

**A STUDY ON PUBLIC PERCEPTION
ON THE EFFECTIVENESS OF HERBAL TREATMENT AS
ALTERNATIVE TREATMENT BY SUDENTS OF
DIPLOMA IN PUBLIC ADMINISTRATION**

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TABLE OF CONTENT

<u>CONTENT:</u>	<u>PAGE:</u>
Submission Letter	
Acknowledgement	
Abstract	
List of charts and tables	
Chapter 1 Introduction	
1.1 Introduction of Research	1
1.2 Problem Statement	3
1.3 Objectives of the Study	4
1.4 Scope of the Study	5
1.5 Hypothesis	6
1.6 Assumptions	7
1.7 Significance of the Study	8
1.8 Limitation of the Study	9
 Chapter 2 Literature Review	
2.1 What are Herbs	10
2.2 What are the Most Popular Herbs	11
2.3 Herbal Treatment	12
2.4 What Actually Alternative Medicine	14
2.5 Why do Patients Use Herbs	14

ABSTRACT

Herbs are a type of neglected weed that has been made into natural medicine since thousands of years ago by our ancestor. Herbal medications have been used thousands of years ago and in these modern days that herbal treatment has been commercialized to cater for the modern people. Herbal medicine was said to have some impressive credential that cannot be substituted by any other modern medicine.

Nowadays, herbal medication has evolved from its traditional form that is from plant used naturally to clinical pills that are produced in the laboratories. The natural form of herbal medication has changed gradually causing in some cases the user will experience side effects that can lead to death.

This study is done in order to have an in depth look into the way the peoples in the study area practice herbal medication. In spite of having some knowledge about herbs from published books or articles, the respondents' still practice ancient ways of preparing herbal medicine as that way have been practiced long within their family. The reason of herbal treatment being practiced varies according to the need of the respondents themselves. Among the reasons are to cure abdominal discomfort, to relieve pain and to promote good health.

Some respondent do experience side effects after consuming herbs but others do not experience any. It all varies according to the level of body resistance and the metabolism rate of the user. The main source of herbs for the respondents are either from self prescription from the counter or from herbal practitioner.

CHAPTER 1

INTRODUCTION

1.1 INTRODUCTION OF RESEARCH

Currently in Malaysia, herbs are considered to be as an alternative crop, or as crops for the future. It is believed that herbs have commercial potential but sadly, the application have not been fully exploited and cultivated on a large scale. Then, therefore, herbs are actually our country's most hidden heritage and from this heritage it is where the new commercial varieties and species of herbs can evolve.

Globally, herbs can be found in various applications in a wide range of products. These would include health products which can be either food or beverages, pharmaceutical, herbal or traditional medicine, health enhancing products, dietary supplement, flavors and fragrances, cosmetics and toiletries, detergents and many more.

Herbs are the earliest known source of medicine. The uses of herbs for healing dates as far back as prehistoric time and it has ever since been fitted into culture and civilization of people. In ancient time, herbs are closely linked to ritual belief, myth and magic as well. Herbs were used for daily vitals and worships.

In the first century, Dioscorides, a Greek from Asia Minor, had traveled to Roman legions. This is the place where he studied about the healing herbs and his works were written in *Materia Medica*, where the book contains information on more than five hundred herbs.

In the past few decades, an interesting phenomenon occurred. The phenomenon is about the herbal medicine has made a come back instead of being killed off by

CHAPTER 2

LITERATURE REVIEW

2.1 What are herbs?

By definition, herbs are plants and thus this made them as food. According to Heinerman (1954), an herbalist, an herb is a neglected weed. Dandelion a type of herb known to be good for the liver and chickweed that helps to purify the blood are the plant least liked by gardeners and landscapers. If any of those plants are at sight it will discard straight away.

An herb usually made into a pill or in powder form and it is known to be used for the treatment of many different illnesses. Apart from being thought as a weed, herbs were defined by the New World Dictionary, as any plant used as a medicine, seasoning or flavoring and it is a very important plant.

The term "herb" is usually given to aromatic leaves, used either fresh or dried for medication purposes. Horticulturists consider herbs as a blessing for those who seek ways to improve their health.

The use of herb has started even in ancient history. In prehistoric time cave dwellers used herbs to cure scratches or sickness. In Biblical days, herbs are frequently used by different cultures for religious purification and spiritual enlightenment besides the obvious healing of various maladies believed to have been inflicted by angry Gods due to their dissatisfied lifestyles.

Herb is also a plant, which is considered to be very useful to man, and it is highly valued for its medicinal, savory and aromatic qualities. It is a plant not merely to be