### Study on the Uses of Traditional Medicine in Rural People based on their Knowledge, Attitude and Practice for Primary Health Care in Taungout Township

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#### **Background and introduction**

- Traditional Medicines has played an important role in the history of Myanmar.
- Although the use of modern medicine has dramatically increased, it is not easily accessible for much of the population due to prohibitively high costs and limited availability, especially in rural areas.

According to traditional beliefs in Myanmar, there are 96 diseases that afflict humans.

➤ Myanmar traditional knowledge and medicine is believed to be able to cure all of these diseases by using ingredients such as fresh or dried roots, stems, leaves, buds and flowers.

#### **General Objective**

To study the uses of traditional medicine in rural peoples based on their knowledge, attitude and practice for primary health care in Taungout township

#### **Specific Objectives**

- To assess the knowledge, attitude and practice of traditional medicine regarding in Taungout Township
- To find out the uses of medicinal plants for prevention and protection against diseases in primary health care

#### Methodology

Study design

Cross sectional descriptive study

Study period

Study period was from September 2017 to

February 2018

Study area

10 villages of Toungout Township in Rakhaing

State

#### Study population

Rural people from 10 villages was included into this study

#### Inclusion criteria

- Rural people with above 18 year
- Both female and male

#### Exclusion criteria

- The person who have mental illness and can't answer the question will be excluded

#### Sample Size

For the calculation of the required sample size, WHO sample size calculation guideline for STEP survey was used:

$$N = z^2 P (1-P) / e^2$$

Where

N = sample size,

z = statistics for d error = 1.96,

P = assumption of 50% of rural dwellers are using traditional medicine,

e = precision error (marginal error ) = 0.04.

Therefore,  $N = (1.96)^{2*} (0.5 * 0.5) / (0.04)^{2} = 600$ 

#### Sample Size and Sampling Method

- From Taungout Township, 10 villages of having at least 100 households was randomly selected.
- For each village, 60 households was randomly selected.
- One respondent from each household will be selected for interview.

- Face to face interviews was carried out with selected household using the semi structured questionnaires.
- The questions related to
  - -background and family characteristics of participants,
  - -their knowledge on the use of TM medicine and plants,
  - -their attitude on utilization of TM medicine and
  - -previous history of using TM medicine in a family

#### **Data analysis**

- The quantitative data was entered in Epidata data entry software version 3.01 and was analyzed by SPSS statistical software version 20.0.
- Data was presented in frequency and percentage for categorical variables and mean and standard deviation for continuous variables.

#### **Ethical Consideration**

- Ethical approval was obtained from the Ethics Review Committee under the Ministry of Health and Sports.
- The respondents right and dignity was respected in order keep confidentiality of each respondent's name were not included.

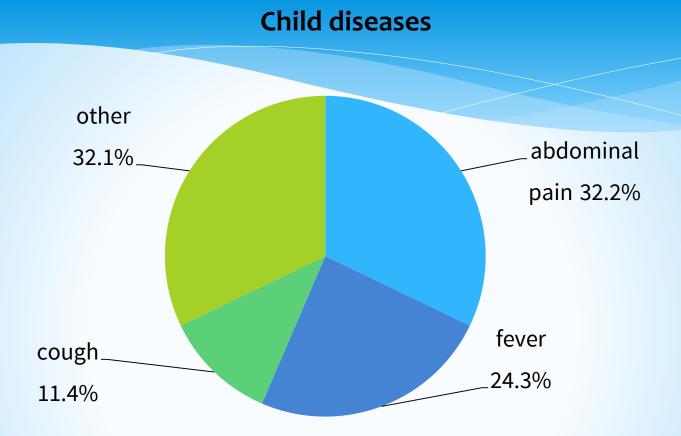
#### Result

- A total of 600 participants were included in this study.
- ➤ Majority of participants were female, accounting for 68.8%
- ➤ The average age of participants were 49.8 years old with standard deviation of 16.3 years arranging from minimal 18 years to 87 years old.
- ➤ Most of the participants were in primary and middle school level, 40.3% and 27.0% respectively.

- Two third of participants (74.3%) were married.
- Majority of participants, one fourth were farmers.
- About half of participants' family earned <100000 Kyats per month while one third had income between 100000 and 200000 Kyats per month.
- About half of family, 58.1% had four to six family members. Nearly 80% of participants were living within twenty minute travel and within one mile to the nearest traditional medicine health facility and drug shop, respectively.

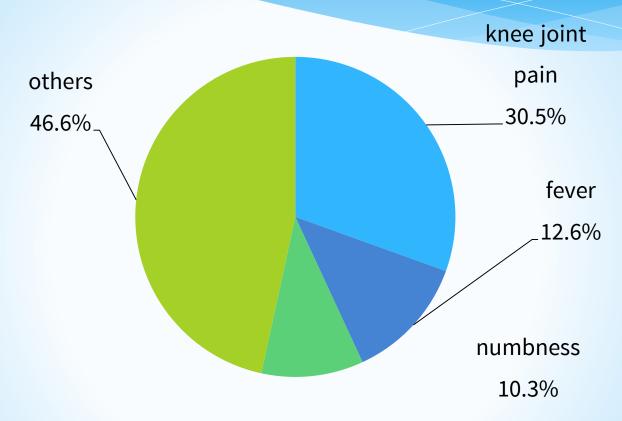
# Knowledge on use of traditional medicine in rural people

- Almost all participants (96.5%) have heard about traditional medicine.
- The main source of knowing about traditional medicine was from their neighbors (33.8%). The others sources were from drug shop (21.4%), family members (20.1%), traditional medicine practitioners (14.4%), themselves (12.7%) and their relatives (4.7%).

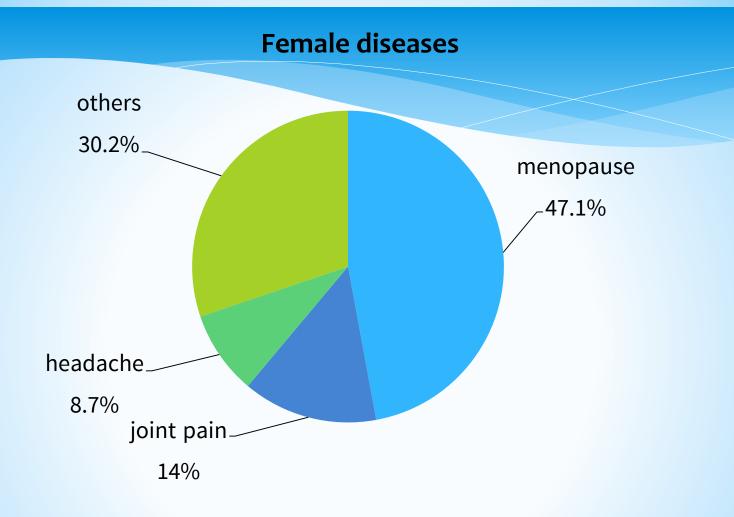


Among 202 participants who responded, the common child illness being able to be treated by traditional medicine was cough (24.3%), abdominal pain (32.2%) and fever (11.4%).

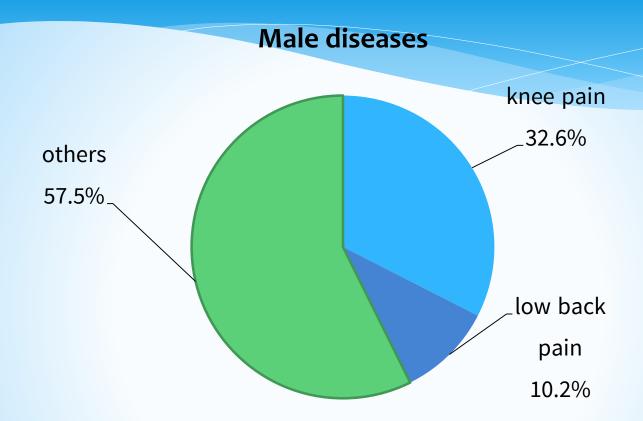




➤ Out of 262 participants who reported, common illness that traditional medicine could be able to treated to adult patients were knee joint pain (30.5%), fever (12.6%) and numbness of limbs (10.3%).

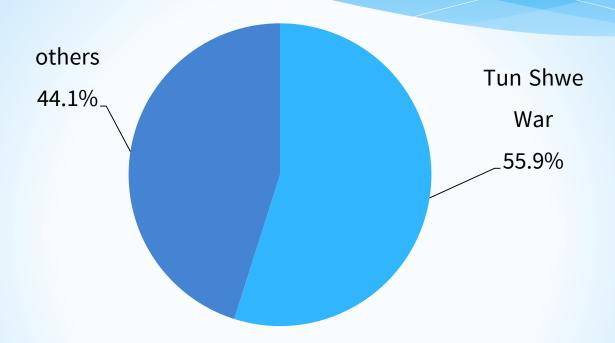


➤ In reported 242 participants, the common illness being able to be treated by traditional medicine among women were menstrual problems especially menopause (47.1%), knee joint pain (14.0%) and headache/dizziness (8.7%).

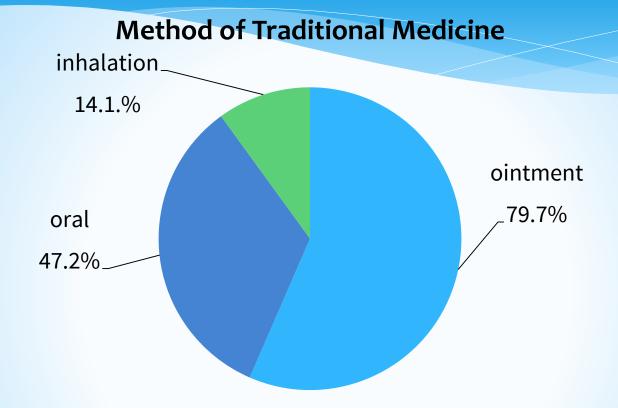


➤ Of responded 187 participants, common illness among male being able to be treated by traditional medicine were knee joint pain (32.6%) and low back pain (10.2%).

#### **Traditional Medicine Brand**



Over half of participants, 54.9% have well known on Htun Shwe War.



Two third of participants, 79.7% reported that the most used methods in traditional medicine were using ointment and 47.2% also revealed that oral medication was second method used in traditional medicine. Only 14.1% responded that using inhalation method in traditional medicine.

#### Medicinal plants used for abdominal pain



Myanmar Name - တရုတ်စကား

Part used - Leaf Route - Oral



Myanmar Name- ∽⇔⊃ Part used - Leaf Route - Oral



Myanmar Name - වෙපග්රී

Part used - Leaf Route - Oral

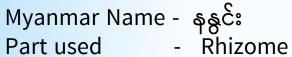


Myanmar Name - ရှောက်

Part used - Leaf

Route - Oral



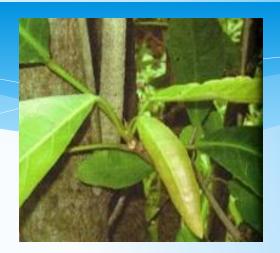


- Oral Route



Myanmar Name - တောင်မရိုး

Leaf Part used Oral Route



Myanmar Name - သက်ရင်းကြီး Part used - Leaf

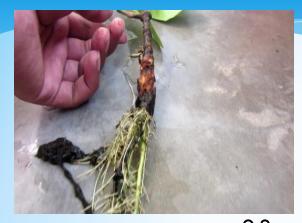
- Oral Route



Myanmar Name - သင်္ဘော

- Leaf Part used Oral Route

#### Medicinal plants used for diarrhea



Myanmar Name - ပုဏ္ဏရိပ် Part used - Root Route - Oral



Myanmar Name- မാസനാ

Part used - Leaf

Route - Oral

#### Medicinal plants used for dysentary



Myanmar Name- ရှားစောင်းသင်္ဂနိတ် Part used - Leaf Route - Oral



Myanmar Name - စပါးလင် Part used - All parts Route - Oral

#### Medicinal plants used for cough



Myanmar Name - ဘုမ္မရာဇာ Part used - Steam

Route - Oral



Myanmar Name - ഭാടത്

Part used - Leaf

Route - Oral

#### Medicinal plants used for constipation



Myanmar Name - ကင်ပွန်းချဉ်

Part used - Leaf Route - Oral



Myanmar Name - ဆင်တုန်းမနွယ်

Part used - steam

Route - Oral

#### Medicinal plants used for ache and pain



Myanmar Name - ကျားမနိုင် Part used - Root Route - Oral



Myanmar Name - သက်ရင်းကြီး Part used - Leaf Route - Oral



Myanmar Name - တောင်နုံကြီး Part used - Root Route - Oral



Myanmar Name - ဆေးဝါလေး Part used - Leaf Route - Oral

#### Medicinal plants used for hypertension



Myanmar Name - ဒန့်သလွန် Part used - Leaf Route - Oral



Myanmar Name - ရဲယို Part used - Leaf Route - Oral



Myanmar Name - ကန့်ဂလာ Part used - Leaf Route - Oral



Myanmar Name - ခွေးတောက် Part used - Leaf Route - Oral

#### Medicinal plants used for dysuria and less urination



MyanmarName - သံမနိုင်ကျောက်မနိုင်

Part of used - Leaf Route - Oral



Myanmar Name - ရှားစောင်းလက်ပပ်

Part of used - Leaf Route - Oral



Myanmar Name - မြင်းခွာ Part of used - Leaf Route - Oral



Myanmar Name - ထိကရုံး Part of used - Leaf Route - Oral

#### Medicinal plants used for arthritis



Myanmar Name - ဒန့်ကျွဲ Part of used - Leaf Route - Oral



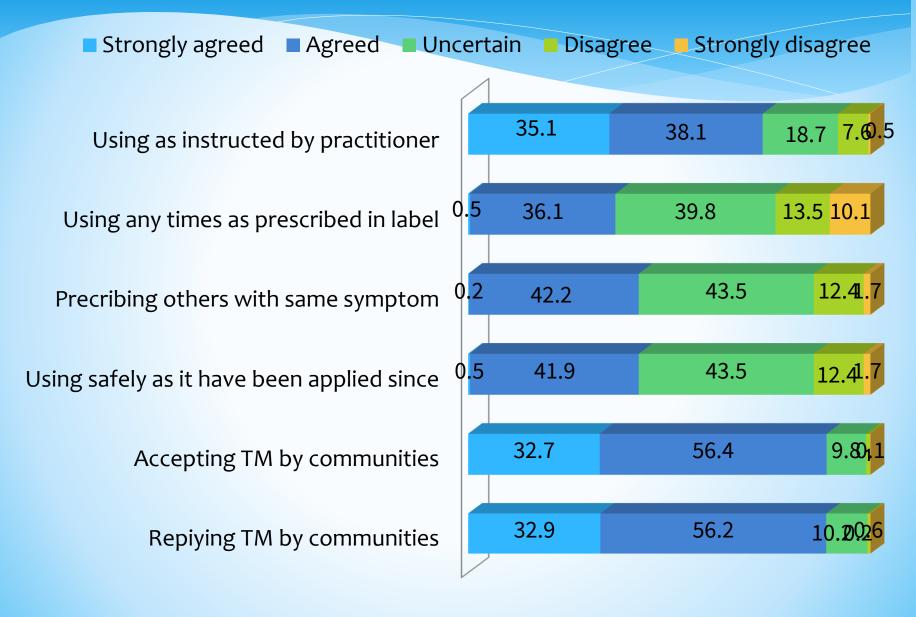
MyanmarName - မဟာကာကြံဆစ် Part of used - Leaf Route - Oral



Myanmar Name - လောက်သေ Part of used - Leaf Route - Oral



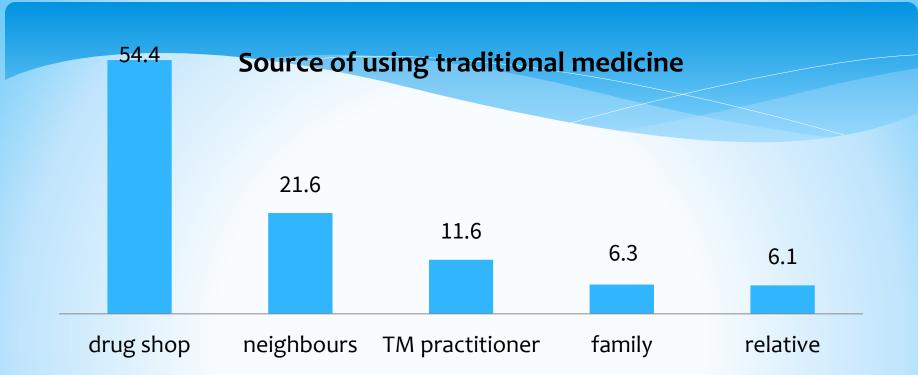
#### Attitude on use of traditional medicine



- ➤ Most of the participants ~ 86% agreed that the community rely and accept on traditional medicine, respectively.
- ➤ Only 41.9% and 42.2% of participants agreed that traditional medicine can be used safely as it has been applied since ancestor and can be prescribed for others with the same symptoms if someone relieved diseases by taking it.

Only one third, 36.1% of participants agreed that traditional medicine can be used as any time as prescribed in label without consulting to traditional medicine practitioners.

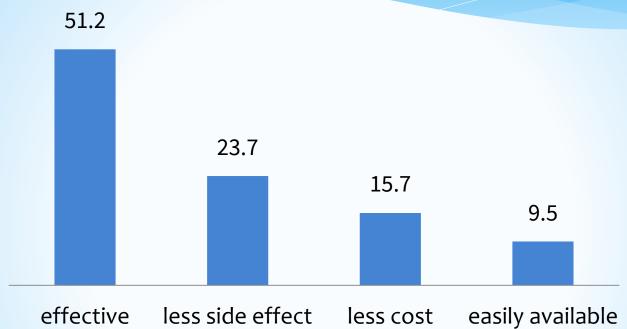
Two third of participants, 73.2% agreed that traditional medicine should be used as directed by traditional medicine practitioners.



#### Practice on use of traditional medicine

- Majority of participants, 83.9% reported that there had been used traditional medicine in their family.
- Among those who had been used, majority of participants reported that they used it from drug shop (54.4%), neighbors (21.6%), traditional medicine practitioners (11.6%), family (6.3%) and relatives (6.1%).

## Main reason of using traditional medicine



- The main reason to choose traditional medicine was being effective (51.2%), being less side effect (23.7%), being less cost (15.7%) and being easily available (9.5%).
- ➤ Majority of participants, 85.1% reported that their symptoms were relieved while 13.9% had cured and only 1% did not improve after using traditional medicine

#### Discussion

- Our study explored that majority of rural people have already been family with TM and already used common TM drugs and plants for their specific diseases. Their perception on use of TM was good so that they relied and accepted the TM medicine.
- ➤ The WHO estimate that in many developed countries, 70-80% of the population has used some form of alternative or complementary medicine including, homeopathic, naturopathic, traditional oriental and Native American Indian medicine [5].

➤ In China for example, traditional herbal preparation account for 30 to 50% of the total medicine consumption. In Ghana, Mali, Nigeria and Zambia, traditional medicine is the first line of treatment for 60% children [6-7].

➤ In Ethiopia up to 80% of the population uses TM due to the cultural acceptability of healers and local pharmacopeias, the relatives low cost of traditional and difficult access to modern health facilities [8-9].

The study conducted in Nigeria Lagos which revealed that 58% of herbal medicine users considered herbal medicine is safe to use and safeties of herbal medicines were attributed to their natural origin, efficacy and lack of adverse effects.

Some studies also revealed that reason for acceptance of traditional medicine practices by the respondents were due to its affordability and accessibility

- Most of the users in our study mentioned that their symptoms were relieved while 13.9% had cured and only 1% did not improve after using traditional medicine.
- ➤ However, majority of participants reported that they used it from drug shop (54.4%), neighbors (21.6%) but a few people are from traditional medicine practitioners.
- ➤ It is highlighting that evaluation on the use of TM medicine and plants by rural people in an appropriate way and better safety approach using TM drugs and medicine for them.

#### Conclusion

- ➤ Majority of rural people, 83.9% reported that there had been used traditional medicine in their family.
- ➤ Although two third of participants, 73.2% agreed that traditional medicine should be used as directed by traditional medicine practitioners, majority of participants reported that they used it from drug shop (54.4%), neighbors (21.6%), traditional medicine practitioners (11.6%). Moreover, they had been used variety of TM medicine and plants for specific diseases.

Therefore, improving knowledge on use of TM medicine and better practices for seeking care to TM practitioners should be evaluated by behavior change approach among rural people.

#### **Acknowledgement**

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# Thank You