

Utilization, practice of herbal medicine in patients with type 2 diabetes mellitus in Kuwait and their perceptions.

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Abstract

Back ground: Herbal medicine has become a popular treatment among patients with chronic diseases like diabetes mellitus worldwide. Many patients with diabetes mellitus use herbal medicine without consulting their health professionals.

Aim of the study: The aim of this study was to assess the prevalence, pattern of use, and perceptions in type 2 diabetes patients using herbal medicine. **Place and duration of study:** The study was conducted during the period of 1st January 2019 to the end of June 2019 in the diabetes clinic in Farwaniya hospital in Kuwait.

Study design: it is cross sectional, quantitative study.

Results: The study denoted that the prevalence of using herbal medicine in the study sample (350 patients with type 2 diabetes) was 30.6% of all sample, females were greater than males in using herbal medicine about 56% of patients using, herbs. Black cumin (ie Habba Soda) was the most frequent herbs used by the patients and a herbal mixture done by herbalist. The study revealed that 70% of herbal users has bad glycemic control HbA1c 7% and the diabetes complications were greater in herbal users than on conventional therapy.

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Biography

Professor Dr Ibrahim El- Bayoumy holds bachelor of medicine and surgery (Tanta faculty of medicine-Egypt,1989),then he earned his master degree in public health, preventive and social medicine (Tanta faculty of medicine-Egypt1996),and MD,PhD in public health

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