

## An outlook to the convergence of Modern and Traditional Medicine

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### Abstract:

**Background and Purpose:** Science and medicine can be developed through convergence of useful theories, experiences, new data and methods. It seems unreasonable to ignore the vast treasure trove of medical knowledge that has evolved over the centuries in different cultures and civilizations.

**Materials and Methods:** This is a review and science policy study. Initially, keywords in Persian and English languages were searched in national scientific databases such as SID, MagIran, and Irandoc and international scientific search databases such as Web of Science, Scopus, PubMed. The time period to include the articles in the study comprised years 1995 to 2020. Only original and review research documents could participate in the present study. Finally, the results were summarized based on modern biological science output.

**Results:** The World Health Organization (WHO) has called on governments to pay attention to the use of traditional medicine since 1977, and launched a program in 2002 to integrate traditional medicine with modern medicine, which eventually led to the development of integrative medicine. China has been at the forefront, taking great strides in integrating its traditional medicine with the views of modern medicine. Iran has a brilliant history in medicine with wise scholars such as Avicenna who is a world-renowned polymath. Therefore, it is expected that Iranian medicine will include all the knowledge of medicine from the old to the new and to be a leader in integrative medicine at national and international levels. One of the most important ways to converge old medicine with modern medicine is to explore molecular and biomolecular integrative research on prescriptions of traditional medicine. The present article has been prepared as a message for medical, health and hygiene authorities to draw their attention to the need for basic research in the field of traditional medicine in order to update it based on scientific evidence. Recent approaches by scientists in these studies include systems biology, proteomics, metabolomics and other network analysis.

**Conclusion:** The human being is a much unknown being; so human health should be considered in accordance with his nature. It is therefore appropriate to follow natural models, a healthy lifestyle, and the wisdom and knowledge based on man's nature and also modern medicine to prevent and treat disease.

**Keywords:** Convergent Medicine, Traditional Medicine, Basic sciences, Molecular biology, Lifestyle

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