JICA Traditional Medicine Project in Myanmar

Dr. Tin Nyunt

Department of Traditional Medicine
Ministry of Health
Union of Myanmar
Myanmar Traditional Medicine System

- Desana system
- Bhesijja system
- Nekhatta syatem
- Vijjadhara system
Item number 14:

“to reinforce the service and research activities of indigenous medicine to international level and to involve in community health care activities.”
Project outline


Objective:
To promote skill level of Traditional Medicine Practitioners to improve the basic health situation of Myanmar local peoples
Project outline

- Collect information on the work of TMPs and utilization of herbal medicine by the local peoples
- Analyze popular diseases and needs of herbal medicines
- Compile a Myanmar Traditional Medicine Handbook
- Feedback recommendations to the Department of Traditional Medicines by means of seminars and alike on training of TMPs before and after graduation
- Share the recommendations of the study with TMPs through seminars
- Conduct training of TMPs on the basic knowledge of herbal medicine.
TMPs vs Gender

n = 346

Male, 52%
Female, 48%
Diagnosis of disease

- Desana-naya: 44%
- Ayurveda: 26%
- Personal experience: 19%
- Western medicine: 8%
- Sangahita: 3%

$n = 198$
Frequency of encountered diseases in Myanmar

Number of incidence

Disease states

Stroke/paralysis/neurological diseases
Bone/Arthritis
Hypertension
Pain and ache
Diabetes
Fever
Breast lump
Heart disease
Cough
Trauma
Spondylosis
Gastric disorders
Shooting pain
Indigestion
Ulcér
Childhood disease
Numbness
Urinary disease
General diseases
Liver disease/hepatitis
Diarrhoea
Asthma
Frozen shoulder
Piles
Measles
Malaria

$n = 346$
Most popularly encountered diseases

- Stroke paralysis/neurological: 212
- Gynaecological diseases: 105
- Bone/Arthritis: 87
- Hypertension: 73
- Pain and ache: 61
- Diabetes: 56
- Fever: 50
- Breast lump: 32
- Heart disease: 28
- Cough: 26
- Trauma: 25
- Spondylosis: 25
- Gastric disorders: 20
Diabetes: Age vs. Occurrences

\[ n = 52 \]
Diabetes: Gender vs. Occurrences

Gender

Occurrence (%)

Female

Male

\( n = 52 \)
Hypertension: Occurrence vs Age

$n = 102$
Hypertension: Occurrence vs Gender

$n = 102$
Stroke: occurrence vs Age

$n = 47$
Stroke: Occurrence vs Gender

$n = 47$
Basic principle of Myanmar traditional medicine.
The clinical approach, diagnosis, and management of the patient.
The TM council law, the TMP’s oath & ethics.
Diseases commonly encountered by TMPs and management of (5) commonly encountered diseases.
Mostly prescribed TM formulation.
Mostly used medicinal plants
The medical records and referral system, the biomedical parameters
Myanmar Traditional Medicine Handbook
## Contents of Traditional Medicine Handbook

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Objectives of the course

1) To understand current situation of Human Resource Development of Traditional Medicine in Japan.

2) To utilize the knowledge obtained in planning of the human resource development program in DTM.
Good Practice and Ideas from our experiences in Japan

Lecture on the university

- Pharmacognosy
- Natural products chemistry
- Metabolic engineering
- Pharmacology
- Pathogenic biochemistry
- Gastrointestinal pathophysiology
- Clinical application
- Museum etc.
Lecture at the hospital

- There were lectures on kampo medicine pharmaceutics, Kampo diagnosis and treatment. We also observed Kampo pharmacy and dispensary.

- On the next days, observatory visits and short discussions at each departments. There were research works in process.
Visit to International Research Center for Traditional Medicine

- International research center for TM
- Life science hall
- Health stadium
There was an opportunity to visit to museum of Materia medica, which would be very effective, very interesting for TM students.

Apart from those, we had observed the course of medical students, the pharmaceutical science and treating the patients by Kampo medicine. Further more observations were made on the system of health care at out-patient department and few points on health insurance system.
Action Plans

- **Output 1**
  Capacity building of the TMPs

- **Activity**
  Establishment of well-organised traditional medicine museum.
Action Plans

Output 2
Quality control of TM drugs

Activity
To enable the public to consume genuine quality, safe and efficacious TM drugs.
Action Plans

- **Output3**
  Research in Traditional Medicine

- **Activity**
  Strengthening of scientific research
Constrains

- Human resources
- Technical man power
- Inadequate Instruments
Conclusion

- More integration of TM with national health care system in line with national health policy.
- Promoting safety, efficacy & quality of traditional medicine by Providing guidance on regulatory & quality assurance standard.
- Providing easily accessible and affordable as appropriate for poor population.
- Promoting the sound use of appropriate traditional medicine drugs providers and consumers.

I hope that tapping of available resources from any countries, agencies, and organizations will make rapid improvement of Myanmar TM in the future.
Acknowledgement

- JICA
- Institute of Natural Medicine, University of Toyama