

Current Status and Prospects of Traditional Chinese Medicine in Central Asia

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Abstract

As an essential section of building the Silk Road Economic Belt in Central Asia, it is beneficial to further promote the healthy development of traditional Chinese medicine in Central Asia by studying and collating the development history and current situation of Traditional Chinese medicine in Central Asia and the views of representatives from different fields in Central Asia on the development of Traditional Chinese medicine in Central Asia, as well as the dissemination and development path of Traditional Chinese medicine in the region. Therefore, this research discussed current statutes and prospects of traditional Chinese medicine in central Asia. The finding showed that the traditional Chinese medicine is development process differs among Central Asian countries; it can be seen that doctors of traditional Chinese medicine in Central Asia and China are making active contributions to the international development of traditional Chinese medicine and making it beneficial to more people. Traditional Chinese medicine-related industries and trades are also gaining more and more attention and recognition from Central Asian people.

Keywords: Traditional Chinese Medicine, Central Asia, Dissemination, Development

Introduction

Traditional Chinese medicine is now increasingly recognized: The 2016 white paper "Traditional Chinese Medicine in China" issued by the State Council shows that Traditional Chinese medicine in China has spread to 183 countries and regions, indicating that Traditional Chinese medicine is becoming an essential element of China's foreign exchange. The Chinese government has signed 86 special Traditional Chinese medicine cooperation agreements with relevant countries and international organizations. The Chinese government has supported the establishment of 17 Traditional Chinese medicine centres overseas. According to the World Health Organization, 103 Member States currently endorse acupuncture, and 18 countries and regions have incorporated acupuncture into their health insurance systems. (Rui, Yu, Ya, Li, xian, jie, zhao, & Li, 2020) Central Asia, located in an essential Silk Road Economic Belt section, will become another breakthrough for internationalising Traditional Chinese medicine.

The extensive exchanges and deep friendship between Central Asian countries and China and their similar cultural backgrounds and philosophies provide unique and convenient conditions

for spreading Traditional Chinese medicine in Central Asia. The traditional five Central Asian countries are Kazakhstan, Uzbekistan, Turkmenistan, Kyrgyzstan, and Tajikistan. From the perspective of geographical location, Central Asia is located in the combination of Asia and Europe, in the middle of China, Russia, India, Pakistan, Iran, and other large countries or regional powers is the transportation hub through Asia and Europe, and has always been a necessary place for the south to north and east to West.

I. Historical origin of Traditional Chinese medicine in Central Asia

(i) Initial theoretical importation and integration

The exchange of traditional medicine between China and Central Asia has a long history. According to the ancient history of Traditional Chinese medicine and the history of world medicine, Chinese medical theories and writings began to be exported to Central Asia in large numbers after the Tang Dynasty. At about the same time, Arabic treatment, which was gathered in Arabic in Muslim areas, including Central Asia, also gradually rose, and its contents incorporated a large number of Chinese medical theories and practices, which laid a sure foundation for traditional medicine in Central Asia.

(ii) Gradually inflow in civil society

During the Yuan dynasty, Traditional Chinese medicine began to feature in Central Asia with the Mongolian army's western conquest. At the beginning of the 15th century, musk and rhubarb had already appeared in the market of Samarkand (Long, 1977). Along with the disintegration of the Mongol Empire, Traditional Chinese medicine disappeared again in Central Asia. Until the 18th century, the inflow of Traditional Chinese medicine in Central Asia gradually increased. But in general, the influx of Traditional Chinese medicine into Central Asia before the 19th century was folkloric and accompanied by the state.

(III) Clinical practice presents results

The 19 century was an important period for the inflow of Traditional Chinese medicine into Central Asia. The inflow of Chinese medical texts and various herbal medicines into Central Asia during this period was unparalleled. Clinical experiments on acupuncture and herbal medicine also began in Central Asia during this period, and individual results were achieved. The carriers of the inflow of Traditional Chinese medicine into Central Asia during this period were professional doctors and Sinologists, botanists, merchants, and soldiers. (Min, 2019)

(iv) The continuation of Traditional Chinese medicine in civil society is passed on from one generation to the next

Unfortunately, during the former Soviet era, traditional medicine was banned in all republics of the Soviet Union. Despite the strict prohibition by the authorities, folk medical practitioners in Central Asian countries never gave up their heritage and efforts to use traditional medicine in the oppression and secretly relieve the sick for the ordinary people. In recent years, many medical research centers in Central Asian countries have done a lot of clinical experiments to prove the usefulness and effectiveness of traditional medicine. Many people, realizing the benefits and efficacy of conventional medical treatment, are more inclined to perpetuate and promote it. Today, thousands of people turn to traditional medicine for treatment. At the same time, almost 30 years after the independence of Central Asian countries, these countries have developed health care laws, which provide legal guarantees in the field of folk

medical services, create conditions for traditional medicine in folk medicine and primary health care associations, and set goals and directions for its development.

(V) Wide recognition and excelsior

With the dissolution of the former Soviet Union, medical personnel from Central Asian countries have been exchanging their experiences with foreign medical personnel more frequently, visiting each other, conducting in-depth research, sharing their discoveries and results timely, and starting a dynamic integration of medicine. Since then, representatives of traditional medicine from Central Asian countries have been actively cooperating with Traditional Chinese medicine specialists in China. People from Central Asian countries have found that even though Traditional Chinese medicine has long been disregarded and even disparaged in the West, it is now spreading widely outside of China, and even the experts who are the most sceptical medical to Traditional Chinese medicine are paying homage to the heritage of Traditional Chinese medicine. Western medicine is now not only studying the theories of Traditional Chinese medicine actively but also making use of its achievements is a good indication that Traditional Chinese medicine experts and scholars have spent thousands of years studying the treatment of various diseases and relieving their suffering is very effective. Even authoritative international organizations such as the World Health Organization have officially recognized the effectiveness of Traditional Chinese medicine.

The indisputable fact of the efficacy of Traditional Chinese medicine is that more and more foreign patients gradually recover after taking Traditional Chinese medicine. Thus, traditional Chinese medicine has become integral to the world health system. At the same time, a survey of health workers and researchers in Central Asia shows that it is necessary to improve the quality of traditional medicine services further, to improve the mechanisms of assessing the efficacy of treatment, to strengthen the continuous integration of conventional medicine and Traditional Chinese medicine in Central Asian countries, and to advance the development of Chinese traditional drugs in Central Asia.

II. Current Situation of Traditional Chinese Medicine in Central Asian Countries

The governments of Central Asia have recently given special attention to the development of traditional medicine, and heads of state have signed many important documents recognizing conventional Chinese medicine as an alternative mastery in providing medical care to the public. Health care in Kazakhstan, Uzbekistan, Turkmenistan, Ukraine, Kyrgyzstan, and Tajikistan combines the achievements of Western and Eastern medicine, thus achieving the best results. Whether it is the Central Asian heads of state and Chairman Xi Jinping, or other leaders of the two countries in talks, cooperation in health care, especially the application and development of Traditional Chinese medicine, always be discussed. In 2020, when New Covid-19 Pneumonia broke out around the world, dozens of Chinese medical teams visited Central Asian countries to share their experiences in New Covid-19 Pneumonia prevention and control, including how to use Traditional Chinese medicine to prevent and attenuate the spread of New Covid-19 Pneumonia. In addition, Traditional Chinese medicine once again demonstrated its unique efficacy to the world in the fight against epidemic diseases.

(I) Traditional Chinese medicine in Kazakhstan

The primary sources of herbal medicine available in the Kazakh domestic market are mainly from China and India. Kazakhstan's folk doctors use herbal medicine in combination with some traditional homoeopathic remedies and the traditional treatment of diseases by rural "barefoot doctors" to treat people. In 2005, the state began to develop regulations for

registering herbal medicines, including GMP-certified products exempted from inspection, and the products must indicate their origin, use, and contraindications. In 2005, the state began to formulate regulations for the registration of herbal medicines, including products with GMP certificates are exempted from inspection; products should be indicated the place of origin, usage and contraindications, etc., and emphasising that they should not contain any hormones or poisonous insects.

Traditional Chinese medicine is popular in Kazakhstan Herbal physiotherapy, Chinese massage, and Chinese beauty are considered the most effective, healthy, and environmentally friendly treatment methods. Many government officials and businesspeople often come to China for treatment and physiotherapy, even inviting Traditional Chinese medicine experts to Kazakhstan for clinical consultation. The local people are very fond of cheaper herbal medicines, which are fewer side effects and good efficacy, and often ask people to purchase them in China.

On October 19, 2016, during the 4th China-Central Asia Cooperation Forum held in Chengdu, Sichuan Province, the Health Bureau of Almaty Region of Kazakhstan and the Sichuan Provincial Administration of Traditional Chinese Medicine signed a Memorandum of Cooperation. It aims to promote the internationalisation of the Traditional Chinese medicine industry and achieve mutual benefits and a win-win situation for common development. (China TCM News. 2016)

Several traditional Chinese medicine centers and clinics exist in Kazakhstan. Mainly since 2017, traditional Chinese medicine centres have been operating in Almaty, where traditional Chinese medicine doctors use their medical theories to provide diagnosis and treatment, which is praised by patients.

(II) Traditional Chinese medicine in Uzbekistan

In the 1980s, there were seven centres teaching acupuncture therapy throughout the Soviet Union, one of which was in Tashkent, the capital of Uzbekistan. After Uzbekistan's independence, the pharmaceutical industry developed rapidly, and the government actively encouraged the development of the traditional Chinese medicine industry, which has a great potential for market demand for Traditional Chinese medicine.

Uzbekistan is one of the few Central Asian countries that have preserved its traditional culture; it is also the country in Central Asia that places the most significant emphasis on conventional medicine. To date, there are no official statistics on the use of traditional Chinese medicine in Uzbekistan. The usage of Chinese herbal medicine is mainly through traditional Chinese medicine clinics and folk channels in Uzbekistan. There are eight existing conventional Chinese medicine clinics practising acupuncture and other related treatments in Uzbekistan. They are in Tashkent, Bukhara, and Samarkand.

The government of Uzbekistan attaches great importance to the administration of herbal medicine. The establishment of herbal medicine stores and the sale of herbal medicine must be permitted officially. In 2004, the Committee for Registration of Herbal Medicine Regulations was established to cooperate with the AGCC Traditional Medicine Committee in the legislation and promulgation of herbal medicine regulations.

In June 2020, the China-Uzbekistan Center of Traditional Medicine was established in Uzbekistan. The specialists of the institution are engaged in the diagnosis, prevention, and treatment of various diseases. They use acupuncture and massage on patients based on the use of environmentally friendly herbal medicine. The centre's building has a cultural

exhibition hall for Traditional Chinese medicine, a diagnostic & treatment area, and a remote consultation centre, which provides free consultation services for patients.

(III) Traditional Chinese medicine in Turkmenistan

Herbal therapy is viral in Turkmenistan. It includes the phytotherapy of Traditional Chinese medicine. Mr Berdmukhamedov, the President of Uzbekistan, who holds a doctorate in medicine, is very concerned about the development of health care in his country and is committed to promoting the research of medicinal plants. The book "Medicinal Plants of Turkmenistan" written by him, introduces in detail the distribution, growth habits, and chemical composition, as well as the methods of preparing and taking more than 200 medicinal plants in Turkmenistan. This book has a high reference value for medicine. Both the Chinese and Turkmenistan sides held the first launch of the Chinese version of this book in Beijing on the eve of President Berdymukhamedov's visit to China in 2011, which vigorously promoted cooperation between the two countries in the field of traditional medicine.

President Berdymukhamedov of Turkmenistan was awarded an honorary professorship by the Beijing University of Traditional Chinese Medicine On May 13, 2014. At the conferral ceremony, Liu Yanyong, former Vice Premier of the State Council, said that President Berdymukhamedov is a good friend of the Chinese people, who have long been concerned about and promoted the development of relations between the two countries and has made important contributions to the friendship and cooperation between China and Turkmenistan. As the highest leader of Turkmenistan and an accomplished medical expert, Mr. Berdymukhamedov was awarded the title of Honorary Professor of Beijing University of Traditional Chinese Medicine, which fully reflects the deep friendship between the Chinese people and the Turkmenistan People. Mr Berdymukhamedov said that Turkmenistan and China have a deep friendship, and the Turkmenistan side hopes to strengthen exchanges with China in medical care, education, and other humanities to enhance the welfare and friendship of the people in both countries. (China News, 13th may ,2014)

In recent years, Turkmenistan State Medical University and Beijing University of Traditional Chinese Medicine have been working closely together. In addition to the regular cooperation between the two universities, such as increasing and expanding the exchange of experts communication, sharing experiences, holding seminars, and sending international students to each other's schools for an internship, Turkmenistan State Medical University also dispatches several teachers to Beijing University of Traditional Chinese Medicine every year to further strengthen the learning, mastering, and acceptance of traditional Chinese medicine by Turkmen people.

(IV) Traditional Chinese medicine in Kyrgyzstan

Back in 2013, Kyrgyzstan and our country signed a memorandum on Chinese medical institutions. Since then, many private Chinese clinics have been administrated in Kyrgyzstan, featuring the use of new high-tech equipment and traditional Chinese medicine methods for treating patients' diseases. At the same time, the Kyrgyz government has established a particular agency to manage the market of traditional Chinese medicine clinics, Chinese herbal medicine, and Chinese patent medicine. At present, there are dozens of individual conventional Chinese medicine clinics in Bishkek, the capital of Kyrgyzstan, but they still need to meet the needs of patients. In addition, the relevant pharmaceutical companies of Kyrgyzstan and China have established cooperation relations. A delegation of the Bishkek

government has visited several Chinese hospitals of China and signed a memorandum of cooperation.

(V) Traditional Chinese medicine in Tajikistan

The Ministry of Health of Tajikistan has sent a delegation to visit several Chinese universities of traditional Chinese medicine in China to study and understand the development of Chinese traditional medicine and to discuss cooperation between the two sides in conventional medicine. At present, many Tajikistani students go to China to study traditional Chinese medicine; some of them study for more than ten years, from the beginning of studying Chinese to undergraduate, master, and then doctoral degrees in traditional Chinese medicine. Some of them have returned to their home countries and opened specialised traditional Chinese clinics, while some of them are working in the national health institutions, helping to shout for the promotion of traditional Chinese medicine in Tajikistan.

Currently, several large traditional Chinese medical clinics in Dushanbe, the capital of Tajikistan, provide treatments to patients from all over the world in Tajikistan, especially Tajik citizens who suffer from a combination of diseases. A special place is occupied by the Chinese medicine clinic in Dushanbe, which treats mainly limb-related diseases and diseases such as "haemorrhoids". This clinic is more prevalent among citizens than other clinics because it can treat patients with the best modern Chinese medical science and technology. In addition, the Center of Oriental Traditional Medicine in Tajikistan is a national institution that combines medicine, prevention, science, research and development, and education, providing patients with traditional medicine and traditional Chinese medicine methods, especially promoting massage therapy and fasting therapy. It also undertakes the training and education task for Tajik folk (including traditional Chinese medicine) medical personnel and awards professional certificates.

Although traditional Chinese medicine is development process differs among Central Asian countries, doctors of traditional Chinese medicine in Central Asia and China are making active contributions to the international development of traditional Chinese medicine and making it beneficial to more people. Traditional Chinese medicine-related industries and trades are also gaining more and more attention and recognition from Central Asian people.

Views of Central Asian people on the development of traditional Chinese medicine in Central Asia

(i) The leadership of Central Asian countries to strengthen cooperation with China in the field of traditional Chinese medicine

Xinhua News Agency, 14th Oct 2020 (telegraph) -- Former Ukrainian Prime Minister Tymoshenko expressed in a group interview with Chinese media in Ukraine that countries should pay attention to the study of traditional Chinese medicine as an asset and apply it to the health of all humanity. She would promote the internationalization of traditional Chinese medicine actively. On 23rd August 2020, Tymoshenko was diagnosed with a new coronavirus and was in serious condition, and received ventilator therapy in the evening on August 23 2020. With the help of the Chinese Embassy in Ukraine, Tymoshenko's medical team contacted Chinese medicine experts. Tymoshenko's body temperature began to drop, and her condition improved after taking traditional Chinese medicine provided by Chinese experts on September 5. After taking medication for a few days, Tymoshenko tested negative for new coronary nucleic acid on 9th, September. She started to resume everyday life and work in late

September. Tymoshenko personally felt the efficacy of traditional Chinese medicine after being treated through this treatment. These drugs played an important role in her and her family's recovery. She added that more and more scientists are now studying and developing traditional Chinese medicine, which has accumulated rich experience and been practised over the centuries. The relevant, unique knowledge is a commonwealth for China and the world. Countries should seriously study traditional Chinese medicine and apply it for the health of all humanity.

(ii) Views of official medical and pharmaceutical communities in Central Asian countries

Representatives of official medical and pharmaceutical communities of Central Asian countries believe that the market for traditional Chinese medicine in Central Asia has a tendency to grow at a tremendous speed and that the governments and citizens of Central Asian countries should create opportunities to expand their participation in the Chinese traditional medicine fields and community, learn to master Chinese conventional medicine, standard treatment, and health care, introduce Chinese capital and technology to invest in factories in Central Asian countries to produce proprietary Chinese patent medicines for benefitting the people of Central Asian countries.

(iii) Voices in the field of traditional folk medicine in Central Asia

Experts in the field of traditional folk medicine in Central Asia believe that it is essential to link the Belt and Road Initiative with the national development strategies of the countries in the region, which is a necessary basis for cooperation and exchange between China and Central Asia in the field of folk traditional medicine. Importing large quantities of authentic herbs from China, which are suitable for treating diseases of Central Asian people and rarely collected in Central Asia, will supplement the market of traditional herbal medicines in Central Asian countries.

IV. Strategies and paths for the development of Traditional Chinese medicine in Central Asia

On 7th May, 2015, the General Office of the State Council issued the ' Notice on the Issuance of the Development Plan for Traditional Chinese medicine Health Services' , which includes the internationalization of traditional Chinese medicine as one of the essential elements of the "One Belt and One Road" construction and required the governments of all provinces (cities) and autonomous regions to implement it. The "One Belt and One Road" construction of traditional Chinese medicine connects Central Asia, South Asia, Southeast Asia, West Asia, and other regions, which is conducive to exchanges and complementarity among the areas, establishing and improving Asian supply chains, industrial chains, and value chains, bringing Pan-Asian and Asian-European regional cooperation to a new level, thus receiving supports from countries along the Belt and Road. (China News, 13rd May, 2014). At present, opportunities and challenges coexist, and how to promote the healthy development of traditional Chinese medicine in Central Asian countries still faces many urgent problems and difficulties.

The author believes that the following measures should be taken gradually.

(I) Promote the integration of traditional Chinese medicine into the national health systems of Central Asian countries

The World Health Organization is implementing a strategy in the field of traditional medicine for 2014-2023, which aims to support member countries in harnessing the potential

contribution of traditional Chinese medicine to ensure human health, well-being, and people-centered health care, improve the quality of health services, expand universal health coverage, and create opportunities for consumers to provide right choices in health care. Therefore, Central Asian countries have established regulations to integrate traditional Chinese medicine products and treatments into their national health systems, sell them in the market, and use them in hospitals without restrictions or impediments. Further, the skills, service level, and treatments of physicians and technicians working in the traditional Chinese medicine industry in Central Asian countries are continuously being improved to promote the safety, effectiveness, and usefulness of traditional Chinese medicine.

(II) Promote international cooperation in traditional Chinese medicine

Comprehensively promote cooperation with Central Asian countries to achieve resource sharing. First, provide international training for medical personnel practising traditional Chinese medicine, which can take the form of exchange and study among medical personnel from various countries to promote the continuous improvement of the professional level of traditional Chinese medicine practitioners in Central Asian countries until they can carry out their work independently. The second is to encourage and organize conventional Chinese medicine experts to aid and support to their counterparts in Central Asian countries, for example, by helping them collect theoretical and experimental research on Chinese herbal medicine. Advise on the cultivation and study of the most widely used local folk medicine plants and raw materials, and apply them to traditional Chinese medicine. In this regard, the role of diplomatic missions in Central Asia can be fully utilized to gradually establish close cooperation between traditional Chinese medicine experts, research institutions, and traditional Chinese medicine institutions in Central Asian countries and strengthen the promotion and development of traditional Chinese medicine in Central Asian countries by holding joint conferences and forums.

(iii) Developing a vision for the development of traditional Chinese medicine in Central Asia

The Ministries of Health in Central Asia actively invited experts from the World Health Organization to develop a vision for the development of traditional Chinese medicine in Central Asia, as well as a planning map for implementation on a year-by-year basis. In developing this planning map, field visits and extensive research were conducted in China, Korea, Japan, India, Vietnam, France, Russia, and other countries with advanced experience in the development of traditional Chinese medicine to regulate the quality, standards, and safety of traditional Chinese medicine. In this regard, the practices of Uzbekistan and Tajikistan are worth learning from and promoting. These two countries carefully analyze and study the effectiveness and safety of traditional medicine in each country for disease prevention, diagnosis, and treatment methods, including the history, uniqueness, and evolution of the development of the main fields of traditional medicine.

(IV) Encourage and support Central Asian countries to strengthen the training of traditional Chinese medicine for personnel

Central Asian countries still send relatively few students to China to study traditional Chinese medicine theory and preparations. Central Asian countries can establish conventional Chinese medicine colleges and universities in their own countries and add traditional Chinese medicine courses to existing medical schools and send conventional Chinese medicine experts from the Chinese side to teach or conduct academic exchanges to strengthen the cultivation

of local talents in Central Asian countries. The educational research institutions of both sides can also conduct joint project development or theoretical research to promote exchanges and cooperation in the field of traditional medicine.

(V) In-depth knowledge of traditional medicine in Central Asia

The medical profession in China still doesn't have a sufficient understanding of traditional medicine in Central Asia, and the psychological study of the people of Central Asian countries receiving conventional Chinese medicine treatment is not deep. All of them need more superficial understanding, which seriously hinders the popularization and development of traditional Chinese medicine in Central Asia. Our medical experts should actively understand the characteristics of conventional medicine in Central Asia, study the psychology of people in Central Asian countries receiving traditional Chinese medicine treatment, and explore the medical heritage of Central Asian conventional medical practitioners, such as Avicenna and Khwarizmi.

(VI) Promote Central Asian countries to strengthen the regulation of the traditional Chinese medicine industry

At present, the market share and popularity of traditional Chinese medicine products could be higher. The market lacks legal regulation, while the career development of traditional Chinese medicine practitioners is restricted. Although individual countries have specific legal rules on the use of herbal medicines, they need to be more comprehensive and complete. It is essential to promote the healthy development of traditional Chinese medicine in Central Asia by urging Central Asian countries to legislate on traditional Chinese medicine as soon as possible, formulate industry regulations, strengthen the promotion of traditional Chinese medicine, accelerate the development of traditional Chinese medicine products that meet local needs.

(VII) Actively seek and establish local partners in Central Asian countries

View of the fact that most Chinese enterprises, especially traditional Chinese medicine enterprises, need an in-depth and fine understanding of local laws and regulations and need to gain local popularity. It is suggested that Chinese enterprises actively develop some reputable and strong partners in the local area, through which they can enter traditional Chinese medicine products into the local market, gain the acceptance of the local people and improve recognition. Especially for the people of Central Asia, their recognition of botanical medicine is higher compared to other countries in Europe and America (Koon and Eddie. 2019).

(VIII) Strengthening the translation of traditional Chinese medicine books

The practice has proved that the biggest obstacle to the dissemination and promotion of traditional Chinese medicine culture abroad is the language problem. Recruiting students from Central Asian countries to come to China to study traditional Chinese medicine cannot meet real needs. When more and more traditional Chinese medicine books are translated into local languages, traditional Chinese medicine culture can be approached and understood by local people, especially Western medical scholars who read conventional Chinese medicine books will gradually recognize and accept traditional Chinese medicine culture and then promote and spread it.

(IX) Strengthening the teaching of traditional Chinese medicine in foreign languages to some students in higher education institutions in China

One of the reasons why traditional Chinese medicine culture has been slow to develop internationally is that its education has yet to develop internationally. Only by adapting to the challenges of global economization and cultural diversification can the education industry cultivate talents with a global perspective and the ability to communicate internationally. For traditional Chinese medicine culture to have a place in the international arena, the internationalization of formal Chinese medicine education must be accelerated. At present, traditional Chinese medicine colleges and universities in China also invite some international students to study traditional Chinese medicine, but the prerequisite is that they must receive Chinese language instruction. Or it will result that Chinese students who are in the same class will be willing to communicate and interact with them in foreign languages. In other words, the foreign language level of traditional Chinese medicine students in our colleges and academies has yet to be very high. It is difficult to eliminate the language barrier immediately once they practice traditional Chinese medicine abroad. Therefore, if we want the culture of traditional Chinese medicine to spread and develop rapidly in Central Asian countries, we need to strengthen the teaching of foreign languages to students of our traditional Chinese medicine. If conditions permit, Russian language courses should be offered for some students.

(X) Gradually develop clinical research on Chinese herbal medicine in Central Asian countries and others

Strengthen clinical research engaged in traditional medicine and herbal medicine, set up research centres of herbal medicine and traditional medicine in Central Asian countries directly under the ministries of health, and select several experts from China who are engaged in clinical and basic research of traditional Chinese medicine to work in the centres and gradually establish a system of combining modern medicine with traditional Chinese medicine, establish a standardized procedure of screening the activity ingredient of herbal extracts, establish a quality control system for herbal medicine, establish regulations for herbal medicine, revise herbal pharmacopoeia, establish clinical trial bases, study the compatibility and interaction between herbal medicine and western medicine, develop international herbal medicine market, and establish an international herbal medicine centre.

Conclusion

Traditional Chinese medicine has been spreading and developing in Central Asia for thousands of years and has significantly influenced Central Asian countries. It has been widely recognized by the political fields, medical fields, pharmaceutical fields, and folk doctors in Central Asia. The promising therapeutic effects of traditional Chinese medicine have been recognized by the people of all countries. Students from Central Asian countries come from far and wide to study traditional Chinese medicine in China and return to their home countries to practice traditional Chinese medicine in different countries and regions. They do their best to develop traditional Chinese medicine there.

Of course, the spread and development of traditional Chinese medicine in Central Asia is challenging because of various political, economic, cultural, and social influences. The distance and development of traditional Chinese medicine in Central Asian countries were once subject to significant restrictions and resistance. The development of traditional Chinese medicine still needs to be balanced, insufficient, and incomplete. Analyzing and studying the strengths and weaknesses of traditional Chinese medicine development in Central Asia,

deciphering the difficulties in development, and proposing development strategies and solutions are the prerequisites and guarantees to pave the way for the development of traditional Chinese medicine in Central Asia.

Traditional Chinese medicine is an integral part of excellent traditional culture and is vital in promoting mutual appreciation of civilization and maintaining people's health. At present, the development of traditional Chinese medicine is an excellent opportunity for timing, location, and human harmony. We should dig deep into the essence of traditional Chinese medicine, give full play to the unique advantages of traditional Chinese medicine, actively promote traditional Chinese medicine to Central Asia and the world, and write a new chapter in the incredible journey of building the "Belt and Road" and the community of human destiny.

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