

THE NEED FOR INTEGRATIVE MEDICINE IN PRESCHOOL CHILDREN'S HEALTH

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Abstract. In this article, the author discusses the need for preschool children's health improvement based on integrative medicine. Every child's health requires a specialized approach, and medical knowledge must be developed from an early age.

Keywords: traditional medicine, folk medicine, integrative approach, preschool child health, medical knowledge.

Introduction.

Changes in social life primarily affect the field of education. Therefore, over the past decade, we have witnessed large-scale changes in the preschool education system, which is considered an important stage of lifelong learning in our country.

Modern preschool education differs significantly from the previous education system, and in recent years, the attention and attitude towards the preschool education system have changed dramatically. To quickly address the emerging problems in the preschool education system, clear, consistent, and large-scale comprehensive measures have been taken in recent years to radically reform the industry, implement systemic reforms, and adapt it to international standards. Laws, dozens of important decrees, resolutions, and programs aimed at developing the industry have been adopted. In particular, the CONCEPT for the development of the preschool education system of the Republic of Uzbekistan until 2030 [1], approved by the Decree of the President of the Republic of Uzbekistan dated May 8, 2019, No. PP-4312, serves as a guiding principle for new reforms in this area. Also, on September 23, 2020, the Law of the Republic of Uzbekistan "On Education" was adopted, aimed at regulating relations in the field of education. [2].

Literature review and methodology

Considering the importance of developing medical knowledge in preschool children in an integrated educational environment, if we consider preschool education as a holistic system, then at this stage, which carries out such a responsible task as raising the younger generation,



it is advisable to implement education and upbringing aimed at the comprehensive development of children, in particular, the formation of their medical knowledge, as a pedagogical necessity.

As is well known, the Millennium Development Goals, adopted by the United Nations in 2000, were aimed at addressing eight global challenges, including improving living standards and reducing poverty, reducing child mortality, improving maternal health, and combating HIV/AIDS, malaria, and other diseases. All countries were working to complete these goals by 2015.

In 2015, the United Nations General Assembly adopted the Sustainable Development Goals (SDGs), consisting of 17 targets to be achieved by 2030 as part of the "Plan for a better and more sustainable future for all," which succeeded the Millennium Development Goals. The UN General Assembly resolution dubbed these goals the "2030 Agenda." This document outlines 17 global goals and 169 targets based on them.

Results

It is well known that modern traditional (scientifically based) medicine developed from folk medicine as a result of advances in science and technology. By traditional medicine, we mean medicine that treats human diseases using scientifically validated, specific tests and experiments, specially licensed medications, and the widespread use of surgical techniques.

By alternative medicine, we mean medicine that combines various folk methods (herbal medicine, acupuncture, naturopathy, homeopathy) and is based on personal and collective experience, although it lacks scientific justification. Physicians who treat diseases using these methods are called integrative physicians.

Another representative of preventive medicine, promoting disease prevention through the promotion of a healthy lifestyle, are preventative physicians. In our study, we sought to highlight issues of increasing the level of medical knowledge of preschool-age children and the formation of a healthy lifestyle in them, which ensures the compatibility and integration of traditional and alternative medicine, that is, on the basis of integrative medicine.

Discussion.

In our country, maintaining a healthy lifestyle has been elevated to the level of state policy, and active advocacy efforts are being conducted in this area.

Since 2016, at the initiative of the President of the Republic of Uzbekistan, Shavkat Mirziyoyev, the approach to the preschool education system has changed dramatically. Great importance is attached to the upbringing of preschool-aged children. Issues of improving the health of preschool-aged children and developing a healthy lifestyle in them are being studied



by many researchers. A number of regulatory documents of the Ministry of Health of the Republic of Uzbekistan highlight social and hygienic factors (family conditions, sanitation, nutritional conditions) that influence the physical and mental development of preschool-aged children.

According to Turaev Akhrorbek Toydinovich, "preschool age is the period of early childhood that is directly connected to the external environment and nature. The importance of developing a healthy lifestyle in children of this age lies in the fact that it is at this age that basic ideas about life are formed and fundamental stereotypes are developed. The foundations of a healthy lifestyle in preschool children are determined by the presence of knowledge and understanding of the elements of a healthy lifestyle (following a regimen, hygiene procedures, physical activity) and the ability to apply them in behavior and activities in ways convenient for the child (brushing teeth, washing hands, doing exercises)"[3].

Researchers F. Salomova and A. Imamova, based on their research on ways to improve hygiene conditions for frequently ill children in kindergartens, offer the following recommendations: "1. Develop a comprehensive hygiene policy: Kindergartens should develop clear guidelines defining hygiene practices, cleaning schedules, and illness treatment protocols. 2. Provide staff training: Regular training in hygiene practices ensures that staff are prepared to implement and model appropriate behavior. 3. Involve parents and caregivers: Involving families in hygiene education reinforces hygiene practices at home and creates a consistent approach to health. 4. Monitor and evaluate hygiene practices: Regularly assessing hygiene practices and illness rates helps identify areas for improvement and evaluate the effectiveness of interventions. By implementing these strategies, kindergartens can significantly improve hygiene conditions, "which improves the situation, thereby reducing the incidence of common illnesses and creating a healthy environment for young children»[4].

It is advisable to expand preschoolers' knowledge about a healthy lifestyle through various life situations (play, study, work). The personal example of parents, caregivers, older siblings, and friends plays a significant role in developing preschoolers' understanding of a healthy lifestyle in older groups. Under their influence, children develop a desire to maintain their health. Therefore, it is advisable for parents and caregivers to instill in children a desire for a healthy lifestyle.

"In Uzbekistan, reforms are being implemented in preschool education aimed at strengthening the 'healthy environment': kindergarten infrastructure is being improved, and pedagogical programs and standards are being refined. Preschool education is an important



stage in the system of continuous education, playing a significant role in shaping a child's personality and preparing them for further education. Significant changes are being observed in the preschool education system in Uzbekistan, aimed at improving the quality and accessibility of educational services for all children" [5], notes researcher L. Mominova.

Researchers Z. Adilova, F. Azizova, and Sh. Adilovs noted that "Health status can only be objectively assessed based on a combination of many parameters: anthropometric, clinical, functional, physiological, and biochemical, taking into account gender and age factors, as well as social, clinical, geographical, and meteorological conditions" [6].

Researcher M.M. Soatov emphasizes in his study: "Currently, the incidence of acute respiratory infections among young children is very high. Protecting children from the cold, preventing colds, eating healthy, and exercising in compliance with sanitary regulations will help prevent illness in children. Currently, the incidence of acute respiratory infections among young children is very high. Protecting children from the cold, preventing colds, eating healthy, and exercising in compliance with sanitary regulations will help prevent illness in children." [7].

Today, drug therapy is highly developed in our country. According to the Tax Committee of the Republic of Uzbekistan, "in 2024, the population of Uzbekistan spent a total of over 19.7 trillion soums on medicines, of which over 15.7 trillion soums were imported and almost 4 trillion soums were locally produced."

Indeed, medicines are produced to maintain human health. However, in many cases, while drug treatment has a beneficial effect on one part of the body, in other cases it has an adverse effect on the functioning of vital organs such as the liver and kidneys.

From this perspective, the issue of implementing the principles of traditional and non-traditional, or integrative, medicine to maintain human health and a healthy lifestyle is relevant.

Integrative medicine is a new branch of science that combines the advances of modern medicine with the rich experience of physicians and traditional medicine, developed over thousands of years.

Integrative medicine views health problems as the result of changes in a person's mental and spiritual state, not just their physiological state, and strives to treat a person based on their mental, spiritual, and physiological issues, not just the individual organ. The primary goal of integrative medicine is healing the entire body, not just the individual organ. The primary tool of integrative medicine is a systemic approach to the individual. Here, we focus on issues such as lifestyle, nutrition, exercise, rest, sleep, and interaction with others.

The National Cancer Institute (NCI), a division of the National Institutes of Health, defines integrative medicine as an approach to health care that recognizes the benefits of combining conventional (standard) treatments (such as drugs and surgery) with complementary therapies (such as acupuncture and yoga) that have been shown to be safe and effective. For example, acupuncture can be used in combination with certain medications to reduce pain, nausea, and vomiting associated with cancer. Integrative medicine seeks to consider the physical, emotional, social, spiritual, and environmental factors that can influence a person's health and well-being. [8]

Conclusion.

Thus, promoting a healthy lifestyle in preschool-aged children and developing their medical knowledge not only addresses the challenge of developing children's knowledge, skills, and abilities but also the challenge of providing them with the opportunity to apply their acquired knowledge about a healthy lifestyle in practice.

In recent years, the rise in the incidence of diseases has led to increased attention to medicine. In modern medicine, there are concepts such as traditional medicine, preventive medicine, and integrative medicine.

By directly addressing the issue of developing health literacy in preschool-aged children based on integrative medicine, we can address the problem of improving children's health and fostering a healthy lifestyle only by developing their health literacy.

One of the fundamental principles of the modern preschool education system in our country, aimed at the comprehensive development of children's cognitive, speech, social, physical, and artistic competencies, is the integration of educational spheres. The integration of education and upbringing in preschool education should be ensured for children not only in the classroom, but also throughout their lives and activities in the preschool educational institution.

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