

PATTERN OF TRADITIONAL HERBS INTAKE AMONG TYPE II DIABETES PATIENTS IN NEGERI SEMBILAN, MALAYSIA

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ABSTRACT

Objective: To explore the pattern of traditional herb intake among type II diabetic patients to manage their diabetes condition.

Methodology: A total of 70 informants were involved in a qualitative study using a purposive sampling method. A face-to-face in depth interview was conducted from August 2017 to March 2018 in four clinics in Negeri Sembilan. Audio recording equipment is used to record interviews and transcriptions done from recorded footage. Analysis was done using the thematic method.

Results: The majority of informants were patients who have been diagnosed as diabetic for more than 10 years and have taken traditional herbs over three years. The majority of informants took more than six kinds of raw herbs such as bitter melon, green apples, halba, cantella asiatica and cat whiskers. Some of them took mitragyna speciosa ('ketum' leaves). This study demonstrate that majority of the informants obtained an information from family, friends and neighbours and get the herbs from grocery and supermarket. Most of the informants were aware about the safety and side effects of herbs taken. Majority of the informants consume the herbs two or three times a week before seeing the doctor and they are claimed that their blood glucose reading was better. These medicines offer them a personal autonomy and control over their own health care decisions.

Conclusion: The used of traditional herbal in type II diabetes was influenced by hereditary perceptions and beliefs on herbal goodness. Scientific research on herbal medicines should be disseminate through various government and private agencies to ensure the community are aware of the safety and effectiveness of the herbs.

Keywords: qualitative, blood glucose, autonomy, perceptions, safety.