

Chapter V

Conclusions and Recommendations

This multidisciplinary study uses both social and health science because few health personnel have been interested in the importance of the relationship between social, cultural and health factors. This is the main point of holistic health care and they need to realize that the foundation of health is not only science, but the thinking and beliefs in the natural and supernatural aspects of each ethnic culture are the main idea for people to decide upon and select their means of treatment.

As for the indigenous use of traditional herbal medicine such as "Ya-Tom", "Ya-Phong", "Ya-Fon" and "Ya-Dong", even though the Phaya Mengrai Hospital had developed some dosage form into modern dosage form such as capsule and tea bag, but only 6.3% used herbal medicine from Phaya Mengrai Hospital and the Public Health Center. It was indicated that believing in indigenous knowledge, the effectiveness of traditional herbal medicine and the healers who have the role of counselor of health in the community was part of their normal lives. Therefore the effectiveness of the traditional herbal medicine of traditional healers is not only the effectiveness of pharmacology but also the effectiveness of caring for the whole person.

Thus, Health personnel and researchers who want to develop traditional herbal medicine have to realize the importance of beliefs and indigenous knowledge, and they have to think of appropriate levels of use such as the primary health care level, This development can be done by improvisation or innovation of the indigenous knowledge by adding knowledge or technology to upgrade the traditional herbal medicine into a suitable dosage forms which are easy to use, safe, economical and effective which people are still familiar with in their lives and can use with self reliance.

The improvisation or development of the traditional medicine, either raw plant material or herbal medicine by employing standardization of Good Manufacturing

Practice (GMP) is very important for upgrading the traditional medicine for acceptance in a global context, but the standard must also be variable for each level of use - such as level of primary care, secondary care or for export. The quality of raw medicinal plant material is very important for each level, so this study tried to develop the medicinal raw plant material to the standard of good manufacturing practice.

The experiment to improve the dosage form of traditional herbal medicine such as the dosage form of "Ya-Tom", "Ya-Dong", "Ya-Jue" and "Ya-Luke-Klon" showed the thinking process of development by taking into consideration the indigenous knowledge based on the people's needs including the capacity for development for use in the community in which people themselves could produce it and it would be sustainable in their community.

Promotion of the sustainable use of herbal medicine in primary health care was very important too, especially, co-operation between government, non government and local organizations to motivate the sense of ownership of people to manage the use herbal medicine for primary health care and a sustainable economic development in their community.

The benefit of this study is research and development (R&D) based on the indigenous knowledge system and its usefulness for health personnel and other researchers to understand traditional medicine and conceptual system of people in the social dimension or health culture, and to encourage the concept of holistic care which they can complement both traditional medicine and modern medicine and develop them together. Final result is people can decide by themselves for their health care which not an contrary to their knowledge, beliefs and the procedure of public health care service.

Recommendations

From conclusion above showed that development of traditional medicine is necessary to develop in every step of processing, especially in the step of raw plant materials preparation. The quality of raw plant materials affects the quality of final products. Then the dosage form will be developed to be suitably used at present which is in good management and variable standards for self-reliance in community. However, that development should not be adverse to the objective of the indigenous concept of traditional medicine. Otherwise the experiment in this study showed that dosage form of traditional medicine can be developed into suitable dosage form. But it is not the final, there are a lot of advantage and disadvantages of the samples of this experiment which are shown in Appendix J. The improvisation or renovation of raw plant material and traditional dosage form should be carried on for the good quality and more effectiveness.

In addition, I would like to propose consideration of human resources for health development in primary health care level. There are four items which are concerned with both a health system reform and an education reform.

1. Educational systems of health personnel in all levels should have a curriculum of social medicine, especially study in cultural dimensions for more understanding of the way of life of those people to avoid conflicts in service to the patients and clients.

2. Educational enhancement to study and research in development of traditional herbal medicine in the local area, which is supported by people in the community, particularly research on the primary health level because the herbs of each locality which would be able to treat the disease appeared in that locality, and the standard of quality control should be variable for each level of use.

3. How can we reconstruct traditional healers in the new generation to transfer indigenous knowledge and to complement it with suitable technology? In this way we will have the proximate health personnel in the community who understand the beliefs and thinking of each ethnic culture.

4. The Research and Development (R&D) should be done in the community with the multidisciplinary concept. The government should promote this for management the problems of social economy and health. Each university should have to motivate graduated students to do the R&D research on this for their thesis. In this way we will increase the numbers of researchers who are interested in working for the development and management of the community problems, and people are really solving their problems too.

I hope that this study will provide information to the Board of Health System Reform to give a chance to traditional healers and traditional herbal medicine to operate at the primary level of health care system. In this way the indigenous knowledge of traditional medicine will be developed and complemented, to promote self care and the continuing relationship between social factors, culture and health.