

Osh State University
International Medical Faculty

Extract from protocol № 7 19.01.2026
of the Department of Pathology, Basic and Clinical Pharmacology

Present-18

Missing -4

AGENDA:

1. Consideration of student and graduate suggestions for changes to the syllabus for the subject "Complementary Medicine."
2. Incorporation of graduate-suggested changes to the course's topic plan.

HEARD:

The head of the department, Assoc. Prof. A.A. Momunova, informed the teachers of the discipline about the proposals received from students and graduates aimed at in-depth study of certain sections of the subject "Complementary Medicine", taking into account current trends in integrative medicine and the practical needs of future specialists.

Substantiation of students' proposals to change the thematic plan of the discipline "Complementary Medicine: During the discussion of the content of the discipline "Complementary Medicine", students proposed to change the thematic plan. In their opinion, the current plan is of an overview nature and does not fully reflect the depth, consistency and clinical significance of traditional medical systems widely used in South Asian countries and officially integrated into the Indian healthcare system. The students offered an in-depth thematic plan focused on fundamental concepts, clinical application and modern integration of traditional medical systems into the practice of evidence-based and integrative medicine.

Nair Amegha noted that complementary and alternative medicine is of particular strategic importance to the Indian healthcare system and is an integral part of the national medical culture and state public health policy. In her speech, she emphasized that systems such as Ayurveda, Siddha, Unani, Yoga, Naturopathy, and Homeopathy are officially recognized and regulated by the Ministry of AYUSH of the Republic of India, integrated into public healthcare institutions, and widely used by the population for both the prevention and treatment of chronic and functional diseases.

She also noted that in conditions of high burden on the healthcare system and the growth of non-communicable diseases, complementary medicine plays an important role in:

- disease prevention and healthy lifestyle formation;
- reducing the drug burden in chronic diseases;
- comprehensive rehabilitation of patients;
- Providing affordable medical care in rural and remote regions.

Special attention was paid to the fact that future medical specialists, regardless of the country of study, should have scientifically sound knowledge about the principles, possibilities and limitations of complementary medicine. This is necessary for effective interaction with patients who actively use these methods, as well as for the formation of integrative and culturally sensitive

clinical thinking. At the end of her speech, the student justified the need for a deeper and more systematic study of traditional medical systems within the framework of the discipline "Complementary Medicine", which, in her opinion, would increase the practical value of the course and its compliance with international educational standards.

The students spoke:

1. Khan Roozbah Phiroz. He noted that the Ayurveda, Siddha, Unani and Homeopathy systems in India are officially recognized and regulated by the state. In his opinion, a superficial examination of these systems does not allow us to form a holistic understanding of their philosophy, diagnostic approaches and therapeutic principles. In-depth study will allow students to correctly assess the possibilities and limitations of these methods in clinical practice.

2. Ganapathy Iswarya. She justified the need for a detailed study of Ayurveda, emphasizing the importance of the concepts of Tridosha, Prakriti, Ahara and Panchakarma. The student pointed out that these principles are actively used in the prevention and correction of lifestyle diseases (obesity, diabetes mellitus, metabolic syndrome), which is especially important in the context of the growth of non-communicable diseases worldwide.

3. Dahiya Himanshu. He suggested including an in-depth module on the Siddha system, pointing out that it has unique diagnostic and therapeutic approaches, including pulse diagnosis and the use of herbo-mineral preparations. In his opinion, knowledge of these aspects broadens the professional horizons of the future doctor and promotes intercultural medical competence.

4. Kumari Rakshita. She proposed an expanded study of Unani medicine, emphasizing the importance of the four humors theory and the Ilaj-bil-Ghiza and Ilaj-bil-Dawa methods. The student noted that methods such as Hijama (cupping therapy) are widely used and require a competent medical understanding of safety and indications.

5. Manoharan Kanahapriya. She justified the need for a deeper study of Homeopathy, especially in the context of chronic, functional and psychosomatic disorders. In her opinion, consideration of the differences between acute and chronic diseases, as well as the concept of vital force, contributes to the formation of students' systemic clinical thinking and understanding of the psychosomatic mechanisms of the disease.

General rationale for changing the thematic plan

The students emphasized that their proposed thematic plan:

- provides a systematic and structured study of non-traditional medical systems;
- corresponds to the international practice of teaching complementary medicine;
- contributes to the formation of cultural, clinical and professional competence of future specialists;
- allows us to consider complementary medicine not only as a set of methods, but as holistic medical systems with philosophy, diagnosis and therapy.

There was also an offer from graduates of the general educational program Firoz and Chaurasia Jitendra.

Firoz, a graduate of the general educational program, noted that complementary and traditional medicine has a special social and medical significance for the healthcare system of the Republic

of India. In his opinion, in a number of regions of the country, especially in rural, hard-to-reach and socially vulnerable areas, access to modern high-tech medical care is limited for financial and infrastructural reasons. In these circumstances, traditional medical systems such as Ayurveda, Unani, Siddha and Homeopathy are the main and often the only available source of medical care for the population. He stressed that these systems are deeply integrated into the daily practice of healthcare, have been used by the population for generations and are supported by the state at the level of regulatory regulation. In this regard, future doctors should have systematic and scientifically sound knowledge about the possibilities and limitations of complementary medicine in order to interact correctly with patients and ensure the safety of medical care.

Graduate **Chaurasia Jitendra** noted that the relevance of complementary medicine in India is determined not only by cultural and historical traditions, but also by socio-economic factors. He pointed out that a significant part of the country's population lives in conditions of limited financial resources, where the use of traditional medical systems is an economically affordable and socially acceptable form of medical care. In his opinion, complementary medicine in such regions performs an important function of primary prevention, treatment of chronic and functional diseases, as well as maintaining the quality of life of the population. The graduate emphasized that the inclusion of in-depth study of traditional medical systems in the educational process contributes to the formation of culturally sensitive, integrative and patient-oriented clinical thinking among future specialists that meets international educational standards.

PERFORMED: Lecturer of the discipline "Complementary Medicine" PhD Mamatkulova N.M. The lecturer noted that the current thematic plan of the discipline meets the basic requirements of the work program and is aimed at forming a general understanding of complementary medicine. At the same time, the students' proposals presented in the new thematic plan are methodically sound and reflect a modern international approach to teaching complementary medicine. The lecturer emphasized that the proposed topics on Ayurveda, Siddha, Unani and Homeopathy allow:

- to deepen understanding of the philosophical and theoretical foundations of non-traditional medical systems;
- to consider the clinical aspects of the application of complementary medicine methods;
- Focus on safety issues, drug interactions, and the role of these systems in the treatment of chronic and functional diseases;
- to develop students' skills of critical assessment and integration of non-traditional methods into modern medical practice.

At the same time, the lecturer pointed out the need to:

- preserve the introductory section on the principles of safe use of complementary medicine;
- adapting the volume of material to the allocated number of classroom hours;

DECIDED:

1. To take into consideration the proposals of students and graduates to change the thematic plan of the discipline "Complementary Medicine".
2. Approve the thematic plan proposed by students and graduates as a whole.
3. Prepare an updated version of the thematic plan and syllabus, taking into account:

2. Approve the thematic plan proposed by students and graduates as a whole.
3. Prepare an updated version of the thematic plan and syllabus, taking into account:
 - principles of evidence-based and integrative medicine; o requirements of the educational standard;
 - maintaining a balance between theoretical and clinical material.
4. Submit the updated syllabus and the thematic plan for approval at the next meeting of the department.

Head of the Department of Pathology, Basic and Clinical Pharmacology, Associate Professor

A.A. Momunova _____

secretary Zhumabayeva N. _____

19.01.2026 y.