

## WHAT FACTORS INFLUENCE THE USE OF TRADITIONAL MEDICINE IN ADULTS? : A SCOPING REVIEW

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### ABSTRACT

*The use of traditional medicine has become an integral part of health services in various countries, including Indonesia. This study aims to analyze the factors that influence adults' decisions to use traditional medicine, focusing on socio-demographic aspects, health conditions, and cultural preferences. The research method uses library observation of articles published between 2019-2024 through the PubMed and SINTA databases. This study identifies several key factors, such as age, gender, education level, health conditions, and traditions and inherited knowledge, as the main drivers of traditional medicine use. The findings show that the prevalence of traditional medicine use is high in several countries such as Sudan, Ethiopia, and Nigeria, especially in groups with limited access to modern health facilities. The results of a cross-country study in Sudan, Jordan, Cameroon, Ethiopia, and Nigeria revealed that age, gender, education level, and health conditions have a significant impact on the choice of traditional medicine. In addition, cultural preferences and inherited knowledge contribute significantly to this decision. These findings suggest that it is critical to integrate traditional medicine into modern healthcare systems, as well as strengthen regulation and education regarding the safety and efficacy of traditional medicines to ensure better health outcomes.*

**KEYWORDS** *Traditional Medicine, Herbal Medicine, Herbal Medicine Usage, Traditional Medicine Adult, Culture Preferences. Efficiency Of Traditional Medicine, Alternative Healthcare*



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### INTRODUCTION

The use of traditional medicine has become an integral part of the public health system in many countries, including Indonesia. Traditional medicine is the only healthcare option for most of the population. Traditional medicine refers to the use of knowledge, skills, and practices that rely on the theories and beliefs of various cultures to maintain, prevent, diagnose, improve, and treat physical and mental health. This ancient tradition originated in countries with ancient civilizations, such as China, India, Egypt, and South America. Before the advent of modern medicine, traditional medicine held an important position as a primary healthcare system accessible to millions of people living in rural and urban areas of

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Africa (Mohamed et al., 2024). According to the (Organization, 2019), various traditional medicine systems involve various practices such as acupuncture, herbal medicine, traditional medicine, homeopathy, traditional Chinese medicine, naturopathy, chiropractic, osteopathy, ayurvedic medicine, and Unani medicine. This is mainly due to accessibility, lower costs, and confidence in the effectiveness of these medicines, especially in rural areas and communities with limited access to modern health facilities.

In Africa, especially in Sudan, the prevalence of herbal medicine use reached 85.9%, with many respondents believing that herbal medicines are safer and have fewer side effects than modern medicines (Mohamed et al., 2024). Based on data from (Kemenkes, 2019), the proportion of traditional health services in Indonesia is 31.4% of people use traditional health services (Yankestrad), and 12.9% of people make efforts, such as making traditional herbs, buying jamu gendong, and using family medicine gardens (TOGA).

The results of this study are in line with research conducted by (Pane et al., 2021), which shows that the majority of herbal medicine users, namely female respondents, are 54.4%. Based on age group, most of the respondents were in the category of productive people (25-54 years old), namely 73.2. Most respondents in the early adult category (18-40 years old) use traditional medicine.

The factors that affect the use of traditional medicine in adults are very diverse. In Indonesia, cultural factors, family traditions, beliefs in natural medicine, and economic limitations are the main drivers (Amin et al., 2024). Although the use of traditional medicine is increasingly accepted, the main challenge faced is the lack of strict regulations and safety standards. In some countries, the quality and dosage of non-standardized traditional medicines are still an important issue, posing a risk to users. Therefore, cooperation between the government, academics, and health practitioners is needed to ensure that the traditional medicines used are safe, effective, and by scientific standards (VERATRISNA & NURFITRI, 2023).

The purpose of this study is to identify social, demographic, health, and cultural preference factors that influence the use of traditional medicine in adults. Meanwhile, the benefits of this study are to increase public understanding of the role of traditional medicine in maintaining health, especially in areas with limited access to modern health services.

## RESEARCH METHOD

The design of this study uses a literature review. The data source comes from national articles using relevant databases, namely Pubmed and SINTA. The search focuses on the findings of various studies that have been published in national journals in Indonesia. To get relevant articles, the publication period is limited to a span of five years between 2019 and 2024, by using a combination of keywords: Traditional medicine factors for the use of traditional medicine.

**Table 1. Inclusion and Exclusion Article Criteria**

<b>Inclusion Criteria</b>	<b>Exclusion Criteria</b>
Articles that discuss the factors that affect the use of traditional medicines by adults	Articles that are not related to factors affecting the use of traditional medicines by adults

Inclusion Criteria	Exclusion Criteria
Scientific and research articles	Non-scientific and non-research articles
Documents in English or Indonesian	Documents are not in English or Indonesian
Published in 2019-2024	Published outside 2019-2024
Available in full text	Not available in full text
Open access	Access not open
Quantitative, qualitative, experimental, and other research methods	Systematic review methods, literature reviews, or non-research methods

### Search Strategy

The electronic search was carried out using the final keyword: the influence of mental health education in adolescents can prevent the incidence of mental health disorders. The data sources are Pubmed, SINTA, Literature Review, WHO, and Ministry of Health.

### Selection of the Study

The results obtained from the previous phase are collected and stored in a database to assist authors in researching titles and abstracts to ensure qualified articles. Eligible articles are then re-evaluated to eliminate any duplicates identified. Furthermore, the remaining articles are carefully reviewed to ensure that they meet the inclusion requirements.

### Data Extraction

After that, data is collected from papers that are eligible for inclusion in the research findings. This data includes information such as the author and year of publication, research objectives, data collection instruments, research techniques, and results. The extracted data is displayed descriptively without any additional analysis. Information was obtained from 10 articles that met the inclusion criteria.

## RESULT AND DISCUSSION

Based on a study from the literature, ten articles related to factors affecting the use of traditional medicine in adults were obtained. The details of the content of the article can be seen in the following table:

**Table 2 Factors affecting the use of traditional medicine in adults.**

Title, Author, Year	Aims	Sample Size	Methods	Result
Prevalence of herbal medicine among Sudanese adults: a 2021 cross-sectional study (Mohamed et al., 2024).	It aims to bridge the research gap on the prevalence, and predictor of herbal medicine use in Sudan.	The study involved 381 participants, of whom 48.1% were women and 31.4% were aged 20-30 years.	This cross-latitude descriptive research was conducted between January and February 2021. The study used a simple cross-sectional systematic.	The study reported a very high prevalence of herbal medicine use, which highlights the acceptance of Sudanese adults towards herbal medicine use. This prompted further research to explore its safety, efficacy,

Title, Author, Year	Aims	Sample Size	Methods	Result
				and possible integration into mainstream healthcare practices and policies.
Herbal medicines: a cross-sectional study to evaluate the prevalence and predictors of use among Jordanian adults (El-Dahiyat et al., 2020).	The study aims to investigate the prevalence and determine the factors that can predict herbal use among Jordanian adults.	500 participants	Cross-sectional study	There is a high rate of use of herbal medicines in Jordan, especially among hypertensive patients. Therefore, there is a need to establish effective herbal medicine policies and health education programs to discuss the benefits and risks of using herbal medicines, with the aim of maximizing the therapeutic outcomes that patients want.
A cross-sectional survey on herbal tea use among Cameroonian adults (18-65 years) (Suh Nchang et al., 2023)	This study explored the use of herbal teas by Cameroonian adults to prevent or treat diseases and socio-demographic determinants of tea use among the participants	307 Cameroonian adults (18-65 years old)	Cross-sectional study	There is a high prevalence of herbal tea use among Cameroonian adults in the settings studied in the Central and Southwestern regions of Cameroon, with positive opinions and willingness to use tea if prescribed in health facilities. Authorities must ensure the effectiveness and safety of traditional medicines presented in healthcare facilities, in order to improve compliance and adequate use.
Prevalence of herbal and traditional medicine in Ethiopia: a systematic review and meta-analysis of	The purpose of this study is to update the knowledge about the prevalence of herbal medicine or TM in	36 studies, with 16,288 participants	Literature review & Meta-analysis	Current studies reveal that the use of TM/herbal medicine remains an important source of primary health care in Ethiopia. Compared to the

Title, Author, Year	Aims	Sample Size	Methods	Result
20 years of research (Tuasha et al., 2023)	Ethiopia and describe the characteristics of a population that mostly relies on herbal medicine or TM as an information material for health policymakers.			commonly reported prevalence of traditional medicine/herbal medicine, there was a considerable decrease in the prevalence of traditional medicine/herbal medicine. The high tendency to use TM/traditional medicines during pregnancy requires safety studies to optimize their utilization.
Use of herbal supplements and foods among the elderly living in communities in Malaysian suburbs (Wahab et al., 2021)	The study aimed to investigate the prevalence and patterns of HDS use among a sample of elderly people living in a community in a suburban town in Malaysia.	336 out of 400 seniors	A cross-sectional survey	The use of HDS is common among the elderly who are sampled. Therefore, healthcare providers should be more vigilant in seeking information about the use of HDS for disease management in their elderly patients. Campaigns that provide accurate information about the proper use of HDS among the elderly are urgently needed to prevent misinformation about products.
Use of traditional medicine among adult women in Ibadan, Nigeria: a cross-section study (Li et al., 2020)	Revealing the high level of use of traditional medicine in Nigeria.	748 adult women	Structured questionnaires	The proportion of the overall use of traditional medicine is 81.6%. Women from the Ibo and Hausa ethnic groups were significantly less likely to use traditional medicine than the Yoruba majority group (OR 0.25, 95% CI 0.10-0.63; OR 0.43, 95% CI 0.24-0.76). In addition, educated women were less likely to use

Title, Author, Year	Aims	Sample Size	Methods	Result
				traditional medicine compared to uneducated women, with the greatest effect seen in women with a secondary education (OR 0.42, 95%CI 0.21-0.85).
Demand and factors influencing "Internet Traditional Chinese Medicine" home nursing services for older adult patients with chronic diseases: a mixed research perspective (Wang et al., 2023)	This study can help to understand the demand for "Internet + Chinese medicine" home care services and the factors influencing them from older adult chronic disease patients, and to provide a reference basis for improving the quality of life of the older adult chronic disease population.	308 patients	This quantitative study uses the convenience sampling method	The results of multiple linear regression showed that the learning of nursing service pathways, knowledge of general knowledge of Chinese medicine, and attitudes towards Chinese medicine among older adults and the demand for home care were factors influencing the demand for Chinese medicine nursing services for older adult patients with chronic diseases ( $p < 0.05$ ).
Analysis of the Types of Constitutions of Traditional Chinese Medicine Among Adult Urolithiasis Patients in Wuhu, China (Wan et al., 2023)	This study aims to analyze the correlation between urinary tract stone formation and the constitution of Traditional Chinese Medicine (TCM) among individuals in Wuhu.	140 cases	Population and retrospective studies	Among the 140 patients, the largest group consisted of patients with a peaceful constitution, accounting for 36.43%. The second largest group, at 23.57%, included patients with type A constitution (peaceful + other TCM constitutions). After that, patients with a constitution type A G (Yang deficiency + other TCM constitutions) represented the third largest group at 7.14%. The majority of patients show a constitution characterized by

Title, Author, Year	Aims	Sample Size	Methods	Result
				peace and substance. Therefore, it is very important to strategically allocate medical resources to improve the effectiveness of the differentiation of Traditional Chinese Medicine syndrome in treatment.
Factors Related to the Selection of Herbal Treatment in Diabetic Mellitus Patients (Retta et al., 2023)	The purpose of this study is to find out the factors related to the selection of herbal treatment in patients with Diabetes Mellitus in the Selindung Health Center work area in 2023.	60 respond	The research was carried out using a cross sectional design and a chi square test	The results of the study showed that there was a relationship between age p value (0.058), education level p value (0.040), knowledge level p value (0.000) and family support p value (0.035) with the selection of herbal treatment in Dianetes Mellitus patients in the Working Area of the Selindung Pangkalpinang Bangka Health Center in 2023.
Factors Influencing People to Choose Alternative Medicine in Kota Barat District, Gorontalo City, University of Muhammadiyah Gorontalo (Marhenta et al., 2021)	The purpose of this study is to find out the factors that influence people to choose alternative treatment.	120 samples	KK cross sectional study	The results of this study show that (a) Social factors affect people's decision to choose alternative medicine in Kota Barat District with a value of 0.000, (b). Economic factors affect people's decision to choose alternative medicine in West Kota District with a value of 0.000 (c). Cultural factors affect people's decision to choose alternative medicine in West Kota District with a value of 0.015, of the three factors studied, the

Title, Year	Author,	Aims	Sample Size	Methods	Result
					more influential factor is social and cultural factors, which have a correlation level of 0.472

## Discussion

### Factors Influencing the Use of Traditional Medicines in Adults

From some of the studies shown in the table, there are several key factors found influencing the use of traditional medicines in adults in different countries, including Sudan, Jordan, Cameroon, Ethiopia, and Nigeria. These factors can be classified into socio-demographic factors, health factors, and cultural and knowledge preferences.

#### 1. Socio-Demographic Factors

Studies in Sudan (Mohamed et al., 2024) and Jordan (El-Dahiyat et al., 2020) show that age, gender, and education level factors affect the level of herbal medicine use. For example, in Sudan, the prevalence of traditional medicine use is high among women and young adults aged 20-30 years. In Nigeria, research reveals that more educated women have a lower tendency to use traditional medicine. This could be attributed to greater access to modern medical information among educated individuals, which reduces their reliance on traditional medicine.

#### 2. Health Factors

Several studies highlight the link between chronic health conditions and the use of traditional medicines. In Ethiopia (Tuasha et al., 2023), the use of herbal remedies remains significant, especially among pregnant women, despite a decrease in prevalence in the last 20 years. Studies in Malaysia (Wahab et al., 2021) and China (Wang et al., 2023) also show that older adults, especially those with chronic diseases, are more likely to use traditional medicine to complement their modern medicine.

#### 3. Cultural and Knowledge Preferences

Cultural factors play an important role in determining treatment options. In Nigeria, ethnic preferences for the use of traditional medicine are strongly influenced by cultural background, where the majority group of Yoruba is more likely to use traditional medicine than the minority group of Ibo and Hausa. Knowledge passed down from generation to generation is also an important factor found in countries such as Cameroon and Ethiopia.

#### 4. Analysis and Implications

These studies confirm that socio-demographic factors such as age, education, and cultural background, as well as health conditions, play a key role in influencing a person's decision to use traditional medicine. In some countries, such as Ethiopia and Sudan, the use of traditional medicine is still the top choice in primary health care, reflecting limited access to modern care and strong cultural preferences.

From this analysis, it can be seen that a better understanding of these factors is essential for the development of appropriate health policies. Regulations



regarding the safety and efficacy of traditional medicines must be strengthened to ensure their use is not only effective but also safe for the wider community.

## CONCLUSION

The factors influencing the use of traditional medicine in adults vary greatly depending on the socio-demographic context, health conditions, as well as cultural preferences, and local knowledge. Efforts to integrate traditional medicine with modern health systems need to consider these factors to achieve optimal health outcomes.

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