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## **Traditional Vs. Modern Medicine**

Student's Name

University

Course

Professor

Date

### **Traditional Vs. Modern Medicine**

The field of medicine has gained tremendous improvement from ancient times to now. Since the origin of man, people have always used medicine in form of either food or drinks. For instance, traditionally, some foods were used for medicinal purposes, and others with these properties are taken every day, including food spices. When people are healthy, the medicinal foods can be taken without limitation; nonetheless, when individuals are sick, they are controlled and utilized as a medicine in the traditional situation where the quantity consumed is planned. When industrialization started, the emergence of technology resulted in modern medicine, and it became the dominant medical practice. Researchers emerged and were able to show the explore diseases and treatment; this made traditional medicine increasingly lose dominance in treatment. Although traditional and modern medicine has used acupuncture in treatment, they differ in testing, protection, and privacy.

Traditional and modern treatment all uses acupuncture as alternative medicine. Wang et al. (2018) stated that Traditional Chinese medicine had used acupuncture for years to use thin needles and insert them into the body. Therefore, when used in traditional Chinese medicine, acupuncture is a pseudoscience because the Chinese conventional healers are not founded on scientific acquittance. It has been categorized as quackery. In traditional medicine, acupuncture is used to treat pain and increase general wellness and stress management. The traditional Chinese medicine practitioners alleged that individuals have over 2000 acupuncture points linked by paths.

On the other hand, modern medicine also uses acupuncture widely as complementary alternative medicine. It is used regularly for musculoskeletal and connective tissue complaints, chronic pain, and headache. Wang et al. (2018) emphasized that acupuncture is used in modern

medicine because it stimulates the central nervous structure, discharging substances into the strengths, the head, and the backbone.

Traditional medicine has been shared freely since the historical healers realized the treatment. This has allowed the knowledge to progress from generation to generation. Moreover, the effectiveness of traditional medicine is based on experience. Thus, more traditional practitioners share their knowledge and experiences because it varies from place to place; hence the ability is not protected or has piracy. Orr (2020) claimed that some countries have tried to implement laws to protect traditional medical knowledge, such as Cusco in Peru, which banned the misuse of the natural species for commercial benefit. Moreover, other countries are also covering their traditional medicine, such as India, which has developed the traditional knowledge digital library, a database containing several traditional herbals and medicines before granting patents.

On the other hand, modern medicine knowledge is protected from privacy. Modern medicine knowledge is subjected to strict intellectual property laws and highly advanced patenting systems. These rights help in protecting ability concerning the current drugs and medical practices. Since patenting this knowledge has made the companies involved in making the modern drugs earn exponentially, modern researchers realized the wealth of acquittances in traditional medicine and began searching on indigenous drug sources and getting patent protection. For instance, the 1995 patent on anti-fungal neem, an Indian traditional medicine, was granted to the United States Department of Agriculture by the European Patent Office (EPO) (Alamgir, 2017). Nevertheless, the Indian government persuaded EPO to cancel the patent.

Similarly, traditional medicine varies in assessment and testing with modern medicine. For instance, there are very few scientific tests performed to assess the conventional treatment

and procedures. Moreover, quality tests and production standards are always not demanding or controlling. Therefore, this makes the professionals work, and it is not a must for them to be certified or licensed. Lack of regulation makes many fake practitioners involved in the practice, interfering with the natural treatments. Nevertheless, regardless of having few evaluations on quality, traditional medicines have been tried and tested in thousands of individuals for many years and are passed from generation to generation.

In contrast, modern medicine is highly regulated and passes through a complete series of laboratory tests and clinical trials before being released to the market. The series of tests is because modern medicine concentrates on the target organ that needs treatment, isolating the rest of the body. However, traditional medicine focuses on the body's overall response to treatment and realizes the body as one interconnected system. Furthermore, modern medicine will treat the symptoms hence the need for diagnosis through lab tests and eradicating the symptoms. On the other hand, in traditional medicine, diagnosis is made using the signs of the patients explained and physical appearances such as the skin and eye. The conventional practitioner will then address general systematic issues by concentrating on stopping any probable adverse effects.

In summation, both traditional and Chinese medicine is essential in treatment. Although conventional medicine started using acupuncture more than two thousand years ago, modern medicine has also adopted the technique. Traditional and modern medicine are comparable in the treatment but differ in testing and protection, and privacy. Both medications are used for treatment and improving wellbeing; however, traditional medicine allows free sharing of knowledge. In contrast, modern medicine has intellectual property rights and a patent system. Also, conventional medicine has few scientific tests performed to assess the products and

procedures, while modern medicine passes through rigorous laboratory tests and trials before being released to the market.

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