

## Integrative medicine, a way to blend knowledge

CMT created the Award Catalina Mendoza to promote research on Integrative Medicine with the objective of developing knowledge in health issues to reach social welfare

Integrative medicine blends the knowledge in traditional medicine with the ones regarding traditional and alternative medicine. However, the lack of scientific research to study deeply so as to understand it better makes it difficult to create mechanisms for sanitary regulation. All these happened due to the fact that traditional and alternative medicine became more popular lately.

The Observatory for Innovative Practices to Deal with Complex Chronic Diseases (OPIMEC) defines integrative medicine like a model of sanitary assistance based on a systematic method, created to incorporate the best knowledge on conventional medicine to the outcomes in traditional, alternative, and complementary medicine (MTAC); with the purpose of analyzing the biological, psychological, social, and spiritual aspects of health and diseases.

“It focuses on the respect for the human capacity to heal, it stimulates the collaboration between the doctors, and it emphasizes the importance of the relationship among the expert and the patient, as well as sanitary assistance based on evidences” the Observatory alleges.

The World Health Organization (OMS) supports the sanitary policies that were promoted to place MTAC next to conventional medicine around the world. However, the wide spectrum of curative philosophy, methods and therapies adopted by MTAC still face resistance to be used by occidental medicine.

“As a result, MTAC and obviously, integral medicine are not used, accepted, or studied yet; they are not understood, and they are not available in most conventional sanitary institutions around the world”, the WHO highlights.

### The objectives of the WHO Strategies on Traditional Medicine 2014-2023

- Take advantage of the potential contribution of traditional and complementary medicine to health, welfare, and attention to health using an approach centered on people.

- Promote the use of Traditional and Complementary medicine safely and efficiently through regulation and research, and also incorporating products, experts, and practices into the health systems, depending on each case.



Despite the resistance of conventional sanitary institutions, the services of integrative medicine to prevent and deal with chronic diseases seem to spread quickly, particularly due to the demand, intercession, and interest of people.

It is important to mention that the use of MTAC increased all over the world regardless of cultures or socioeconomic status. To be more specific, their use increased in developed countries; most users are young people with a degree and economical resources who expect to have control on their diseases and the treatments for each one of them.

### More research is needed

One of the biggest disadvantages that MTAC faces is the lack of research methodologies with enough validity to evaluate complex interventions and treatment for chronic diseases, not only when a person is being affected by two or more of them, but also to prevent the patient from getting worse; OPIMEC mentions.



It urges the ones who provide resources to sanitary and research services to consider a priority the studies on the delivery, organization, and financing of the different integral sanitary models, as well as medical and public education with the objective to expand the reductionist model oriented to disease and the comprehension of the changing dynamics of MTAC.

The same argument is expressed by the Latin-American Parliament, as they affirm that it is evident the lack of research and academic sustainability in many cases of traditional medicine and of course, in mechanisms regarding sanitary regulation. That is the reason why integrative medicine is so important.

### The Award Catalina Mendoza is an opportunity to increase knowledge

As it is evident that it is necessary to promote research on this area of medicine, Congregación Mariana Trinitaria opens the convocation to the 2021-2022 edition of the Award Catalina Mendoza to Promote Research on Integrative Medicine, the first one in Ibero-America, with the purpose of opening spaces to study, and to encourage research projects being currently developed that contribute to the knowledge on this branch of medicine.

It is aligned to the strategic plan of the World Health Organization (WHO), and this award aims to guarantee a better attention to patients whose treatments and traditional practices are their main source to get sanitary attention, and also to contribute to its integration to the national health systems.

### Objectives of the award

1. Encourage participation in research programs that increase knowledge on traditional and complementary medicine, which have been scarcely analyzed by specialized studies.
2. Contribute to recognize the ones who are committed to the studies and research of traditional and complementary medicine.
3. Spread the concept of traditional and complementary medicine as a way to improve the quality of life in people.
4. Promote a closer relationship, more dynamic and collaborative, between Congregación Mariana Trinitaria and the academic and scientific communities.

The research projects that participate must show tangible evidence or they must imply a benefit for the society after the practical use of the results obtained from it. They must be sent from June 1 to December 18, 2021 to the email [cmt@cmt.org.mx](mailto:cmt@cmt.org.mx)

On the webpage [www.premiocatalinamendoza.org](http://www.premiocatalinamendoza.org) you may get further details on the Award Catalina Mendoza to Promote Research on Integrative Medicine.

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