

Development of a Model on Health Care for the Hepatitis B Virus Patients through Thai Traditional Medicine

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Abstract

Thai Traditional Medicines arise from an outstanding effort of educational research and development on drugs and medical improvements. Knowledge of Thai Traditional Medicine is to know the old cultural practices which remain today to essentially benefit the modern world of health care. Development of the health care process through Thai traditional medicine is seen as an essential alternative medicine for curing people of many symptoms. Such an illness being identified as an ordinary liver disease in the former time has now become more meaningful since alternative Thai traditional medicines has been able to help analyze whether the symptom is the ordinary liver disease or being of other virus symptom, or whether it is the Hepatitis B Virus. This developmental process in curing the Hepatitis B Virus patient through Thai traditional medicines is done through a research study aimed at finding the appropriate way or process for curing the patients who are suffering and being infected by the Hepatitis B Virus. This qualitative research is implemented with an aim to discover the best practices in administering the appropriate plans for the performances of 3 particular types of health care centers in relation to their different potentialities and identities. These 3 selected types of health care centers comprise (1) Thai traditional medicines in the hospital, (2) Thai traditional medicines in the private health clinic, (3) Thai traditional medicines conducted by the personnel of local wisdom. According to the research findings, the caring process of Thai traditional medicines in every selected health care center is found to have some particular things in common. For example, the conduct of symptom diagnosis is done through the records inquiries on the patients' sickness from the past to the actual time. Besides, the observations of patients' mental and emotional states as well as body contact are also conducted in order to examine and diagnose the symptom. Following the diagnosis of the symptom, the herbal medicines are advised for curing the symptom. In terms of the general hospitals, the integration of Thai traditional medicines and the modern medicines are used for curing, while the general traditional medicines clinic will concentrate on Thai traditional medicines as the main role but still broadly open for any new sciences and technological knowledge as the alternative development process for caring. In terms of personnel or teachers who represent local wisdom, their health caring will be concentrated essentially on the local way of practices or ancient scriptures medicine. Besides, other significant factors in Thai traditional medicines caring are seen depending on 4 administering and management processes comprising personnel management, venue management, material equipment, and financial management.

Keywords: Thai traditional medicines, patients' health caring process, curing through Thai traditional medicines, caring Process for the Hepatitis B Virus Patients through Thai Traditional Medicine

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Introduction

In Thai society, folk medicines in former times existed through the efforts of educational development in terms of medicine management for healing and health care. It could be described as cultural heritage, but indeed the use of folk medicine remains even today in a significant part of the civilized world.¹ Thai traditional medicine is another form of the health care process being classified as intellectual knowledge management and skills of Thai local wisdom. This knowledge will be used to benefit problem solving in terms of treatment and prevention of the sickness of oneself and his/her own community through self-help or self-reliance. This is appropriately seen as a balance of people's life style development and their environment from generation to generation. The local wisdom of Thai traditional medicines is also seen as the holistic valuable culture that concentrates on building up the integration of one's health physically, mentally, socially and environmentally. In other words, Thai traditional medicine is seen as an integration of the health caring processes.²

As foreseen by the Ministry of Public Health, 1-2 million people have the Hepatitis B Virus infection and it is certain that in future time approximately 2.5 - 3 million people may die of liver cancer. From this statistic, the Hepatitis B Virus is seen to be the vital cause of cirrhosis and liver cancer. At present, modern medicine has not yet found the appropriate treatment to cure all symptoms of cirrhosis, but only treat them according to their symptom since most of cirrhosis patients come to the hospital with a swollen belly. To cure this symptom, most modern medicine hospitals tend to dehydrate the water by drilling the abdomen of the patient. This method may cause relapsing into a symptoms slump and the patient may possibly die of bacterial infection.³

Thai traditional medicines and Thai herbs are the alternative curing process for the people who have financial problem or those who have been impacted by the liver disease as well as those who are suffering from the Hepatitis B Virus symptom and are hopeless in healing by any types of medicines or modern medicine. According to several scriptures that describe the process

of healing the liver disease, most those scriptures mentioned only how to cure or discard the symptoms having occurred in and caused by the liver. For example, the symptoms of a bruised liver, liver abscess and liver infection. That way of curing liver disease was regarded as the old fashioned cultural practice of health caring in the former time in which the conduct of recording and following up of the symptom were unseen and were not relevant to the today living that several appropriate technologies can be equipped for recording and diagnosing the symptom.⁴ Therefore, when the physician in the former time mentioned only that the liver contracted some disease; however, without any diagnosis what type of disease the liver has got due to the lack of equipment for examination. Sciences and technological equipment in the present day can help identify what particular kind of liver disease and how much the patient is suffering. Therefore, it should be recommended that the curing process through the conduct of Thai traditional medicines can be done more effectively if there is possible integrations among the processes of checking-up or examination, process of caring and healing, process of follow-up and communication between physicians and patients, a process of well-administering and management of health care centers.

To make the curing process of Hepatitis B Virus patients more meaningful, Thai traditional medicine should be the best alternative in which the appropriate plan on the conventional processes of curing should be considered. In so doing, the administration and management should be appropriately done so as to be in compliance with the capacity and identity of the particular health centers since each of which has performed different ways of Thai traditional medicine curing. In support of the present lifestyle of the people in terms of their health caring, the alternative way of doing this should be considered in terms of integrating the outstanding strengths of every health care center and developing it into a new model of conceptual knowledge. This may be done by means of conserving the Thai wisdom and extending development of knowledge through the application of sciences and technology into the symptom diagnosis, curing and caring

as well as following up of the results. In so doing, it may help in terms of preventing the Hepatitis B Virus symptoms from developing or turning to be the cirrhosis symptom and, finally, the liver cancer. This new conceptual knowledge may help release the risk of all types of loss, such as the loss of quality of life, loss of expenses for curing each particular symptom which might be increased depending on the state of seriousness. This may also help decrease the expenses of health care of the whole country as well as becoming an alternative way of curing the patients and improving their quality of lives. Above all, this should be the most effective way in developing the reliability and credibility of Thai traditional medicine as a whole.

This study was taken in the form of Qualitative Research with 2 particular aims: (1) To study the present condition and problems as well as recommendations regarding health caring processes for the Hepatitis B Virus Patients through the use of Thai traditional medicines; (2); To develop the model on health caring process for curing the Hepatitis B Virus Patients through the use of Thai traditional medicine.

Experimental

1. Raw Material

The research activities comprise the collection of all needed information from both printed matters and field survey. The research instruments and raw materials being used are;

1. Participatory observation and non-participatory observation
2. Unstructured interview and structure interview
3. Focuses group discussion
4. Workshop

2. Sample Preparation

The research sampling is done through the selection of 3 target groups in which comprises 6 selected venues; two hospitals, two Thai traditional health caring clinics, and two local wisdom personnel of Thai traditional medicine. The accuracy of collected information is verified by using Triangulation Technique, while the data analysis is done according to the objectives being

set forth. The result outcomes of the study will be presented in the form of descriptive analysis.

Results and Discussions

1. The outcomes of the study found that Thai traditional medicine at the aforementioned 6 selected venues have shown similarly a remarkable feature in terms of symptom diagnosis of the patients, in which historical background questionings are done in more details from their past to the present stages. Observations have been made on mental and emotional aspects of the patients and also touching of their bodies may be done in order to examine their symptoms so that curing by concentrating on traditional medicines can be done. In terms of the results from the targeted hospital, it is found that some hospitals intend to integrate the use of Thai traditional medicine together with the modern medicine, while in health care centers of Thai traditional medicine have rather concentrated mainly on Thai traditional medicine but at the same time provided the opportunity for scientific knowledge and new technological know-how to take the role in developing health caring processes. However, in terms of health caring performed by the local-wisdom personnel it is found that they concentrate mainly and significantly on curing through the old custom or traditional practices by using old-fashioned scriptures and local way of doing. Apart from the above-mentioned information, the studies also find that other significant factors in health care practices through Thai traditional medicine depends on 4 significant processes and types of administering: personnel management, place or venue management, equipment or material management, and financial management. In regards to the present condition, problems and suggestions on the health care process for Hepatitis B virus patients through Thai traditional medicine, it is found that the program lacks several significant factors in terms of states of readiness. For example; lack of efficient personnel experienced in herbal medicines, lack of knowledge in terms of integration of herbal medicine with the modern medicine, lack of strong support from the government sector and lack of adequate budget or financial support. Therefore, it is

recommended that concrete or substantial development should be done in terms of best-practices on health caring processes so as to be in compliance with the present life style of the people. Besides, this will help the budget by reducing import of high cost medicines from overseas.

Research found that Thai traditional medicine was first developed through cooperative efforts among 3 concerned sectors, of which included some government organizations, private business sectors and support of local wisdom services. The cooperation was found being in compliance with a theory on Cultural Diffusion in which Dr. Songkoon Chantachon.⁵ had referred a statement of France Boas' opinion that "Cultural Diffusion is the significant process in which one cultural practice is recognized or disseminated into another culture and this application has been adapted to conform to the new culture". In his opinion, the significant factors of success in terms of attending health caring of the patients were the management process such as knowledge and skills management of health personnel, health venue, equipment and financial support, all of which had to be adequate and the service should be of good quality. His said opinion was seen being coincide with the idea of Siriporn Pongsriwiroj,⁶ who cited that the administrative management was the most significant need that made all working performances more successful according to the target goal. Management needed to involve both states of art and science in locating various resources to supplement the task of administration so as to be in accordance with the objectives and goal that set forth effectively. These notifications were coincidentally conformed to the statement made by medical doctor Chatchai Sawasdichai. who once gave his statement "... The management or administration is seen as the most important factor in working performances of both Thai traditional medicines clinic and modern medicine hospital. The staff personnel should have the ability in coordinating with all groups of personnel who are commander, subordinator, colleagues and every concerned sector...". The research findings showed that the identities of Thai traditional medicine was the holistic health caring process

in which it put most significance to health caring of the patients both physically and mentally as well as socially. According to the results from of 6 target venues, it was found that different ways of health caring might have caused by different educational backgrounds been, thereby causing different identities of healing and health caring in the target places. It was found that all target places had adapted their process of symptom diagnosis, process of the treatment and the follow-up process, in which lots of developments had occurred appropriately in terms of health caring process performed by each target venue. Every Thai traditional medicine had the same point of view in which the most significance was placed onto the patients not only healing their symptom, but their mental as well. For example; Rawewan, the outstanding Thai traditional medicines doctor who always stickled to 4 principles of health treatment and caring which were (1) knowing well about causes and symptom of sickness, (2) the patients had ability to heal themselves by nature, (3) when the symptom had gone or recovered, the sickness or symptom would not return any more, (4) The recovered patients should have the abilities to help others who had got the same symptom. These 4 principles of treatments seemed to be in accordance with the opinion of Pender.⁷ who gave the meaning of Health Protective Behavior in terms of individual action in which it happened repeatedly and regularly which contributed to having good health. This action was found to help healing the symptom of the patient himself and protect him from any sickness. This was proved to be in compliance with the opinions of Malee Arnakul and Bussakorn Metakul.⁸ who stressed that the sickness could not be separated from the body, and holistic health caring was seen as the people's life style.

2. In development of health caring process for Hepatitis B virus patients through Thai traditional medicines, the researcher had found that the processes in healing and caring the patients through Thai traditional medicines might need 2 principal processes, one of which was the need of treatment process and the other one was the management process. In terms of treatment and caring process the researcher recom-

mended 3 implementing steps which included the following: Step 1 - doing diagnosis of the Hepatitis B virus. Step 2 – attending health caring of the patients. Step 3 – undertaking follow-up and evaluation.

Every step of the treatment and caring processes should be done in terms of holistic care taking through physical, mental and social dimensions as well as keeping the balance of the four substantial elements of the nature that include the earth, water, wind and fire, and this should be done in parallel with the provision of herbs and food, and should seriously follow the advice regarding prohibited food. Diagnosis of blood test was also important as same as the suggestion on self caring and amount of drug to be taken. All of this advice was to support the patients in order to stimulate their feelings so that they would be impressed on being attended by Thai traditional medicines. In addition, more support should be done in terms of sharing the space or room for social network on line in order to share the benefits of knowledge and information on Thai traditional medicines. The relevant chart which identified the whole management system is seen as significant and effective to the treatment process of Thai traditional medicines.

This research finding found that the focus point of health caring processes of 6 target health caring centers should be divided into 3 different channels: (1) Integration of Thai traditional medicines into modern medicines as presented by medical doctor Chatchai Sawasdichai⁹ that health caring through the integration of Thai traditional medicines with modern medicines should be recognized since it would make better recovering of the sickness successfully because it was the holistic caring of physical, mental, family and society, (2) The integration of Thai traditional medicines with sciences and nutrition knowledge, (3) Thai traditional medicines and modern medicines had brought about knowledge and methods of sciences and technology into the health caring process which was found to be very useful for the patients. In addition, other findings of the research show that it should be very appropriate to undertake the selection of strengths or strong points from different systems into the application of health caring in which it

might refer as “Multiple Appearance Medicines”. This was in compliance with Komart Chung Satiensub and Yongsak Tuntipidok¹⁰. Besides, this study had as well intended to find an appropriate way to develop the outstanding process on health caring for the Hapatitis B Virus patients through Thai traditional medicines, and this intention was found to be in accordance with Steiner¹¹ and Keeve¹² who stated that “Forming is the way to identify the concepts that are systematically concerned and are inter-related in order to point out what is presented, how is the presentation, what is obtained, what should be explained about the existing condition, and what has brought about the discovery of new things”.

Conclusion

This research study is regarded as the model for the health caring processes through the application of Thai traditional medicine which has presently been integrated into modern medicines and has developed into an appropriate model for health caring processes by undertaking the progressive method of sciences and technology into use of health caring system. This effective model of health caring is seen as the alternative channel for patients as well as for promoting development of Thai public health. This appropriate model is regarded as the best practices which continues to develop the local wisdom of Thai traditional medicine, above all, can pave the way to economize the financial costs on public health of the country. This research is academic information that can be used as the issue for development of patients caring process in Thai traditional medicine, public health personnel, modern medicine, alternative medicines and other concerned personnel who take care of Hepatitis B Virus patients. This research can be the guidelines for treatment and caring of the Hepatitis B Virus patients through Thai traditional medicines. It can as well be used for creating more benefit in terms of raising economic value of the country through the use of herbal medicines and Thai traditional medicines for health caring and diseases prevention. This can help decrease the costs of importing medicines from overseas as well. According to the benefit of this research study, it can finally be concluded

as follows:

This research study is related to the Thai traditional medicine integrating with modern sciences and technological knowledge in which it can be applied to the use of development process for health caring of other un-severe patients.

The research study is related to development of herbal medicine in terms of its quality, production, packaging, and source of medicines as well as locations of planting the herbs that may respond to the desirable needs of today's society.

The research study describes the benefit of forest conservation and develops herbs growing for promoting the attention of having good quality of raw materials and decreasing the import of herbs as well as increasing the forestry areas in order to build the balance of the nature.

The research study introduces an appropriate process of administering the integrated working development among the local wisdom personnel, the Thai traditional medicine and the modern medicine in order to benefit more experiences and skills of best practices of the concerned health caring sectors including state hospitals. This model is aimed to develop future effective performances of Thai traditional medicine.

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