



HARNESSING TRADITIONAL, COMPLEMENTARY AND ALTERNATIVE MEDICINE IN NIGERIA.

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INTRODUCTION

- ▶ **TRADITIONAL MEDICINE** refers to health practices, approaches, knowledge and beliefs incorporating plant, animal and mineral based medicines, spiritual therapies, manual techniques and exercises, applied singularly or in combination to treat, diagnose and prevent illnesses or maintain well-being.
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INTRODUCTION CONT'D

- ▶ **COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM)** – The U.S. National Institutes of Health defines "complementary" as the use of non-mainstream practice with conventional medicine; when non-mainstream practice is used in place of conventional medicine, it is considered "alternative"


INTRODUCTION CONT'D

- ▶ Interest in Traditional, complementary and Alternative medicine is rapidly growing throughout the world.
 - ▶ Policy makers, consumers and professional organisations have been calling for a greater evidence of efficacy and safety, integration of TCAM and allopathic medical services, public sector support for TCAM services and public sector support for what has been, until recently, a consumer-led interest in most countries.
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INTRODUCTION CONT'D

- ▶ It is widely recognised that indigenous sources of medical knowledge, handed down from generation to generation are disappearing, especially within the oral traditions of the world.


INTRODUCTION CONT'D

- ▶ Mental, social, emotional, spiritual, physical and ecological factors are taken into account in establishing policy.
 - ▶ It is important that these theoretical underpinnings of traditional health systems are respected and perpetuated in order to ensure their continuity and benefit in an intact form.
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POLICY AND LEGISLATION ON TCAM

- ▶ Most of the countries in west Africa have a national policy on TCAM but no legislation.
 - ▶ Nigeria is currently in the process of drawing up a robust legislation on TCAM.
 - ▶ Most parts of west Africa provide financing for TCAM.
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EDUCATION AND REGULATION

- ▶ Nigeria : Regulation present, education present.
 - ▶ Ghana : Both regulation and education present.
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LEGAL RECOGNITIONS OF TCAM PRACTITIONERS

- ▶ Nigeria, Cameroun and Ghana recognizes herbalists and traditional health practitioners.
 - ▶ Nigeria and most parts of Africa does not recognize traditional birth attendants.
 - ▶ Nigeria and most parts of Africa does not recognize Unani practitioners.
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LEGAL RECOGNITIONS OF TCAM PRACTITIONERS CONT'D

- ▶ Nigeria and most parts of Africa does not recognize Ayurveda practitioners.
 - ▶ Nigeria recognizes Osteopaths, Chiropractors, Homeopaths and Acupuncturists but most parts of Africa do not.
 - ▶ Nigeria and most parts of Africa does not recognize Spiritual Healers and Faith Based Therapy practitioners.
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UTILIZATION OF TCAM

- ▶ Utilization of herbal/traditional medicine is high in Nigeria and West Africa.
 - ▶ Utilization of the following CAM are low in Nigeria and most parts of West Africa:
Osteopathy, Ayurveda, Acupuncture, Chiropractic, Homeopathy, Aromatherapy, Massage and other manual therapies, Bone setting, spiritual healing and faith based therapy
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POPULARITY OF TCAM

- ▶ Traditional/herbal medicines are as popular in low income countries as they are in high income countries.
 - ▶ While homeopathy, acupuncture, osteopathy, aromatherapy, massage, spiritual healing and chiropractic are more popular in high income countries than in low income countries.
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POPULARITY OF TCAM CONT'D


- ▶ The issues that are driving interest in TCAM in higher income countries as seen from a number of studies are that TCAM is considered to be more integrated or holistic than conventional medicines.
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POPULARITY OF TCAM CONT'D

- ▶ TCAM is also considered to be more congruent with a green lifestyle and is generally perceived as offering more satisfactory practitioner patient interaction and care.
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OVERVIEW OF TCAM

Types of TCAM

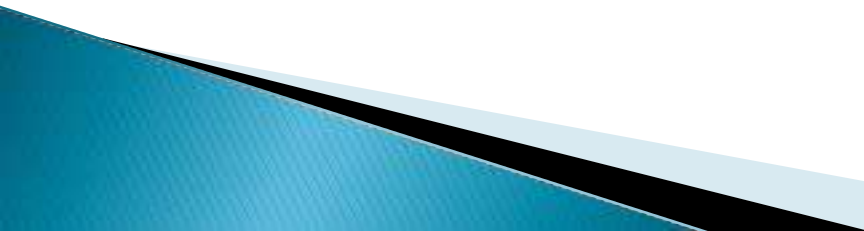
- ▶ Traditional/ Herbal medicine
 - ▶ Acupuncture
 - ▶ Homeopathy
 - ▶ Osteopathy
 - ▶ Chiropractic
 - ▶ Naturopathy
 - ▶ Ayurveda
- 

- ▶ Traditional Chinese medicine
 - ▶ Kinesiology
 - ▶ Bone setters
 - ▶ Spiritual, Religious and faith based therapies
 - ▶ Traditional birth attendants
 - ▶ Unani
 - ▶ Massage and other manual therapies
 - ▶ Aromatherapy
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DEFINITION OF ACUPUNCTURE


- ▶ Acupuncture involves the insertion of very thin needles through your skin at strategic points on your body. A key component of traditional Chinese medicine, acupuncture is most commonly used to treat pain. Increasingly, it is being used for overall wellness, including stress management.
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DEFINITION OF HOMEOPATHIC MEDICINE

- ▶ Homeopathy is an alternative medical practice that was developed in the late 1700s and is generally based on two main principles:
 - ▶ that a substance that causes symptoms in a healthy person can be used in diluted form to treat symptoms and illnesses, a principle known as “like–cures–like”; and
 - ▶ the more diluted the substance, the more potent it is, which is known as the “law of infinitesimals.”
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DEFINITION OF OSTEOPATHY


- ▶ Osteopathy: A system of therapy founded in the 19th century that is based on the concept that the body can formulate its own remedies against diseases when its parts are in a normal structural relationship, it has a normal environment, and it enjoys good nutrition.

- ▶ Although osteopathy takes a holistic approach to medical care, it also embraces modern medical knowledge, including use of medication, surgery, radiation, and chemotherapy when warranted. Osteopathy is particularly concerned with maintaining correct relationships between bones, muscles, and connective tissues.
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DEFINITION OF CHIROPRACTIC MEDICINE

- ▶ Chiropractic is a treatment where a practitioner called a chiropractor uses their hands to help relieve problems with the bones, muscles and joints.

DEFINITION OF NATUROPATHIC MEDICINE

- ▶ Naturopathic medicine is a system that uses natural remedies to help the body heal itself. It embraces many therapies, including herbs, massage, acupuncture, exercise, and nutritional counseling.
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HOMEOPATHIC MEDICINE

- ▶ Homeopathy is a medical science developed by Dr. Samuel Hahnemann (1755–1843), a German physician.
- ▶ It is based on the principle that “like cures like”.
- ▶ Also referred to as the “Law of Similars”
- ▶ Currently there are more than three thousand substances used as homeopathic remedies

HOMEOPATHY'S TRACK RECORD

- ▶ The worldwide influenza epidemic of 1918 killed 22 million people worldwide and 500,000 in the United States. The death rate was 30% or higher for those treated conventionally, while homeopaths were successful in treating an amazing 98% of their cases!

HOMEOPATHY'S TRACK RECORD CONT'D

- ▶ During the Cholera and Typhus epidemics in Europe from the 1860's to early 1900's, people using Homeopathy had survival rates 50% or greater than those treated by conventional medicine.
- ▶ In an epidemic of Typhus in Leipzig (1813), Dr. Hahnemann treated 180 cases of Typhus, losing only two patients. Mortality rates for conventional treatment were over 30%.

HOMEOPATHY'S TRACK RECORD CONT'D

- ▶ During the cholera epidemic of 1849 in Cincinnati, with survival rates between 40–52%, those treated by Homeopathy had a 97% survival rate. These results were published in the local newspapers.

HOMEOPATHIC PREVENTION

- ▶ Homeopathy has also proven itself invaluable in preventing illness. In the 1957 polio epidemic in Buenos Aires, the homeopathic remedy Lathyrus was given to thousands of people. Not one case of polio was reported in those individuals.

HOMEOPATHIC PREVENTION CONT'D

- ▶ In a 1974 epidemic of meningococcal meningitis in Brazil, 18,640 children were given a homeopathic remedy for prevention. Only 4 cases of meningitis occurred in those children.
- ▶ In the smallpox epidemic of 1902 in Iowa, the homeopathic remedy Variolinum was given preventively to 2,806 patients.. The protection rate was 97%.

COUNTRIES THAT USE HOMEOPATHY

- ▶ In England, France, Germany and the Netherlands, Homeopathy is included in the National Health Service.
- ▶ In France, 18,000 physicians prescribe homeopathic remedies. There are seven medical schools offering post-graduate degrees in Homeopathy and all 23,000 pharmacies carry homeopathic remedies.

COUNTRIES THAT USE HOMEOPATHY CONT'D

- ▶ In England, 42% of British physicians refer patients to homeopaths. The Royal family has used Homeopathy for three generations.
- ▶ The Royal London Homeopathic Hospital, has been there for 100 years.
- ▶ India has over 70,000 board certified homeopathic physicians, hundreds of homeopathic hospitals and clinics and many homeopathic medical schools.

COUNTRIES THAT USE HOMEOPATHY CONT'D

- ▶ In Germany, 20% of Physicians prescribe homeopathic remedies.
- ▶ In the Netherlands, 45% of physicians consider Homeopathy effective.
- ▶ Homeopathy is also practiced in Austria, Scotland, New Zealand, Australia, Canada, Russia, Brazil, Argentina, Mexico, Pakistan, Greece, Belgium and Switzerland.

COUNTRIES THAT USE HOMEOPATHY CONT'D

- ▶ It is still relatively new in Nigeria. But the number of practitioners is growing.
- ▶ Homeopathy and other forms of alternative medicines is recognised in Nigeria by Decree 78 of 1992.
- ▶ Supervised by the Medical and Dental Council of Nigeria (MDCN).
- ▶ Currently, the Federal Ministry of Health is pushing for a separate Council for Homeopathy and other CAM.

BARRIERS TO HOMEOPATHY USE AND PRACTICE

- ▶ The seemingly paradoxical concept that ultra-small doses are capable of producing clinical effects.
- ▶ Misconceptions and misunderstandings about homeopathy.

PERCEPTIONS ABOUT EFFICACY AND CLINICAL TRIALS

- ▶ The concept of homeopathic dilution is counterintuitive. Typically, conventional medicines are made stronger by adding more ingredients, but, in homeopathy, a higher potency is often, although not exclusively, one that is more diluted and succussed.

- ▶ Similarly, the concept of the "strength" of a homeopathic medicine is counterintuitive: sometimes less is more. Efficacy is facilitated by the appropriateness of the dilution to the patient's symptoms, not the amount of active ingredient in a formulation.

- ▶ this concept (i.e., ultradilution or nanopharmacology) creates a substantial barrier for people trained in traditional chemistry or conventional medicine.
- ▶ The process of coming to understand a nonmaterial effect is something that may only occur through engagement with and experience in the art and practice of homeopathy.

SAFETY CONCERNS

- ▶ Homeopathy can be much safer than many conventional and herbal medicines—a fact that seems foreign to many health care professionals.

- ▶ Because homeopathic medicines are administered in the smallest possible micro doses, there is almost no chance that they will exert any pharmacokinetic effect in terms of absorption, distribution, metabolism, or excretion. So, while an allopathic drug might interfere with a person's ability to respond to a homeopathic medicine, a homeopathic medicine will likely not interfere with an allopathic drug's effect.

ADVANTAGES/BENEFITS OF HOMEOPATHY

- ▶ Can cure psychological, pathological and physiological disorders.
- ▶ A homeopath clerks the patient holistically and gets to the root cause of disease before arriving at the similimum.
- ▶ All the homeopathic drugs are derived from nature and natural substances and if used under proper supervision it will not have any side effects whatsoever.

- ▶ Homeopathy cures by stimulating and restoring body's vital energy to heal itself.
- ▶ Homeopathy cures and heals, rather than just alleviating the symptoms of the disease, and takes into consideration the most minute details of the patient.
- ▶ Homeopathy treats the individual and not the disease.


- ▶ Homeopathic medicines do not have side effects when they are used judiciously. As the action is at the dynamic level and drug substance is minimal.
- ▶ Homeopathy is very safe, even for pregnant women and babies.
- ▶ Homeopathic medicines can be taken along with other medications without much interaction.


- ▶ Homeopathic medicines can be administered in a very simple way and because of its pleasant taste kids take the medicines without any fuss.
- ▶ Homeopathic medicines do not lead to drug dependency or addiction.
- ▶ It improves the overall immunity of the person so he does not fall sick frequently.

- ▶ Homeopathy stimulates the vital force to fight the disease and thus does not suppress the disease.
- ▶ Homeopathy has holistic individualistic approach; it treats all the symptoms as one, it removes the cause of the disease and thus the symptoms treated by homeopathy never recurs.


- ▶ Homeopathy has both preventive and curative capacities.
- ▶ Homeopathic medicine has proven to be very useful during epidemics.

THE POSITION OF PHARMACISTS IN TCAM IN NIGERIA.


- ▶ There is a law recognizing the practice of CAM in Nigeria, vide Decree 78 of 1992.
 - ▶ Pharmacists are not very conversant with the practice of CAM in Nigeria.
 - ▶ Most community pharmacies stock herbal products especially those imported from abroad.
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- ▶ Most Pharmacists cannot counsel patients on the use of CAM because of poor knowledge in this emerging area.
 - ▶ Even allopathic Physicians suffer the same fate as pharmacists in this regard.
 - ▶ Most foreign herbal products are sold and marketed by Network marketing companies through mostly non professionals.
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CONCLUSION


- ▶ Pharmacists are supposed to be the experts on medicines and this should include all types of medicines.
 - ▶ Pharmacists have poor knowledge of TCAM.
 - ▶ It detracts from the dignity of the pharmacist if he cannot counsel patients on all types of medicines including TCAM.
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RECOMMENDATIONS

- ▶ There is a need for the PCN to look in the direction of regulating the sale and disposal of Traditional, Complementary and alternative Medicines in Nigeria.
 - ▶ The PCN is already empowered by its enabling laws to regulate the practice of pharmacy in all its ramifications.
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- ▶ PCN should also beam its searchlight on the indiscriminate sale of herbal medicines by all sorts of persons under the guise of Network marketing.
 - ▶ PCN should liaise with the schools and Faculties of Pharmacy in our universities to develop a curriculum for the study of TCAM.
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- ▶ Our Faculties of pharmaceutical sciences should establish departments of TCAM.
 - ▶ WAPCP should also incorporate the study of TCAM into their curriculum as possible areas of specialization.
 - ▶ The federal government should provide a budget for research in TCAM especially at NIPRD and the universities.
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- ▶ The Federal Government should expedite action on the law to establish a Council for TCAM.
 - ▶ Also expedite action on the establishment of colleges of TCAM in our various universities.
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