

OD KONVENCIONALNE DO INTEGRATIVNE: NOVA PARADIGMA U MEDICINSKOJ FILOZOFIJI

FROM CONVENTIONAL TO INTEGRATIVE: A NEW PARADIGM IN MEDICAL PHILOSOPHY

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SAŽETAK

Uvod: Konvencionalna medicina, zasnovana na biomedicinskom modelu, tokom 20. i početkom 21. veka postigla je izvanredne rezultate u dijagnostici i terapiji brojnih akutnih i urgentnih stanja. Međutim, u savremenim uslovima javnog zdravlja - koje karakteriše porast hroničnih nezaraznih bolesti, psihosomatskih poremećaja i degenerativnih oboljenja - sve više dolazi do izražaja ograničenost tog modela, koji se dominantno oslanja na farmakoterapiju i tehnologiju, a u manjoj meri posmatra čoveka

kao celinu. Kao odgovor na ove izazove, razvija se nova paradigma integrativna medicina - koja ne odbacuje konvencionalne metode, već ih dopunjuje validiranim pristupima iz oblasti tradicionalnih i komplementarnih medicinskih sistema. Integrativna medicina predstavlja sistemsku i filozofsku nadgradnju klasične biomedicine. Njena suština jeste u spajanju naučno potvrđenih konvencionalnih terapija sa dokazanim praksama poput tradicionalne kineske medicine (TKM), ajurvede, akupunkture, fitoterapije, homeopatije, nutricionizma, mind-body medicine i energetske terapije. Ovakav pristup omogućava holističko sagledavanje pacijenta kroz sve dimenzije: fizičku, psihološku, emocionalnu, socijalnu i duhovnu. Napredak u oblasti sistemske biologije, bioinformatike, kvantne dijagnostike i molekularnog dokinga omogućava dublje razumevanje složenih fizioloških interakcija, kao i mehanizama delovanja prirodnih supstanci. Jedan od uspešnih primera integracije takvih principa u savremenu dijagnostičku praksu jeste Bi-Digital O-Ring Test (BDORT), koji u kombinaciji sa molekularnim modelovanjem može doprineti ranom otkrivanju i personalizovanom tretmanu brojnih funkcionalnih poremećaja. BDORT se pokazao efikasnim u detekciji virusnih infekcija, uključujući HPV, pri čemu je u kliničkim evaluacijama postignuta podudarnost sa PCR metodom u više od 75% slučajeva. Pored kliničkog efekta, integrativni model se ističe i po svom etičkom potencijalu. Lekar i pacijent ulaze u partnerski odnos, a pacijent se osnažuje da bude aktivni učesnik u očuvanju i unapređenju zdravlja. Ovakav pristup podržava preventivu, smanjuje troškove lečenja i doprinosi većem zadovoljstvu kako pacijenata, tako i zdravstvenih radnika.

Zaključak: Integrativna medicina predstavlja novu medicinsku filozofiju koja objedinjuje naučna dostignuća moderne medicine sa mudrošću tradicionalnih sistema lečenja. Neophodni su multidisciplinarni istraživački napor, institucionalna podrška, standardizacija procedura i edukacija kadra kako bi se omogućila šira primena ovog modela u svakodnevnoj kliničkoj praksi. Ova paradigma ne donosi samo novi način lečenja, već i novu dimenziju razumevanja zdravlja, koja uključuje sve nivoe čovekove egzistencije i pruža osnovu za održiv i human zdravstveni sistem budućnosti.

Ključne reči: integrativna medicina, TKM, BDORT, filozofija medicine, komplementarne terapije, sistemska biologija, holistički pristup

ABSTRACT

Introduction: Conventional medicine, based on the biomedical model, has achieved outstanding results in the diagnosis and treatment of acute and life-threatening conditions throughout the 20th and early 21st centuries. However, in the context of modern public health—marked by a rising prevalence of chronic noncommunicable diseases, psychosomatic disorders, and degenerative conditions—the limitations of this model have become increasingly evident. Its focus on pharmacotherapy and technology often overlooks the individual as a complex whole. In response, a new paradigm has emerged: integrative medicine, which does not reject conventional approaches but complements them with validated methods from traditional and complementary medicine. Integrative medicine is both a philosophical and clinical upgrade to the classical biomedical model. It merges evidence-based conventional therapies with established practices such as Traditional Chinese Medicine (TCM), Ayurveda, acupuncture, phytotherapy, homeopathy, nutrition, mind-body techniques, and energy medicine. This approach enables a holistic understanding of the patient across all dimensions: physical, psychological, emotional, social, and spiritual. Advancements in systems biology, bioinformatics, quantum diagnostics, and molecular docking support the scientific foundation of integrative medicine. These tools allow for a deeper understanding of complex physiological interactions and mechanisms of action for natural compounds. One of the most notable examples is the Bi-Digital O-Ring Test (BDORT), which, when combined with molecular modeling, contributes to early detection and personalized treatment strategies. BDORT has shown diagnostic concordance with PCR methods in over 75% of cases involving HPV infections. Beyond clinical impact, the integrative model also carries ethical and relational benefits. It fosters a collaborative physician-patient relationship and empowers individuals to actively participate in their own healing. The model supports prevention, reduces healthcare costs, and improves satisfaction among both patients and providers. According to the CAMBrella report, over 30% of European citizens regularly use some form of complementary medicine, indicating a growing demand for the institutional integration of such methods. However, challenges remain: the lack of standardization, regulatory variability, and limited scientific validation of certain techniques are obstacles that must be addressed. Academic institutions and healthcare systems are called to invest in education, research, and regulation to bridge the gap between evidence and implementation.

Conclusion: Integrative medicine is a significant step forward toward a holistic, personalized, and human-centered healthcare system. It offers more than just a set of new therapeutic tools—it introduces a comprehensive redefinition of health that encompasses all levels of human existence. With proper institutional support, multidisciplinary research, and educational development, integrative medicine has the potential to become a sustainable and ethical medical model for the future.

Keywords: Integrative medicine, TCM, BDORT, philosophy of medicine, complementary therapies, systems biology, holistic approach