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FOLK MEDICINE: FOR AND AGAINST
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Since ancient times, people have used folk medicine to treat many diseases. Therefore nowadays a lot of different folk recipes have accumulated with which, it seems, you can cure almost everything. Folk medicine has many advantages. Millions trust it – its effect has been tested for centuries. It is almost free, while sometimes a huge amount of money is spent on medicines. In the end, herbal medicines do not bring harm to the human body – they have very few contraindications.

Doctors tend to believe that folk medicine is good only as a preventive measure. For example, in winter it is useful to eat honey, red raspberry jam, more garlic and onions. But if a person has really serious health problems, it is necessary to go to doctors and not to hope for the wonderful effect of folk medicine. For instance, you must not try curing cancer with herbs. In this case, you are on the way to the grave. Then folk medicine makes a wonderful transformation-it becomes anti-folk.

Methods of traditional medicine should be used carefully. Unfortunately, there are often cases when people do not go to the doctor in the event of diseases that require surgery and die. There are a large number of so-called traditional healers who can not only cure, but also do harm to your health. The disadvantages of treatment with folk remedies include the following: improper dosage can cause reactions from the immune system, the results of experimental studies of many alternative means are not confirmed, long-term use of herbal tinctures causes allergies, etc.

According to the inquiry held among first-year medical students, the most common practice is taking herbal medicines, the use of various homemade cosmetics, visiting yoga classes. Herbs are used as teas, syrups, decoction, pills or tablets. The most wide-spread ones were Valerian, St. John's wort, Sage, Chamomile, Nettle, Hawthorn and Eucalyptus. Cosmetics are used as masks for the face of clay and eggs, balms for the hair of nettle and pepper tincture, body scrub of coffee and apricot kernels. Those asked stated that taking herbal medicines natural substances reduced their chance of getting a cold; cut the length of their illness, helped look prettier and healthier. The participants reported that cultivated herbs were seen as effective and reliable phytotherapy remedies with good shelf-life which undergo careful product quality control mechanisms, and which are much more affordable than pharmaceuticals.