

# TREATMENT OF PARESIS AND PARALYSIS WITH HERBAL MEDICINES BY THAI TRADITIONAL MEDICINE

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**Abstract:** This qualitative study aimed to investigate recipes collection, and study principle of the use of herbal medicines for the treatment of paresis, and paralysis. Seven of Thai Traditional doctors were in-depth interviewed. The study indicated that 13 recipes were used by them for cure it, and 99 species of herbal medicines were overall found in these recipes. It was found that Myrobalan wood (*Terminalia chebula* Retz.) was the most used in these recipes. All of species of these were divided into 6 groups of taste of herbal medicines were as follows, carminative group; it was hot and spicy taste, used for wind element balancing, and for better digestive system working, tendon nourishment group; it was fat taste, used for stimulate the works of tendons, body system (elements) nourishment group; it was hot taste, used for body system balance, fever treatment group; it was bitter taste, used for reduce body heat, appetite medication group; it was bitter taste, used for help to more foods taking, and laxative group; it was sour taste, used for defecate wastes out of body. Formulation for paresis, and paralysis as the principle of Thai Traditional Medicine, it was required the 3 major parts as follows, herbal medicines that acting as carminative, tendon nourishment, and body system nourishment. Besides, it was required the 3 supporting parts as follows, herbal medicines that acting as fever treatment, appetite medication, and laxative. This research results were able to use as primary information to development of paresis, and paralysis recipes knowledge which was an optional choice to cure paralyzed person in Thai public health system.

**Keywords:** Paresis, Paralysis, Herbal Medicines, Applied Thai Traditional Medicine.

## I. INTRODUCTION

Thai traditional medicine (TTM) is defined by law as “the medical processes dealing with the examination, diagnosis, therapy, treatment, or prevention of diseases, or promotion and rehabilitation of the health of humans or animals, midwifery, Thai massage, as well as the preparation, production of Thai traditional medicines and the making of devices and instruments for medical purposes. According to TTM which is based on Buddhism, the human body is composed of four elements (‘taht’ in the Thai language), i.e., earth, water, wind, and fire. When the four elements of the body are in equilibrium, it will be healthy. In contrast, if an imbalance in these elements occurs, i.e., if there is a deficit, an excess, or disability in any of the four elements, a person will become ill [1]. Chawadarn Bible talked about wind element that is harmful to human body. Diseases derive from blood, and wind element. The harmful wind to human body is Athokamawata, and U-thangkamawata wind [2]. Wind element refer to the motion of a body with the power of nerve impulse in nervous system. Its function is control, and support all body organs including the bone marrow, blood, fat, conscious mind control, and concentrate. It make five senses have been feeling properly, and propellant power of the body [3]. Sabpakun Bible talked about herbal medicines, it said that treatment of disease depending on the taste of herbal medicines, and formulation [4]. Stroke (cerebrovascular disease), for Thai people, this word was familiar with paresis, and paralysis. It was a continuous common disorder, and was the worldwide major public health problem. It was the

top three causes of worldwide death, and was a major cause of severe disability. Worldwide statistical data found that each year, a stroke occurs at an estimated 10-15 million persons. Among these peoples, five million died and another 5 million peoples become permanently disabled. In Thailand, the National Bureau of policy and strategy, Ministry of Public Health reported deaths of a population of Thailand since the year 2007 -2011, it was found that stroke, and high blood pressure were a leading cause of death, and disability. It was the third in males after cancer, and accidents. Besides, it was the second in females after AIDS. It can be seen that stroke was a life-threatening disease, and the well-being of the global population [5].

In modern medicine, in case of stroke clots, it was treated with medication to dissolve blood clots, and increase blood flow in the brain. In case of intracranial hemorrhage, it need surgery to stop permeate blood in the brain. After surgery, patients must receive rehabilitation through physical therapy, to increase movement efficiency, and body system balance. Besides, they had to speech, and having meal practice, and also must be received psychological counseling [6]. Modern medicine treatment was a high risk, patients, and some relative may be anxiety the adverse effects of drug that must be administered continuously, and for a long time. Therefore, alternative medicine was the one choice of them. At present, Thai Traditional medicine was the one choice for Thai patients. It began to play a huge role in the treatment of paresis, and paralysis persons, especially in the rehabilitation phase. It was the holistic care, both physical and mental care. It was

included taking the herbal medicine, massage, herbal compress, Thai style body exercises, pray, and practicing mindfulness. Treatment by Thai Traditional medicine would be promoted the patient self-reliance, reduce the cost of healthcare, and reduce the burden on caregivers.

At present, the Ministry of Public Health has a policy to develop Thai Traditional medicine for support of national intelligence as part of maintaining public health. By incorporating into the service of the state to reduce the cost of maintaining health, and as an alternative to treat the symptoms instead of the modern medicine [7]. Thai Traditional doctors had the experience in treating patients since ancient times. They were not recipes collection. From the above data, this research was to investigate recipes collection, and study principle of the use of herbal medicines for the treatment of paresis, and paralysis. It can act as an alternative to solve the chronic problems in the health system of the country.

## II. DETAILS EXPERIMENTAL

This study was a qualitative research, which was an in-depth interview, an operation process was as follows.

### 2.1. Selection Criteria of Thai Traditional Doctors

- 1) Specialized in the treatment of paresis, and paralysis. Experienced in the use of herbal medicines to cure paresis, and paralysis not less than 10 years. Patients were treated continuously for not less than 3 persons per month.
- 2) The person who was a professional licensed, and inherited knowledge from Thai Traditional medicine scripture.
- 3) Willing to give information, wisdom, and experience.
- 4) The person who was concept to explain the use of herbal medicines to cure paresis, and paralysis.

### 2.2. Research Tools

The tools were interview form, which was divided into three parts, the first was the personal information of Thai Traditional doctors, the second was the role of Thai Traditional doctors, and the third was the methods and forms of treatment.

### 2.3. Data collection

In-depth interviews and observation, by using open-ended questions, note taking, and audio recording.

### 2.4. Data analysis

- 1) Note taking, and audio recording were transcribed, and summary.
- 2) Verify the accuracy and integrity of information. Extra interview for content and completeness.
- 3) Data were analyzed as separate issues, according to the scope of the study.

## III. RESULTS AND DISCUSSION

### 3.1. Selection Criteria of Thai Traditional Doctors

From selection criteria, seven Thai Traditional doctors had been selected. It consist of 1 female, and 6 males, and the average age was 62 years old. The following list; 1. Mrs.Sudjai Payakruang, 2. Mr.Chanwut Pansaisri, 3. Mr.Soonthorn Nimnom, 4. Mr.Winai Saiplian, 5. Mr.Thanet Prakob 6. Mr.Chalong Pansupapol, 7. Mr.Manus Rachatathaworn.

### 3.2. The concept to explain the use of herbal medicines to cure paresis, and paralysis

The concept of treatment of paresis, and paralysis of 7 Thai Traditional doctors came from inherit knowledge from Thai Traditional medicine scripture. Besides, the treatment combines a holistic healing together, include Thai massage, hot iron tread, herbal steam, and elements computing, as shown in Table 1.

**Table1: The concept to explain the use of herbal medicines to cure paresis, and paralysis**

Thai Traditional doctors	Cause of disease	Treatment
1. <a href="#">Mrs.Sudjai Payakruang</a>	-Eating a lot of fat -Imbalance of 4 elements	-Elements computing -Herbal medicines -Traditional Thai massage
2. <a href="#">Mr.Chanwut Pansaisri</a>	-Cause of earth and wind elements	-Elements computing -Herbal medicines -Hot iron tread
3. <a href="#">Mr.Soonthorn Nimnom</a>	-Cause of earth and wind elements -Eating difficult to digest	-Herbal medicines -Traditional Thai massage -Skeletal traction

**Table1: (cont.)**

Thai Traditional doctors	Cause of disease	Treatment
4. <a href="#">Mr.Winai Saiplian</a>	-Eating foods containing toxic chemicals -Eating does not meet the elements -One's past deeds -Work hard	-Herbal medicines -Herbal steam
5. <a href="#">Mr.Thanet Prakob</a>	-Cause of wind element -Eating a lot of fat -Eating fermented foods -Not enough rest	-Herbal medicines -Traditional Thai massage
6. <a href="#">Mr.Chalong Pansupapol</a>	-Imbalance of 4 elements -Eating Habits -Work hard -Not enough rest -Age -Congenital disease	-Herbal medicines -Traditional Thai massage
7. <a href="#">Mr.Manus Rachatathaworn</a>	-Cause of wind element -Accident -Stress -Heredit	-Herbal medicines -Royal court type massage

From the data in Table 1, it was found that the major cause of diseases came from imbalance of the elements, improper eating, and not enough rest. The major remedies were consist of herbal medicines taking, and massage.

Treatment knowledge of paresis, and paralysis of 7 Thai Traditional doctors shown in Table 2.

**Table 2: The recipes and herbal medicine groups for paresis, and paralysis**

Thai Traditional doctors	Recipes	Herbal medicine groups
1. Mrs.Sudjai Payakruang	1. Paresis, and paralysis No. 1 2. Paresis, and paralysis No. 2 3. Face paralysis	-Carminative -Laxative -Elements balancing
2. Mr.Chanwut Pansaisri	1. Paresis, and paralysis	-Carminative -Laxative -Tendon nourishment
3. Mr.Soonthorn Nimnom	1. Paresis, and paralysis 2. Dhailomnaineua 3. Anantakunyai	-Carminative -Laxative - Body system nourishment - Fevertreatment

**Table2: (cont.)**

Thai Traditional doctors	Recipes	Herbal medicine groups
4. Mr.Winai Saiplian	1. Decoction 2. Herbal steam	-Tendon nourishment -Analgesic -Herbal steam for defecate wastes
5. Mr.Thanet Prakob	1. Paresis, and paralysis 2.Thoraneeanthak at	-Carminative -Laxative -Tendon nourishment -Blood tonic
6. Mr.Chalong Pansupapol	1. Paresis, and paralysis	-Carminative -Tendon nourishment -Elements balancing - Fevertreatment
7. Mr.Manus Rachatathaworn	1. Paresis, and paralysis	-Carminative -Laxative - Tendon nourishment - Fevertreatment

From the data in Table 2, it was found that 13 recipes were used by them for cure paresis, and paralysis, the most name of recipe was paresis, and paralysis, and 99 species of herbal medicines (not shown in Table) were overall found in these recipes. It was found 5 major groups of herbal medicines from the recipes as follows, carminative, laxative, tendon nourishment, body system (elements) nourishment, and fever treatment groups.

From the principle of herbal medicine usage for curing paresis, and paralysis of 7 Thai Traditional doctors found that the formulation for these patients must contain the 3 major groups as follows, herbal medicines that acting as carminative, tendon nourishment, and body system nourishment groups.

Carminative group; it was hot and spicy taste, such as *Piper nigrum*, *Amomum verum* Blackw., and *Syzygium aromaticum* (L.) Merr. & L.M.Perry, these used for wind element balancing, and for better digestive system working. Tendon nourishment group; it was fat taste, such as *Cassia siamea* Lam., and *Cassia garrettiana* Craib, these used for stimulate the works of tendons. Body system (elements) nourishment group; it was hot taste, such as *Piper sarmentosum* Roxb., and *Zingiber officinale* Roscoe, these used for body system balance. The rests were laxative, and fever treatment groups, these were the supporting herbal medicines groups. Laxative group; it was sour taste, such as *Terminalia chebula* Retz. this used for defecate wastes out of body. Fever treatment group; it was bitter taste, such as *Ligusticum striatum* DC., *Angelica dahurica* Benth., *Atractylodes lancea* (Thunb.) DC., *Angelica sinensis* Diels., and *Artemisia annua* L., these used for reduce body heat. Besides, *Piper nigrum* from carminative group, and *Cassia siamea* Lam. from tendon nourishment group also served as appetite medication group; it was bitter taste, used for help to more foods taking.

## CONCLUSIONS

The concept of treatment of paresis, and paralysis of 7 Thai Traditional doctors came from inherit knowledge from Thai Traditional medicine scripture. Besides, the treatment combines a holistic healing together, include Thai massage, hot iron tread, herbal steam, and elements computing. It was found that 13 recipes were used by them for cure paresis, and paralysis, the most name of recipe was paresis, and paralysis, and 99 species of herbal medicines were overall found in these recipes.It was found that *Myrobalan wood* (*Terminalia chebula* Retz.) was the most used in these recipes. All of species of these were divided into 6 groups of taste of herbal medicines were as follows, carminative group; it was hot and spicy taste, used for wind element balancing, and for better digestive system working, tendon nourishment group; it was fat taste, used for stimulate the works of tendons, body system (elements)

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The treatment of paresis, and paralysis by Thai Traditional doctors gave precedence to finding the etiology of the disease, which was consistent with Thai Traditional medicine theory, and Chawadarn Bible. It said that the cause of this disease wassimultaneously blowing of Athokamawata wind and U-thangkamawata wind. The cause of both wind simultaneously blowing was came from toxic foods, and as the result was raising of blood temperature,

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2. Thai Herbal Learning Site, "Chawadarn Bible", WordPress.com, 2016. [Online].[cited 2016 July 11]; Available from: <https://be7herb.wordpress.com>
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thus fire element would be imbalance. Sabpakun Bible said that treatment of disease depending on the taste of herbal medicines, and formulation. One recipe would be consist of many composition, however it had to both the major, and the supporting parts, for help to more make active.

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