

Utilization, Practice of herbal medicine in patients with type 2 diabetes mellitus in Kuwait and their perceptions



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Biography

Ibrahim El Bayoumy has pursued his bachelor's degree of medicine and surgery, tanta faculty of medicine, tanta university, Egypt. He has completed his Master's degree in public health, preventive and social medicine, in tanta university, faculty of medicine-Egypt. He is a full professor of public health and community medicine in tanta university, faculty of medicine, Egypt. Currently, he is working in ministry of health in Kuwait as consultant of public health and preventive medicine.w



Abstract

Back ground: Herbal medicine use has become a popular treatment among patients with chronic diseases like diabetes mellitus worldwide. Many patients with diabetes mellitus use herbal medicine without consulting their health professionals.

Aim of the study: The aim of this study was to assess the prevalence, pattern of use and perceptions in type 2 diabetes patients using herbal medicine.

Place and duration of study: The study was conducted during the period of 1st January 2019 to the end of June 2019 in the diabetes clinic in farwaniya hospital in Kuwait.

Study design: It is cross sectional, quantitative study. Patients and methods: A total 350 persons with type 2 diabetes were included in this study. Data was collected using a self-administered questionnaire in both Arabic and English designed by the investigators after a review of the literature on use of herbal medicine. The questionnaire was administered by working nurses.

Results: The study denoted that the prevalence of using herbal medicine in the study sample (350 patients with type 2 diabetes) was 30.6% of all sample, females were greater than males in using herbal medicine about 56% of patients using, herbs. Black cumin (i.e., Habba Soda) was the most frequent herbs used by the patients and a herbal mixture done by herbalist. The study revealed that 70% of herbal users have bad glycemic control HbA1C 7% and the diabetes complications were greater in herbal users than on conventional therapy.

The study showed that irregular use of herbs that were used with diabetes conventional treatment and the majority of herbal users did not inform their treating doctors about herbal use (95.3% herbal users)

Conclusion: The study revealed that 30% of the sample was herbal users and they are in need for increase their awareness and education about risks and complications for the use of herbal medicine use are needed for both patients and health care professionals.