

## LETTER TO EDITOR

# Turkey's First Traditional and Complementary Medicine Student Community

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### Abstract

As known; In Turkey, Traditional and Complementary Medicine (TCM) Practices are continuing to build the infrastructure based on evidence under the control of the Ministry of Health.

Following these processes, it was realized that there was a need for a formal student organization that would accurately convey the important steps and developments taken to health students. Due to this need, the necessary step was taken in Duzce University Faculty of Medicine.

The purpose of this article is to introduce students to the process of integration and providing medical training TCM first year student community in the area of Turkey, which aims to create awareness starting from the TCM and purpose.

Dear Editor

Traditional and Complementary Medicine Practices have been used for therapeutic purposes in different cultures and in various ways, starting from the beginning of human history. It continues to be used more and more popularly since the 1990s.

These methods, which were used to include superstitions from time to time, mixed with cultural customs and were abused, continued to be applied with the same problems until our modern time. However, with the increasing demand in this field in recent years, important developments have taken place that will say 'stop' to this complexity. Traditional and Complementary Medicine practices that can be officially applied were determined in our country in 2014 with the regulation of traditional and complementary medicine practices<sup>1</sup>. These practices were collected under a heading called Traditional and Complementary Medicine (TCM).

According to the World Health Organization (WHO), "Traditional Medicine" is used in the prevention of physical and mental diseases, diagnosis, healing or treatment as well as good health, based on theories, beliefs and experiences specific to different cultures -which can or cannot be humorous- It is the sum of knowledge, skills

and practices. "Complementary medicine", on the other hand, is the meaning gained as a result of the use of health practices believed to provide additional benefits together with conventional medicine. Integrative Medicine; It includes methods and practices that evaluate traditional and complementary medicine and evidence-based medicine practices as a holistic and defined as integrative / holistic medicine.

In 2014, the Department of Traditional and Complementary Medicine Practices was established within the General Directorate of Health Services pursuant to the Decree No. 663, and its regulation was also prepared. 15 application names that can be done in the unit and application centers are as follows. Acupuncture, Apitherapy, Phytotherapy, Hypnotherapy, Hirudotherapy, Homeopathy, Chiropractic, Cup application, Larva application, Mesotherapy, Prolotherapy, Osteopathy, Ozone application, Reflexology, Music Therapy<sup>2</sup>.

While rapid advances in TCM in Turkey, to be implemented under more stairs of TCM practice and in exchange it -a amount justified-as completely TCM areas of the academic medical community and a group who realized their approach biased Duzce Medical School student,



doctor of the future in this area and decided to do something for the medical students who will have academics. It was first established a Community Health TCM Students in Turkey on 16.04.2018 in accordance with this decision. Reaching a management team of 30 people and more than 200 members in a very short time on the road set out with 6 volunteer physicians, our community continues to raise awareness of traditional medicine among healthcare students by conducting more than 15 social and scientific activities every year.

As the TCM student community started to bring together doctors and students specialized in traditional medicine, another great development took place on behalf of our university.

WHO, TCM area, considering a lot of factors, chose the leader of the country and supported Turkey. Turkey Duzce University specialization in the scope of the project Ministry of Health Faculty of Medicine specialization in project design TCM area where the teacher was accepted and Duzce University, was selected as the pilot area universities TCM.

Duzce University Traditional and Complementary Medicine Application and Research Center (DUGETAM) was established as a unit affiliated to Duzce University Rectorate in accordance with the decision of the Science Commission on 04.06.2018 with the permission of the TCM Department in line with the policies of the Ministry of Health. Our Center, which has made it a mission to apply the necessary treatments within the scope of Traditional and Complementary Medicine, to carry out education, research and application activities in the field of TCM and to help protect individuals from physical / mental diseases, cooperates with other actors in this field in line with its objectives and conducts evidence-based studies <sup>3</sup>.

Turkey's only inpatient services, where the serious clinical research continues to assume the bridge between the largest and most comprehensive TCM establishment right next to the center of Duzce University research hospital has been a major source of motivation for Duzce TCM

community of students and medical students with TCM center publishes international indexed journals

The main 5 visions and goals of the TCM student community are <sup>4</sup>

1. To get to know and then introduce Traditional and Complementary Medicine Practices as health students, to create awareness and curiosity in medical students
2. To be able to create a preliminary preparation starting from student years in order that these methods, which have been applied under the stairs for many years in our country, are under the supervision of healthcare professionals and doctors.
3. However, while investigating the evidence of methods based on scientific basis, participating in clinical studies of applications with insufficient evidence value, instilling both the process and research principles in students, and separating effective and scientific evidence-based practices from superstitions.
4. To break down certain walls of prejudice and get one step closer to the concept of Integrative Medicine, where Modern and Traditional Medicine can serve together arm in arm.
5. Participating in national and international congresses, workshops, courses and programs in the field of TCM by bringing health students to DUGETAM's work, education, scientific research and activities, as well as bringing students with our national and international experts.

To mention a few of the activities of our community: Duzce University Experimental Animals Center and DUGETAM, which are also scientific research centers of our university, publicity trips, hypnotherapy conferences and group trainings, Maggot therapy conference and literature review, publication in compilation, participation in the National Music Therapy Congress Active participation in the 1st and 2nd International TCM Congresses together with many important and stimulating conferences such as, active participation in the National Bee Venom workshop and the Medical Fungi workshop,



trainings on the Scientific aspects of Acupuncture, and poster presentation

As a result, he believes that our TCM student community will raise awareness in all current and future healthcare community students and future

physicians, break their prejudices and create a more holistic perspective, and as a result, they will take important steps in bringing TCM practices to today's modern medicine and health system by strengthening the scientific foundations, I hope.

## REFERENCES

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