



## Brief Comparison of Traditional Therapy with Allopathic Therapy in District Bunner, Swat and FR Peshawar Khyber Pakhtunkhwa, Pakistan

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### ABSTRACT

Traditional and allopathic medicines are the two most commonly used therapies used by most of the patients. Traditional medicine is widely consumed by a high number of patients who do not advise their clinicians of concomitant use. This cross sectional study is designed to know about the people view about the use of traditional and allopathic drugs use. This study was conducted in northern area of KPK (Swat, bunner), and Fata (FR Peshawar) Pakistan. A total of 270 persons took part in the study. Majority of participants were men, their mean age was 32.5 years. Most of them were literate. Majority of people preferred to use traditional medicines instead of allopathic medicines. The main reason of traditional therapy over allopathic drugs was economy, less side effects and easy availability. Most of the people get medicines from home pharmacy. Majority of peoples has observed side effects with use of allopathic medicine, while most of people have no faith on traditional therapies. A big number of populations preferred to advise traditional therapies to others instead of allopathic therapies. While in emergency cases majority of people use allopathic therapy instead of traditional therapies contrast to that in routine cases most of the people uses traditional therapies instead of allopathic therapies.

**Key Words:** Traditional therapy; Allopathic therapy; District bunner; Swat

### INTRODUCTION

As we know that Pakistan is one of largest population country of world having population of approximately 600 million. age distribution of population are such that less than 15 year population are 43.2% , 53.4% of them are at the age of 15-65 year and above 65 year their percentage are 3.4%.their geographic distribution are such that 33% of them are living in the urban area while that of 67 % are living in the rural area. The population growth rate of Pakistan is also very high which is also too high 2.06% [1].traditional medicine may defined as an indigenous medicines which are using by community people in order to keep their selves fit and health ,to diagnose ,prevent & to treat physical as well mental illness which is somewhat different from allopathic system.(1)world health organization report of 2011 show that the interest in the traditional medicine particularly in herbal product are increasing over the last decade . (WHO, 2001[2].Due to positive feature of traditional medicine WHO approved it to be use as traditional, complementary are as alternative medicine because in treating chronic and humanizing the quality of life of those community member who having suffering from minor illness it is very helpful [3].In different country they have developed a unique traditional system [3]. In china majority of the population are treating with traditional therapy which are estimated as 200 million of population. This can be expressed as 40% of population[4] . The system of traditional therapy is a very old system which was be used in china from several years ago[5, 6]. And this method of traditional therapy is considering in allopathic method now a day like use of complementary and alternative medicine (CAM) [7]. Traditional medicine practice is also plying a major role in development of different communities. And also a big source of income along with source of health care. Many of the communities

are also recognized on the behalf of their traditional therapy mean they make their identity. people living in Africa mostly depend on the traditional therapy when they are infected by HIV/AIDS and majority of them using herbal traditionally for the physiologic l counseling [8] .Word widely traditional therapy has significantly more application as compared to other in developing countries like in India seventy percent of the population are using traditional medicine while that of 90 % of Ethiopian population using traditional therapy as basic [9].

**Table 1: Characteristic comparison of traditional therapy with allopathic therapy**

Characteristics	Numbers	Total population	%age	P Value
<b>Sex</b>				
Male	193	270	71.48	0.0493
female	77	270	28.52	
<b>Age</b>				
15-30 years	86	270	31.85	0
30-50	84	270	31.11	
>50 year	100	270	37.04	
<b>Monthly Income</b>				
1000-15000	54	270	20	0
15000-20000	106	270	39.26	
20000-30000	42	270	15.56	
>30000	68	270	25.19	
<b>Qualification</b>				
Metric	60	270	22.22	0
college	32	270	11.85	
university students	39	270	14.44	
Other	30	270	11.11	
Illiterate	109	270	40.37	
<b>Area</b>				
Rural	250	270	92.59	0.2335
Urban	20	270	7.41	
<b>which one medication did you prefer</b>				
Traditional	168	270	62.22	0.0105
Allopathics	102	270	37.78	
<b>Reason of using</b>				
Economical	48	270	17.78	0
rapid action	112	270	41.48	
less side effect	105	270	38.89	
Other	5	270	1.85	
<b>Availibility of traditional at home</b>				
Yes	233	270	86.3	0.1704
No	37	270	13.7	
<b>From where did you get these medication</b>				
general store	100	270	37.04	0
medical store	60	270	22.22	
home pharmacy	110	270	40.74	
<b>Adverse effect</b>				
Traditional	70	270	25.93	0.066
Allopathics	200	270	74.07	
<b>Faith</b>				
Yes	84	270	31.11	0.0463
No	196	270	72.59	
<b>Advice</b>				
Traditional	151	270	55.93	0.0013
Allopathics	119	270	44.07	
<b>Emergency</b>				
Traditional	90	270	33.33	0.025
Allopathics	180	270	66.67	
<b>Common</b>				
Traditional	170	270	62.96	0.0124
Allopathics	100	270	37.04	

According to authentic report which state that >70% population of chilies and 40% population of Columbia are using traditional therapy for the health care [10].40% of the Chinese population should using traditional medicine as the basic from which most of the population getting benefit[11]. The use of traditional medicine present exclusive public health challenges. WHO notes that "unsuitable use of conventional medicine or practice can have unenthusiastic or dangerous effects" and that "additional research is needed to determine the efficiency and protection" of many conventional therapeutic practice[12].

## METHOD

### Study setting

This study is conducted in northern area of KPK (Swat ,bunner ),and Fata (FR Peshawar ).the study was cross sectional and were asked question from general population ( 15-80) age including young, adult, old male and female ,educated and illiterate people. Questions were asked from both rural and people migrated to urban area.

### Study design

Including total 300 participant male, female educated and illiterate people from both urban and rural areas of swat, Bunner, and FR Peshawar were ask question. First people were briefed about the aim of study. Generally Questioners were given to educated people directly and they only fill that while, from illiterate people the pharmacist first briefed them in local language (Pashto) and then fill himself. Emotional, psychiatric responses' were excluded because these can affect the result.

A stratified random selection was preferred to collect data. After extensive literature review comprehensive Questioner were structured including 18 questions .first three were demographic question, the next were about preferred medication and reason of preferred medication, the next was which medication to be preferred in case of emergency and common ailment and for traditional therapy a list of common disease were given for which they use that and in the last was asked for comments of the respected person.

## RESULTS

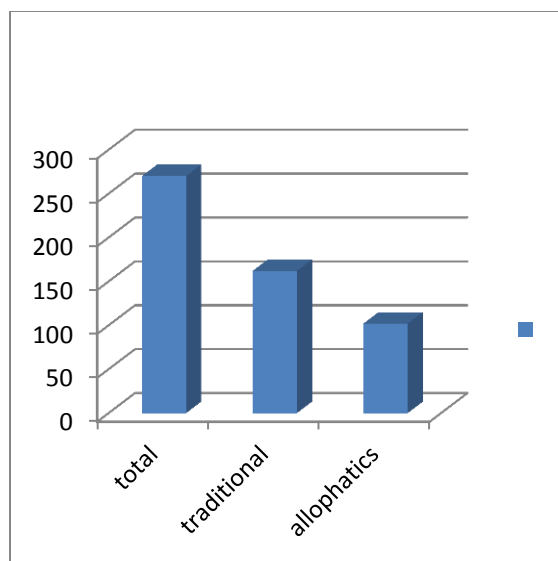
The study was conducted in 3 districts of KPK. A total of 270 persons took part in the study. Out of them 193 (71.4 %) were male while 77 (28.5%) were female. Age wise contribution of population 15-30 years was 86 (31.8%), 30-50 were 84 (31.1%) and more than 50 years of age were 100 (37.0 %). Among them 60 (22.2 %) were Metric pass, 32 (11.8%) college, 39 (14.4%) university students, 30 (11.1%) others and 109 (40.3%) were illiterate.

Majority of people prefer to use traditional medicine 168 (62.2%) while 102 (37.7 %) preferred to use allopathic medicine. Reason of use of traditional therapy was Economy for 48 (17.7%),Rapid action for 112 (41.4%), Less side effects for 105 (38.8%) and others for 5 (1.8%). 233 (86.2%) have availability of traditional medicine at home while 37(13.7%) had no availability of traditional medicine at home. 100 (37.0%) get medicines from general store, 60(22.2%) get these medicine from Medical store while 110 (40.7%) get them from Home pharmacy. 70 (25.9%) has informed that they had observed Adverse effects with traditional medicine use and 200(74.0%) had observed adverse effects with the use of allopathic drugs. Majority of population 196 (72.5%) has no faith on traditional therapies while 84 (31.1%) has faith on traditional therapies. 151 (55.9%) preferred to advise traditional therapies to others while 119(44.0%) preferred to advise allopathic therapy to other people. Majority of participants 180 (66.6%) use allopathic therapy in emergency situations and 90 (33.3%) participants go for traditional therapies in emergency cases. In routine cases 170 (62.9%) people uses traditional therapies while 100 (37.0%) uses allopathic therapies.

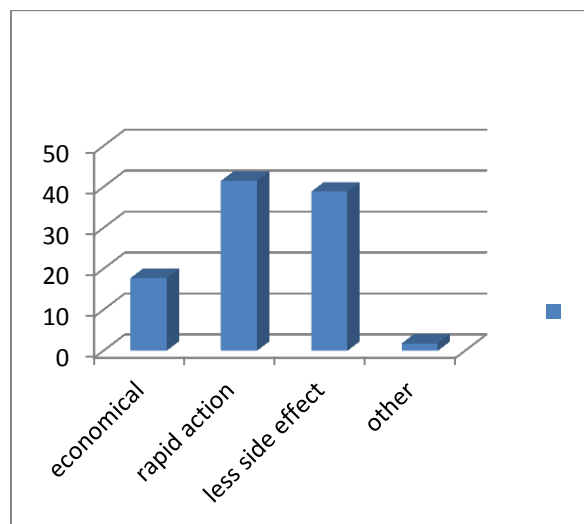
## DISCUSSION

This survey was conducted in three areas of northern Pakistan District Swat, District buner, and Fr Peshawar which 80 % consist of ruler population [13]. to determined there opinion about allopathic verses traditional therapy, Question were asked from male, female both gender having age greater than 15 year ( 71% male and 28.52% female). As a result, 62% people using traditional medicine/therapy and 37.8% allopathic.

From data we can easily determine that the majority of people of these area are non-educated that is about 62.6% are matriculate or below metric. Among over all reason of using traditional medication 17.7% people consider as economical,4% as more rapid action,38.8% due to less side effect reason of using tradition medication.



**Figure 1: Graph representing traditional and allopathic therapies**



**Figure 2: Graph representing side effects and other characteristics**

Another major reason of people using traditional medicine or therapy is 74 %, they believe have less side effect of traditional or large side effect of allopathic medicine. This conceives is very common in majority of people although some educated people also believe on this concept. Another reason that traditional medicine are easily available in home any time that is 86.296% and can easily take these medication into home from General store 37.% and home pharmacy that is 40.74 %.Also majority of people believe that traditional medication are less expensive as compare to allopathic, 48 % people explain their reason of using traditional medication this concept. This may be also that, it is difficult for common person to reach health care provider who fee are very high and also there is no availability of heath facility in these area.The PSLM survey (2007/08) found that 43% of people in rural areas who sought treatment for diarrhea and who did not visit a government facility first, gave the reason that either there was no government facility or that it was too far away. A further 15% said that a doctor was never available and a further 13% that the staff were not courteous. Where there is not a local facility within the community, the average distance in rural areas is about 10 kilometers which is around three times the distance in urban areas[14].

The most interesting thing in this research is that majority of people have no trust or faith on vendor or others street.(.) person. But they have no idea to identify the trusted man and vendor that how differentiate them .About 55 % people said that they will advise traditional medication to his colleagues or relative if he has asked for advice to

them and 44 % people that they will advise allopathic in this case. In case of emergency treatment the situation is completely opposite and majority of almost 67 % people are agree that allopathic treatment is more suitable in this condition and 33 % trust on traditional therapy while in contrast, in case of common ailment (Other than emergency) almost 63 % people are trusted on traditional therapy or medication and 37 % people using allopathic instead of traditional therapy.

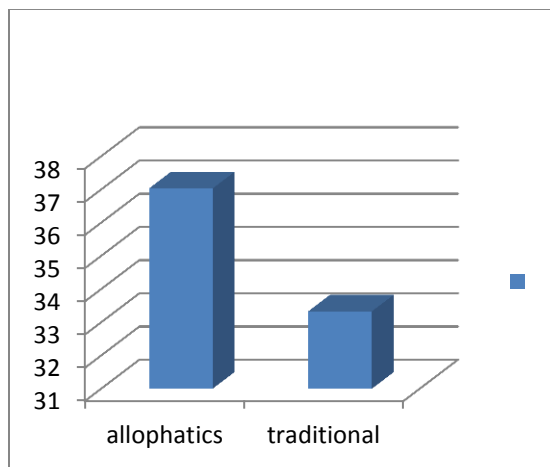


Figure 3: Graph representing participant interest towards allopathic and traditional therapies

### Emergency condition

In last all people participant who participated in this research were asked for their comments. Majority of people requested government to take some steps to make proper system, roles and regulation for traditional medication which is effective in some health problem.

### CONCLUSION AND RECOMMENDATION

- 1-The government should provide a good health care system to people in for away areas
- 2-To produce awareness in people about current health medication improvement
- 3- To establish a proper system for monitoring of traditional therapy from government side.

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