

## OPINIONS OF MEDICAL FACULTY STUDENTS ON THE RATIONALITY OF USING TRADITIONAL MEDICINE FOR THE TREATMENT OF ONCOLOGICAL DISEASES

Kadirova G. B.

Teacher of the Department of Medical Fundamental Sciences, Gulistan State University, Uzbekistan

Akhmatov M. I.

Student of Group 79-C

Yakubova G.Q.

Student of Group 79-G

### Abstract

During the training of students at the medical faculty, future doctors should develop professional thinking based on the principles of evidence-based medicine.

To understand to what extent medical students are inclined to be guided by these principles when choosing treatment, a survey was conducted, including a question about the rationality of using various traditional medicine for the treatment of oncological diseases.

**Keywords:** Students, survey, evidence-based medicine, traditional medicine, oncological diseases.

### Introduction

During the training of students at the Faculty of Medicine, it is necessary to develop professional thinking in future doctors based on the principles of evidence-based medicine. Evidence-based medicine is an approach to medical practice in which decisions on the use of preventive, diagnostic and therapeutic interventions are made based on available scientific evidence of their effectiveness and safety, and such evidence is assessed, compared, summarized and widely disseminated for use in the interests of patients.

The difference between evidence-based medicine and traditional medicine is the use of reliable scientific evidence of the effectiveness of drugs and medical procedures [2].

In order to assess whether students are guided by the principles of evidence-based therapy when choosing treatment, a survey was conducted on the degree of trust of future doctors in drugs of biological origin (primarily of plant origin).

It is known that interest in such herbal remedies was and remains high among the population, especially in poorer regions of the world with a rich species composition of little-studied plants [3].

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**Objective:**

To study the opinions of students of the medical faculty on the rationality of using traditional medicine for the treatment of oncological diseases.

**Materials and methods of the study:**

100 students of the medical faculty (Guly State University) of both sexes aged 17 to 23 years were surveyed using the Internet questionnaire using the Google Forms website.

Most of them (82%) were junior (1-3) year students. For the survey, students' e-mail addresses were collected in advance and a questionnaire was sent to randomly selected addresses. Statistical processing of the obtained data was performed on a personal computer using the programs "Excel" and "Statistica 10.0"

Results of the work and their discussion. Most students (61%) have not heard of the treatment of oncological diseases with the help of SNM, a minority (16%) - consider themselves quite informed about such methods of treatment, the remaining students (23%) - are partially informed ("heard something about it").

Only a small minority (4%) of the surveyed students believe that SNM allows achieving a complete cure of oncological diseases, 20% believe in a significant auxiliary effect of SNM, and another 40% - in an insignificant therapeutic effect of SNM.

The remaining surveyed students (36%) do not believe in the effectiveness of such treatment,

At the same time, students from medical families are more inclined (29%) than students from non-medical families (17%) to admit the possibility of achieving a significant auxiliary effect with the help of SNM.

The questionnaire offered students a list of plants and biological products that are most often attributed with antitumor properties in the existing popular literature.

The students who responded to the questionnaire noted the following remedies (the percentage of those who noted the remedy is given in brackets): propolis (20%) > viburnum berries (15%) > onions (13%) > beetroot juice > fly agarics (12%) > potato tops (7%).

All of the above remedies are considered traditional (folk) medicine.

It is known that flavonoids, which are found in large quantities in onions (quercetin, myricetin and kaempferol) have antiproliferative, cytotoxic, apoptosis-inducing and anti-migration activity, i.e. potential anticancer activity.

Therefore, the activity of extracts from various varieties of onions grown in Ontario (Canada) against human adenocarcinoma cells (Caco-2) in the experiment was similar to the above-mentioned purified flavonoids.

Potato tops, a plant from the nightshade family, contain solanine.

The antitumor properties of a number of other plants of the nightshade family (including potatoes), also containing solanine, are known in folk medicine in various countries of the world [2,6].

All above-ground parts of viburnum (including berry juice) are used in folk medicine for a variety of diseases, including cancer [1,4,10].

The antiproliferative properties of viburnum berries are associated with their chemical composition.

It is known that such components of these berries as procyanidins, catechin, epicatechin, hydroxybenzoic acids, anthocyanins, quercetin derivatives, as well as chlorogenic acid and its derivatives strongly suppress the growth of cancer cells in the experiment [5,9]

Propolis contains a variety of biologically active substances, which, according to numerous studies, inhibit proliferation, ангиогенез, метастазирование опухоли и стимулируют апоптоз раковых клеток.

All other possible indications for propolis, in particular, cancer treatment, are unproven.

Fly agarics, according to some literary sources, can be used in cancer treatment.

In particular, in one study, patients with chronic lymphoid leukemia were successfully treated with a homeopathic preparation of death cap.

However, due to the lack of evidence of the effectiveness of homeopathic preparations themselves, according to the criteria of evidence-based medicine, the objectivity of the above study seems questionable [2,7,8].

Thus, an analysis of the available scientific literature shows that to date there is no evidence base for the treatment of oncological diseases with various biological products (plant preparations, propolis, homeopathic preparations).

The available experimental and phytochemical data are insufficient for this.

The lack of controlled studies does not allow us to consider the above remedies effective in oncological diseases.

### **Conclusion:**

When answering the question about the treatment of oncological diseases with folk medicine, it was found that more than half (64%) of the surveyed medical university students are inclined to trust such products to one degree or another. i.e. these students are not inclined to be guided by the principles of evidence-based medicine when choosing treatment, since they trust products with unproven effectiveness. Perhaps this is explained by the fact that the majority of respondents (82%) were junior (1-3) year students who had not yet studied clinical disciplines to a sufficient degree.

In this particular case, the efforts of teachers of pharmacology and oncology are of particular importance for the formation of scientific thinking in students of the medical faculty.

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