

A Study of folk wisdom in the treatment of paralysis A case study of a local doctor

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Abstract

The research of folk medicine healer knowledge in the treatment of stroke. A case study of folk medicine in the Central Region. The purpose of this study was 1) to study the knowledge of stroke folk healers and 2) to analyse folk medicine healers' knowledge regarding the causes of stroke, disease treatment, and processes to gather knowledge of folk medicine in the treatment of stroke This research is a qualitative study. The samples comprised Thai folk medicine practitioners with competence in stroke treatment and patients who had received stroke treatment using Thai folk medicine. By collecting data from in-depth interviews. After that, analyzed and compiled data to obtain information according to the study's location, purpose, and presentation results. The research found that Thai folk medicine will know about different or similar treatments according to the knowledge gained from succession from the ancestors. The knowledge of these treatments is related to the local culture. The local landscape including beliefs and rituals for healing most of the knowledge gained from treatment is usually not just finished, but only from the ancestors. There is also a self-study and study from teachers by being a disciple. Each Thai folk medicine will have a similar treatment process. Most of them will treat medicine, and use herbal medicines primarily. Each Thai folk medicine will use different herbs according to the knowledge gained after treatment, there are contraindications. Practices during treatment are abstinence from injurious food. The results of the study found that the treatment of folk healers is not enough and may eventually disappear. Therefore, it should be supported and promoted by all parties. To preserve and preserve folk medicine healer knowledge.

Keywords: folk medicine healer knowledge, stroke, Thai folk medicine

1. Introduction

Paralysis (Stroke) is a condition characterized by weakness or inability to move parts of the body, such as the arms, legs, or face, often accompanied by numbness. It is primarily caused by abnormalities in brain blood vessels, with strokes being the most common type. This condition is a global health issue and the third leading cause of death worldwide, particularly affecting people aged 45 and older. In Thailand, the incidence rate is 690 per 100,000 people, with a rising mortality trend as the population ages. (Surakiat Achanupap.: 2010) Modern medical treatments, including medication and surgery, often involve high costs, risks, and prolonged recovery. In addition to conventional treatments, traditional Thai medicine offers

alternative approaches, such as massage, herbal compresses, and remedies passed down through generations. These methods reflect the cultural wisdom of local communities but lack systematic documentation. The current treatment for stroke or paralysis mainly depends on the underlying causes and the patient's existing medical conditions. Modern medical approaches include treatments such as brain surgery, among others. (Tikham, S., et al., 2021) As a student of applied Thai traditional medicine, I aim to study and document the treatment processes used by traditional healers, from admission to recovery. The information of folk doctor directory from the Department of Thai Traditional and Alternative Medicine Development, The 4 folk doctors were selected for this study (Promdao, W., et al., 2019) will help preserve and extend the effectiveness of these valuable practices for future use.

1.1 Research Objective

- 1.To study the knowledge of paralysis treatment by local healers.
- 2.To compile the treatment processes used by local healers.
- 3.To preserve the traditional healing practices of local healers.
- 4.To evaluate the effectiveness of treatments provided by local healers.

2. Methodology

This was qualitative research methodology. Information collecting from books, relevant research, and in-depth interview from 4 folk doctors with expertise in cancer treatment, and 7 cancer patients were treated by folk doctors. The tools were questionnaire, and in-depth interview form for Thai folk healers. Another tools were questionnaire, and in-depth interview form for the patients. In-depth interviews and observation, by using open-ended questions, note taking, and video recording. Note taking, and video recording were transcribed, and summary. Verify the accuracy and integrity of information. Data were analyzed as separate issues, according to the objective of the study.

3. Research results

The folk doctor was the main role in maintaining the health of the local people by using belief principles, and practices. The 4 folk doctors lived in central region of Thailand. The first folk doctor, Mr. Charoen Sangphap, 61 years old, has inherited the knowledge from the ancestors, and has studied more pharmacy with senior folk doctors. He has experienced in treating diseases for about 40 years by using single herb, herbal formulation, ready-to-use formula, pain relief by oil massage, holy water, blow-spraying, splint, herbal steam, herbal compress.

The second folk doctor, Mrs. Som-O Kirkchaiwan, 78 years old, has inherited the knowledge from the ancestors, and has studied with senior folk doctor. She has experienced in treating diseases for about 21 years by using meditation, herbal formulations, ready-to-use formulas, pain relief by oil massage, holy water, blow-spraying, and use of spells. She said that I used to do it but now I don't have to go to the hospital. Currently, there is no baking. Apply a herbal compress and enter the tent. The use of spells as spells to extinguish fire poison.

The third folk doctor, Mr. Prempree Ruayphinich, 68 years old, has a method for diagnosing symptoms and selecting treatment methods through physical examination. There is a comparison with the textbook of the adoptive father. There is no history taking. It does not rely on the diagnosis results of the current plan. Use the power of concentration in touch to diagnose disease and observe the skin and eyes mainly. In terms of treatment used, there will be the use of herbal formulas. No single herbs are used, there is compression, massage, oil, holy water, and splinting. At present, there is no baking and compressing with herbs. There are spells used as poison extinguishing spells and drug withdrawal spells without blowing or spraying.

The fourth folk doctor, Mr. Choocheep Kongkasri, 81 years old, has inherited the knowledge from the ancestors, and study further by observing, training, and massage lessons from Wat Pho. He has methods for diagnosing symptoms and selecting treatment methods from taking a history. Use the principle of looking at balance, looking at faces, and using observation, without examining the body. There is no comparison with textbooks. No use of concentration power Do not use the inside seat. And there is no use of occult fortune-telling. However, the diagnosis from modern medicine is mainly used. And in terms of treatment, herbal formulas are used. Do not use single herbs. Use ready-made medicine Oil is used to relieve aches and pains, and at present there is no massage. Don't use holy water. There is no blowing or spraying, no splinting, no use of spells or magical methods.

4. Conclusion

All four healers interviewed inherited their knowledge from ancestors, often through familial transmission. Their expertise was further developed through self-study, mentorship under other healers, and training from institutions. This aligns with findings by Achara Sumangkase and Chaiwat Nantasee (2016) on the transmission of traditional medicine knowledge in Kalasin province, where healers learned through inheritance and self-directed learning. The methods of diagnosis and treatment of the four traditional healers mentioned above are consistent with the research of (Niamsuwan, O., et al., 2013) researched the study of knowledge in the treatment of paraplegia paralysis among local healers. Case study of Somporn Sudjai from Chumphon Province. It has been said that the Treatment of paralysis - paralysis by Somporn Sudjai has 5 steps of treatment: 1) Chaloisak massage to stimulate the nervous system and relax muscles. 2) Using herbal medicine to help expel gas. 3) Herbal steaming to help blood circulation and wind. 4) Herbal compresses to expand capillaries, and reduce pain. 5) Grilling is a way to balance the 4 elements in the body. The treatment steps for each patient may be different depending on the cause and severity of the symptoms. of disease The symptoms of the disease of the four traditional healers mentioned above can be summarized as numbness and weakness in the arms and legs. This is usually on one side of the body. (Fakkham S, 2022)

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