



## WHEC Update

### Briefing of worldwide activity of the Women's Health and Education Center (WHEC)

October 2024; Vol. 19. No. 10

### *Lessons From The Field*

On 24 October 2024, our initiative <http://www.WomensHealthSection.com> celebrates its 22<sup>nd</sup> anniversary. We thank our physician's board for their dedication and expertise to make it a success. Keep your Projects/Programs coming. We love to hear about it and discuss it in our publications. What is the definition of traditional, complementary, and herbal medicines? According to WHO definitions are:

**Traditional medicine** - has a long history. It is the sum of the knowledge, skills and practices based on the theories, beliefs and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health and the prevention, diagnosis, improvement or treatment of physical and mental illness.

**Complementary medicine** – the terms 'complementary medicine' or 'alternative medicine' refers to broad set of healthcare practices that are not part of that country's own tradition or conventional medicine and are not fully integrated into the dominant healthcare system. They are used interchangeably with traditional medicine in some countries.

**Herbal Medicine** - includes herbs, herbal materials, herbal preparations and finished herbal products, that contain as active ingredients parts of plants, and other plants materials, or combinations.

For centuries, traditional and complementary medicine has been an integral part of health in households and communities. 127 countries reported on the use of traditional medicine, with acupuncture being the most common form of practice in 113 countries. Many developed countries have also begun recognizing and into their healthcare systems. according to 2012 data, almost half the population in many industries countries now regularly uses some form of traditional medicine and complementary medicine – USA 42%; Australia 48%; France 49%; Canada 70); considerable use of some traditional medicine and complementary medicine exists in many other countries, such as Chile 17%, Colombia 40% and up to 80% in some African countries.

The Women's Health and Education Center (WHEC) recognizes the diversity of traditional, complementary and integrative medicine practices across countries of the world and its contribution to health, wellbeing, people-centered healthcare and universal health coverage. Appropriately integrated traditional and complementary medicine can improve health outcomes by increasing the availability of services, practitioners that are important in providing care to populations, and WHEC recognizes that traditional, complementary and alternative medicine has many benefits. Integration of traditional and complementary medicine with national health system and the mainstream of healthcare must be done appropriately, effectively, and safely, based on the latest scientific evidence. WHEC follows WHO's guidelines in assisting countries that want to embrace traditional medicine practices to do so in a science-based manner to avoid patient harm and ensure safe, effective and quality healthcare. An evidence-based approach is crucial; even if traditional medicines are derived from longstanding practice and are natural, establishing their efficacy and safety through rigorous clinical trials is critical. This not only guarantees that treatment is effective and safe, but provides the rigorous evidence needed for the recommendation of traditional medicines in WHEC Practice Guidelines/Bulletins. Non-medicinal therapies (e.g. yoga, acupuncture, tai chi etc.) provide an additional challenge in that there is clearly wide variability in their practice and performing randomly controlled trials is extremely difficult if not impossible. This means that we must push hard to develop new methodologies that provide credible and robust evidence to recommend their use for specific conditions.

WHEC's Position on Traditional Medicine

**Rita Luthra, MD**



## Your Questions, Our Reply

How widely is traditional medicine used? Is traditional medicine safe? What are the contribution of traditional medicine to modern medicine and health?

**Users Need To Be Better Informed:** The first principle of medicine is to do no harm and safety is always a fundamental principle in the provision of any healthcare treatment and procedures. Women's Health and Education Center (WHEC) has consistently advocated for the integration into national health systems of traditional medicine practices and products that meet the standards of quality, safety and efficacy.

Herbal medicines and treatments such as acupuncture and homeopathy are widely used in traditional medicine systems. Most are readily available and easy to use. Because many are considered natural, they are perceived to be safe and healthier than pharmaceutical substances. However, contrary to popular belief, traditional medicine products are not always safe and can have negative health consequences, particularly when used in combination with other medicines or when taken in high doses. Users need to be better informed as to the actual benefits and properties of traditional forms of therapy and their potential hazards, and that they have access to the information that is reliable, clear and easily available. Improper use puts consumers at risk for potentially serious side effects as a result of allergies, drug interactions, contamination of the products with pesticides, heavy metals, and other substances, or trauma inflicted by inexperienced or poorly trained practitioners. Any traditional and complementary product or therapy should follow strict protocol and be subjected to tests and clinical trials for quality, efficacy and patient safety.

With traditionally derived medicines, there is much we can do to investigate the potency, efficacy and safety of the treatment in well-controlled trials. Modern pharmaceutical techniques, such as artificial intelligence (AI) screening, can also help springboard from traditional treatment with good potential but stability and consistency problems, to modern well-controlled medicines. The challenge of non-medicinal traditional interventions will require new thinking on the methodologies of definitive trials, to provide that is sufficiently conclusive and robust to lead to policy recommendations. We must be prepared to accept that the apparent benefits of some interventions may be a placebo effect, while others are empirical examples of modern scientific principles. Only rigorous scientific investigation will answer these questions.

Given the reality of wide use of traditional medicine worldwide, monitoring its safety is an important and prioritized area of work, WHEC supports WHO's guidelines on selection of substances of herbal origin for quality control of herbal medicines, quality control methods and guidelines on assessing quality of herbal medicines with reference to contaminants and residues. WHEC also advocates good manufacturing practices for herbal medicines and guidelines on good agricultural and collection practices for herbal medicinal plants.

We encourage UN and WHO Member States to establish integrated pharmacovigilance system for both conventional pharmaceuticals and traditional, complementary, herbal products (which some countries already have. Generally speaking, traditional, complementary and herbal medicine products and practices are subjected to the same scrutiny (regulation, safety and quality control) as pharmaceuticals; 124 WHO Member States have passed laws or regulation for herbal medicines. To support Member States in this effort, WHEC has published a number of guidelines in collaboration with the WHO to disseminate a number of guidelines for the quality, safety and efficacy of herbal medicines.

Around 40% of pharmaceutical today have a natural product basis, and landmark drugs derive from traditional medicine. AI has emerged as a game-changer, revolutionizing the study and practice of traditional healing systems. AI's advanced algorithms and machine learning capabilities can allow researchers to explore extensive traditional medical knowledge, map evidence and identify once elusive trends.



## United Nations at a Glance

### Member State of Philippines at the United Nations



#### Philippines became UN Member State on 24 October 1945

The Philippines, officially the **Republic of the Philippines**, is an archipelagic country in Southeast Asia. In the western Pacific Ocean, it consists of 7,641 islands which are broadly categorized in three main geographical divisions from north to south: Luzon, Visayans, and Mindanao. The Philippines is bounded by the South China sea to the west, the Philippine Sea to the east, and Celebes Sea to the south. It shares maritime borders with Taiwan

to the north, Japan to the northwest, Palau to the east and southeast, Indonesia to the south, Malaysia to the southwest, Vietnam to the west, and China to the northwest. It is the world's 12<sup>th</sup> most populous country, with diverse ethnicities and cultures. Capital: Manila; Official languages: Filipino, English; Religions: 90% Christianity, 5.6% Islam; Population: 109,035,343 (2020 census); Area: 300,000 km<sup>2</sup> (120,000 sq. mi); Unitary Presidential Constitutional Republic.



Independence from the United States was granted in 4 July 1946, current constitution: 2 February 1987.

On the western fringes of the Pacific Ring of Fire, the Philippines has frequent seismic and volcanic activity. The region is seismically active, and has been constructed by plates converging towards each other from multiple directions. About 5 earthquakes are recorded daily, although most are too weak to be felt. The Philippines has 23 active volcanoes; of them Mayon, Taal, Canlaon, and Bulsan have the largest number of recorded eruptions.

Philippines is a founding member of the United Nations. During the 1990s, the Philippines began to seek economic liberalization and free trade to help spur foreign direct investment. It is a member of the World Trade Organization and the Asia-Pacific Economic Cooperation. The Philippines has a long relationship with the United States, involving economics, security, and interpersonal relations. The Philippines location serves an important role in the United States' island chain strategy in the West Pacific; a Mutual Defense Treaty between the two countries was signed in 1951, and was supplemented with the 1999 Visiting Forces Agreement and the 2016 Enhanced Defense Cooperation Agreement. In 2003, the Philippines was designated a major non-NATO ally.

The Philippines is divided into 17 regions, 82 provinces, 146 cities, 1,488 municipalities, and 42,036 barangays. Primary and secondary schooling in the Philippines consists of six years of elementary period, four years of junior high school, and two years of senior high school. Public education, provided by the government, is free at the elementary and secondary levels and at most public higher education institutions. Science high schools for talented students were established in 1963.

The Philippine economy is the world's 40<sup>th</sup> largest, and an estimated 2022 nominal GDP of US\$401.6 billion. As a newly industrialized country, the Philippine economy has been transitioning from an agricultural base to one with more emphasis on services and manufacturing. The country's labor force was around 49 million in 2022, and its unemployment rate was 4.3%. The Philippines is a net importer, and a debtor nation. Since 2010, it has emerged as one of the world's fastest-growing economies.

Details: <https://sdgs.un.org/statements/philippines-16143>

# Collaboration with World Health Organization (WHO)

## WHO | Philippines



**The Philippines**, one of the WHO's founders, joined the Organization on 9 July 1948 – making the country's 75<sup>th</sup> year as a Member State. Since then, WHO has closely collaborated with the Philippine Government through the Department of Health (DOH) in advancing public health in the country.

*Schistosomiasis* infects people when larval forms of the parasite – released by freshwater snails – penetrate the skin during contact with infected water. The disease causes progressive damage to the liver, kidney, bladder and other organs. As of 2023, *schistosomiasis* remains endemic in 28 provinces in the country, mostly affecting fishing and agricultural populations. Clean water is a basic human

need, and one that should be easily accessible to all. Safe drinking water, sanitation, and hygiene are crucial to human health and wellbeing. About 11 million Filipino families are still deprived of clean water.

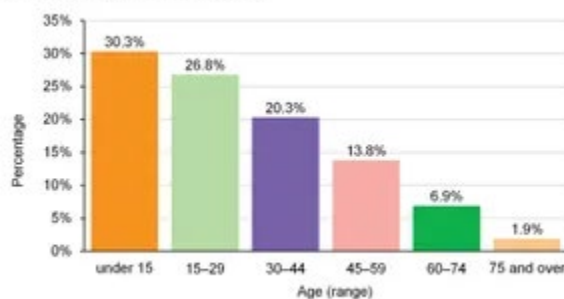
### Bringing tuberculosis (TB) services closer to people

People wait for their bacilli Calmette-Guerin (BCG) test in municipal square and health centers nationwide as a part of anti-tuberculosis campaign that started in 1951. During the COVID-19 pandemic lockdown in 2020, access to TB services was challenging for patients who need urgent care. Let's work together to end TB by 2030.

### Equitable Access to Health Care through Universal Health Care (UHC)

All services are free at the health center. The UHC Act was signed into law in February 2019. UHC means that all people have access to the full range of quality health services they need, when and where they need them, without financial hardship. As a foundation for UHC, the WHO recommends reorientating health systems using a primary healthcare approach. In the Philippines, the UHC Law allows all Filipino to be enrolled into PhilHealth and be covered for essential primary care services.

Philippines age breakdown (2020)



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### A move towards a smoke-free future

The Philippines prohibits establishments from selling cigarettes to minors. Tobacco is a leading cause of preventable death globally, and raising tobacco taxes is one of the most effective tools to reduce its use.

The Philippines has been an active party to WHO Framework Convention on Tobacco Control since 2005. The passage of Republic Act 10351 or the Sin Tax Reform Law in 2012 led to a significant drop in tobacco use in the country. It also helps finance Universal Health Care Programs.

In 2020, PhilHealth launched its Konsulta Package. This primary care benefit package ensures that every Filipino can access appropriate, affordable, and quality health care services and medicines through PhilHealth-accredited facilities and doctors in their communities.

### Championing COVID-19 Safety in remote islands

The cooperation between Barangay Health Workers, communities, local government, health authorities, NGOs, and the WHO increased COVID-19 vaccination rate among vulnerable groups in remote islands.

Details: <https://www.who.int/countries/phl/>



## United Nations Educational, Scientific and Cultural Organization Collaboration with UNESCO

**Philippines UNESCO Member State since 1946**



### **Tubbataha Reefs Natural Park**

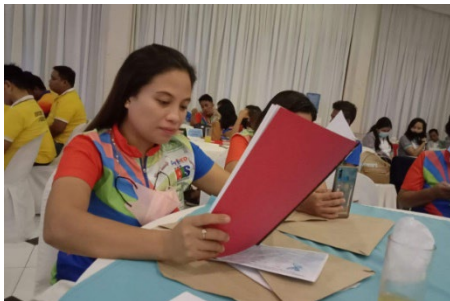
The Tubbataha Reef Marine Park covers 96,828 ha, including the North and South Atolls and the Jessie Beazley Reef. It is a unique example of an atoll reef with a very high density of marine species; the North Ilset serving as a nesting site for birds and marine turtles. The site is an excellent example of a pristine coral reef with a spectacular 100-m perpendicular wall, extensive lagoons and two coral islands.

The property is home to a great diversity of marine life. Whales, dolphins, sharks, turtles and Napoleon wrasse are amongst the key species found here. The reef ecosystems support over 360 species of coral and almost 700 species of fish. The reserve also protects one of the few remaining colonies of breeding seabirds in the region.



### **Mount Hamiguitan Range Wildlife Sanctuary**

Forming a mountain ridge running north-south along the Pujadas Peninsula in the south-eastern of the Eastern Mindanao Biodiversity Corridor, the Mount Hamiguitan Range Wildlife Sanctuary has an elevation range of 75 – 1,637 m above the sea level and provides critical habitat for a range of plant and animal species. The property showcases terrestrial and aquatic habitat at different elevations, and includes threatened and endemic flora and fauna species, eight of which are found only at Mount Hamiguitan. These include critically endangered trees, plants and the iconic Philippine cockatoo.



### **Empowering the Alternative Learning System teachers and learners in the Philippines**

A vocation teaching, and desire to inspire learners at risk of dropping out of school, drive dedicated work as an Alternative Learning System (ALS) mobile teacher at the Philippine Department of Education (DepEd). Despite facing challenges, due to the lack of school infrastructure and resources, the great impact of learner's achievements on their families and communities is seen. ALS teachers often go beyond the call of duty, traveling long distances and from one learning venue to another, working overtime or using personal tolls, to provide differentiated learning activities in an attempt to meet learner's various interests and capabilities. UNESCO and DepEd partnered to improve the quality of the non-formal education, and ensure inclusive education through an intensified ALS. Enhanced curriculum for ALS, 100 new ALS modules, helped to increase the number of successful out-of-school girls. Besides, an education center has been constructed to bring ALS learners and teachers together. The UNESCO training programs and new tools for life-long skill such as entrepreneurship, information literacy, financial management, widens learner's horizon. They feel better equipped to help out-of-school youths and adults overcoming challenges, and ensure that learners, especially girls who cannot commit to formal education and schooling due to various social, economic, geographic and cultural factors, are given a chance to learn.

Details: <https://www.unesco.org/en/countries/ph>

***Education-for-All and Health-for-all***

## Bulletin Board

### Transforming Our World: The 2030 Agenda for Sustainable Development

*Adopted at the United Nations Sustainable Development Summit on 25 September 2015*

.....Continued *The New Agenda*

35. Sustainable Development cannot be realized without peace and security; and peace and security will be at risk without sustainable development. The new Agenda recognizes the need to build peaceful, just and inclusive societies that provide equal access to justice and that are based on respect for human rights (including the right to development), on effective rule of law and good governance at all levels and on transparent, effective and accountable institutions. Factors which give rise to violence, insecurity and injustice, such as inequality, corruption, poor governance and illicit financial and arms flows, are addressed in the Agenda. We must redouble our efforts to resolve or prevent conflict and to support post-conflict countries, including through ensuring that women have a role in peace-building and state-building. We call for further effective measures and actions to be taken, in conformity with international law, to remove the obstacles to the full realization of the right of self-determination of peoples living under colonial and foreign occupation, which continue to adversely affect their economic and social development as well as their environment.

36. We pledge to foster inter-cultural understanding, tolerance, mutual respect and an ethic of global citizenship and shared responsibility. We acknowledge the natural and cultural diversity of the world and recognize that all cultures and civilizations can contribute to, and are crucial enablers of, sustainable development.

37. Sport is also an important enabler of sustainable development. We recognize that the growing contribution of sport to the realization of development and peace in its promotion of tolerance and respect and the contributions it makes to the empowerment of women and of young people, individuals and the communities as well as to health, education and social inclusion objectives

38. We reaffirm, in accordance with the Charter of the United Nations, the need to respect the territorial integrity and political independence of States.

### Means of Implementation

39. The scale and ambition of the new Agenda requires a revitalization of Global Partnership to ensure its implementation. We fully commit to this. This partnership will work in a spirit of global solidarity, in particular solidarity with the poorest and with people in vulnerable situations. It will facilitate an intensive global engagement in support of implementation of all the Goals and targets, bringing together Governments, the private sector, civil society, the United Nations system and other actors and mobilizing all available resources.

40. The means of implementation target under Goal 17 and under each SDG are key to realizing our Agenda and are of equal importance with other Goals and targets. The Agenda, including the SDGs, can be met within the framework of a revitalized global partnership for sustainable development, supported by the concrete policies and actions as outlined in the outcome document of the Third International Conference on Financing for Development, held in Addis Ababa from 13-16 July 2015. We welcome the endorsement by the General Assembly of the Addis Ababa Action Agenda, which is an integral part of 2030 Agenda for Sustainable Development. We recognize that the full implementation of the Addis Ababa Action Agenda is critical for realization of the Sustainable Development Goals and targets.

*To be continued.....*



## Collaboration with UN University (UNU)

*UNU-WIDER (World Institute for Development Economics Research)*

*Expert Series on Health Economics*

### **Duterte's Pandemic Populism**

**Strong leadership, weak state capacity, and the politics of deployment in Philippines.**

The outbreak of the COVID-19 pandemic undermined the populist legacy of Philippine president Rodrigo R. Duterte. Despite implementing one of the longest and strictest lockdowns globally, the country has struggled with controlling the pandemic. While Duterte looks to have triumphed in his attack on human rights and press freedom, his government's record in combating the virus has been spotty at best. Yet Duterte's populism has proven to be resilient. He has remained extremely popular, with a September 2021 national survey reporting 81% approval of his government's response to the pandemic and 91% of respondents expressing trust in his leadership. The irony of Duterte's populist resilience amid his poor pandemic response serves to highlight his mastery of political deployment within a weak state.

Two significant inputs are required to deploy state capacity into a range of outcomes: political coalitions (including leadership, classes, and parties) and a balance of social forces. The 'politics of deployment' depends on the quality of decision-making of state leadership and political coalitions forged to support such decision-making. Decisions, in turn, depend on the balance of social forces – the resistance or support of various sectors in society. This paper discusses Duterte's deployment of 'brute force governance' (which he earlier employed in his bloody 'war on drugs') in addressing the COVID-19 crisis in Philippines.

Among the ten members of the Association of Southeast Asian Nations (ASEAN), the Philippines is one of the three countries that has struggled to contain the spread of COVID-19 pandemic, its dismal performance coming despite the country implementing one of the strictest and longest lockdowns in the world. The Philippines was among the last countries in the ASEAN region to roll out its vaccination program. It only started its vaccination program on 1 March 2021, with the arrival of the 600,000 doses of Sinovac. To make matters worse allegations of massive corruption have also tainted Duterte's pandemic response. The Commission on Audit has issued a report identifying 'deficiencies' in DOH's usage of 67.3 billion pesos (US \$1.3 billion) in the fight against COVID-19, including PHP 41 billion (US\$800 million) transferred to the procurement Service in the Department of Budget and management.

As a political institution, the Philippines presidency has accrued enough constitutional power to have a formal resemblance of the 'strong presidency.' As a result, strong Philippine presidents appear to reign over a state with weak capacity, malleable to presidential whims and vulnerable to social pressure. The Philippine presidency is a classic case of what Latin American political scientist called a 'delegative democracy,' with little accountability, limited capacity and professionalism within the administrative and security apparatuses, and a lack of autonomy in the face of powerful domestic and foreign political actors. Nonetheless, even an apparently 'strong' presidency can become susceptible to societal challenges. Despite his missteps in addressing the pandemic, Duterte remains popular, especially with his die-hard supporters – the populist public. He could have used this vast social capital to mobilize a unified nation with healing leadership to address the crisis. Rather than presenting a clear strategy to fight the virus's rise and spread, the president used the moment to attack his political adversaries and renew his declaration of war on several fronts. In the end, he turned out to be a weak president against COVID-19 virus.

Publisher: UNU-WIDER; Autor: Julio C. Teehankee; Sponsors; The Institute is funded through income from an endowment fund with additional contributions to its work programme from Finland, Sweden, and the United Kingdom as well as earmarked contributions for specific projects from a variety of donors.

*Details of the paper can be accessed from the link of UNU-WIDER on CME Page*  
<http://www.womenshealthsection.com/content/cme/>

## Two Articles of Highest Impact, September 2024

*Editors' Choice – Journal Club Discussions*

*Fully open-access with no article-processing charges*

*Our friendship has no boundaries. We welcome your contributions.*

### 1. **Marijuana and Pregnancy Implications;**

<http://www.womenshealthsection.com/content/obs/obs035.php3>

WHEC Publications. Funding: WHEC Global Initiatives are funded by a grant from an anonymous donor. Join us at WHEC Global Health Line for discussion and contributions.

### 2. **Challenges of Cultural Diversity and Practice of Medicine;**

<http://www.womenshealthsection.com/content/heal/heal009.php3>

WHEC Publications. Funding: WHEC Global Initiatives are funded by a grant from an anonymous donor. Join us at WHEC Global Health Line for discussion and contributions.

## **Partnership for Maternal, Newborn & Child Health (World Health Organization) PMNCH Member**

*Worldwide service is provided by the WHEC Global Health Line*

## 79<sup>th</sup> Session of The General Assembly (2024 – 2025)

“At every step, our Organization and our personnel will continue to stand in solidarity with the people of the world through these trying times, as we seek to forge a more peaceful, healthy, equal and prosperous future together”. - United Nations Secretary-General António Guterres



### **General Debate of 79<sup>th</sup> General Assembly**

<https://gadebate.un.org/en>

[General Debate](#) | [General Debate \(un.org\)](#)

The General Debate of the United Nations General Assembly is the opportunity for Heads of State and Government to come together at the UN Headquarters and discuss world issues. On this site, you will find a daily list of speakers, with links to individual pages for Heads of State and Government to come together at the UN Headquarters and

discuss world issues.

The General Debate of the 79<sup>th</sup> session of the General Assembly will open on Tuesday, 24 September, continue through Saturday, 28 September, and conclude on Monday, 30 September 2024.

**The theme of the general debate of the 79<sup>th</sup> session of the General Assembly is “Leaving no one behind: acting together for the advancement of peace, sustainable development and human dignity for present and future generations.”**

### **High-level Week 2024**

The 79th session of the United Nations General Assembly marks a crucial milestone in the global effort to accelerate progress towards the 17 Sustainable Development Goals (SDGs). The highly anticipated Summit of the Future, held during UNGA, underscores the urgent need for enhanced international cooperation to address pressing challenges such as climate change, poverty and inequality, while also tackling the impacts of ongoing conflicts and global health crises. The UN Department of Global Communications will hold its flagship [SDG Media Zone](#) during the high-level week 23-27 September, with impactful in-depth interviews and dialogues on global issues that matter to people everywhere. <https://www.un.org/en/high-level-week-2024>





## From Editor's Desk

*WHEC Projects under Development*

For centuries, traditional, indigenous and ancestral knowledge has been an integral resource for health in households and communities, and it continues to form a significant part of healthcare in many regions. 170 of World Health Organization (WHO)'s 194 Member States have reported on the use of these forms. Today, traditional, complementary and herbal medicines have become a global phenomenon; the demand is growing, with patients seeking greater agency and ownership of their health and well-being and seeking more compassionate and personalized healthcare.

### **Global Center for Traditional Medicine (GCTM)**



#### **WHO's Collaboration with The Government of India.**

GCTM is a knowledge center for traditional medicine. As part of WHO's overall traditional medicine strategy,, it has a strategic focus on evidence and learning, data and analytics, sustainability and equity, and innovation and technology to optimize the contribution of

traditional medicine to global health and sustainable development. At the same time, respect for local heritages, resources and rights is a guiding principle.

Now being established with the support of the Government of India, the Center reflects the WHO Director-General's leadership vision that harnessing the potential of traditional medicine would be a game changer for health when founded on evidence, innovation and sustainability. The Prime Minister and Government of India are supporting the establishment of the WHO Global Center for Traditional Medicine in Jamnagar, Gujarat, India, as a global good and in spirit of Vasudhaiva Kudambakkam: the world is one family.

#### **Why is it needed?**

88% of all countries are estimated to use traditional medicine, such as herbal medicines, acupuncture, yoga, indigenous therapies and others. 170 Member States report the use of traditional medicine, and their priority request to WHO is for evidence and data to inform policies, standards and regulatory frameworks for safe, cost-effective and equitable use. Traditional medicine has been an integral resource for health for centuries in communities around the world, and it is still a mainstay for some with inequalities in access to conventional medicine. The socio-cultural practice and biodiversity heritages of traditional medicine are invaluable resources to evolve inclusive, diverse sustainable development. Traditional medicine is also part of the growing trillion-dollar global health, wellness, beauty, and pharmaceutical industries. Over 40% of pharmaceutical formulations are based on natural products and landmark drugs, including aspirin and artemisinin, originated from traditional medicine. The contribution of traditional medicine to national health systems is not yet fully realized, as millions of accredited traditional medicine workers, facilities, expenditures and products are not fully accounted for. Augmenting WHO's capacities to address these knowledge needs will be a main objective of WHO GCTM.

#### **India's Investment**

*Institute Teaching and Research Ayurveda (ITRA), India*

As lead investor in WHO GCTM, India has committed and estimated US\$ 205 million to support the Center's establishment, infrastructure and operations, this includes 35 acres of land in Jamnagar, Gujarat,

India, for a new building and premises in 2024, and interim office, and support of the GCTM operational cost with a 10\_year commitment. The WHO GCTM will be an accessible, eco-friendly and interactive facility showcasing global traditional and modern scientific advances in traditional medicines.



**2015 Nobel Prize in Physiology or Medicine, - Discovery of Artemisinin: A Gift from Chinese Medicine to the World, to treat Malaria – Dr. Tu accepted the honor. Artemisinin, is a true gift from old Chinese medicine. But this is not the only instance in which the wisdom of Chinese medicine has borne fruit.**

### **Can I Complement Conventional Healthcare with Traditional, Complementary and Herbal Medicines?**

Traditional, Complementary and Herbal Medicine can offer several benefits when used in conjunction with conventional medical treatments for many health conditions, such as access to a wider range of treatments, palliative care in managing the side effects of conventional treatment, improved mental and emotional wellbeing, and increased patient satisfaction. Traditional medicine products and practices can be integrated with moder medicine to support overall health and safe and effective treatment of health conditions but should not be a replace of delay seeking conventional healthcare.

People who have serious and time-critical medical conditions (e.g. and aggressive cancer or a high fever in a young child) need to see their health provider and use all effective conventional medicine treatments available to them. With traditionally derived medicines, there is much we can do to investigate the potency and safety of the treatment in well controlled trials. Modern pharmaceutical techniques, such as AI screening, can also help springboard from traditional treatments with good potential but stability and consistency problems, to modern well-controlled medicines.

The challenge of non-medicinal traditional interventions will require new thinking on the methodologies of definitive trails, to provide evidence that is sufficiently conclusive and robust to lead to policy recommendations. We must be prepared to accept that the apparent benefits of some interventions may be a placebo effect, while others are empirical examples of modern scientists principles. Only rigorous scientific investigations will answer these questions.

**Let us collaborate with Women’s Health and Education Center’s Initiatives in learning ancient practices to eradicate global disease.**

**Expanding Knowledge Through New Technologies.**

## Global Issues: DEMOCRACY



**Democracy is a core value of the United Nations.** The UN supports democracy by promoting human rights, development, and peace and security. In the 75 years since the UN Charter was signed,, the UN has done more to support democracy around the world than any other global organization. the UN promotes good governance, monitors elections, supports the civil society to strengthen democratic institutions and accountability, ensure self-determination in decolonized countries, and assist in the drafting of new constitutions in post-conflict nations. UN activities in support of democracy are carried out through the United Nations Development Programme (UNDP), the United Nations Democracy Fund (UNDEF), the Department of Peace Operations (DPO), the Department of Political and Peacebuilding Affairs (DPPA), the Office of the High Commissioner for Human Rights (OHCR), and the United Nations Entity for Gender Equality and the Empowerment of Women (UN Women), among others.

### Democracy and Human Rights

The Values of freedom, respect for human rights and the principle of holding periodic and genuine elections by universal suffrage are essential elements of democracy. In turn, democracy provides an environment for the protection and effective realization of human rights.

In 2022, the Commission declared the following as essential elements of democracy:

- Respect for human rights and fundamental freedoms;
- Freedom of association;
- Freedom of expression and opinion;
- Access to power and its exercise in accordance with the rule of law;
- The holding of periodic free and fair elections by universal suffrage and by secret ballot as the expression of the will of the people;
- A pluralistic system of political parties and organizations;
- The separation of powers;
- The Independence of the judiciary;
- Transparency and accountability in public administration;
- Free, and independent and pluralistic media

Since its establishment in 2006, the Human Rights Council (successor to the Commission) has adopted several resolutions highlighting the interdependent and mutually reinforcing relationships between democracy and human rights. Recent examples include resolutions 19/36 and 28/14 on “Human rights democracy and the rule of law.”

### Democracy and Elections

The UN is a trusted impartial actor providing electoral assistance approximately 60 countries each year, either at the request of Member States or based on a Security Council or General Assembly mandate. The assistance includes advisory services, logistics, training, civic education, computer applications and short-term observation. The UN also strives to build capacity building regarding overall political environment. This involves working with voters, the media, political parties, civil society, as well as the parliament and the judiciary.

[Democracy Fund | https://www.un.org/democracyfund/](https://www.un.org/democracyfund/)

### Death the leveller

The glories of our blood and state,  
Are shadows, not substantial things;  
There is no armour against fate;  
Death lays his icy hand on kings,  
Sceptre and crown must tumble down,  
And in the dust be equal made  
With the poor crooked scythe and spade.  
Only the actions of the just  
Smell sweet, and blossom in their dust.

- James Shirley (1596 – 1666) Dramatist, born in London, educated at Merchant Taylor's School, London, and at Oxford and Cambridge, became a master of St. Alban's Grammar School, and afterwards joined the Roman Catholic Church, and going to London wrote for the stage, producing 39 plays.

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*Monthly newsletter of WHEC designed to keep you informed on  
The latest UN and NGO activity*

<http://www.WomensHealthSection.com>

