



BEST ENTRY FOR

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Question: WHO had its first ever Global Summit on Traditional Medicine in Gujarat in August 2023. The summit was aimed at mobilising political commitment and evidence-based action on traditional medicine. Do you use any traditional medicines for your health and wellness? Share your experiences, and thoughts on the effectiveness of traditional remedies in today's world of modern healthcare

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The WHO Global Summit on Traditional Medicine in Gujarat in August 2023 has been a significant step towards acknowledging the role of traditional medicine and bridging the gap between traditional and modern medicine by promoting evidence-based practices and ensuring the safety of traditional remedies. I personally have used traditional medicines on many occasions and know their effectiveness. When I faced severe spondylitis, I initially sought treatment through modern medicine, but it did not provide the relief I was hoping

for. In search of pain relief, I turned to a traditional treatment approach that included traditional medicines, therapeutic exercises, and new lifestyle and dietary habits. I found that it offered a more effective solution, significantly alleviating my condition. While seeking out certified or government registered traditional medicine practitioners and exercising caution to avoid quacks found in the market, traditional remedies often prove to be highly effective. India has a long history of these traditional remedies and they are an integral part of our life and culture. They have been used for centuries to address various health concerns. That is why there is a need for scientific validation and research to ensure that traditional medicine is integrated safely into modern healthcare practices. We cannot solely depend on either modern or traditional practices. It is important to acknowledge the strengths of both medical systems and combine their approaches.

Other notable entries:

- ♦ Surya Angappan (Tamil Nadu)