



# International Conference on Traditional Medicine and Ethnobotany

September 23-24, 2019 Kuala Lumpur, Malaysia

## Ethnobotanical Study of Medicinal Plants for Treating Musculoskeletal Disorders of Skaw Karens at Ban Wa Do Kro in Tak Province, Thailand

Rapeeporn Kantasrila\* and Angkhana Inta  
Chiang Mai University, Thailand

Musculoskeletal disorders (MSDs) such as osteoarthritis, muscle pain, back and neck are the 2<sup>nd</sup> most common cause of disability of the world. Moreover, MSDs is dramatically increasing in lower and middle income countries. The effect of this disorder is the most common cause of severe long-term pain and disability. Karen is the largest ethnic groups in Thailand, they cultivate rice in wide fields using very few agricultural machineries. Therefore, they spend long time bending their body which in turn produce a high risk of back injury, muscular pain and fatigue. The treatments in the hospital, which is often located far away from their homes, take long time to heal. Thus, they have decided to use traditional treatments that involve many medicinal plants. Therefore, in this study, we use qualitative and quantitative ethnobotanical methods to quantify the importance of medicinal plants for musculoskeletal disorders treatment of Skaw Karen. The thirty-eight informants were interviewed using semi structured questionnaire. The importance and the most popular medicinal plants among the informants were calculated by Use Value (UV) and Relative Frequency of Citation (RFC), respectively. A total of 552 used reports from 70 medicinal plant species belonging to 43 families were recorded in this study. The most used plant families were Asteraceae (5 species), Fabaceae (4 species) and Malvaceae (4 species). The most used parts were roots (32%), whole plants (27%) and leaves (23%). The decoction was the most of preparation (68%). The highest used category was reported for muscle pain (297 use reports), flank/axilla symptom/complaint (87 use reports) and back symptom/complaint (73 use reports), respectively. The highest UV and RFC were recorded for *Phlogacanthus curviflorus* (1.37 and 0.97) and *Sambucus javanica* (1.24 and 0.95).

### Biography:

Rapeeporn Kantasrila is presently pursuing her Ph. D at Chiang Mai University, Chiang Mai, Thailand.