

3rd International Conference and Exhibition on **Traditional & Alternative Medicine**

August 03-05, 2015 Birmingham, UK

The traditional health care and healing by folk medicine in North of Thailand: Case study of folk medicine in Phetchabun province

Namfon Baowthongkum
Phetchabun Rajabhat University, Thailand

The traditional health care and healing by folk medicine was established on the basis of the relationship between human and nature, human to human. Health care and Health medicine at the local of Thailand had compassion and faith in Buddhism. The objective of this research was to study local wisdom of health care and traditional herbs usage of community in north of Thailand: Case study of folk medicine in Phetchabun province. The key-informants were 25 folk medicine, as well as 25 people chosen by purposive sampling. Data collection was in-depth interviews and observation. Data analysis was performed through content analysis. The finding were as follows: 1) Local wisdom of health care and healing by folk medicine which included Herbal therapy, Massage therapy, Psychotherapy and Blowers therapy. The treatment procedures are mostly mixed, usually involving “blowing methods” combined with other types of treatment. The blowing method used magical spelling and prayers with betel-chewing. The betel-chewing was the traditional herbs and ancient cultures in Thailand and Southeast Asia. A betel quid consist of four components: betel leaf, areca nuts, slaked lime and *Acacia catechu Willd*. These traditional herbs were health medicine. Health conditions and symptoms that folk medicines often and successfully treat were colic, inflamed wounds, herpes zoster and viral conjunctivitis. 2) The local wisdom of herbal usage: Classification of herbal 2 types was 81 herbal medicine and 21 herbal medicine and food. The herbal plants used were those found or grown in the village and community forest.

Biography

Namfon Baowthongkum has completed her Master degree from Ramkhamhang University. She has published 2 papers in reputed journals and has been serving as an Editorial Board Member of repute.

namfon_wk@hotmail.com

Notes: