

## TRADITIONAL AND ALTERNATIVE MEDICINE

### **FACTS AND FIGURES**

#### **General**

Up to 80% of people in the south use traditional or complementary/alternative medicine (TM/CAM) as part of primary health care

Traditional medicine has been fully integrated into the health systems of China, North and South Korea and Viet Nam

In western countries, growing numbers of patients rely on alternative medicine for preventive or palliative care

In France, 75% of the population has used complementary medicine at least once

In Germany, 77% of pain clinics provide acupuncture

The global market for traditional therapies stands at US\$ 60 billion a year and is steadily growing

In the USA, expenditure on complementary or alternative medicine stands at US\$ 2.7 billion per year

About 25% of modern medicines are descended from plants first used traditionally

The Chinese herbal remedy *Artemisia annua* has been found to be effective against resistant malaria and could give hope of preventing many of the 800 000 deaths among children from severe malaria each year

The efficacy of acupuncture in relieving pain and nausea has been well established

Convincing evidence shows that therapies such as hypnosis and relaxation techniques can alleviate anxiety, panic disorders and insomnia

Other studies have shown that yoga can reduce asthma attacks while tai ji techniques can help the elderly reduce their fear of falls

In Africa, North America and Europe, three out of four people living with HIV/AIDS use some form of traditional or complementary treatment for various symptoms and conditions

In South Africa, studies on the plant *Sutherlandia microphylla* show efficacy in increasing energy, appetite and body mass in people living with HIV

## **Asia and Pacific**

### **Australia**

Traditional Chinese medicine has been practised in Australia since the 19<sup>th</sup> century

Approximately AU\$ 1 billion is spent on complementary/alternative medicine

### **Bhutan**

More than 2990 medicinal plants are used in Bhutanese traditional medicines

About 70% of raw materials for herbal preparations are available in the country

There are more than 300 herbal products produced in Bhutan

### **China**

Traditional Chinese medicine is fully integrated into China's health system

95% of Chinese hospitals have units for traditional medicine

Traditional medicine accounts for 30-50% of total consumption

There are 800 manufacturers of herbal products with a total annual output of US\$ 1.8 billion

### **India**

Ayurveda, siddha and unani systems of medicine have coexisted with yoga, naturopathy and homeopathy for centuries

Traditional medicine is widely used in India, particularly in rural areas, where 70% of the population lives

2860 Indian hospitals provide traditional Indian medicine

## Indonesia

40% of Indonesia's population uses traditional medicine; 70% in rural areas

At the end of 1999, there were 723 manufacturers of traditional medicines, 92 of which were large-scale industries

## Japan

In 2000 the herbal medicine market in Japan was worth US\$ 2.4 billion

An October 2000 survey showed that 72% of registered western-style doctors use kampo medicine (the Japanese adaptation of Chinese medicine) in their clinical services

## Thailand

Thai traditional medicine draws from Chinese and Indian traditions

In 1993, Thailand established the National Institute of Traditional Medicine

By 1999, Thai traditional medicine was integrated into the facilities of 1120 health centres

## Viet Nam

Traditional and oriental medicines are fully integrated into Viet Nam's health system

30% of patients receive treatment with traditional medicine

The Viet Nam National Association of Acupuncture has 18.000 members, 4.500 of whom work in public hospitals

*The Traditional Medicine Strategy can be accessed on:*

*<http://www.who.int/medicines/organization/trm/orgtrmmainshtml>*

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