



## The portal of the natural and traditional medicine in Cuba

The Department of Natural and Traditional Medicine of the Ministry of Public Health of Cuba continues to be an important international benchmark for the results achieved in the integration of natural and traditional Medicine in the National System of Public Health.

Health professionals - doctors, dentists, nurses and graduates in Psychology - are in charge in Cuba of the application of therapeutic procedures of Natural and Traditional Medicine (MNT), after their approval from health authorities. Among these there are: herbal medicine or green medicine, bee therapy, homeopathy, flower therapy; thermalism, which involves the use of muds and mineral medicinal waters, the ozone-therapy, the traditional Asian medicine (acupuncture, moxibustion, suction cups, microsystems and massage), the traditional therapeutic exercises related to yoga, tai chi, chi kung and the nutritional naturist orientation that includes vegetarian and macrobiotic diets.

Assistance is provided by family doctors, in the polyclinics and in the provincial centres of MNT, in the Mental Health institutions, hospitals and institutes like those of Haematology and Gastroenterology. The Department, headed by Dr. Martha Perez Viñas, obtained that more than 30% of patients who addressed the centres of first attention received treatments of Natural and Traditional Medicine.

The Department of Natural and Traditional Medicine of the Ministry of Public Health of Cuba also provides technical assistance to countries interested in implementing natural and traditional Medicine in their national public health systems.

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