Current situation of Traditional Medicine in Mongolia

- Z. Mensaikhan Ph.D, assoc. prof.
- U. Ligaa Ph.D prof.
- B. Purewasuren, prof.
Short history of Mongolian Traditional Medicine

• “Black Heal” 8-17th century
  The main tool of health care of nomadic Mongolians was folk medicine, which had been developed over centuries in response to Mongolia’s geographical and climatic conditions and the lifestyles of its people and called as a Black Heal (Har dom).
17-20th century

Tibetan medicine with history since 8-9th century originated from Indian Ayurveda, gathered Indian, Tibet, Arab, Chinese, Mongolian healer-scientists who wrote the fundamental creation ‘Four Tantra of Medicine’ which in 17th century with introducing buddhist religion spread out through Mongolia.

In this way healers with eastern education from 17th century to 1937 played an important role as a first line health care givers in Mongolia and they did pick up proper materials, medicinal plants, remedies of animal origin, minerals from which they themselves prepared drugs by the ancient prescription, based on history and clinical appearance of each case.
• 1930s until the beginning of the 1990

Mongolian traditional medicine (TM) was largely ignored from 1930s until the beginning of the 1990. During the black days destroyed kinds of monasteries, killed hundreds of educated lams, fired treasure books and the folk medicine was closed until 1990.

• From beginning of the 1990 until today

After the ruining the communist system and from the first day of democracy and economic transition in 1990s, the Government made development of Mongolian traditional medicine into the mainstream health service system and opened a great possibility in development of the ancient culture including traditional medicine.
In 1990s, Mongolia set up the first faculty of traditional medicine at the National Medical University of Mongolia.

- To give the licenses to government
- Private clinics to open, treat patients using TM methods
- Import herbal medicinal raw materials,
- Study of resources and distribution of plants, its physical and chemical components

The 46th resolution initiated by the President of Mongolia and approved by Parliament in 1999
“*The government Policy for developing Traditional Medicine in Mongolia*”
has had a key role to develop, clarify, establish and update regulations governing folk medicine after being closed for many years.
Today

• All hospitals of 21 aimags (administrative unit), tertiary and secondary hospitals of UB and its districts have functioning Traditional Medicine department.

• 160 private Traditional Medicine clinics, is functioning

• 2 private colleges have been introducing the program on traditional medicine to future medical doctors

• 3 government and 3 private pharmacology factories have been manufacturing more than 5 tonn, 270 kinds of TM drugs under the quality control of State Inspect Department.
Each herbal medicine has had 2 to 30 components in its compound and they are using 200 kinds of plants, which cultivated in Mongolia and 100 kinds of plants, which are imported from other countries.

Totally about 800 species of efficient medicinal herbs had being occurred and they are distributed unequal in the 16 botanic-geographic regions.
regions, which are most rich in medicinal plants are:

**Region**

Khuvsgul, Mountain taiga, Khentii Mountains taiga, Hangai Mountains Forest – steppe, Mongol-Daguuriin Mountains forest steppe and Khingan Mountains Meadow – steppe, where are registered **450-500** species.

- Lanceolate Thermopsis - Thermopsis lanceolate R. BR.,
- Red Thorowax – Bupleurzim scorzonerifolium Willd.,
- Chinese Stellera – Stellea chamaejame L.,
- Garden Burnet – Sanguisorba officinalis L.,
- Adams Wor – Wood – Artemisia adamsii Bess.,
- Sievers Wormwood. Artemisia sieversiana Willd.
II. Region

In the Khovd Mountains Desert steppe, Mongol Altai Mountains steppe, Middle Khalkh Arid steppe, Eastern Mongol Arid – steppe, Great Lakes Depression of Desert steppe, Eastern Gobi Desert steppe and Gobi Altai Mountains Desert steppe are registered 100-150 species.

• Chinese Ephedra – Ephedra chinensis Stapf,
• Ural Liuorise – Glycyrrhiza uralensis Fisch.
III. Most poor regions in medicinal plants are:

Zuungarian Gobi Desert, Trans-Altai Gobi Desert and Alasha Gobi Desert. There are found less than 100 species.

- Przewalsk Ephedra – Ephedra przewalskii Stapf.
88 species of medicinal herbs which had become nearly to the extinction with no capacity to rehabilitate due to the nature, with limited distribution, without utilization resource and 122 species of medicinal herbs which had become nearly to the extinction with limited ability to rehabilitate due to the nature, with few amount of distribution and resource.

The medical herbs, registered in the list of rare medicinal plants in “Red Book of Mongolia” are used by human, gathering from its nature directly and there have not taken any measurements to rehabilitate and improve the resource of medicinal herbs such as

•Liquorice (Glycyrrhiza),
•Thyme (Thymus serpyllum)
•Longstamen Onion (Allium macrostemon),
•Lilac Pink (Rhodia rosea),
•Common physochlaina (Physochlaina physaloides),
There are has been decreased and the resource of medicinal plants such as

  • kusnezoff Monkshood (Aconitum Kusnezoffii),
  • Desert Cistanche (Cistanche),
  • Mongolian Adonis (Adonis Mongolica),
  • Siberian Adonis (Adonis sibirica)

have became nearly to the extinction.

It is necessary to protect rare medicinal plants in nature and cultivate them in the gardens.
Thank you