

Medical Anthropology (8)

"Ethnomedical systems and health care sectors" based on Chapter 5 (pp.163-202), In: Winkelman M "Culture and Health: Applying Medical Anthropology", Jossey-Bass, 2009.

Typical modern societies have **medical pluralism**: Within one society, competing ethnomedical traditions coexist and form distinct health subcultures with unique beliefs, practices, and organizations.

(example) In Japan, some people only believe modern medicine, others sometimes rely on traditional treatment like grilled leeks for sore throat; few people rely on pseudo-science treatment like homeopathy.

Kleinmann (1980) showed three overlapping sector in health care:

1. The popular (**lay**) **sector**: culturally based personal and familial beliefs and practices. "family care" in nursing, basis for most personal health care decisions. Family members and other interpersonal relations and social networks generally assist in assessing maladies and making decisions regarding treatment, incl. seeking biomedical care (cf. parents who believe Jehovah's Witness deny blood transfusion to their children). If health care providers are not aware of the cultural frameworks used by patients to conceptualize and communicate about their ailments, then noncompliance, patient's failure to comply with medical recommendations, is more likely.
 2. The **folk sector**: cultural ethnomedical traditions and specialists, incl. religious and spiritual healers, natural healers, physical healers (eg. herbalists, midwives, masseuses), psychological healers (eg. diviners, fortune-tellers) (sometimes combined/mixed like Kallawaya in Andes)
 3. The **professional sector**: legally sanctioned professionals. Generally dominated by biomedicine. Other professional healers are found both in US and cross-culturally, including legally sanctioned and marginalized.
 1. In USA, legally sanctioned ones are biomedical practitioners, osteopathic physicians, pharmacists, chiropractors, auxiliary practitioners such as nurses and physical therapists, competing (often marginalized) professionals are naturopaths, homeopaths, and acupuncturists.
 2. In Japan, legally sanctioned ones are biomedical doctors, pharmacists, midwives, nurses, physical/operational/speech-language-hearing therapists, bonesetters (Judo therapists), acupuncturists and moxa-cauterizers; competing professionals are homeopaths, aroma therapy, supplements
- "Overlapping": Herbal medicine use is done as both popular and folk practice, folk healers may adopt biomedical practices (such as stethoscopes)

WHO provides guideline for traditional medicine [<http://www.who.int/medicines/areas/traditional/definitions/en/>]

Traditional medicine: Traditional medicine is the sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness.

Complementary/alternative medicine (CAM): The terms "complementary medicine" or "alternative medicine" are used interchangeably with traditional medicine in some countries. They refer to a broad set of health care practices that are not part of that country's own tradition and are not integrated into the dominant health care system.

Herbal medicines: Herbal medicines include herbs, herbal materials, herbal preparations and finished herbal products, that contain as active ingredients parts of plants, or other plant materials, or combinations.

- *Herbs*: crude plant material such as leaves, flowers, fruit, seed, stems, wood, bark, roots, rhizomes or other plant parts, which may be entire, fragmented or powdered.
- *Herbal materials*: in addition to herbs, fresh juices, gums, fixed oils, essential oils, resins and dry powders of herbs. In some countries, these materials may be processed by various local procedures, such as steaming, roasting, or stir-baking with honey, alcoholic beverages or other materials.
- *Herbal preparations*: the basis for finished herbal products and may include comminuted or powdered herbal materials, or extracts, tinctures and fatty oils of herbal materials. They are produced by extraction, fractionation, purification, concentration, or other physical or biological processes. They also include preparations made by steeping or heating herbal materials in alcoholic beverages and/or honey, or in other materials.

Finished herbal products: herbal preparations made from one or more herbs. If more than one herb is used, the term mixture herbal product can also be used. Finished herbal products and mixture herbal products may contain excipients in addition to the active ingredients. However, finished products or mixture products to which chemically defined active substances have been added, including synthetic compounds and/or isolated constituents from herbal materials, are not considered to be herbal.

Traditional use of herbal medicines: Traditional use of herbal medicines refers to the long historical use of these medicines. Their use is well established and widely acknowledged to be safe and effective, and may be accepted by national authorities.

Therapeutic activity: Therapeutic activity refers to the successful prevention, diagnosis and treatment of physical and mental illnesses; improvement of symptoms of illnesses; as well as beneficial alteration or regulation of the physical and mental status of the body.

Active ingredient: Active ingredients refer to ingredients of herbal medicines with therapeutic activity. In herbal medicines where the active ingredients have been identified, the preparation of these medicines should be standardized to contain a defined amount of the active ingredients, if adequate analytical methods are available. In cases where it is not possible to identify the active ingredients, the whole herbal medicine may be considered as one active ingredient.

<Debate of next week>

- Should the legally sanctioned non-biomedical professionals (**LSNP**) be kept? [At first, CAM was the target, but changed]
 - Prop side: LSNP is necessary
 - Opp side: LSNP is unnecessary