การใช้สมุนไพรรักษาภาวะหมดประจำเดือนของหมอพื้นบ้านในจังหวัดนครศรีธรรมราช

Herbs Used of Thai Traditional Healers for Menopause Treatment in Nakhon Si Thammarat Province

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บทคัดย่อ

การศึกษาครั้งนี้มีวัตถุประสงค์เพื่อรวบรวมและวิเคราะห์การนำสมุนไพรมาใช้รักษาภาวะหมดประจำเดือนของหมอพื้นบ้านในจังหวัดนครศรีธรรมราช มีวิธีการศึกษาโดยการสุ่มตัวอย่างแบบจำเพาะเจาะจง กลุ่มตัวอย่างเป็นหมอพื้นบ้านในจังหวัดนครศรีธรรมราช จำนวน 4 คน ใช้แบบสัมภาษณ์กึ่งโครงสร้าง ทำการวิเคราะห์แบบบรรยาย ผลการศึกษาพบสมุนไพรที่ถูกนำมาใช้รักษาภาวะหมดประจำเดือน 68 ชนิด แบ่งเป็นพืชวัตถุ 65 ชนิด สัตว์วัตถุ 1 ชนิด และธาตุวัตถุ 1 ชนิด พืชสมุนไพรจัดกลุ่มได้เป็น 34 วงศ์ ประกอบไปด้วย 53 สกุล วงศ์ที่มีสมุนไพรถูกนำมาใช้มากที่สุด คือ วงศ์ Zingiberaceae จำนวนร้อยละ 12 (8 ชนิด) ส่วนของพืชสมุนไพรที่ถูกนำมาใช้มากที่สุด คือ ส่วนของรากและเหง้า จำนวนร้อยละ 29 (19 ชนิด) รสยาสมุนไพรที่ถูกนำมาใช้มากที่สุด คือ รสร้อน จำนวนร้อยละ 31 (21 ชนิด) สมุนไพรที่ถูกนำมาใช้ซ้ำกันมากที่สุดโดยหมอพื้นบ้าน 3 คน คือ โกฐเขมา (*Atractylodes lancea* (Thung) Dc.) แห้วหมู (*Cyperus rotundus* L.) ดีปลี (*Piper chaba* Hunt) เจตมูลเพลิง (*Plumbago indica* L.) และ กำแพงเจ็ดชั้น (*Salacia chinensis* L.) ภูมิปัญญาของหมอพื้นบ้านสอดคล้องกับทฤษฎีการแพทย์แผนไทยและเภสัชกรรมไทย ข้อมูลจากการศึกษานี้สามารถเป็นข้อมูลพื้นฐานในการพัฒนายาสำหรับรักษาภาวะหมดประจำเดือน และสามารถนำไปใช้เป็นการรักษาโดยวิธีทางเลือกสำหรับผู้ที่มีภาวะหมดประจำเดือน ภูมิปัญญาดังกล่าวเป็นภูมิปัญญาทางการแพทย์แผนไทยที่รับสืบทอดจากบรรพบุรุษซึ่งตั้งอยู่บนพื้นฐานทางทฤษฎีการแพทย์แผนไทย

คำสำคัญ: สมุนไพร ภูมิปัญญา พืชสมุนไพร ภาวะหมดประจำเดือน หมอพื้นบ้าน

ABSTRACT

The purpose was to document and analyze herbs used of Thai traditional healers for menopause treatment in Nakhon Si Thammarat province. Research methods contained purposive sampling, semi – structure interview and analyzed in form of lectures, 4 Thai traditional healers were conducted. Result founded total of 68 herbs, consist of 65 medicinal plants, belonging to 34 families, 1 animal herb and 2

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mineral herbs. Total of 34 Families of medicinal plants, belonging to 53 genera, the most dominant family was Zingiberaceae for 12 percent (8 species). The most part used was root and rhizome for 29 percent (19 species). Total of 9 taste of herbs revealed from 10 taste of Thai traditional pharmaceutical theory, the most taste of herbs was pungent for 31 percent (21 species). The most consensused species by 3 Thai traditional healers were *Atractylodes lancea* (Thung) Dc., *Cyperus rotundus* L., *Piper chaba* Hunt, *Plumbago indica* L. and *Salacia chinensis* L.. Knowledge of 4 Thai traditional healers signified their wisdom for menopause treatment harmonized with Thai traditional medicine and pharmaceutics. These database can be utilized for next recipe development for menopause. Additionally, these database can be alternative way for elderly woman who wants to make self-take care. Knowledge of 4 Thai traditional healers were inherited from the ancestors which based on Thai traditional medicine theory.

Keywords: herbs, knowledge, medicinal plants, menopause, Thai traditional healers

Introduction

Menopause is the stop working of ovarian, occurs in women between 45 – 55 years, permanently loss of ovulation, estrogen and progesterone, confirmed by permanently stop of menstruation period for 12 months. Symptoms contain hot flashes, irritability, insomnia, depression, moody, fatigue etc.. (Xu et al., 2005; Santoro et al., 2015). Complementary and alternative medicine are one of main role for menopause treatment (Hill-Sakurai et al., 2008) such as soy, black cohosh and St. John's wort. (Khadijeh et al., 2010; Mayo, 1999)

Thai traditional medicine has occured together with Thai social since ancient times, analyze from other medicine theory such as Thai traditional medicine, Chinese medicine and Ayurveda. Thai traditional medicine knowledge often inherit from generation to generation. Thai traditional healer is the doctor who has knowledge and experience in traditional medicine, treat people in community all of somatic and psychological disorders.

Nakhon Si Thammarat province is in southern of Thailand, full of history, culture, tradition and knowledge, contains Nakhon Si Thammarat mountain range which has plentiful of natural resources and herbs, still has experienced Thai traditional healers in community.

Elderly society is becoming problem in Thailand, elderly person will raise up to 30 percent in 2036. 20 year national strategy (2018 - 2037) support and promote knowledge of Thai traditional medicine for utilization in Thai social contain objective of self-healthcare in elderly person (Thai government, 2018).

Current herbal research for menopause showed dominant herb species such as Black cohosh, Ginseng, *Angelica sinensis,* St.John's wort, *Curcuma xanthorrhiza*, thus this research provides many herbs database for future research and can alternative herbs for nationwide to reduce economic and import budget.

For above reasons, Researchers had objective to documented and analyzed knowledge of Thai traditional healers on utilization of medicinal plants for menopause treatment, contained data of herbs which can be database of next research.

Methods

1. Study area and example

Nakhon Si Thamarat province was study area, place in middle of southern Thailand, total of 23 districts, pursosive sampling was conducted through criteria consist of at least 10 years of experienced in Thai traditional medicine, used to treat menopause patients and be willing with this research by signed in consent form.

2. Data collection

Knowledge documented by semi-structure interview in 5 items consist of herbs, habits of medicinal plants, medicinal plants part used, taste of herbs and claim of herbs.

3. Plant identification

Well-known medicinal plant species were identified by confirmed crude drug and description of species back to Thai traditional healers after they revealed the knowledge through established interview, Plant scientific name was specified base on Thailand plant names book by Tem Smitinand (Smitinand, 2001). Data was analyzed in descriptive form. Research performed from June to December 2018.

Results

1. Thai traditional healers

4 Thai traditional healers were selected consisted of 1 woman and 3 men, general information showed in **Table 1**. All of them have inherited Thai traditional medicine, experienced in all of somatic and psychological diseases.

2. Herbs

A total of 68 herbs consisted of 65 medicinal plants (96 percent) belonging to 53 genera, 2 mineral herbs (3 percent) and 1 animal herb (1 percent) (**Table 2**). The most prominent genera was *Piper* spp., there were 4 species consisted of *Piper chaba* Hunt, *Piper nigrum* L., *Piper interruptum* Opiz and *Piper sarmentosum* Roxb..

Table 1 General information of 4 Thai traditional healers.

Thai traditional healers	*Sex*	*Age (years)*	*Experience in Thai traditional medicine (years)*
PL	Female	75	60
SS	Male	77	67
CHS	Male	78	57
RS	Male	83	73

3. Habits of medicinal plants

All of 65 medicinal plants grouped in 4 habits, herbs for 42 percent (27 species), Tree for 26 percent (17 species), Shrub for 18 percent (12 species) and climber for 14 percent (9 species).

4. Family of medicinal plants

Total of 34 Families grouped from 65 medicinal plants, The most dominant family was Zingiberaceae for 12 percent (8 species), next below were Fabaceae for 11 percent each (7 species), Apiaceae for 9.2 percent (6 species), Piperaceae for 6.2 percent (4 species), Asteraceae Combretaceae and Lauraceae for 4.2 percent each (3 species), Clusiaceae, Euphorbiaceae, Poaceae and Simaroubaceae for 3.1 percent each (2 species) and 1.5 percent each (1 species) contained Acanthaceae, Agavaceae, Aloaceae, Apocynaceae, Asclepiadaceae, Asparagaceae, Avicenniaceae, Brassicaceae, Celastraceae, Cyperceae, Lythraceae, Marattiaceae, Menispermaceae, Myristicaceae, Myrtaceae, Nelumbonaceae, Oleaceae, Plambaginaceae, Ranunculaceae, Rutaceae, Sapotaceae, Thymelaeaceae and Urticaceae.

Table 2 Herbs used of Thai traditional healers for menopause treatment.

No.	*Scientific name/Local name*	*Family*	*Part used*	*Taste*	*Habits*	*Users*
	Medicinal herbs					
1	*Acacia concinna* Willd. Dc.(Sompoi)	Fabaceae	Leaf	Sour	Shrub	PL
2	*Aegle marmelos* (L.) Corrêa ex Roxb. (Matum)	Rutaceae	Fruit	Sweet	Tree	RS
3	*Aloe vera* (L.) Burm.f. (Yadam)	Aloaceae	Leaf	Nauseating	Herb	PL,CHS
4	*Alstonia macrophylla* Wall. Ex G.Don (Thungfah)	Apocynaceae	Stem bark	Bitter	Tree	SS
5	*Amomum testaceum* Ridi.(Kravan)	Zingiberaceae	Fruit	Pungent	Herb	PL
6	*Anethum graveolens* L.(Thiantatukatan)	Apiaceae	Seed	Pungent	Herb	PL, CHS
7	*Angelica dahurica* (Fisch ex.Hoffm.) Benth. and Hook.f. ex Franch. and Sav. (Kotsor)	Apiaceae	Root	Fragrant	Herb	PL, CHS
8	*Angelica sinensis* (Oliv.) Diels (Kotchiang)	Apiaceae	Root	Fragrant	Herb	PL, CHS
9	*Angiopteris evecta* (G.Forst.) Hoffm. (Wankipraet)	Marattiaceae	Rhizome	Bland	Shrub (Fern)	CHS
10	*Aquilaria agallocha* Roxb. (Kritsana)	Thymelaeaceae	Wood	Bitter	Tree	PL
11	*Artemisia annua* L.(Kotchulalunpha)	Asteraceae	Whole plant	Bitter	Herb	PL, CHS
12	*Asclepias curassavica* L.(Faidueanha)	Asclepiadaceae	Leaf	Pungent	Herb	CHS
13	*Atractylodes lancea* (Thung) Dc. (Kotkhamao)	Asteraceae	Rhizome	Fragrant	Herb	PL,RS, CHS
14	*Avicennia marina* (Forssk.) Vierh. (Samaethale)	Avicenniaceae	Wood	Bland	Climber	PL
15	*Boesenbergia rotunda* (L.) Mansf. (Krachai)	Zingiberaceae	Rhizome	Pungent	Herb	SS
16	*Bridelia ovata* Decne. (Maka)	Euphorbiaceae	Leaf	Bitter	Tree	PL
17	*Brucea javanica* (L.) Merr.) (Ratchadad)	Simaroubaceae	Fruit	Bitter	Shrub	PL
18	*Carthamus tinctorius* L. (Khamfoi)	Asteraceae	Flower	Fragrant	Herb	PL
19	*Cassia fistula* L. (Ratchaphruek)	Fabaceae	Fruit	Sweet	Tree	PL
20	*Centotheca lappacea* Desv.(Niaoma)	Poaceae	Whole plant	Bland	Herb	CHS
21	*Cinnamomum camphora* (L.) J.Presl (Karabul)	Lauraceae	Wood	Pungent	Tree	CHS
22	*Cinnamomum porrectum* (Roxb.) Kosterm. (Theptharo)	Lauraceae	Wood	Pungent	Tree	CHS

No.	Scientific name/Local name	Family	Part used	Taste	Habits	Users
23	*Cinnamomum verum* J.Presl (Opchoeithet)	Lauraceae	Stem bark	Fragrant	Tree	PL
24	*Clinacanthus nutans* (Burm.f.) Lindau (Phayayo)	Acanthaceae	Root	Bland	Herb	SS
25	*Cordyline fruticosa* (L.) A.Chev. (Makphu)	Agavaceae	Root	Bland	Shrub	SS
26	*Cuminum cyminum* Wall. (Thiankhao)	Apiaceae	Fruit	Pungent	Herb	PL, CHS
27	*Curcuma xanthorrhiza* Roxb. (Wanchakmotluk)	Zingiberaceae	Rhizome	Pungent	Herb	CHS
28	*Curcuma zedoaria* (Berg) Roscoe (Khaminoi)	Zingiberaceae	Rhizome	Astringent	Herb	PL, CHS
29	*Cyperus rotundus* L. (Yahaeomu)	Cyperceae	Rhizome	Pungent	Herb	PL,RS, SS
30	*Derris elliptica* (Roxb.) Benth. (Hanglaidaeng)	Fabaceae	Wood	Nauseating	Climber	RS
31	*Derris scandens* (Roxb.) Benth (Thaowanpriang)	Fabaceae	Wood	Bland	Climber	PL
32	*Dracaena loureiri* Gagnep. (Chandaeng)	Asparagaceae	Wood	Bitter	Shrub	PL
33	*Eleusine indica* (L.) Gaertn (Yatinka)	Poaceae	Whole plant	Bitter	Herb	PL
34	*Eurycoma longifolia* Jack (Plalaiphueak)	Simaroubacceae	Root	Bitter	Shrub	SS
35	*Foeniculum vulgare* Mill. subsp. vulgare var. dulce (Mill.) Thell. (Thiankhaopluek)	Apiaceae	Fruit	Fragrant	Herb	PL, CHS
36	*Glycyrrhiza glabra* L. (Chaemthet)	Fabaceae	Wood	Sweet	Shrub	PL
37	*Jasminum sambac* (L.) Aiton (Mali)	Oleaceae	Flower	Fragrant	Climber	PL
38	*Kaempferia galanga* L. (Prohom)	Zingiberaceae	Rhizome	Pungent	Herb	PL
39	*Kaempferia parviflora* Wall. ex Baker (Krachaidam)	Zingiberaceae	Rhizome	Pungent	Herb	CHS
40	*Lagerstroemia calyculata* Kurz (Khondok-tabaek)	Lythraceae	Wood	Fragrant	Tree	PL
41	*Lepidium sativum* L. (Thiandeang)	Brassicaceae	Seed	Pungent	Herb	PL, CHS
42	*Ligusticum sinense* Oliv. cv. Chuanxiong (Kothuabua)	Apiaceae	Rhizome	Fragrant	Herb	PL, CHS

No.	Scientific name/Local name	Family	Part used	Taste	Habits	Users
43	*Mammea siamensis* Kosterm. (Saraphi)	Clusiaceae	Flower	Fragrant	Tree	PL
44	*Mesua ferrea* L. (Bunnak)	Clusiaceae	Flower	Fragrant	Tree	PL
45	*Mimusops elengi* L. (Phikun)	Sapotaceae	Flower	Fragrant	Tree	PL
46	*Myristica fragrans* Houtt.(Chanthet)	Myristicaceae	Wood	Bitter	Shrub	PL
47	*Nelumbo nucifera* Gaertn. (Bualuang)	Nelumbonaceae	Flower	Fragrant	Herb	PL
48	*Nigella sativa* L. (Thiandum)	Ranunculaceae	Seed	Pungent	Climber	PL, CHS
49	*Phyllanthus emblica* L.(Makhampom)	Euphorbiaceae	Leaf	Sour	Tree	RS
50	*Piper chaba* Hunt (Dipli)	Piperaceae	Fruit	Pungent	Climber	PL,CHS, RS
51	*Piper nigrum* L. (Phrikthai)	Piperraceae	Fruit	Pungent	Climber	CHS
52	*Piper interruptum* Opiz (Sakhan)	Piperaceae	Wood	Pungent	Climber	PL
53	*Piper sarmentosum* Roxb.(Chaphlu)	Piperaceae	Root	Pungent	Herb	PL
54	*Plumbago indica* L.(Chettamunphloeng)	Plambaginaceae	Root	Pungent	Shrub	PL,RS, CHS
55	*Pouzolzia hirta* (Blume.) Hassk. (Khobchanangdaeng)	Urticaceae	Whole plant	Pungent	Herb	CHS
56	*Pueraria candollei* Wall. Ex Benth. Var. mirifica (Kwaokhruea)	Fabaceae	Rhizome	Fragrant	Shrub	PL
57	*Salacia chinensis* L. (Kanphaengchetchan)	Celastraceae	Wood	Nauseating	Shrub	PL,CHS,SS
58	*Senna alata* (L.) Roxb. (Chumhetthet)	Fabaceae	Leaf	Nauseating	Shrub	PL
59	*Syzygium aromaticum* (L.) Merr. and L.M.Perry) (Kanphlu)	Myrtaceae	Flower	Pungent	Tree	PL
60	*Terminalia bellirica* (Gaertn.) Roxb. (Samophiphek)	Combertaceae	Fruit	Sour	Tree	PL
61	*Terminalia catappa* L. (Hukwang)	Combretaceae	Stem bark	Astringent	Tree	SS
62	*Terminalia chebula* Retz. var. chebula (Samothai)	Combretaceae	Fruit	Astringent	Tree	PL,RS
63	*Tinospora crispa*. (L.) Miers ex Hook.f. and Thomson (Boraphet)	Menispermaceae	Wood	Bitter	Climber	RS,CHS
64	*Zingiber montanum* (Koenig) Link ex Dietr. (Phlai)	Zingiberaceae	Rhizome	Astringent	Herb	PL,CHS

No.	*Scientific name/Local name*	*Family*	*Part used*	*Taste*	*Habits*	*Users*
65	*Zingiber officinale* Roscoe (Khing)	Zingiberaceae	Rhizome	Pungent	Herb	PL,RS
	Mineral herbs					
1	Alum (Sarnsom)	-	-	Sour	-	PL,CHS
2	Magnesium sulfate (Dekluea)	-	-	Salty	-	PL,RS
	Animal herbs					
1	*Viverricula indica* (Chamodchet)	Viverridae	Smell-liquid from civetgland	Fragrant	-	PL

5. Part used of medicinal plants

Part used divided into 8 categories, the most part used was root and rhizome for 29 percent (19 species), next below were wood for 20 percent (13 species), fruit for 15 percent (10 species), flower for 11 percent (7 species), whole plant for 6.2 percent (4 species) and seed and stem bark for 4.6 percent each (3 species)

6. Taste of herbs

A total of 9 taste of herbs revealed from 10 taste of Thai traditional medicine theory, just oily taste disappeared, the most taste of herbs was pungent for 31 percent (21 species), next below were fragrant for 22 percent (15 species), bitter for 15 percent (10 species), bland for 9 percent (6 species), astringent, nauseating and sour for 6 percent each (4 species), sweet for 4 percent (3 species) and salty for 1 percent (1 species).

7. Consensused species

The most consensused species from 3 Thai traditional healers were *Atractylodes lancea* (Thung) Dc., *Cyperus rotundus* L., *Piper chaba* Hunt, *Plumbago indica* L. and *Salacia chinensis* L. next below from 2 consensused were*Aloe vera* (L.) Burm.f.,Alum, *Anethum graveolens* L., *Angelica dahurica* (Fisch ex. Hoffm.) Benth. and Hook.f. ex Franch. and Sav., *Angelica sinensis* (Oliv.) Diels,*Artemisia annua* L.,*Cuminum cyminum* Wall., *Curcuma zedoaria* (Berg) Roscoe, *Foeniculum vulgare* Mill. subsp. vulgare var. dulce (Mill.) Thell., *Lepidium sativum* L., *Ligusticum sinense* Oliv. cv. Chuanxiong, Magnesium sulfate, *Nigella sativa* L., *Terminalia chebula* Retz.var.chebula,*Tinospora cris pa*. (L.) Miers ex Hook.f. and Thomson, *Zingiber montanum* (Koenig) Link ex Dietr. and *Zingiber officinale* Roscoe.

Discussion and Conclusion

All of Thai traditional healers had inherited wisdom from ancestor as same as with general Thai traditional medicine for long time and match with other countries (Gessler et al., 1995; Biswas et al., 2010).

They utilized all types of herbs in harmony with Thai traditional pharmaceutical theory, contained medicinal plants, animal herbs and mineral herbs (Division of Healing Arts, Office of the Permanent Secretary Ministry of Public Health and general Traditional medicine Subcommittee, 1999; Wutithamawech, 1997). *Angelica sinensis* (Oliv.) Diels was Chinese herb that was utilized as an agent for menopause in other countries (Mayo, 1999)

All of plant habits represented in this research match with Thai traditional pharmaceutical theory, indicated expert experience of Thai traditional healers and plentiful variety of plants and natural resources in Nakhon Si Thammarat. The most plant habits were herbs for 42 percent as though general Thai traditional healers (Neamsuvan and Ruangrit, 2017; Neamsuvan et al., 2016; Maneenoon et al., 2015; Wongwiwat and Pinsook, 2009).

Zingiberaceae was the most utilized for 12 percent next below were Fabaceae, Apiaceae and Piperaceae for 11, 9.2 and 6.2 percent respectively associated with many kind of researches in Thailand (Maneenoon et al., 2015; Neamsuvan et al., 2016; Chotchoungchatchai, et al., 2012) also with other families in this research such as Asteraceae, Euphorbiaceae and Combretaceae, and match with distribution of plants in Thai scenery (Phumthum et al., 2018; Neamsuvan et al., 2015).

Root and rhizome, wood and fruit were the most part used from all Thai traditional healers, popular root of Thai medicinal plants usually utilized such as *Boesenbergia rotunda* (L.) Mansf., *Cyperus rotundus* L., *Zingiber montanum* (Koenig) Link ex Dietr., *Zingiber officinale* Roscoe and *Eurycoma longifolia* Jack, Some of them were ingredients in Thai kitchen, every parts of medicinal plants were utilized followed Thai traditional pharmaceutical theory that all parts of medicinal plant could be utilized entire same and different properties, match with other researches (Jarić et al., 2018; Phumthum et al., 2018; Neamsuvan and Ruangrit, 2017). Some research indicated root and rhizome were the most part utilized (Maneenoon et al., 2015), there was ethnobotanical survey in Nakhon Si Thammarat province represented rhizome part was the most applied (Neamsuvan et al., 2016).

A total of 31 percent of pungent, 22 percent of fragrant and 15 percent of bitter taste harmonically represented Thai traditional medicine and pharmaceutical theory for symptoms of menopause that pungent taste used for ameliorated energy in body, fragrant taste used for psychological problems and made delightful and bitter taste used for decreased moody, hot and increased internal organ function (Division of Healing Arts, Office of the Permanent Secretary Ministry of Public Health and general Traditional medicine Subcommittee, 1999), symbolized the taste of herbs in Thai traditional pharmaceutical theory were deputy of properties for any symptoms treatment.

Since all of knowledge of herb used from 4 Thai traditional healers signified their wisdom for menopause treatment harmonized with Thai traditional medicine and pharmaceutical theory and naturally scenery of southern Thailand. This research can be database for next recipe development for menopause and can be alternative way for elderly woman who wants to make self-take care may affect quality of life and reduce national public health budget.

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