

EXPERIENCES OF HERBS MEDICINE APPLICATION IN CLINICAL PRACTICE

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It is not easy to build the confidence of conventional doctors in using the herbs medicine because their body of knowledge is western medicine while mostly the scientific evidence of herbs medicine still not complete. Empirically evidences of herbs medicine are enough, while the scientific evidences are mostly not enough.

In Dr. Sardjito hospital we have tried to build the confidence of conventional doctors in using the herbs medicine step by step as described below:

27 August 2007 : Meeting discussing the herbs development programs

27 September 2007 : Presentation the herbs development programs (too many conflicts)

30 April 2009 : The Natural Medicine Development Team was established by Director with decision letter no: OT.01.01.4.1.8679. (twice revisions)

HERBS SERVICES BASED RESEARCH

It is understood that too many herbs medication need to improve their clinical evidence. Herbs services based research mean that in using herbs medication the doctors and chemists try to find the evidence of herbs not only the efficacy but also the side effect. Other than the efficacy and safety it is better if the doctors and chemists try to find out the cost, cost-effectiveness, cost-benefit, etc. Because the body of knowledge of the doctors in Indonesia is

based to the western medicine while they give the herbs medication, so they should work in safe condition without any complain from the patients. Our team has tried to make the safe condition of doctors, chemists and patients by follow the rules below:

1. Informed consent

Every patients were given the information properly regarding the herbs medication will given to them and they must sign the informed consent before start the treatment.

2. Name tag of the doctors using herb

The name tag of doctors and chemist is important to recognize that they are able to do the consultation and treatment using herbs medication.

3. Herbs Formularium Book

In Dr. Sardjito hospital our team has an herbs formularium book to be a guideline in using the herbs medication treatment

4. Herbs Medical Services Standard Book

In Herbs Medical Services Standard Book there are standard guidelines in herb medicine services

5. Herbs Standard Operational Procedure

In this book not just the rule for diagnosis but also the refer system was described

6. Herbs training for doctors and Pharmacists

Our team has run the training for our doctors, nurses and chemists

LEVEL OF EVIDENCES IN USING THE HERBS

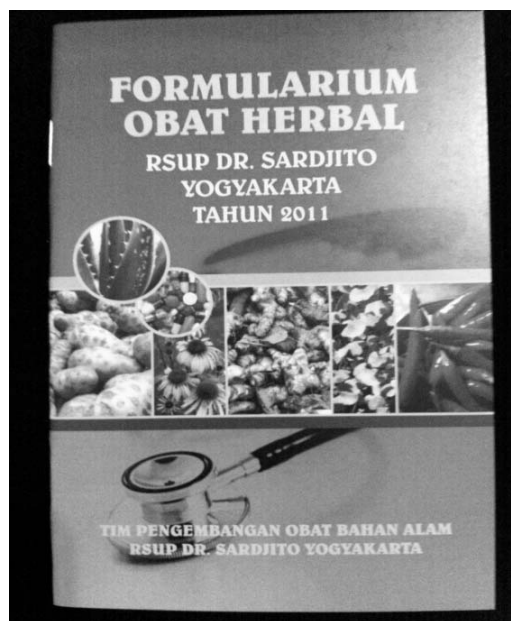
It is very ideal if all of the herbs have their clinical evidences before it is used in clinical practice. In fact it is very hard to find-out that evidences and it is easier to find the pre-clinical evidence and the most simple is to find-out the empirically evidences.

Example : Using of Aloe vera in clinical practice

- Laxation A
- Herpes genitalis B
- Psoriasis vulgaris B
- Sebhoric dermatitis B
- Aptose stomatitis C
- Cancer of colon (prevention) C
- Type 2 diabetes mellitus C
- HIV infection C
- Combutio C
- Infection in surgery D
- Peptic ulceration D
- Dermatitis caused by radiation D

Note : A (very good evidence) B (good evidence) C (doubt evidence) D (bad evidence)

THE HERBS FORMULARIUM



HERBS RESEARCHES AND DEVELOPMENT

Some herbs researches has already run by our team including research for osteoarthritis, cosmetic, psoriasis, wound, stroke, dengue hemorrhagic fever, etc.

EDUCATION

Since 2006 the herbs medicine as an elective education program has been run in Faculty of Medicine

Gadjah Mada University. This education program was always full booked by the students. We have a big hope that our new doctors which produced by Faculty of Medicine Gadjah Mada University will understand the herbs medication.

Every month our team has a meeting and discussing the difficult case in using herbs medication. Other than the clinical experts, we have some experts in herbs medication from Faculty of pharmacy and Department of Pharmacology and Therapy Faculty of Medicine Gadjah Mada University.

HERBS PROMOTION

In promotion of herbs medicine we have run some events as describe below:

National Seminar with the topic: Herbs Based Medical Treatment 8-9 Mei 2010

National Consensus Medical Treatment Basically from Plants, 8 Mei 2010; in this national consensus was birth the SARDJITO DECLARATION REGARDING HERBS (JAMU) BASED MEDICAL TREATMENT

