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For arabs, is it alternative or modern medicine?

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Introduction: Alternative medicine, also known as complementary or traditional medicine, refers to practices and products in healthcare that are not included in standard medical care. In contrast, the modern one refers to the standard medical practices that are based on scientific research and clinical studies, thus including treatments like pharmaceutical drugs, surgery, and other medical procedures (1).

Background: Arabs are known for the use of herbal remedies in the management of common illnesses like fever, sore throat, ear infection and flu. In addition to management of chronic conditions as well such as diabetes, hypertension, and infertility. These therapies have been used for a long time and still continue to be rising in popularity. So far most researchers have concentrated on the prevalence and pattern of usage of alternative and herbal therapies among Arabs but few have highlighted the mechanism, the efficacy and safety of these complementary therapies as well as reasons behind using them (2,3). In our research we would like to understand what we mentioned above as we believe it is critical to understand the reasons and efficacy behind them and whether they can be integrated with modern medicine in the treatment plan effectively.

Methodology: A SoMe study will be conducted in UAE and will be running on social platform groups, where we will be making clinical scenarios on the group consisting of Arab people and observe their way of managing the problem. A similar manner will be conducted as a survey with additional questions on previous use of alternative medicine, this will be distributed wherever possible. The duration of this study will be 2 weeks. Aim: We would like to better understand the Arab mindset in the field of medicine, whether or not they use modern medicine and which one is more effective and suitable for their medical problems.

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