



THE IMPORTANCE OF ANATOLIA IN MODERN AND TRADITIONAL MEDICAL PRACTICES

Oguz Guvenmez* and Huseyin Keskin

Asfendiyarov Kazakh National Medical University, internal medicine

ARTICLE INFO

Article History:

Received 6th January, 2019

Received in revised form 15th

February, 2019

Accepted 12th March, 2019

Published online 28th April, 2019

Key words:

traditional, medicine, Anatolia

ABSTRACT

Traditional medical systems of these civilizations are mostly for treating and preventing diseases. To date, drugs and treatments are undoubtedly the most valuable assets of each country. Since the beginning of humanity, there have been eight main traditional medicine systems including ancient Greek medicine, Roman medicine, Indian medicine, Egyptian medicine, Assyrian Babylonian medicine, Chinese medicine, Seljuk and Ottoman medicine. The aim of this study is to show the importance of Anatolia in integrating traditional eastern medicine into modern western medicine.

In the case of traffic accidents, modern medical methods are absolutely necessary for solving the problems that require surgical intervention. However, chronic diseases and pathologies that cannot be found in the resort and should be treated in less time, it is advantageous to more traditional medical practices. Because traditional medicine applications can give results in a short time. The risk of side effects is very low, and the cost is very low.

The Turks have one of the cultures that have left their mark on the world for centuries. The geographical location of Anatolia has taken its place among the world's important countries. Turkey's east-west axis and Bosphorus give the country an important feature.

Copyright©2019 Oguz Guvenmez and Huseyin Keskin. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Since the beginning of humanity, there have been eight main traditional medicine systems including ancient Greek medicine, Roman medicine, Indian medicine, Egyptian medicine, Assyrian Babylonian medicine, Chinese medicine, Seljuk and Ottoman medicine. The first written medical reports were about ancient Egyptian medicine (Serageldin, 2013). These reports date back to the 16th century BC. However, there are four traditional medicine systems, including Indian medicine, Chinese medicine, Seljuk and Ottoman medicine, which are accepted and developed and have become a complete theoretical system. These medicines are under the influence and accumulation of four different histories and cultures. The diagnosis and treatment methods of each theory are different, and each has its own characteristics, powers and benefits. These four civilizations certainly have a long history and depth. E.g; traditional Indian medicine does not look at human characteristics (anatomy, physiology) and structure and gives more importance to the disease itself (Lodha and Bagga, 2000). Sri Lanka traditional medicine tries to catch the harmony between human and nature (Attanayake *et al.*, 2018). In the traditional medicine of Vietnam, local women have shown a diet for maintaining health by using southern medicine.

The ancient civilization of TAI has been mainly focused on massage and gymnastics as treatment (He, 2015). For this reason, each of the systems mentioned above has been based on a different medical approach. Traditional medical systems of these civilizations are mostly for treating and preventing diseases. To date, drugs and treatments are undoubtedly the most valuable assets of each country.

The aim of this study is to show the importance of Anatolia in integrating traditional eastern medicine into modern western medicine.

Traditional Medicine Application

Traditional Indian medicine consists of four categories: Ayurveda, Unani, Sida and Yoga. Among them, Ayurveda medicine is the most common name of traditional medicine. Southeast Asian countries such as Sri Lanka and Myanmar still hold an important place in the health sector. Ayurveda consists of two words. "Ayu" means the meaning of life. "Vedas" means knowledge and science. Therefore, Ayurveda is regarded by the Indians as a medical approach that respects the science of life. Ayurveda studies were written by Covera, an ancestor of Indian art in the first half of the 1st century BC. Ayurveda does not look at the disease itself, it also looks at the characteristics of human for diagnosis and treatment. E.g; patient's age, habitat or cultural background are among the factors to be considered. The physician will fix the problem by adjusting the diet and heal the patient by treating the loss and

*Corresponding author: **Oguz Guvenmez**

Asfendiyarov Kazakh National Medical University, internal medicine

discomfort. In this medical treatment, the most important treatment is the removal of body from toxic substances such as mercury, sulfur, arsenic and other minerals and plant toxins (Mukherjee *et al.*, 2017).

In addition to the use of herbal therapies, animal substances, minerals and sea products are used as the main treatment methods in Unani medicine. Unani medicine aims to improve the body's self-healing ability and this ability is used to overcome the body's imbalance. Unani medicine believes that there are four kinds of body fluids as traditional medicine: blood, sputum, yellow bile, and black bile. In this system, it is accepted that body fluid balance is negatively affected or a part of the body cannot remove the pathological waste of these fluids (Jabin, 2011). There is a special education school in India, which lasted 4 years, teaching the knowledge of raw Unani medicine as well as modern medical knowledge. In Turkey, the extension of the Seljuk and Ottoman Empire, traditional medicine should be given two years after introducing the new system of medicine.

Another philosophy that is very popular in the world is yoga (Kimura, 2017). Yoga exercises aim to maintain and improve human health by providing appropriate breathing, right and proper nutrition, care of internal and external hygiene, regulation of lifestyle and self-control (Meister and Juckel, 2017). The Indians aim to prevent aging and diseases by prolonging the life span in a healthy way. The philosophy of Yoga aims to effectively improve the function of the various organs and systems of the body. At Jadapur University in eastern India, researchers have shown that five types of Ayurveda plants are unique and prevent the reduction of neurotransmitters that are related to dementia. Ayurveda has a very old history (Gokani, 2014). The use of conventional plants is an optional process. If the patient wishes to be treated with modern medicine, he is treated with modern medical methods. However, if the patient desires to be treated with traditional medicine, he is treated by traditional methods. The plants used in Ayurveda are basil, turmeric, garlic, ginger, and aloe vera. The use of these plants is supported by yoga. Physical and psychological problems can be solved. Scientists are still trying to identify Ayurveda compounds to develop more effective therapeutic drugs (Jaiswal *et al.*, 2016). Much work is needed on this subject.

Although Ayurveda appeared in India, the people of Sri Lanka used this conventional medicine system 3,000 years ago. Between 161 and 137 BC, during the reign of King Dutu Gamunu, there were nearly 20 Ayurveda hospitals throughout the country (Gamage *et al.*, 2018). Among the kings of Sri Lanka, there were many physicians like King Batda. His thoughts did not stay in his medical abilities. The medical field has also become a professional book. Today, 75% of the territory of Sri Lanka is rural and not technologically developed. Ayurveda medicine is still applied to prevent and treat diseases and successful results are obtained (Sathasivampillai *et al.*, 2017). In order to be able to adapt to nature, to live healthy and to have a long life, herbal medicines which do not contain toxic substances should be used (Liang and Weng, 2017). Along with these, meditation and massage, yoga and music treatments and modern medicine should also be used. With the development of technology, modern medical systems are inadequate against malnutrition, immobility and psychological problems. Therefore, the traditional medicine treatment methods mentioned above

should be applied in modern medicine (Yuan *et al.*, 2016). In traditional medical therapies, the regulation of the diet is very important. Because, the human body is shaped by nutrition. The systems in the body work for itself. Mental state of the person, spirit and temperament are affected by food. Food turns into the many types of tissues in the human body such as blood, muscle, fat, bone, and nerve. Therefore, the food we eat constitute the basis of metabolism and life activities. Traditional medical treatments are available to all civilizations and all people.

In order to live healthy, detoxification, cleaning, digestion, weight control, immunity, cupping, yoga and herbal medicines should be applied every 7, 14 or 21 days (Huijuan *et al.*, 2012; Khalsa, 2007). With the development of technology, immobility has become the biggest problem in our modern age (Akyol *et al.*, 2008). Traditional medicine therapies give importance to physical therapy, herbal therapy, cupping, moxibustion, and massages (Song-Yi *et al.*, 2011). These methods may treat unknown migraine, headache, central nervous system diseases, neurological diseases, memory loss, insomnia, hair whitening, pain, and osteoarthritis. Back massage and foot massage are beneficial for the nervous system of the human body. These applications not only reduce stress and tension, but also have healing effects on the organs in the body (Bodeker *et al.*, 2005).

DISCUSSION

Modern medicine should include the treatment of conventional medicine applied by the Seljuks and Ottomans like steam bath, Turkish bath, plant bath, and flower bath. These therapies relax the muscles. It nourishes the skin, provides the vitality of the skin and is useful for most rheumatic diseases. It is also useful for mental disorders. Massage with essential oils from herbal and seeds has a healing effect on some rheumatic disorders and paralysis. It removes the keratin from skin and opens the pores and regulates blood circulation.

Modern medical physicians need to realize that traditional medicine can be used to treat common diseases in primary health care. In this way, the state and the hospitals can get economic benefits. These therapies can be used instead of foreign drugs. These traditional therapies are very reliable as they do not have the risk of side effects and complications. In the national economic development plan, traditional medicine health care needs to be identified as a source of health. Health care centers should use traditional medical methods and should be planned by the Ministry of Health. We live in Anatolia where there can be seen four seasons and surrounded by seas on the three sides. Anatolia has a very diverse and rich flora. Within the traditional medical department, seven departments can be established and traditional treatments can be introduced to people in settlements such as provinces, towns, and villages. In addition, plant parks can be established and traditional medicine plant treatments can be applied to treat cholera, diarrhea, dysentery, hypertension, diabetes and tuberculosis. The infections can be eliminated caused by gram-negative and gram-positive bacteria.

It is evident that the western medicine system, which is highly influenced by modern medicine, is inadequate at most points, especially at the point of preventive medicine. For this reason, preventive traditional medicine and therapeutic treatments should be used in the western medicine system. Since Anatolia

is a geographical transit center, it is possible to integrate traditional medicine into the western (modern) medicine in Anatolia. This can be performed to provide a new approach to patients and diseases all over the world, and to make treatments more effective than today. Because Anatolia has been a home for many civilizations, plants and minerals as well as a wide variety of thermal resources. Traditional and modern treatment methods can be seen together in Anatolia. In this way, protection and treatment methods of Indian medicine, Greek medicine, Chinese medicine, Ancient Egyptian medicine, Ottoman and Seljuk medicine can be applied in a combination to provide effective preventive and therapeutic treatments.

In addition, the Turks have one of the cultures that have left their mark on the world for centuries. The geographical location of Turkey has taken its place among the world's important countries. Turkey's east-west axis and Bosphorus give the country an important feature.

Turkey is a country with great potential on three sides surrounded by the sea. Turkey indicates expansion to the Caspian region via the Black Sea, Balkans over the Eastern Europe, Europe and Balkans via the Aegean Sea, North Africa via the Mediterranean Sea. Turkey is a strategic bridge connecting all these regions. Turkey is also located on an important geothermal area. Turkey is among the first seven countries in the world in terms of resource richness and potential. Temperature, physical and chemical properties of thermal waters in Turkey are superior than thermal waters in Europe. The main feature of our waters is that they are rich in sulfur, radon and salt. There are thousands of thermal resources in which the temperature range from 20 degrees to 110 degrees in Turkey. On the other hand, Turkey has a culture of 4000 years of spa and bath.

In addition, the plant diversity of Anatolia is about 12.000.3.600 of them grow only in Turkey. This number is almost equal to the number of plants on the European continent. Therefore, Anatolian traditional medical centers should be established. Thus, these plants grown in Turkey will not be forgotten. These plants can be turned into medicines and marketed to the world. New drugs can be produced without toxins. On the other hand, Turkish culture can be introduced to the whole world. There are 725 endemic species in Afyonkarahisar in Turkey, which are not found anywhere else in the world. Medicinal plants and bio-diversity are really too much in here. In other words, the flora in Anatolia is much more than the whole continent Europe. There are 3.600 endemic species in Turkey and most of them are medicinal plants.

The use of traditional medicine drugs has a better effect than western medicine. Traditional medicine can alleviate many symptoms of diseases and effectively reduce the irritation of stomach and other organs.

Antibiotics such as cephalosporins and macrolides are often used in the treatment of pediatric patients. These antibiotics have different adverse effects on children. Prolonged use of antibiotics may lead to the development of bacterial resistance. Since the child's immune system is fragile, traditional medicine strengthens the immune system. These traditional treatment methods have important advantages in clinical applications and do not have side effects like modern drugs. They can also be more effective than them.

CONCLUSION

In the case of traffic accidents, modern medical methods are absolutely necessary for solving the problems that require surgical intervention. However, chronic diseases and pathologies that cannot be found in the resort and should be treated in less time, it is advantageous to more traditional medical practices. Because traditional medicine applications can give results in a short time. The risk of side effects is very low, and the cost is very low. In addition, it is more appropriate for patients in terms of both culturally and easily. What is needed is the combination of both traditional medical practice and modern medical practice. Because a modern treatment method can be combined with a traditional method.

Conflict of Interest

None

References

- Akyol, Araş Gör Aslı, Araş Gör Pelin Bilgiç, and Gülgün Ersoy. "Physical Activity, Nutrition and Healthy Living." Baskı. Ankara: Klasmat Matbaacılık (2008).
- Attanayake AMHS, De Silva UMGD, Jayaweera JAAS, Perera DL. Use of Ayurveda and Sri Lankan traditional medicine for healing shaft of humerus fracture following nonunion. *J Ayurveda Integr Med.* 2018 Jul - Sep;9(3):217-220. Epub 2018 Aug 29. PubMed PMID: 30172618; PubMed Central PMCID: PMC6148049.
- Bodeker, Gerard, and Chi-Keong Ong. WHO global atlas of traditional, complementary and alternative medicine. Vol. 1. World Health Organization, 2005.
- Cao, Huijuan, Xun Li, and Jianping Liu. "An updated review of the efficacy of cupping therapy." *PloS one* 7.2 (2012): e31793.
- Gamage, Upeksha, and N. T. S. Thilakarathna. "Hospital Complexes in Ancient Sri Lanka: An Observational Study of Mihintale Hospital Complex."
- Gokani T. Ayurveda--the science of healing. Headache. 2014 Jun;54(6):1103-6. Epub 2014 Apr 25. Review. PubMed PMID: 24766404.
- He K. Traditional Chinese and Thai medicine in a comparative perspective. *Complement Ther Med.* 2015 Dec;23(6):821-6. Epub 2015 Oct 23. PubMed PMID: 26645523.
- Jabin F. A guiding tool in Unani Tibb for maintenance and preservation of health: a review study. *Afr J Tradit Complement Altern Med.* 2011;8(5 Suppl):140-3. Epub 2011 Jul 3. Review. PubMed PMID: 22754067; PubMed Central PMCID: PMC3252723.
- Jaiswal Y, Liang Z, Zhao Z. Botanical drugs in Ayurveda and Traditional Chinese Medicine. *J Ethnopharmacol.* 2016 Dec 24;194:245-259. Epub 2016 Jul 7. Review. PubMed PMID: 27394388.
- Khalsa, Sat Bir. "Yoga as a therapeutic intervention." *Principles and practice of stress management* 3 (2007): 449-462.
- Kim, Song-Yi, et al. "The effectiveness of moxibustion: an overview during 10 years." *Evidence-Based Complementary and Alternative Medicine* 2011 (2011).

- Kimura K. Yoga Therapy in Japan. *Int J Yoga Therap.* 2017 Nov;27(1):127-129. Review. PubMed PMID: 29131734.
- Li FS, Weng JK. Demystifying traditional herbal medicine with modern approach. *NatPlants.* 2017 Jul 31; 3:17109. PubMed PMID: 28758992.
- Lodha R, Bagga A. Traditional Indiansystems of medicine. *Ann Acad Med Singapore.* 2000 Jan;29(1):37-41. Review. PubMed PMID: 10748962.
- Meister K, Juckel G. A Systematic Review of Mechanisms of Change in Body-Oriented Yoga in Major Depressive Disorders. *Pharmacopsychiatry.* 2018 May;51(3):73-81. Epub 2017 Jun 1. Review. PubMed PMID: 28571077.
- Mukherjee PK, Harwansh RK, Bahadur S, Banerjee S, Kar A, Chanda J, Biswas S, Ahmmmed SM, Katiyar CK. Development of Ayurveda -Traditionto trend. *J Ethnopharmacol.* 2017 Feb 2; 197:10-24. doi: 10.1016/j.jep.2016.09.024. Epub 2016 Sep 12. Review. PubMed PMID: 27633405.
- Sathasivampillai SV, Rajamanoharan PRS, Munday M, Heinrich M. Plants used to treat diabetes in Sri Lankan Siddha Medicine - An ethnopharmacological review of historicaland modern sources. *J Ethnopharmacol.* 2017 Feb 23; 198:531-599. Epub 2016 Jul 19. Review. PubMed PMID: 27448453.
- Serageldin I. Ancient Alexandria and the dawn of medical science. *Glob Cardiol Sci Pract.* 2013;2013(4):395-404. Published 2013 Dec 30.
- Yuan H, Ma Q, Ye L, Piao G. TheTraditional Medicine and Modern Medicinefrom Natural Products. *Molecules.* 2016 Apr 29;21(5). pii: E559. Review. PubMed PMID: 27136524; PubMed Central PMCID: PMC6273146.

How to cite this article:

Oguz Guvenmez and Huseyin Keskin (2019) 'The Importance of Anatolia in Modern and Traditional Medical Practices', *International Journal of Current Advanced Research*, 08(04), pp. 18228-18231.
DOI: <http://dx.doi.org/10.24327/ijcar.2019.18231.3479>
