

# **PERCEPTION OF INDIGENOUS HEALERS AND THEIR PATIENTS ON SAFETY AND EFFECTIVENESS OF DIFFERENT HERBAL PLANTS IN BICOL REGION**

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# Project Description



- **Results - bases for developing systematic process for analyzing safety and effectiveness of herbal medicines for clinical trials, which will lead to its subsequent promotion and utilization**
- **Beneficial to Filipinos who don't have access to modern medicines where medicine using herbal plants (affordable and effective) is an option.**
- **Thereby, integration of traditional and alternative health care to the National Health Care Delivery System can improve quality and delivery of health care services to Filipinos.**

**RA 8423: Traditional and Alternative Medicine Act**

# Objectives of the Project



## **General Objectives:**

**To determine awareness, perceptions and practices of herbolarios and their patients on aspects related to the safety & effectiveness of herbal plants.**

## **Specific Objectives:**

- 1) To identify the different herbal plants used in the treatment or management of different ailments;**
- 2) To describe the preparations and the various methods in the use of herbal plants;**

# Objectives of the Project

- 3) To determine awareness, perception, and practices on aspects related to safety of herbal plants:**
- a) herbal medicine dosing;**
  - b) herbal plant-drug interaction**
  - c) adverse herbal reaction;**
  - d) contamination with hazardous chemicals;**
  - e) toxic ingredients naturally present in herbal plants; and**

- 4) To determine awareness and perception on aspects related to effectiveness of herbal plants:**
- a) how herbal exert healing effects; and**
  - b) indicators of treatment effectiveness .**

# Methodology

- **Research Design:**  
**Exploratory study; Mixed method: Qualitative – Quantitative**
- **Setting: Bicol Region- all 6 provinces were included**



**Map of Bicol Region**

# Methodology

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## **Total Participants: 330**

- **30 Herbolarios & their Patients (300)**
- **Sampling: snowball /chain**

## **Inclusion Criteria**

- **Herbolario – at least 5 year indigenous healing practice; uses herbal plants**
- **Patients- aged 18 years, treated for several occasions**

- **Instrument: Interview guide; Focus Group Discussion**
- **Ethics Clearance: National Ethics Committee**
- **Informed consent**
- **Qualitative Data Analysis- Inductive: Codes, Categories, Themes and Key Assertions**

## **RESULT #1: Herbal Plants Used by Herbolarios & their Patients**



<b>Herbal Plants</b>	<b>Major Use</b>	<b>SF</b>	<b>TF</b>	<b>FL (%)</b>	<b>Rank</b>
<b><i>Tanglad</i></b>	<b>High blood pressure</b>	<b>24</b>	<b>32</b>	<b>75.0</b>	<b>1</b>
<b><i>Oregano</i></b>	<b>Cough &amp; colds</b>	<b>66</b>	<b>114</b>	<b>57.9</b>	<b>2</b>
<b><i>Lagundi *</i></b>	<b>Cough &amp; Colds</b>	<b>24</b>	<b>43</b>	<b>55.8</b>	<b>3</b>
<b><i>Anonang</i></b>	<b>Relapse post delivery</b>	<b>10</b>	<b>25</b>	<b>40.0</b>	<b>4</b>
<b><i>Tuba-tuba</i></b>	<b>Fever</b>	<b>28</b>	<b>75</b>	<b>37.0</b>	<b>5</b>
<b><i>Buyo/Buyo-buyo</i></b>	<b>Fever</b>	<b>12</b>	<b>46</b>	<b>26.0</b>	<b>6</b>
<b><i>Lakadbunan *</i></b>	<b>Menstrual cramps</b>	<b>29</b>	<b>129</b>	<b>22.5</b>	<b>7</b>
<b><i>Artamisa</i></b>	<b>Headache</b>	<b>12</b>	<b>63</b>	<b>19.0</b>	<b>8</b>
<b><i>Bayabas *</i></b>	<b>Disinfect wound</b>	<b>16</b>	<b>85</b>	<b>18.8</b>	<b>9</b>
<b><i>Malungay</i></b>	<b>Stomach problem</b>	<b>12</b>	<b>67</b>	<b>17.9</b>	<b>10</b>

FL= fidelity level (SF/TF) - relative healing potential of each herb

ICF: agreement of informants for a plant species in treating a particular disease .  $ICF = (nuc - ns) / (nuc - 1)$

Plants in Bicol

Ailment Category	Number of Species (ns)	Number of Use Reports (nuc)	ICF
<b>Respiratory (cough &amp; colds, asthma)</b>	<b>17</b>	<b>206</b>	<b>0.92</b>
<b>Obstetrical/ Menstrual Problems</b>	<b>6</b>	<b>46</b>	<b>0.89</b>
<b>Muscular and Joint Problems</b>	<b>12</b>	<b>83</b>	<b>0.87</b>
<b>Fever</b>	<b>15</b>	<b>91</b>	<b>0.87</b>
<b>Pain (Headache/Body Pains)</b>	<b>14</b>	<b>89</b>	<b>0.85</b>
<b>GIT (stomachache, diarrhea, gastric ulcer)</b>	<b>25</b>	<b>111</b>	<b>0.78</b>
<b>Cardiovascular (Heart disease, High blood)</b>	<b>12</b>	<b>52</b>	<b>0.77</b>
<b>Dental problems</b>	<b>2</b>	<b>5</b>	<b>0.75</b>
<b>Urinary (UTI, kidney stones)</b>	<b>12</b>	<b>44</b>	<b>0.74</b>
<b>Dermatological (wound, rash itchinness, scabies)</b>	<b>17</b>	<b>60</b>	<b>0.723</b>

8

10

5

4

8

7



## **RESULT # 2: Methods of Preparation and Administration of Herbal Plants**



<b>Preparation*</b>	<b>Percent</b>	<b>Administration*</b>	<b>Percent</b>
<b>Boil</b>	<b>48</b>	<b>Oral</b>	<b>58</b>
<b>Squeeze/Extract</b>	<b>19</b>	<b>Dermal/Patch/ Massage</b>	<b>33</b>
<b>Pound/Pulverize</b>	<b>14</b>	<b>Wash/Bath/gargle</b>	<b>4</b>
<b>Bruise/Crumple/ Crush</b>	<b>8</b>	<b>Nasal</b>	<b>3</b>
<b>Heat</b>	<b>8</b>	<b>Applied to gums/wound</b>	<b>2</b>
<b>Soak/Infusion</b>	<b>3</b>		<b>100</b>
<b>TOTAL</b>	<b>100</b>		

**\* Multiple responses**

### **RESULT # 3: Awareness, Perception and Practices Related to Safety of Use of Herbal Plants**



<b>Aspects of Safety</b>	<b>Themes</b>
<b>Herbal Medicine Dosing</b>	<b>Dosing parameters: Used in specific or liberal amount</b>
<b>Herbal plant-drug interaction</b>	<b>Combined use of herbal plant and synthetic drugs demands accountability</b>
<b>Adverse herbal medicine reaction</b>	<b>Herbal medicine reaction as a personal experience: herbs are safe if correctly prepared and used</b>
<b>Contamination with hazardous chemical</b>	<b>Naturally cultivated and untreated with chemicals</b>
<b>Toxic ingredients naturally</b>	<b>Herbs may contain harmful substances hence to be used with caution</b>

# **RESULT # 4: Awareness, Perception and Practices Related to Effectiveness of Herbal Plants**



<b>Aspects</b>	<b>Themes</b>
<b>Healing Effects</b>	<b>6 Rights: The right herbal, right mixture, right preparation, right dose and right treatment process for the illness.</b>
	<b>Tested through time</b>
	<b>Healing springs from the substance itself.</b>
	<b>Culture and tradition: intertwined in the people who believes in them.</b>
<b>Effectiveness</b>	<b>If it can cure, it is effective.</b>
	<b>Evidence base: No pain then health is gained, if symptoms are gone fast, healing is attained at last</b>

# Conclusion /Key Assertions



- 1. There is a total of 60 herbal plants to treat 105 ailments. The top three with relative healing potential are *tanglad*, *oregano* and *lagundi*.**
- 2. The herbolarios have been practicing healing for more than 10 years, however they lack the knowledge on the standard process of using the herbal medicines, hence resulting to the safety concerns to their patients.**

# Conclusion /Key Assertions



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**3. Both the herbolarios and their patients believe that the herbal medicines are safe and effective, based on the perceived state of improvement in three days of treatment and the absence of observable side effects from the herbal medicines.**

**4. Although both the herbolarios and their patients consider the herbal medicine as natural and safe, they are cognizant to the possibility of adverse reactions, hence they uphold the safe use and effectiveness of herbal plants through personal responsibility and accountability.**

# Recommendations



- 1. Training program for herbolarios to address the lack of knowledge on standardization in the preparation and utilization of herbal plants to include the safety and efficacy issues when preparing herbal medicines.**
- 2. Health care providers can explore future collaboration with the Traditional healers, (who are accessible) especially on the referral of patients with infectious and chronic diseases, for timely management.**
- 3. Fidelity level and Informant Census Factor results can be used a basis for developing a systematic process for analyzing the safety and effectiveness of herbal medicines through clinical trials of herbal medicines to respond to the health needs of the Bicolanos.**

# References



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