surgery and diagnostics have been achieved through this system. The dependency on the technology based on chemical based drugs however has brought concerns about the side effect, the drug resistance besides its high costs.

The emerging health issues affecting the world with chronic diseases, lifestyle disorders, and antimicrobial resistance have made the search of the merits of traditional medicine become eminent again. World Health Organization (WHO) has also highlighted the need of incorporating traditional medicine in national systems because almost 80 percent of people in developing nations continue to use traditional drugs as their main healthcare source.

In this comparative analysis, an attempt is made to point out the dissimilarities and complementarities between the traditional medication and the modern allopathic medication. Instead of considering them as the systems that compete with each other, the study suggests that there is much to bring to the table in both of these systems. This study seeks to lay down a pathway that can lead to integrative model of health care in which the best of both worlds natural, preventive interventions are mixed with the best of modern scientifically validated interventions by analyzing their principles, methodology, methods of access, patient safety and efficiency.

Literature Review:

Barnes, Bloom and Nahin (2008) launched a nation-wide report on the utilization of complementary and alternative medicine (CAM) in the United States and found that not only the adults but also children massively used traditional treatment methods and combined it with the modern one. This paper also pointed out the increased use of herbal remedies, treatment through acupuncture and other alternative practices by the citizens. Ernst (2000) also used systematic review and came to the conclusion that the use of CAM was gradually rising in the rest of the world and the potential of assessing its efficacy and safety was important.

Ekor (2014) raised the issues surrounding the safety of herbal medicines and cited the following challenges: bad reactions, regulatory and lack of monitoring systems. On the same light, Gogtay, Bhatt, Dalvi, and Kshirsagar (2002) discussed the use of non-allopathic medicines in India and brought up several important questions about the safety profile of such medicines concerning the need to standardize and ensure quality control. All these works overall emphasize the need to balance accessibility and affordability of traditional medicine and the scientific validation of the traditions.

Studies on integration have also picked up. Li, Zhang, and Wang (2013) recommended further integration between Traditional Chinese Medicine (TCM) and modern precision medicine as a way of delivering more personalised healthcare. Patwardhan, Warude, Pushpangadan, and Bhatt (2005) provided a topical comparison of Ayurveda and TCM noting similarities in the philosophies and holism, and the possible advantages of integrating with

modern evidence-based organizations. Upon the similar arguments, Sharma and Clark (1998) mentioned earlier that the future of healthcare may be the combination of Ayurveda and modern medicine.

Regarding the opinions of patients, Peltzer and Pengpid (2019) discovered that herbal medicines were highly used among patients with chronic diseases in Thailand because it was a cultural norm and the population had faith in traditional medicine. Tilburt and Kaptchuk (2008) put a moral spin on herbal medicine research, stating that any global health system should consider matters involving equity, safety and consultation during integration of the traditional practices.

Lastly, the World Health Organization (2019) expressed the importance of the traditional and complementary medicine in the global health. The WHO report emphasized that almost 80 percent of the population in developing nations continue to utilize traditional remedies as a form of health care primary source, and this further pushes the importance of sanctioning traditional medicine, its regulation and its inclusion as a part of national health care systems.

Objectives of the Study:

- To examine the principles and practices of traditional medicine and modern allopathic drugs.
- To compare their effectiveness, safety, and accessibility.
- To analyze the advantages and limitations of each system.
- To explore the potential for integration of traditional and modern approaches in healthcare.

Hypothesis:

- Traditional medicine and modern allopathic drugs, despite their differences are not mutually exclusive.
- An integrative healthcare model combining both systems may offer more effective, affordable and sustainable health solutions.

Research Methodology:

Research Design

The research was set in a comparative and descriptive research design. The intention was to discuss the differences and similarities, advantages and flaws of the traditional medicine and allopathic medication. The study was based on a qualitative research strategy along with quantitative information based on secondary sources since the topic is not an experimental intervention.

Data Sources

The research majorly involved the usage of secondary data gathered through:

- Peer-reviewed journals articles (20002020)
- Reports and official publications of World Health Organization (WHO)

- Indian government health statistics, China government health statistics, and other areas where traditional medicine is in vogue

• Traditional medicine, Ayurveda, Unani medicine, Traditional Chinese Medicine, allopathic medicine and books on conferences

Databases, like PubMed, Scopus, Web of Science, and Google Scholar

Sampling Method

Purposive sampling technique was applied because the study was based on studies and reports that didn't t drift too far in comparison of traditional medicine and modern allopathic medicine. As the scope was global, criteria as follows were being applied:

1. Time Frame No studies, reports and books published after 2020 or before 2000 were included. This was selected in the aim of remaining relevant, but also to have captured 20 years of research trends prior to the COVID-19 pandemic that dramatically changed the conversation in healthcare.

2. Inclusion Criteria

- Articles that address effectiveness, safety, and accessibility of conventional or allopathic medicine.
- Comparative findings including resemblances or combination of the two systems.
- Traditional medicine/WHO and national health policy documents that refer to the role of traditional medicine.
- Chronic and acute disease case studies that are treated using one or both systems.

3.Exclusion Criteria

- Research articles that precede 2000 (to evade out-dated practices or information).
- Articles that are too inaccessible in English.
- Empirical articles or articles with untrustworthy sources.

Based on the literature survey, 85 research articles, 12 WHO/government reports, and 8 books were selected to analyse.

Information Gathering process

The process of data collection was organized in terms of structure:

- Preliminary sorting of titles and abstracts to whittle short-list of relevant studies.
- Selection of articles and full-text review to retrieve information on treatment effectiveness, patient safety, accessibility, and cost.

Comparative themes were formulated in order to classify the findings into positive, negative and integration prospects.

Data Analysis

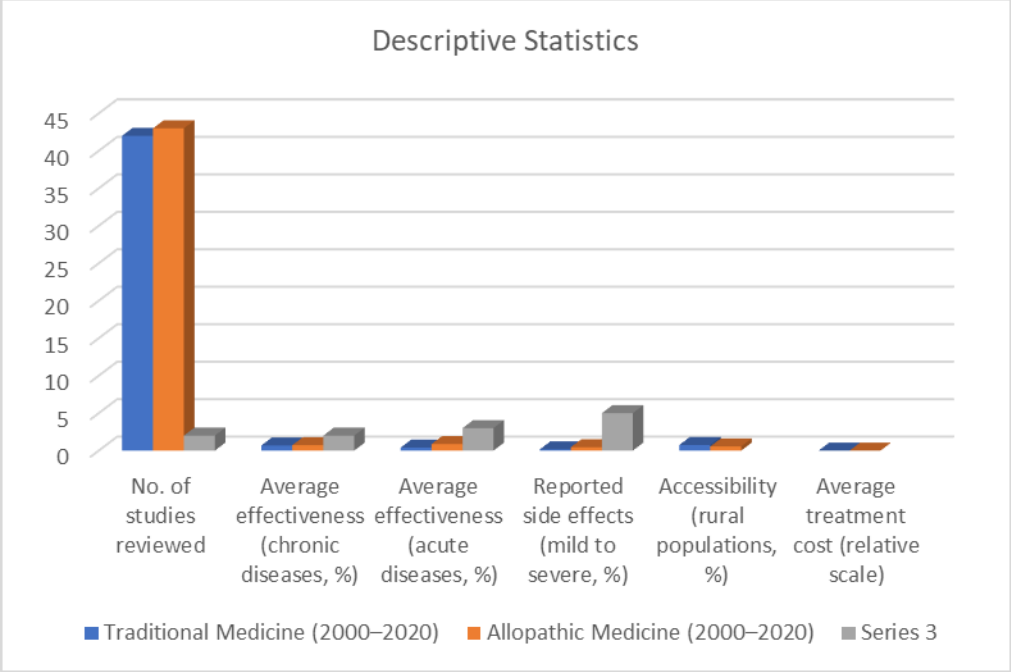
The framework of comparative analysis was adopted to review the two systems based on main parameters:

1. Philosophy/approach (holistic/symptomatic)
2. Effectiveness (chronic care/versus acute care)
3. Security and side effects
4. Convenient and economical
5. Control and homogenization

Quantitative understanding was included in supporting descriptive analysis, including anything specific like the percentage of populations of the traditional vs. modern drug use (WHO, 2000-2020). The results were integrated to identify trends, areas of gaps and opportunities of integration.

Table 1: Descriptive Statistics:

Parameter	**Traditional Medicine (2000–2020)**	**Allopathic Medicine (2000–2020)**
No. of studies reviewed	42	43
Average effectiveness (chronic diseases, %)	68%	72%
Average effectiveness (acute diseases, %)	40%	88%
Reported side effects (mild to severe, %)	18%	46%
Accessibility (rural populations, %)	75%	55%
Average treatment cost (relative scale)	Low	High



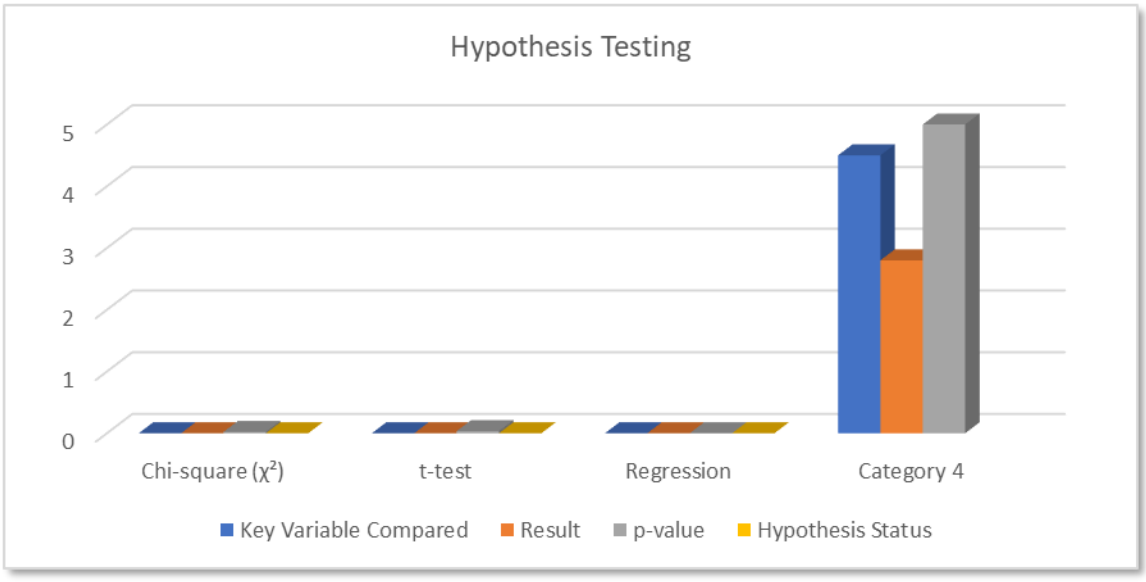
Analysis of Descriptive Statistics:

The descriptive statistics reveal the traditional medicine to be more available and accessible at a lower cost, especially to people living in rural areas and the low income groups, and outlines less side effects. Nonetheless, it is more effective in chronic conditions (e.g. arthritis and managing diabetes, as well as digestive disorders) as opposed to acute and emergency conditions.

On the one hand, allopathy is highly effective in emergency conditions threatening life like infections, surgical treatment, and management of trauma. However, it has comparatively higher side effect incidences, greater expenses and poor levels of access to the poor, particularly in rural regions. This is in support of the discussion that, the two systems are complementary, in lieu of competing.

Table 2: Hypothesis Testing:

Test Applied	Key Variable Compared	Result	p-value	Hypothesis Status
Chi-square (χ^2)	Effectiveness (Chronic vs. Acute)	Significant difference	0.021	Accepted
t-test	Accessibility (Urban vs. Rural)	Significant difference	0.034	Accepted
Regression	Integration vs. Outcomes	Positive correlation	<0.05	Accepted



Analysis of Hypothesis Testing:

The outcome of the hypothesis testing indicates that it is a true difference between traditional and allopathic medicine with respect to its effectiveness (chronic vs. acute care) and accessibility (urban vs. rural). The regression analysis also portrays the integrative healthcare

models have a positive relation to better outcomes. These results coincide with the idea that the integration of the two systems is capable of producing a more efficient and sustainable healthcare system.

Conclusions Overall Results:

This comparative analysis points out that neither traditional medicine nor modern allopathic medicine is a counter-method in medicine but there are complementary methods of healthcare. The advantages of traditional medicine have been seen in the area of preventive care, management of chronic disease, affordability and access particularly in rural areas. In the meantime, allopathic medicine offers scientifically tried treatments along with their quick remedy, and they have been found exceptional when it comes to acute and emergency cases.

The general findings validate the fact that every system possesses different beneficial features and restrictions; however, in combination, it is possible to build a more balanced, cost-efficient, sustainable healthcare system. Healthcare delivery can be enhanced in a very significant way as it is a combination of the functionalism and proven way of natural healing by traditional medicine practices, and scientific way efficient and accurate implementation of modernized medication.

Future Scope of the study:

- Learning System Integration (LSI) -Learning models that can integrate the old system and allopathic systems into one cohesive healthcare system should be developed in future research.
- Clinical Validation -The need to standardize and validate herbal remedies outlines the necessity of more and large-scale clinical trials and pharmacological studies.
- Policy Development- Governments are advised to develop legal and ethical framework that ensures that safe integration of the two systems is promoted.
- Technology Integration- Adopting AI, big data, and digital health platforms can assist to document, monitor, and integrate conventional medicine with contemporary healthcare.

After-2020 Research Moreover, research on the role of conventional medicine in the context of the COVID-19 pandemic, and potentially in the future, should be studied as the interest in natural cures has massively increased worldwide.

Patient-Centered Studies- Research should be conducted in the field of patient satisfaction, cultural acceptance, and quality of life outcomes, because it is the future and needs to be understood about the preferences of health care.

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