

UNIVERSITI TEKNOLOGI MARA (UiTM)

**MALAYSIAN ETHNIC APPROACHES USING
COMPLEMENTARY ALTERNATIVE MEDICINE
(CAM) IN TREATING DIABETES**

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ABSTRACT

Diabetes is a group of metabolic disorders that is a common problem yet not well understood, affecting population all over the world with its prevalence increasing year by year (NHMS, 2011). This study shows the different types of Complementary and Alternative Medicine (CAM) usage, the reasons of usage and the sources of knowledge about CAM. Questionnaire was used to identify Malaysian ethnic approaches using CAM in treating diabetes. This was a descriptive and cross sectional survey that involved 100 patients. Chi Square Test was used to investigate the associations between variables. In general, the results showed that 45% of the patients used dietary supplement followed by Traditional Malay Medicine (9.6%) and 9.1% for acupuncture and aromatherapy.

CHAPTER 1

INTRODUCTION

1.1 Background of study

The National Centre for Complementary Alternative Medicine (NCCAM) defines CAM as a group of diverse medical and healthcare systems, practices, and products that are not currently component of conventional medicine. NCCAM has categorized CAM into five main categories which are mind-body medicine; meditation and hypnosis, whole medical systems, manipulative and body-based practices; yoga and taichi, energy medicine; electromagnetic therapy and qigong and biologically based practices. Complementary practice is a healthcare interventions that has been used together with conventional medical practice while alternative health practice is an option to conventional medical practice.

In Malaysia, Traditional and Complementary Medicine (TCM) is defined as any practice of medicine that is other than the practice of dental or medicine practices utilized by registered dental or medical practitioners (2011, A hand book of TCM Programme in Malaysia). The common types of CAM used in Malaysia are Traditional Malay Medicine, Traditional Indian Medicine, Traditional Chinese Medicine, Islamic medical practice, homeopathy and complementary therapies, and excludes dental or medical practices utilized by registered dental or medical