

LITHUANIAN POPULATION ATTITUDE TO HERBAL MEDICINE

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ABSTRACT

The most people of Lithuania use herbs or herbal mixtures. These preparations are buy or collect by the people themselves. The most popular herbs are collect the respondents are the linden flowers, the chamomile flowers, the stems of the raspberries and mint leaves. The majority of the respondents note that the herbs do not have any side effects on their health. The most commonly use herbal form are tea and tincture.

Keywords: Lithuanian population, herbal mixtures and plants.

INTRODUCTION

Phytotherapy or herbal medicine – is a cure plant parts: leaves, flowers, seeds, bark and roots. It is the world's oldest known cure in Lithuania. Herbs have been used for centuries to prevent and control disease in the world too. The Italian herbal products is the most successful in Europe. These products are used ranging from medicine to nutrition and cosmetics³. The herbal medicine is one of the promising preventive approaches of the cardiovascular disease⁸. The garlic is primarily used for cardiovascular health and relief of cough and rhinitis⁴. Plant extracts are used treat gastric infections for example *H. pylori*¹³. The bioactive compounds of the medical plants characterize antioxidant and antimicrobial properties. Eucalyptus camadulensis, Marticaria chamomilla, Ferula gummosa Boiss, Allium sativum, Satureja hortensis L, Thymus carmanicus Jalals and other native medical are effectice against *P. aeruginosa*¹. Chinese medicine has been used worldwide as a alternative medicine to treat cancer. Extracts of ginger and cinnamon have anticarcinogenic protective activities. These plants can help in the prevention of mammary cancer by controlling the expression of carcinogenesis-associated genes¹⁰. The medical herbs and herbal medicines can normalization the heavy metals content⁹. The pain of Irritable Bowel

Syndrome are treat used alternative medicine especially herbal supplements.

MATERIALS AND METHODS

The questionnaire has been selected to perform quantitative analysis. Interviewed (n = 300) of people living in Lithuania. Questionnaire is one of the simplest methods of investigation applied. It consists of a list of issues that are formed depending on the nature of the investigation.

The questionnaire consists of twenty-six issues: three open, seventeen - a semi-open, six - closed. The questionnaire has been designed by the researchers themselves. 350 questionnaires have been prepared and distributed but only 300 questionnaires were returned and correctly filled. The goal of this study was identify the knowledge about the phytotherapy and medical plants of Lithuanian population. The questionnaire has been included the questions about the effectiveness of the herbs, the herbs collection, herb side effects, information about herbs and other.

RESULTS AND DISCUSSION

The results of the experiment were showed that the most herbal preparations used women from 41 to 70 years old (35%) but younger women (from 18 to 40 years old) were used 26%. The men were used less the herbal preparations than women. The men were used the herbal

products (from 18 to 40 years old) amount 12% and men from 41 to 70 years old were amounted 9%. The herbal products were bought not only in pharmacies but also in the grocery stores, online or directly from the herbalists.

32% of the women (from 41 to 70 years) and 12% of the men (from 18 to 70 years old) were bought the herbal preparations or their mixtures in the pharmacy. 12% of the women (from 41 to 70 years) were bought these preparations from the herbalists. 8 % of the women (from 18 to 40 years old) were bought the herbals preparations in the grocery stores or other places and 6% of the women from 18 to 40 were bought the herbals from the herbalists.

4 % of the men from 18 to 40 years were bought the herbal medicines from the herbalists and 2% of the grocery stores. Lithuania has a long tradition of collecting the herbal medicines themselves. Therefore, respondents were questioned whether they collect herbal medicines themselves. The research revealed that the most popular herbs were collected the respondents were the linden flowers, the chamomile flowers, the stems of the raspberries and mint leaves too. 28% of the women from 41 to 70 years old were gathered the linden flowers, the chamomile flowers. These age group women (23%) were gathered the chamomile flowers and 22% women were collected the mint leaves. 21% of the women from 40 to 70 years old were gathered the raspberry stems.

At least older women (1-2%) between 41 and 70 years were collected the oak bark and dandelion roots. However, women from 18 to 40 years old were gathered the linden flowers (25%), the chamomile flowers (20%), mint leaves (19%). 16 % women of the 18 to 40 year old were collected the raspberry leaves, raspberry stems (14%) and cumin (13%). At least the young women (from 18 to 40 years old) were collected the oak bark, the dandelion root and other herbal. The men from 18 to 40 years old were collected the linden flowers (9%), the chamomile flowers (8 %), the mint (6%) and raspberry leaves (6%). At least older men (from 18 to 40 years old) were elected the cumin, the oak bark and dandelion roots. The most popular gathered herb of the men (from 41 to 70 years old) were the linden flowers (9%), the chamomile flowers (8%) and mint leaves (7%) too. Dandelion root extract effectively induces apoptosis in human melanoma cells without inducing toxicity in noncancerous cells⁵. The oak bark extract containing ellagitannins which improve cardiovascular, metabolic and liver function¹².

Independently form the collected herbal, the most commonly used herbs were the linden flowers, the chamomile flowers, the lemon balm and cumin.

32 % of the women (from 41 to 70 years old) were used the linden flowers tea and 29% chamomile tea. 26 % of the women from 40 to 70 years old were used the calendula flowers and mint tea too. A little less women of this age group were used the lemon balm tea (25%), the raspberry stems (24%) and flu (24%) teas. The women (from 41 to 70 years old) were used the green ecological herb tea off stomach (9%) and sweet flag root tea (3%). 13 % men (from 18 to 40 years old) were used the chamomile flowers and mint leaves tea. Mint leaves and stems have pigments such as chlorophyll and carotenoids¹⁴. A little less (12%) men of these groups were used linden flowers tea. 10% men (from 18 to 40 years old) were used the raspberry stems tea, tea for the flu (8 %) and lemon balm tea (7%). Lemon balm tea (*Melissa officinalis* L.) show antimicrobial activity against prokaryotic microorganisms (Gram-positive and Gram-negative bacteria) but are not activity against eukaryots (yeasts and moulds)⁶.

Only 2% of the men (from 18 to 40 years old) were used Ginkgo biloba leaves and green ecological herb tea off stomach. Ginkgo biloba leaf extract is the most effective therapeutic herbs. This extract have strong anti-diabetic and anti-oxidative effects¹¹. Ginkgo biloba leaves are used to treat asthma, cardiovascular diseases, aging, bronchitis, cancer, impair sexual dysfunction and cancer¹⁵. However, 13% men from 41 to 70 years old were used the linden flowers tea, chamomile flowers (7%) and raspberry stems (7%) tea. 2% men were used the sweet flag root and other teas, 1% Ginkgo biloba leaves and ecological herbal tea to these age group. The chamomile associate with a decrease risk of mortality for women but not for men. The sociodemographic variables, health behaviors and chronic conditions, chamomile remain significantly associate with reduce mortality in older women⁷. *Mentha piperita* can control the pain caused by Irritable Bowel Syndrome. The experiments with aloe vera, curcuma, *fumaria officinalis* showed prosecretory activity, anti-inflammatory activity and inducing gastrointestinal motility in this disease².

In order to collect and consume the herbal need to have enough information about them. 35% women and 12% men between 41 and 70 years old have enough information about the herbal. However 6% women and men (form 18 to 40 years old) and 2% women and men (from 41 to 70 years old) were noticed that have not enough information about herbals. The first

information sources of the herbal beneficial effects were the parents, relative, pharmacists, doctors and friends. The respondents were

observed that the most information about the herbals an early age give parents.

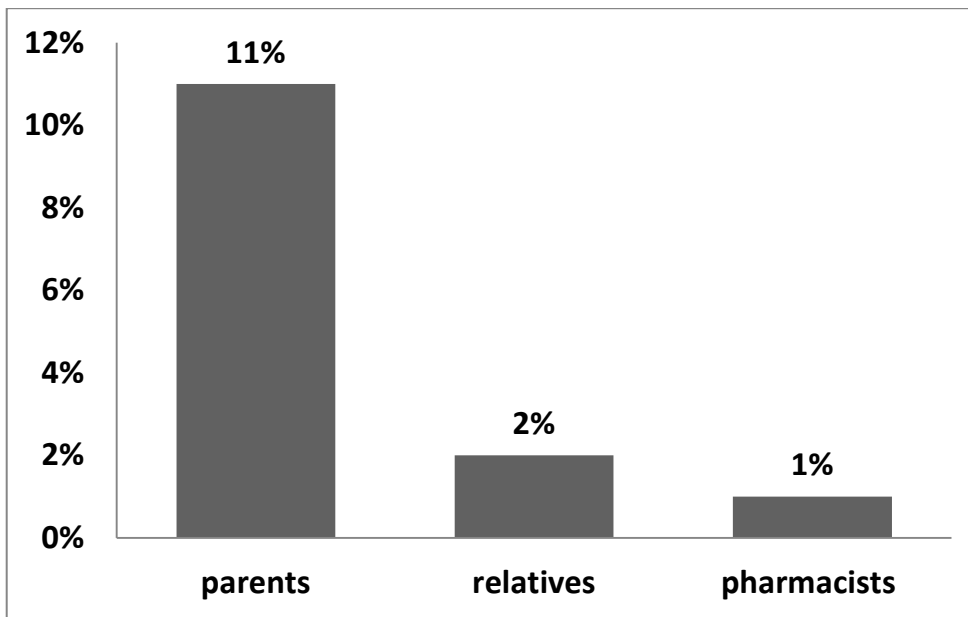


Fig. 1: Women (from 18 to 40 years) information cources

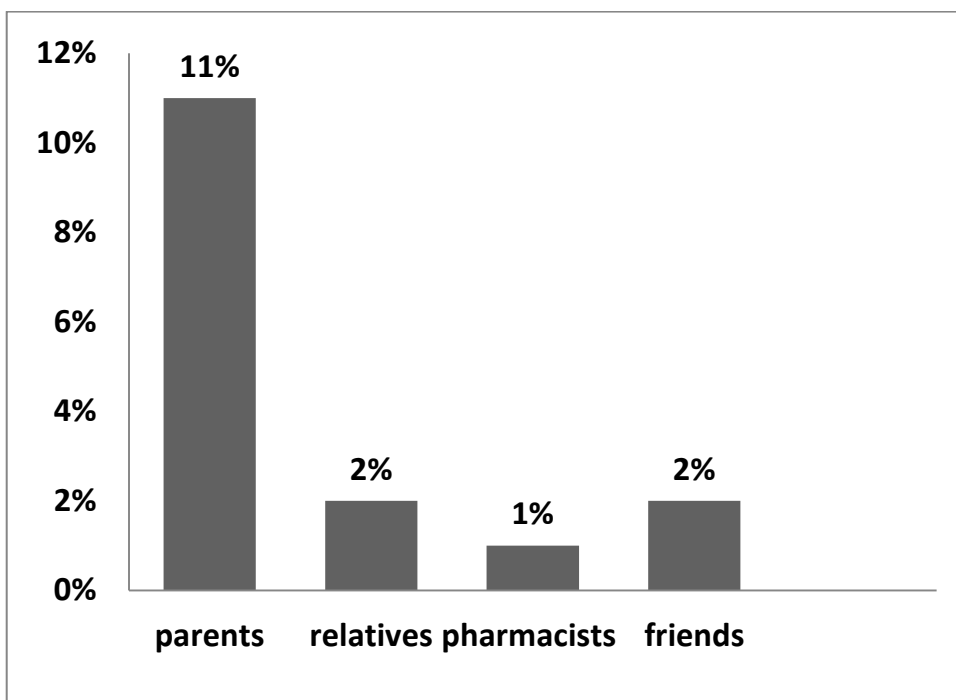


Fig. 2: Women (from 41 to 70 years) information cources

The first time women (from 41 to 70 years old) founded about the herbals of the parents (33%), relatives (7%) and doctors (6%) (fig. 2). The women from 18 to 40 years old were observed that the first information about the herbals received from the parents (25%), relatives (6%), pharmacists (6%) and doctors (6%) (fig.1). The first time men (from 18 to 40 year

old) founded about the herbals of the parents (12%) and relatives (5%). The next information sources (pharmacists and other sources) of these men age groups contained at 1%. The men from 40 to 70 years old were observed that the first information about the herbals received from the parents (11%), relatives (2%), friends (2%) and pharmacist (1%).

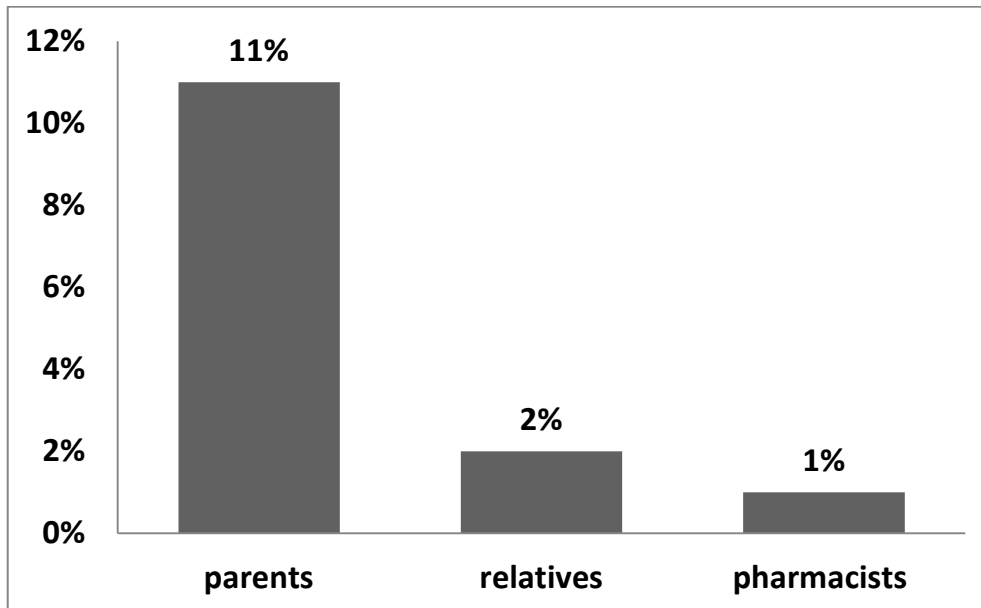


Fig. 3: Men (from 18 to 40 years) information courses

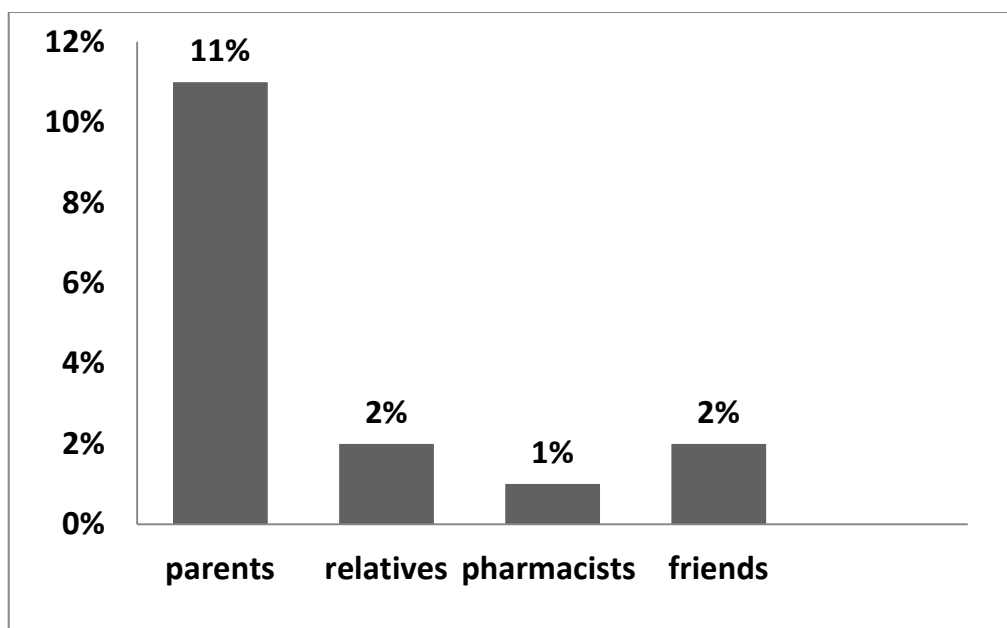


Fig. 4: Men (from 41 to 70 years) information courses

30% women from 18 to 40 years old and 28% women from 41 to 70 years were observed that the herbal preparations were effective in treating the disease. 12% men from 18 to 40 years old and 9% men from 41 to 70 years also were indicated that the herbal preparations were effective too. Only 5% of the men (from 41 to 70 years old) and 4% men (18 to 40 years old) were noticed that the herbal preparations were not effective and did not give any positive effect on the health.

The majority of the respondents were noted that the herbs did not have any side effects on their health. The men from 18 to 40 years old were observed that had skin burns (vesicles) and rashes (1%). The women from 18 to 40 years old were noted such ailments as nausea and vomiting (1%).

Almost all respondents were noted that herbs have a positive effect on health. Mostly, both men and women were used the herbal medicines and their mixtures of the colds diseases. The women between 41 and 70 years

old also were used herbs for the gastrointestinal diseases.

The most commonly used herbal form were tea and tincture.

CONSLUSION

The most information on the herbs the respondents has been provided by parents because a large number of them have been collected themselves. The popular herbs were collected the researchers have been the linden flowers, the chamomile flowers, the stems of the raspberries and mint leaves and have been used herbs were the linden flowers, the chamomile flowers, the lemon balm and cumin. The herbs did not have any side effects on respondent health. The most herbal medicines and their mixtures have been used sick person's the colds diseases.

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