

An overview of the history of traditional medicine in Myanmar

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Luo W: Collected information, consulted literature, and wrote the manuscript. Maung ZW: Translated books and materials from Myanmar. Wei NY: Guided the first author in writing, reviewed and revised the manuscript.

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Abbreviations

WHO, World Health Organization.

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Abstract

Traditional medicine in Myanmar has a long history, combining the local natural environment, culture, and religious beliefs to form a unique medical system. This article adopts the method of literature research, focusing on the existing book "*Milestones of Traditional Medicine in Myanmar*", and reviewing existing literature to analyze historical and contemporary sources. Elaborate on the question of how the history of traditional medicine in Myanmar originated and has continued to develop until now. These histories have proven that traditional medicine in Myanmar, despite facing numerous obstacles, has always been used by the people of Myanmar and has unique value, which deserves our continued attention and inheritance.

Keywords: Myanmar traditional medicine; traditional medicine; historical context; development context; medical philosophy

The importance of traditional medicine in Myanmar

The World Health Organization (WHO) the “2014–2023 Traditional Medicine Strategy” redefines traditional medicine, stating that it has a long history and is based on the knowledge, skills, and practices of different cultural and local theories, beliefs, and experiences. Whether interpretable or not, it is used to maintain health and prevent, diagnose, improve, and treat physical and mental illnesses, and it can be found in almost every country in the world, that demand for its services is growing, and that reliable, safe and effective traditional medicine contributes to achieving the goal of ensuring access to health care for all [1]. Myanmar traditional medicine refers to a system of medical treatment that has been formed and developed within the context of Myanmar's history and culture, and is based on the Myanmar people's understanding of health and disease, incorporating indigenous traditional knowledge, experience and practices aimed at maintaining and restoring the body's equilibrium and wellness [2]. In Myanmar, traditional medicine is revered as a precious national treasure, forming a broad, profound, and refined scientific field that includes rich medical knowledge, diverse medical protocols, various treatment methods, and highly effective drugs [3, 4]. This medical system not only promotes the improvement of the health level of the Burmese people at the primary healthcare level, but also prospers and develops as a key element of Burmese culture [5].

Myanmar traditional medicine is a branch of medical studies that stands out firmly and solidly in the chronicles of history as Myanmar's cultural heritage, highlighted by the art of ethnomedicine. The influence of traditional medicine in Myanmar has lasted for centuries and is deeply rooted in the lives of the Myanmar people. Its cultural essence has been passed down from generation to generation, constantly promoting its inherent strong values.

The development of traditional medicine in Myanmar can be roughly divided into the following three periods.

Prehistoric and feudal period

Myanmar traditional medicine came into being from the beginning of mankind, when people in the Myanmar region began to use natural resources such as plants, animals and minerals to treat diseases. This ancient medical knowledge continued mainly through word of mouth until the advent of paper, when it began to be recorded through monks, royal physicians, and traditional folk doctors. At this stage, there are very few records of Myanmar's medical history, and some books and literature only roughly record that traditional medicine in Myanmar originated at the time of human birth.

In the *Glass Palace Chronicle* and other history books, during the formation of the dekaung dynasty in 800 B.C.E., King Ahbiya Zar of Mizzima Region lost the war and migrated and moved in a mass to Tagaung Pyay and built the city (an ancient city, the oldest capital of Myanmar). At this time, Buddhism began to spread to Myanmar, and collided with the natural god beliefs, Brahmin beliefs, and indigenous god beliefs in Myanmar, due to the fusion of foreign and local religions, this time there were already witchdoctors and herbalists, but there were few records of medicine during this period because Myanmar had not yet been fully united. The introduction of Buddhism has had a great impact on traditional medicine and even the culture of Myanmar, although the history of the Burmese tradition originated before the introduction of Buddhism, but after the introduction of Buddhism, it has developed greater. In 1044 C.E., the Pagan dynasty was established, making Buddhism the state religion, and traditional medicine was influenced by Buddhist teachings and had a mature theoretical system; more treatises on traditional medicine appeared during this period, and six medicinal formulas and 21 mineral remedies were documented. In the time of Innwa, the art of drug combinations and the quality of doctors were much higher. This method mainly uses divination, similar to modern astronomy, to explain diseases and treat and prevent them. These theories were first carved on the stone slabs of temples, and later written by some

practitioners who combined their own theories, most of them are recorded in the form of poetry such as: Shin Maha Sila Wun Ta used many professional terms to refer to cosmic stars (related to the universe or the universe, especially different from Earth). This scholar also identified and published some celebrities for timely preparation of therapeutic drugs, with the aim of obtaining the most effective results from them. The general idea is that when these stars appear unusual, doctors need to infer the patient's illness based on this and prepare medication. In the post Ava era, ‘*Nay Mi Bon Khan Pyo*’ (introduction to diseases) and a number of other books have been translated into Myanmar and record the laws and principles of treatment that guide the compatibility of medicines according to the seasons. During the Taungoo era, the development of traditional medicine was negligible. During the Konbaung dynasty, the status of royal doctors was greatly enhanced and astronomical medicine became widely popular. Large number of medical books and treatises were summarised and translated, describing the effects of celestial bodies, space, and the four earth elements (i.e. wind, fire, water, and earth) on the human body and their use in the diagnosis and treatment of diseases. Konbaung dynasty was founded by King Alaung Min TayarGyiA, this king suffers from sleep hallucinations, and his royal doctor treated his illness with some liquid (recorded as urine), so even during times of war, he always has the royal doctor by his side. During this period, a monograph called “*The Net Khat*” was born. The exact author is unknown, but the book explains the use of medication and dietary patterns based on the position of the moon and sun to guide diseases. It also proposes that the world and human body are composed of four elements: wind, fire, water, and earth.

This above can only briefly introduce the history of the formation of traditional medicine in Myanmar, as the many ancient books were recorded in the form of “Myanmar books”, i.e., palm leaf manuscripts, and stored in pagodas, monasteries, and royal libraries, they are not publicly available. But from the above discussion, it can be seen that during the Ava Period and Konbaung Dynasty, traditional medicine in Myanmar was highly developed [5–7]. But it can be certain that traditional medicine in Myanmar gradually formed a medical system consisting of four medical systems during this period [8]. They are:

(1) Desana system of medicine:

This system is largely derived from Buddhism, which is based on some natural phenomena such as cold and heat, and uses herbs and diet to treat diseases.

(2) Bhesajja (Ayurvedic medicine) system of medicine:

This system originates from Ayurvedic medicine and focuses on the balance of the three dosas in the body, namely Vata, Pitta and Kapha. It also uses herbs and mineral medicines to treat diseases. (The Ayurvedic medicine mentioned here is from India. Due to the significant influence of ancient Indian Buddhism on Myanmar, Ayurveda has also become one of the four major medical systems of traditional medicine in Myanmar) [9].

(3) Vijjadhara system:

This system heavily relies on meditation and alchemy, as well as the skills, techniques, and techniques of drug formulations, most of which are heavy metals such as lead, mercury, and toxic substances. The system can use technology to transform them into inert substances through a series of chemical processes in order to obtain supernatural powers.

(4) Natkhatta system:

It is based on calculations of zodiac of stars, planets and the time of birth and age. These calculations are linked to prescribed dietary practices.

Among these four systems, Desana system and Bhesajja (Ayurvedic medicine) system are the most important systems because these two systems can be applied for diagnosis, treatment and using medicine etc (Table 1).

Modern colonial period

In the early 19th century, Myanmar traditional medicine was suppressed by outside forces. After Myanmar became a British colony,

Table 1 Important events in the development of traditional medicine in Myanmar during the pre-historic and feudal periods

Date and time	Important events
800 B.C.E.	Traditional medicine enters the Tagaung from India.
524 B.C.E.	Medical treatment had progressed to such an extent that royal physicians were appointed.
Bagan era (107–1289 C.E.)	There is a well-established theoretical system, more papers on traditional medicine have appeared, and six medicinal formulas and 21 mineral remedies have been documented.
Pinya and sagaing period (1299–1364 C.E.)	Satu Ringa Bala Amat, Senior Minister of the Palace, is well versed in the dictionary of perennial woody plants and the dictionary of medicinal elements.
Innwa era (1365–1555 C.E.)	Astrology medicine was widespread. ‘Nay Mi Bon Khan Pyo’ (introduction to diseases) and a number of other books have been translated into Myanmar.
Taungoo era (1556–1616 C.E.)	Negligible (largely stagnant) development of traditional medicine.
Konbaung era (1753–1885 C.E.)	The status of royal doctors was greatly enhanced and astronomical medicine became widely popular. A large number of medical books and treatises were summarised and translated, describing the effects of celestial bodies, space, and the four earth elements (i.e. wind, fire, water, and earth) on the human body and their use in the diagnosis and treatment of diseases.

Source: Ministry of Health and Sports in Myanmar, (2019). Milestones of Traditional Medicine in Myanmar. Myanmar.

Western medicine began to be promoted in the country and force-fed to practitioners of traditional medicine. However, due to the Myanmar people's long-standing belief in traditional medicine and the lack of Western medical systems in remote areas, traditional medicine is still widely practised and used [10].

Local Myanmar traditional doctors made great efforts to save Myanmar traditional medicine during this period by refining, expanding and writing a large number of medical treatises, which, among other things, detailed three diseases caused by excessive heat and three diseases caused by excessive cold, as well as the characteristics and treatments these diseases have; and elaborated on the main ways in which the four elements of the body (earth, water, fire, and wind) are present in different parts of the human body.

During the British colonial period (1885–1948), the Ministry of Education set up a “Assessment and Study Committee on Traditional Medicine” which would analyse, investigate and study traditional medicine and submit a report on its findings, which would recommend the development of traditional medicine, such as the examination of medical practitioners, the establishment of institutes of traditional medicine, the opening of traditional medicine clinics and hospitals, the establishment of herbal and medicinal plant gardens, the establishment of a traditional medicine centre, the establishment of a traditional medicine hospital, and the establishment of an herbal and medicinal plant garden. the opening of traditional medicine clinics and hospitals, and the establishment of herbal and medicinal plant gardens. However, during this period, the British carried out local Western medical teaching activities in Myanmar, resulting in the suppression of the development of traditional medicine [11]. After the Second World War, the Japanese army invaded Myanmar, and during the Japanese occupation, western medicine was likewise developed in Myanmar, but at that time, foreign medicines were scarce and in short supply, so the people of Myanmar have been relying on traditional doctors and traditional Myanmar medicines, except for serious surgical operations [12]. It can be seen that during the period of colonial rule, although western medicine was introduced into Myanmar and expanded rapidly, traditional medicine was impacted to a certain extent, but it also survived in this general environment [13, 14] (Table 2).

The modern period

After the War of Independence, Myanmar traditional medicine has been restored and developed to a certain extent with the joint efforts of successive governments and national and international scholars, and some accumulation has been achieved, but the research on Myanmar traditional medicine is basically blank due to historical reasons, and there is a need to establish a relevant theoretical and practical system from a scientific perspective [15].

On July 23, 1952, the government established the Myanmar Indigenous Medicine Committee with the goal of eliminating quacks and fake doctors, training and cultivating knowledgeable and skilled traditional medicine workers, developing, disseminating and restoring Myanmar's traditional medicine, and exploring the development of Myanmar's traditional medicine system. 1953 saw the gradual opening of traditional medicine dispensaries in various cities. In 1954, the Temporary Traditional Medical Practitioner Association was established on a temporary basis and drafted by-laws on the procedure for the registration of medical practitioners, which were adopted in 1955. From 1 March 1955, traditional doctors with seven years of practice experience can be registered in six categories under the *Indigenous Myanmar Medical Practitioners Board Act 74* and the *Indigenous Myanmar Medical Practitioners Board Rules of 1955* those who had (7) years experiences as medical practitioners were being asked to register themselves in (6) categories beginning 1 March 1955: (1) Those who can provide 1–3 cures for diseases. (2) Someone who can pragmatically and wisely provide treatment to patients. (3–6) Proficient in 1–4 of the four types of medical skills. In 1962, the Traditional Medicine Practitioners' Association was established, consisting of six medical practitioners, and in 1964, a traditional medicine clinic was opened in each of the six cities of Sagaing, Magwe, Bago, Batam, Mawlamyine and Sittwe. In 1964, Advisory Committee on Manufacturing Myanmar Traditional Medicine was formed, which advised the Myanmar Pharmaceutical Industry to develop and distribute effective traditional medicines. In 1969, practitioners of traditional medicine and representatives of departments and regions organised a conference on traditional medicine in the conference hall of the University of Yangon. 1970 saw the establishment of the Myanmar Traditional Medicine College, the first traditional medicine college in the history of Myanmar. 1972 saw the establishment of a Department of Traditional Medicine in the Ministry of Health of Myanmar. During 1973 and 1974, the Ministry of Health set up a committee to draft lectures for the Institute of Traditional Medicine, and in 1976, the Myanmar Institute of Traditional Medicine was officially opened with a herbal garden and a traditional medicine manufacturing plant, and the Mandalay Traditional Medicine Hospital was opened that year with only 25 beds. On 2 July 1980, the Yangon Traditional Medicine Teaching Hospital opened a 16-bed pilot research hospital and in 1982, the first edition of the ‘*Myanmar Traditional Medicine Formulary*’ was published. In 1984–1989, with the help of the United Nations Development Programme and WHO, the Department of Medical Research conducted scientific research on the formulations of Myanmar's Traditional Medicine Formulary under a five-year programme, and the Department of Traditional Medicine was set up by the coalition Government on 3 August 1989, with offices opening in all states and regions. The second edition of the ‘*Myanmar Traditional Medicine*

Formulary’ was published in 1989, and the third edition was published in 1990. In 1993 and 1995, two examinations in traditional medicine were held, and on 25 July 1996, the State Law and Order Restoration Council promulgated the *Traditional Medicine Law*. In 1998, the government authorities upgraded Myanmar traditional medicine to a first-class medical discipline.

In recent years, with a renewed awareness of traditional medicine, the Government of Myanmar has begun to take a series of measures to promote the development and advancement of traditional medicine. For practitioners of traditional medicine, the Government has provided training and certification and established relevant norms and standards.

On 14 January 2000, the State Peace and Development Council promulgated the Traditional Medicine Council Law, which established the Traditional Medicine Council, consisting of 11 members. The first Myanmar Traditional Medicine Practitioners’ Conference was held in Yangon on 19 and 20 December 2000, and in the same year, *‘Medicinal Plants of Myanmar Volume-I’* and the fourth edition of *‘Myanmar Traditional Medicine Formulary’* were published. In 2001, Mandalay University of Traditional Medicine was established to provide theoretical and practical education with a 4–5 year programme and a 1 year internship, and to award a Bachelor’s Degree to students who have successfully completed a programme in traditional medicine in Myanmar. In 2002, the Yangon Traditional Hospital was upgraded to a 50-bed traditional hospital and the Myanmar Traditional Medicine Practitioners Association was established. In 2003, Myanmar, in cooperation with the WHO, published the *‘Collection of Commonly Used Herbal Plants Volume-I’*. In 2007, in January 2007, *‘Medicinal Plants of Myanmar Volume-II’* was published. In 2008, *‘A Manual of Myanmar Traditional Medicine for Primary Healthcare’* was published in collaboration with WHO. Since 2009, the Mandalay University of Traditional Medicine has been organising an annual reading of research papers on traditional medicine. In the same year, a seminar on ‘Herbal medicine in primary health care’ was held in Yangon in cooperation with the WHO. In December 2010, the second volume of *‘Collection of Commonly Used Herbal Plants Volume-II’* was published. In 2012, a bridging programme between the MSc in Myanmar Traditional Medicine and the BSc in Myanmar Traditional Medicine was introduced. On 9 February 2012, the traditional medicine hospitals in Yangon and Mandalay were upgraded to 100-bed traditional medicine hospitals, and 50 offices of regional department heads and 210 township traditional medicine clinics were opened in Nay Pyi Taw, Yangon and Mandalay. The traditional medicine manufacturing factories in Yangon and Mandalay have produced 10 systematically packaged traditional medicines. In 2013, *‘Myanmar Herbal Pharmacopoeia Volume-I’*, *‘Myanmar Traditional Standard Therapy 3th’* edition were published. In 2014, the 5th Traditional Medicine Conference was held in Yangon, Myanmar. In 2015, the *‘Myanmar Traditional Medicine Formulary 5th’* Edition was published. Since June 2016, Continuing Traditional Medicine Education programmes have been conducted in traditional medicine hospitals in all states and regions, and nine traditional herbal gardens have been established. In 2016 and 2017, Myanmar Ancient Traditional Medicine Literature Competition was organised to preserve the ancient traditional medicine texts and to improve the capacity of teachers. In March 2018, the *‘Basic Concept of Myanmar Traditional Medicine’* was published. As of 2018, Mandalay University of

Traditional Medicine has 1,583 Bachelor’s Degree in Myanmar Traditional Medicine and 59 Master’s Degree in Traditional Medicine [16]. In January 2019, the Department of Traditional Medicine of the Ministry of Health and Sports published the 31st issue of the ‘Journal of Traditional Medicine’. The 11th Myanmar Traditional Medicine Symposium 2022 was held at the Myanmar Medical University (Table 3).

Myanmar’s traditional medicine has had a long history of rapid development during the Ava and Konbaung dynasties, after which Myanmar experienced 62 years of Western colonial rule, and Myanmar’s traditional medicine has been largely affected by the impact of Western medicine. However, despite the widespread use of Western medicine in Myanmar, traditional medicine, due to its inexpensive and effective nature, still plays an important role in a number of areas, especially in rural areas and where there is a lack of modern medical facilities. The reliance and interest of the people of Myanmar in traditional medicine has allowed the field to continue to grow and be passed on, providing a solid foundation for the preservation and development of traditional medicine in Myanmar [17–19].

However, traditional medicine in Myanmar still faces some challenges. Firstly, due to its prolonged colonization, many books related to traditional medicine have been lost, this directly makes it difficult for us to find the traditional medical history of Myanmar before its colonization. Secondly, due to frequent wars after Myanmar’s independence, the revival of traditional medicine in Myanmar has been suppressed [20]. Thirdly, the lack of scientific evidence makes it difficult to convince the modern medical community to accept the effectiveness of traditional medical treatment methods, which are mostly based on experience and observation and lack scientific research support. The lack of scientific evidence here refers to the use of Western medicine to prove the scientificity of traditional medicine in Myanmar, such as conducting experimental analysis of the medicinal properties or toxicity of drugs, and proving the usefulness of traditional medicine in Myanmar through clinical observation. Currently, many foreign scholars have conducted limited research on this topic. However, I believe that traditional medicine in Myanmar has a long history and is still widely used by the general public. This can prove its effectiveness, but in order to provide visible evidence for it, we need to use some experiments to demonstrate it. Fourth, due to Myanmar’s limited external exchanges, knowledge about traditional medicine in Myanmar is rarely disseminated, which also limits its development. In addition, due to the lack of standardization in the formulation and dosage of traditional medicine in Myanmar, there are potential risks and safety issues. Standardization here refers to the standards for the usage, dosage, etc. of each traditional medicine, which can be tested to effectively demonstrate its effectiveness and avoid toxic effects. In the future, we need to continue to work hard to excavate ancient books and literature related to traditional medicine in Myanmar, and search for traditional medicine experts scattered among the people. In terms of pharmaceuticals, modern medical technology can be adopted to conduct experiments to prove its scientific validity. Another important point is that Myanmar needs to showcase and promote their precious traditional medical heritage to the outside world, which can promote its development.

Table 2 Important events in the development of traditional medicine in Myanmar during the colonial period

Date and time	Important events
14 January 1928	The Ministry of Education has established Assessment and Study Committee on Traditional Medicine.
1930	Courses in Mandalay and Yangon to teach Western and traditional medicine to Myanmar traditional practitioners.
During World War II (1939–1945)	Central Myanmar Medicinal Practitioner League Established (ABIMC for short).

Source: Ministry of Health and Sports in Myanmar, (2019). Milestones of Traditional Medicine in Myanmar. Myanmar.

Table 3 Important events in the development of traditional medicine in Myanmar during the colonial period

Date and time	Important events
23 July 1952	The government established a Myanmar Indigenous Medical Committee.
2 April 1954	The Temporary Traditional Medical Practitioner Association was formed with (18) members.
1 March 1955	Traditional doctors can register as medical practitioners.
11 March 1962	The Traditional Medicine Practitioners' Association was established.
December 1962	First time traditional healers' qualifying exams were held.
1964	Advisory Committee on Manufacturing Myanmar Traditional Medicine was formed.
1969	Practitioners of traditional medicine and representatives of departments and regions organised a conference on traditional medicine in the conference hall of the University of Yangon.
31 December 1970	A Preparatory Committee for setting up the University of Traditional Medicine was formed.
1972	Department of Health setup a traditional medicine division.
During December 1973 and January 1974	Ministry of Health formed a committee for drawing up curriculum and lesson for the Institute of Traditional Medicine.
31 January 1976	Opening of the Institute of Traditional medicine (the first traditional medical school in history).
1982	The first edition of the ' <i>Myanmar Traditional Medicine Formulary</i> ' was published.
1984–1989	With the help of the United Nations Development Programme and WHO, the Department of Medical Research conducted scientific research on the formulations of Myanmar's Traditional Medicine Formulary under a five-year programme.
3 August 1989	The federal government established the Department of Traditional Medicine to open its offices in the states and territories.
1989	The second edition of the ' <i>Myanmar Traditional Medicine Formulary</i> ' was published.
1990	The Third edition of the ' <i>Myanmar Traditional Medicine Formulary</i> ' was published.
December 1993 and May 1995	Two examinations in traditional medicine were held.
25 July 1996	Traditional Medicine Law was enacted by State Law and Order Restoration Council.
29 January 1998	The government authorities upgraded Myanmar traditional medicine to a first-class medical discipline.
28 November 1998	Traditional medicine hospitals were upgraded to 50-bed hospitals.
14 January 2000	The State Peace and Development Council promulgated the <i>Traditional Medicine Council Law</i> .
19 and 20 December 2000	The first 'Myanmar Traditional Medicine Practitioners' Conference' was held in Yangon.
2000	' <i>Medicinal Plants of Myanmar Volume-I</i> ' and the fourth edition of ' <i>Myanmar Traditional Medicine Formulary</i> ' were published.
19 December 2001	University of Traditional Medicine, Mandalay was opened.
8 January 2002	The Yangon Traditional Hospital was upgraded to a 50-bed traditional hospital.
June 2002	Myanmar Traditional Medicine Practitioners Association was established.
January 2003	Myanmar, in cooperation with the WHO, published the ' <i>Collection of Commonly Used Herbal Plants Volume-I</i> '.
January 2007	' <i>Medicinal Plants of Myanmar Volume-II</i> ' was published.
4 January 2008	The Museum of Traditional Medicine of the Myanmar Ministry of Medicine has opened.
June 2008	' <i>A Manual of Myanmar Traditional Medicine for Primary Healthcare</i> ' was published in collaboration with WHO.
Since 2009	The Mandalay University of Traditional Medicine has been organising an annual reading of research papers on traditional medicine.
2009	A seminar on 'Herbal medicine in primary health care' was held in Yangon in cooperation with the WHO.
December 2010	The second volume of ' <i>Collection of Commonly Used Herbal Plants Volume-II</i> ' was published.
2012	A bridging programme between the MSc in Myanmar Traditional Medicine and the BSc in Myanmar Traditional Medicine was introduced.
9 February 2012	The traditional medicine hospitals in Yangon and Mandalay were upgraded to 100-bed traditional medicine hospitals, and 50 offices of regional department heads and 210 township traditional medicine clinics were opened in Nay Pyi Taw, Yangon and Mandalay.

Table 3 Important events in the development of traditional medicine in Myanmar during the colonial period (continued)

Date and time	Important events
2013	Publication of the 'Myanmar Herbal Pharmacopoeia Volume-I'.
March 2013	'Myanmar Traditional Standard Therapy 3rd' Edition was published.
Fourth of November 2015	A 100-bed traditional medicine hospital has opened in Naypyidaw.
2015	'Myanmar Traditional Medicine Formulary 5th' Edition was published.
Since June 2016	Continuing Traditional Medicine Education programmes have been conducted in traditional medicine hospitals in all states and regions, and nine traditional herbal gardens have been established.
Since 2017	Mandalay Traditional Medicine Hospital organises annual seminars on research methods and teaching methods.
9-June-2017	Traditional Medicine Technical Advisory Group established.
20-November-2017	The Eighth Greater Mekong Indigenous Medicine Conference was held in Yangon, attended by 87 delegates from the Mekong countries of Cambodia, China, Laos, Myanmar, Thailand and Viet Nam.
January 2018	Publication of the 'Myanmar Herbal Pharmacopoeia Volume-II'.
March 2018	'Basic Concept of Myanmar Traditional Medicine' was published.
Since December 2001 and as of 2018	Mandalay University of Traditional Medicine has 1,583 Bachelor's Degree in Myanmar Traditional Medicine and 59 Master's Degree in Traditional Medicine.
January 2019	Department of Traditional Medicine, Ministry of Health and Sports, also published No. 31 issue of Traditional Medicine Magazine.
2022	The 11th Myanmar Traditional Medicine Symposium 2022 was held at the Myanmar Medical University.

Source: Ministry of Health and Sports in Myanmar, (2019). Milestones of Traditional Medicine in Myanmar. Myanmar.

In conclusion, Traditional medicine in Myanmar has gone through many years. It was born during the period of human origin and had already matured before colonization. Although it was greatly impacted by Western medicine after colonization, it was revived after independence and still plays an important role in Myanmar today. In the future, we should continue to strengthen the research and promotion of traditional medicine in Myanmar, inherit it, further ensure its effectiveness and safety, and enable it to develop together with modern medicine to promote the health of the Myanmar people.

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