

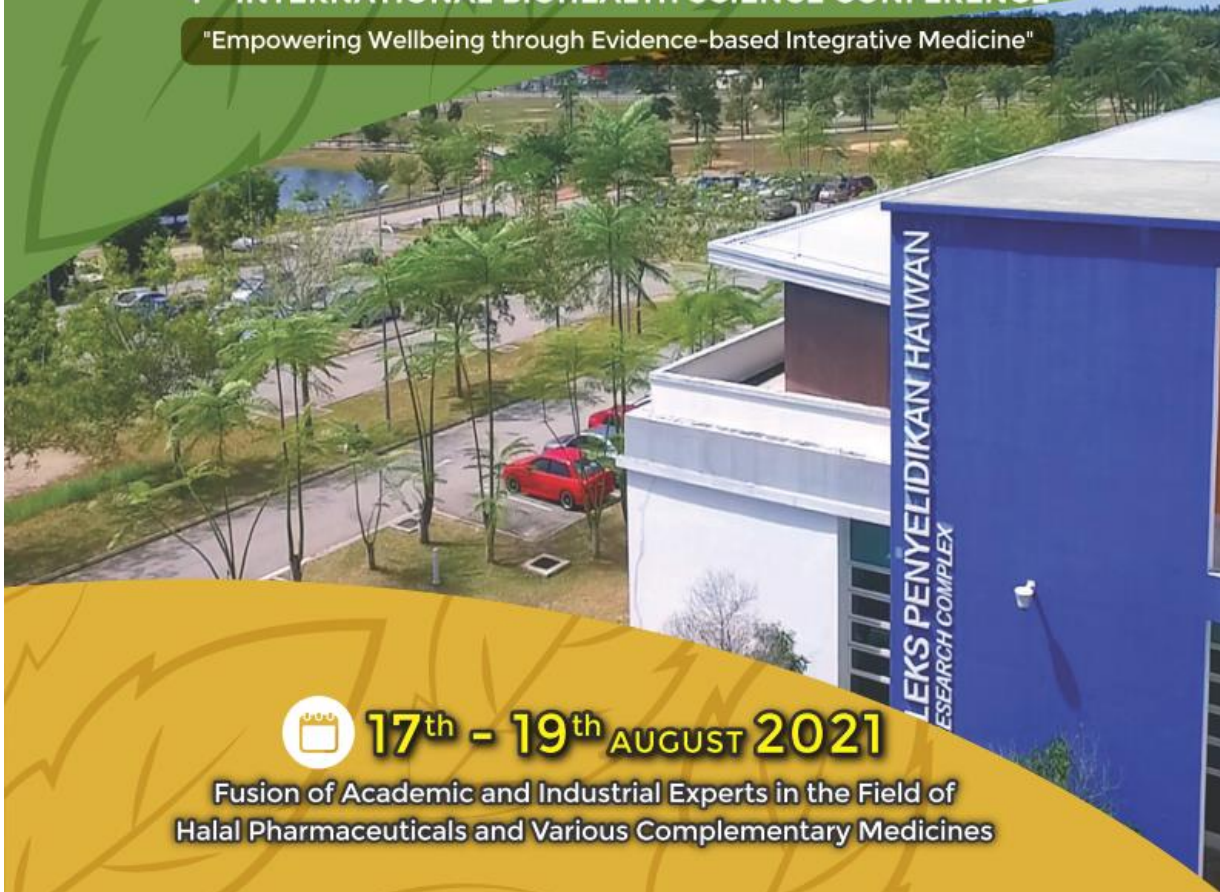
e-Conference



INTERNATIONAL VIRTUAL CONFERENCE ON **INTEGRATIVE MEDICINE**

In conjunction with the
4TH INTERNATIONAL BIOHEALTH SCIENCE CONFERENCE

"Empowering Wellbeing through Evidence-based Integrative Medicine"



 **17th - 19th AUGUST 2021**

Fusion of Academic and Industrial Experts in the Field of
Halal Pharmaceuticals and Various Complementary Medicines

Sponsored By



B9

Virtual Room B

Wednesday, 18 August 2021, 4.00 - 4.15 pm

Awareness of herbal products among students at local university in Malaysia

Syed A. Abbas¹, Allan Mathews¹, Vijay Kotra¹, Abdur Rashid Mia², ABM Helal Uddin².

¹Faculty of Pharmacy, Quest International University Perak, Malaysia.

²Faculty of Pharmacy, International Islamic University Malaysia (IIUM), Kuantan campus, Kuantan 25200, Pahang, Malaysia.

Purpose: Herbal medicines are the most common type of traditional and complementary medicines (T & CM). T & CM have been used to diagnose and prevent diseases, restore the body's function, and maintain or improve health. Malaysia has different ethnic groups with different beliefs and cultures. For the three dominant races, Malay, Chinese and Indian, traditional and herbal medicines are a long-standing practice. Hence, there is a common perception that the use of herbal products is better than the commercially available pharmaceutical drugs, which are deemed to contain harmful chemicals and have adverse side effects. This study aims to determine consumer's usage of herbal products and the respondent's perception of these product's safety and efficacy.

Method: A cross-sectional survey was performed using a self-administered questionnaire on a sample of 377 from different ethnic groups. Chi-square, Mann Whitney, Kruskal Wallis and Spearman correlation were applied for data analysis.

Result: This study found significant differences in perception among the respondents from different ethnic backgrounds. Of 300 herbal product (np) users, Chinese (n=210) respondents are likely to consume natural products compare to Malay (n=54), 'Others' (n=34) and Indian (n=32). Malay respondents have a higher perception towards the safety of the products while Chinese respondents that herbal products might have lower nutritional value. Lastly, Indian respondents perceive that it is safer to consume natural products after consulting physicians and disagree that herbal products are more effective than conventional medicines.

Conclusion: This study's findings could help policymakers and health service providers to understand the pattern of herbal product consumption among Malaysians.

Corresponding author: ABM Helal Uddin, abmhelal@iium.edu.my

Keywords: Herbal products, University students, Perception

Awareness of herbal products among students at local university in Malaysia

Syed A. Abbas¹, Allan Mathews¹, Vijay Kotra¹, Abdur Rashid Mia², ABM Helal Uddin².

¹*Faculty of Pharmacy, Quest International University Perak, Malaysia.*

²*Faculty of Pharmacy, International Islamic University Malaysia (IIUM), Kuantan campus, Kuantan 25200, Pahang, Malaysia.*

Corresponding author: ABM Helal Uddin, abmhela@iium.edu.my Keywords:

Purpose: Herbal medicines are the most common type of traditional and complementary medicines (T & CM). T & CM have been used to diagnose and prevent diseases, restore the body's function, and maintain or improve health. Malaysia has different ethnic groups with different beliefs and cultures. For the three dominant races, Malay, Chinese and Indian, traditional and herbal medicines are a long-standing practice. Hence, there is a common perception that the use of herbal products is better than the commercially available pharmaceutical drugs, which are deemed to contain harmful chemicals and have adverse side effects. This study aims to determine consumer's usage of herbal products and the respondent's perception of these product's safety and efficacy.

Method: A cross-sectional survey was performed using a self-administered questionnaire on a sample of 377 from different ethnic groups. Chi-square, Mann Whitney, Kruskal Wallis and Spearman correlation were applied for data analysis.

Result: This study found significant differences in perception among the respondents from different ethnic backgrounds. Of 300 herbal product (np) users, Chinese (n=210) respondents are likely to consume natural products compare to Malay (n=54), 'Others' (n=34) and Indian (n=32). Malay respondents have a higher perception towards the safety of the products while Chinese respondents that herbal products might have lower nutritional value. Lastly, Indian respondents perceive that it is safer to consume natural products after consulting physicians and disagree that herbal products are more effective than conventional medicines.

Conclusion: This study's findings could help policymakers and health service providers to understand the pattern of herbal product consumption among Malaysians.

Keywords: Herbal products, University students, Perception

Awareness of herbal products among students at local university in Malaysia

Syed Atif Abbas, Allan Mathews, Vijay Kotra, AbdurRashid Mia, ABM Helal Uddin*



Introduction

- ▶ Herbal medicines are the most common type of traditional and complementary medicines (T & CM). T & CM have been used to diagnose and prevent diseases, restore the body's function, and maintain or improve health.
- ▶ Malaysia has different ethnic groups with different beliefs and cultures. For the three dominant races, Malay, Chinese and
- ▶ Indian, traditional and herbal medicines are a long-standing practice.



- ▶ Hence, there is a common perception that the use of herbal products is better than the commercially available pharmaceutical drugs, which are deemed to contain harmful chemicals and have adverse side effects.
- ▶ This study aims to determine consumer's usage of herbal products and the respondent's perception of these product's safety and efficacy.



Methodology

- ▶ The respondents were sampled from both science and non-science faculties to determine respondents' understanding and perceptions of natural products in different faculties.



Results

This study found significant differences in perception among the respondents from different ethnic backgrounds. Malay respondents have a higher perception towards the safety of the products while Chinese respondents that natural products might have lower nutritional value. Lastly, Indian respondents perceive that it is safer to consume natural products after consulting physicians and disagree that natural products are more effective than conventional medicines.



Conclusion

This study's findings could help policymaker and health service providers to understand the pattern of natural products consumption among Malaysians. The inputs from this study could be used to plan for appropriate policies and procedures to regulate and monitor the practice of CAM therapies.



Thank You

