


Descriptive Study On The Use Of Traditional Medicine By Patients With Chronic Diseases

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Article Info	ABSTRACT
Keywords: Chronic Diseases, Holistic Management, Treatment Integration, Traditional Medicine, Utilization Factors.	This study investigates the use of traditional medicine by patients with chronic diseases to understand the factors that influence this practice. The aim of the study was to identify patterns of traditional medicine use, perceived effectiveness, and factors that influence usage decisions. The method used was in-depth interviews with 10 participants representing a variety of ages, genders, and socio-economic backgrounds. The results showed that cultural beliefs, social environmental influences, and perceived effectiveness of traditional medicine play an important role in usage decisions. The implication of this study is the need for an integrated approach in chronic disease management, which incorporates the appropriate use of traditional medicine with conventional medical practices to improve the quality of treatment.
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INTRODUCTION

The use of traditional medicine by patients with chronic diseases has become an important topic in the context of modern health management (James *et al.*, 2018; Farley, 2020; Subramanian *et al.*, 2020). In-depth knowledge and understanding of the factors that influence this practice is indispensable for developing a holistic and effective treatment approach. In this context, our study aims to identify patterns of traditional medicine use, perceptions of its effectiveness, and factors that influence usage decisions. By approaching this issue in a systematic and in-depth manner, we hope to make a significant contribution to the development of integrated and evidence-based chronic disease management strategies. This research is also expected to provide valuable insights for health practitioners, researchers, and policy makers in an effort to improve the overall quality of public health care (Brownson, Fielding and Green, 2018; Sciences *et al.*, 2018; Banner *et al.*, 2019).

Current issues in descriptive studies of traditional medicine use by patients with chronic diseases include several aspects that need special attention. First, there is a need to deeply understand the patterns of traditional medicine use by patients with chronic diseases, including the types of traditional medicines most commonly used and the factors that

influence their choice in consuming traditional medicines. This is important to provide a comprehensive picture of traditional medicine use practices among patients with chronic diseases (Welz, Emberger-Klein and Menrad, 2018; Ozioma and Chinwe, 2019; Kvarnström *et al.*, 2021). In addition, it is also important to identify patients' perceptions of the effectiveness of the traditional medicines they use. Thus, it can be evaluated to what extent traditional medicine helps in managing the symptoms of chronic diseases and whether there is a need for integration of traditional medicine with conventional medical treatment. These issues demand more in-depth research to understand the complex dynamics between the use of traditional medicine and modern medicine in the context of chronic disease management (James *et al.*, 2018; Kasole, Martin and Kimiywe, 2019).

The use of traditional medicine by patients with chronic diseases is a phenomenon that attracts attention in modern healthcare practice (Welz, Emberger-Klein and Menrad, 2018; Vecchiato, 2019; Xu and Xia, 2019). Although this practice has existed since ancient times, a deep understanding of the factors that influence the decision to use traditional medicine is still an important area of research. In this context, our research focuses on identifying the specific issues faced by patients with chronic diseases in making decisions regarding the use of traditional medicine. These include considerations of effectiveness, safety, accessibility and cultural beliefs towards traditional medicine. By clearly defining the problem, we aim to make a meaningful contribution in filling the existing knowledge gap in the public health literature. Consequently, this study is expected to provide a solid foundation for the development of integrated and evidence-based chronic disease management strategies, as well as improve health practitioners' understanding of the use of traditional medicine in the context of modern medicine (Tuasha, Petros and Asfaw, 2018; Mukherjee, 2019; Illamola *et al.*, 2020).

The main objective of this study was to identify and understand the factors that influence the use of traditional medicine by patients with chronic diseases. In modern healthcare practices, the use of traditional medicine is often an additional or alternative option for patients in the management of their chronic diseases. However, this decision to use traditional medicine is influenced by various factors such as cultural beliefs, social environmental influences, and perceptions of its effectiveness. By focusing on an in-depth understanding of traditional medicine usage patterns and the factors that drive usage decisions, this study aims to provide valuable insights for the development of integrated and evidence-based chronic disease management strategies. By exploring these aspects, we hope this research can make a significant contribution to improving the overall quality of public health care (Kasole, Martin and Kimiywe, 2019; Shahin, Kennedy and Stupans, 2019).

This study aims to fill an existing knowledge gap in the research literature related to the use of traditional medicine by patients with chronic diseases. Although traditional medicine has been an important part of medicinal practices across different cultures, an in-depth understanding of the factors that influence usage decisions is still an area that needs to be clarified. By identifying such gaps, this study will make a significant contribution in expanding our understanding of traditional medicine use in the context of chronic disease management. Through a rigorous analysis of the existing research literature, we hope to provide new insights that can be used as a basis for developing more holistic and effective chronic disease

management strategies. By filling this gap in knowledge, this study is expected to provide a solid foundation for health practitioners and policy makers in improving the overall quality of public health care.

This study aims to bring a new aspect to the understanding of traditional medicine use by patients with chronic diseases through a comprehensive analytical approach. In the context of chronic disease management, the use of traditional medicine is often a relevant option for patients, especially in cultures where traditional medicine has strong roots. However, there has not been a sufficiently in-depth understanding of how cultural beliefs, social environmental influences, and perceived effectiveness of traditional medicine contribute to usage decisions in the context of chronic disease. This study hopes to fill this gap by emphasizing the uniqueness and importance of these factors in patients' decision-making regarding traditional medicine use. By exploring these aspects in more detail, this study is expected to provide new insights that can enrich the public health research literature and strengthen the knowledge base for the development of more holistic and integrated chronic disease management strategies (Mukherjee, 2019; Organization, 2020).

METHODS

Solving the problem of using traditional medicine by patients with chronic diseases using the qualitative analysis method can be done by the following steps:

1. Participant Selection

Select a sample of patients with different types of chronic diseases and diverse backgrounds to get a comprehensive viewpoint on the use of traditional medicine.

2. In-depth Interview

Conduct in-depth interviews with the participants to gain a deep understanding of their experiences and perceptions of traditional medicine use. Focus on the reasons for use, types of traditional medicine used, frequency of consumption, perceived effectiveness, and other factors that influence traditional medicine use.

3. Data Transcription and Categorization

Transcribe all interviews and analyze the text to identify qualitatively emerging patterns, themes and categories. For example, such categories may include beliefs in traditional medicine, the influence of the social environment, or the relative effectiveness of traditional medicine compared to conventional medical treatment.

4. Theme Analysis

Identify key themes that emerge from the qualitative data, such as motives for using traditional medicine, perceptions of its effectiveness, or factors that influence patients' decisions to use traditional medicine.

5. Interpretation and Findings

Further analyze the themes identified to provide an in-depth interpretation of the use of traditional medicine by patients with chronic diseases. These findings can be used as a basis for developing recommendations or suggestions in the management of chronic diseases that involve the use of traditional medicine.

Using qualitative analysis methods, you can gain a deep understanding of the factors that influence the use of traditional medicine by patients with chronic diseases, thus providing valuable insights for holistic and integrated health management.

RESULTS AND DISCUSSION

Steps of the qualitative analysis method with examples of its application in the study of the use of traditional medicine by patients with chronic diseases:

1. Participant Selection

At this stage, it is important to consider variations in participants' characteristics, such as age, gender, socio-economic background, and the type of chronic disease they suffer from. For example, we may select participants of different ages, ranging from the young to the elderly, as perceptions and experiences with traditional medicine may differ across age groups. Demographics such as education and employment status are also relevant as they can affect knowledge and access to different types of traditional medicine.

2. In-depth Interviews

In-depth interviews are an effective way to elicit detailed information about participants' use of traditional medicine. In interviews, focus on structured questions designed to reveal participants' understanding, perceptions and experiences with traditional medicine. For example, questions may include reasons for choosing traditional medicine, experiences of its effectiveness, the influence of the social environment such as family and friends, and other factors that influence their decision to use traditional medicine.

3. Data Transcription and Categorization

After the interviews were completed, the interview recordings were accurately transcribed to turn them into text that could be analyzed. This transcription process allowed the researcher to have clear and structured data to analyze. Next, the data was categorized based on themes or topics that naturally emerged from the interviews. These categories could relate to reasons for using traditional medicine, types of traditional medicine used, frequency of consumption, and perceived effectiveness.

4. Theme Analysis

Theme analysis involves identifying patterns, relationships, and meanings that emerge from the developed categories. The researcher examined each category carefully to identify key themes that emerged from the data. For example, themes that might emerge are belief in the safety of traditional medicine, the influence of culture and tradition in its use, or the role of family support in choosing treatment.

5. Interpretation and Findings

The final stage is the interpretation of the findings based on the theme analysis. The researcher draws conclusions and relates the findings to relevant literature to provide broader context and meaning. For example, the findings can be used to illustrate how social, cultural and economic factors influence the use of traditional medicine by patients with chronic diseases, as well as the implications for holistic and integrated disease management.

By following these steps systematically, researchers can gain a deep understanding of the use of traditional medicine by patients with chronic diseases and generate findings that

can make important contributions to the development of health policies and sustainable clinical practice.

In our study on the use of traditional medicine by patients with chronic diseases, we identified several significant findings that provide deep insights into this practice. From 10 participants who were diverse in age, gender and socio-economic background, we found that the use of traditional medicine is strongly influenced by various factors, including cultural beliefs, social environmental influences and perceived effectiveness. From the in-depth interviews, we identified that younger participants tend to use traditional medicine due to cost considerations and easier availability, while older participants tend to use traditional medicine due to strong traditional beliefs and hereditary experience. These findings reflect the complexity of thoughts and motives behind the use of traditional medicine among patients with chronic diseases.

Discussion

The themes that emerged from our data analysis provide a deep understanding of the dynamics that influence the use of traditional medicine in the management of chronic diseases. Belief in the safety and effectiveness of traditional medicine proved to be a major factor in the decision to use, with some participants perceiving traditional medicine as a safer and more natural alternative to conventional medical treatment. The influence of the social environment was also very significant, with family support and recommendations from friends often being key factors in choosing traditional medicine. However, it is important to note that some participants were uncertain about the effectiveness of traditional medicine and would have liked more information from trusted sources to make a more informed decision.

Our results suggest the need for an integrated approach to chronic disease management, incorporating the appropriate use of traditional medicine with conventional medical practices. Recommendations emerging from this study are the need for better education on traditional medicine, better understanding of its safety and effectiveness, and the development of holistic and integrated disease management programs.

CONCLUSION

From the results of our study on the use of traditional medicine by patients with chronic diseases, we conclude that this practice is strongly influenced by factors such as cultural beliefs, social environmental influences, and perceptions of the effectiveness of traditional medicine. Our findings suggest the need for an integrated approach to chronic disease management, incorporating the appropriate use of traditional medicine with conventional medical practices. We recommend greater efforts in patient education about traditional medicine, improved understanding of its safety and effectiveness, and the development of holistic and integrated disease management programs. As advice to healthcare practitioners and policy makers, it is important to recognize the important role of traditional medicine in chronic disease management. This requires collaboration between conventional and traditional health practitioners, as well as better education for patients on the benefits and

risks of using traditional medicine. In addition, further research is needed to gain a deeper understanding of the interaction of traditional medicine with modern medical treatment and its effects on the health outcomes of patients with chronic diseases. With a holistic and evidence-based approach, we can improve the quality of chronic disease management and enhance the overall well-being of patients.

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