

## Traditional Medicine... A cultural richness

Traditional medicine is considered as an essential part of the tangible and intangible heritage of the cultures in Mexico and all around the world

Traditional medicine has been the only option to prevent and cure from diseases in indigenous communities due to the lack of health services in those areas as the government has not been able to provide them. Fortunately, Congregación Mariana Trinitaria (CMT) in its area focused on health considers the integration of them in order to improve the quality of life of many people.

When we talk about the richness of the Mexican culture, we definitely have to mention traditional medicine, which is a remarkable characteristic of the indigenous communities in our country. Especially when it is considered by the World Health Organization (WHO) as a fundamental complement for health.

Traditional medicine is a very important part of the worldview in indigenous communities because it means the ancestral knowledge and their relationship with the earth and the environment, which strengthens and preserves its identity as years go by.

### The WHO defines traditional medicine as:

A whole set of knowledge, skills and practices based on the theories, beliefs and the own experiences of different cultures, even if they can be explained or not; that are being used to preserve health, to prevent, diagnose and deal with physical and mental diseases.

This medicine is considered as an essential component of the tangible and intangible heritage in many cultures around the world as it represents the wealth of data, resources, and practices that combined for its development. This set transforms into health for the patient, and in the meantime, becomes a factor of identity for several communities. Different kinds of knowledge pass from one generation to the other and thanks to that it has been possible to keep them.

The objective of complementary medicine is to help people to get balance in areas such as:



Physical



Mental



Emotional



Spiritual

Over the last years, traditional medical practitioners became more recognized because people looked for cultural identity, so they got social acknowledgement. Because of that, more people use these practices to complement conventional medical treatments, and they are taken into consideration to support and provide more strength to the body to efficiently combat the diseases that may affect the body.

The World Health Organization analyzed the current status of traditional medicine around the world, and experts collaborated to define a strategy for traditional medicine from 2014 to 2023.

Traditional medicine has been the only option to prevent and cure diseases among the inhabitants of indigenous communities, especially in areas with no access to national health systems, which are located in extreme poverty zones.

The WHO's strategic objectives on traditional medicine consist of:



- Facilitating its integration into the health systems
- States must develop their own national policies in that sector.
  - Implementation of norms, technical guidelines, and methodologies regarding the research of products, practices, and professionals.
- Encouraging strategic and scientific research.
  - Advocating its rational use through the encouragement of its use based on scientific evidences.
- Spreading information about traditional and complementary medicine.



In Mexico there are more than 60 indigenous communities, which approximately represent 10% of the total population. We can say that we are a multiethnic and pluricultural country where traditional medicine is a phenomenon in our national culture with its very own characteristics.

Therefore, it is important and necessary to keep Mexican traditional medicine and encourage its reliability so as to allow its integration, identification and the evaluation of it into the national health strategies.

### CMT and Traditional and Complementary Medicine

Congregación Mariana Trinitaria (CMT) in its area focused on health, integrates traditional and complementary medicine as part of its integrative medicine model. So, it aims to preserve medicine and back up its practices with documentary evidence to facilitate its integration.

#### Techniques in the Model "Listening to the body"

- This system uses techniques such as observation, bio-decodification, finger-pressure, fist-pressure, resonance, and assessment.
- The objective is to relieve nerve knots that might be a consequence of the somatization of emotions that may cause stress, anxiety, neurosis, depression or any other disease.



In order to do that, CMT performs different actions to keep evidences of those practices through research based on scientific precision to demonstrate the efficiency and efficacy of traditional medicine. In the meantime, it is expected its inclusion in the national and local health systems to benefit groups and people in vulnerable situations.

Additionally, CMT encourages co-investments to provide training for traditional medical practitioners, and to improve their facilities to guarantee a high-quality and warm context while assisting patients.

#### Effects of the Model "Listening to the body"

- As a result of three days of cephalocaudal treatment, thousands of patients recovered while they continued with their allopathic treatments.
- Due to its characteristics, it may be used on people of any age without the risk of secondary effects or collateral damage.



The health model in Congregación Mariana Trinitaria is holistic and it has an integrative approach with scientific validity to involve any kind of treatments or health models so as to enrich its knowledge and have more impact.

#### CMT actions in health issues

- Considers the integration of traditional and complementary medicine as part of the integrative medicine model.
- Preserve medicine and keep the record of its practices for a better integration.
- Facilitate the inclusion of complementary medicine in the national and local health systems.
- Give training to traditional medical practitioners.
- Allow the improvement of their facilities to guarantee assistance in a high-quality and warm context.

