

The use of medicinal herbs for self-Medication among diabetic patients

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The increasing prevalence of Diabetes mellitus as a chronic disease, and as a manageable disease with medical nutrition therapy, needs to consider and determine the self-care diet and herbal therapy.

Objectives: The aims of this study to determine the prevalence of self-medication, self control in diet therapy and use of medicinal herbs, for diabetes control.

Subjects and Methods: 502 Diabetic Patients were selected randomly in this descriptive, cross sectional study, from 4 diabetic clinics from urban Primary health care Center, and diabetic clinic in Endocrinology and Metabolism Research Institute. Data were collected via face to face structured interview of respondents by Dietitian experts, in the clinics using a developed and piloted questionnaire.

Results: 83.8% respondents were Type 2 Diabetics patients, 70.3% were controlled using oral medicines and diet therapy, and herbal medicine. 48.3% diabetic patients no consumption of Monosaccharide (carbohydrates), 72% patients were eliminated consumption of soft drink in their daily diets. The prevalence of self- herb medication among diabetic patients was 21.7%. Herbal medicine use for diabetes control were Cinnamomum zeylanicum 34.1%, Tigonella foenum graecum 13.7%, Allium sativum 28.6%, Anethum graveolens 28.8%, Zingiber officinale 17.8%.

There were statistically significant association between age, education and suffer of other chronic diseases and self- herb medication in diabetic patients. ($P.V < 0001$)

The prevalence of self-medication with carbohydrates limited diet and herbal medication, were the most diabetes control methods in the respondents patients in this survey.

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