

# Herbal use by Latinos in Madison:

From Complexity to the Clinic

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WREN

# Conference theme

- Assumption #1: we've met each other
- Assumption #2: we'd like to work together
- Assumption #3: common mission (helping people, improving health, "stamping out disease", etc.)
- Challenge: using our unique perspectives



# Ethnobotany

- The study of uses of plants by indigenous peoples
  - Relationships between plants, people, and culture
- Ethnomedicine = study of the dynamic relationship between people, the environment, culture, and their healing practices
  - Michael Balick, Ph.D.



# Hypothesis

- Given: herbal medicine use is a significant, and often honored part, of traditional medicine systems in other countries
- Understand herbal medicine use practices in immigrant populations
- Apply to all demographics
- Improve safety and efficacy of herbal use



# What “we” know

- Plant use outside allopathic clinics
  - Herb-drug interactions
  - Polyherbacy
- Basic knowledge
  - Which plants
  - Ethnic group differences
    - “Hispanic”, “Latino”
    - 4-100% use plants
- Plants
  - <1% screened
  - Ethno-screen
    - “Powerful plants”
  - Apprentices scarce

Gardiner, 2012; Juckett, 2013

# What “we” don’t know (yet)

- What species?
- Where?
  - Info
  - Plants
- For what?
- Methods
  - Qualitative
  - Convenience sampling
    - Focus groups
    - Interviews
  - UW IRB exemption

# Our questions

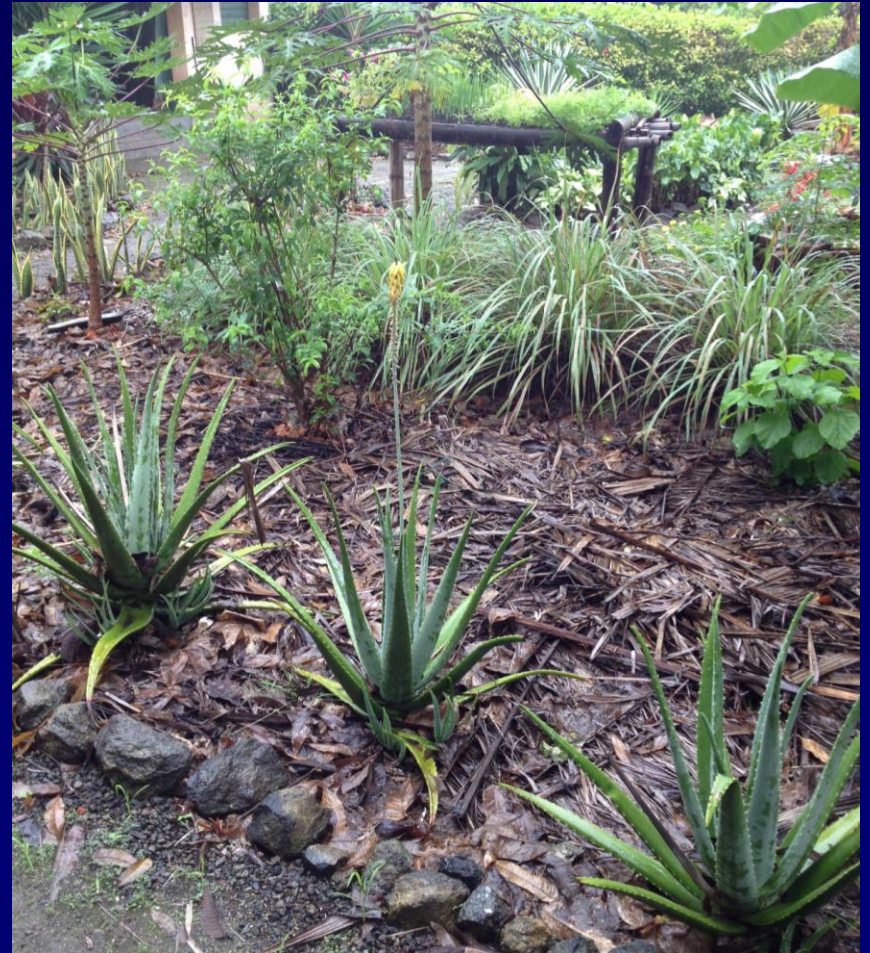
- Which plants?
- How often?
- For what?
- Where get them?
- Where learn?
- When plants vs MD?
- Diagnoses:
  - GI, cholesterol, arthritis





# Results

- 8 interviews and focus groups
- 42 people
- 199 minutes audio
- 58 plants
  - See handout
- Plants > MD
- Info sources varied



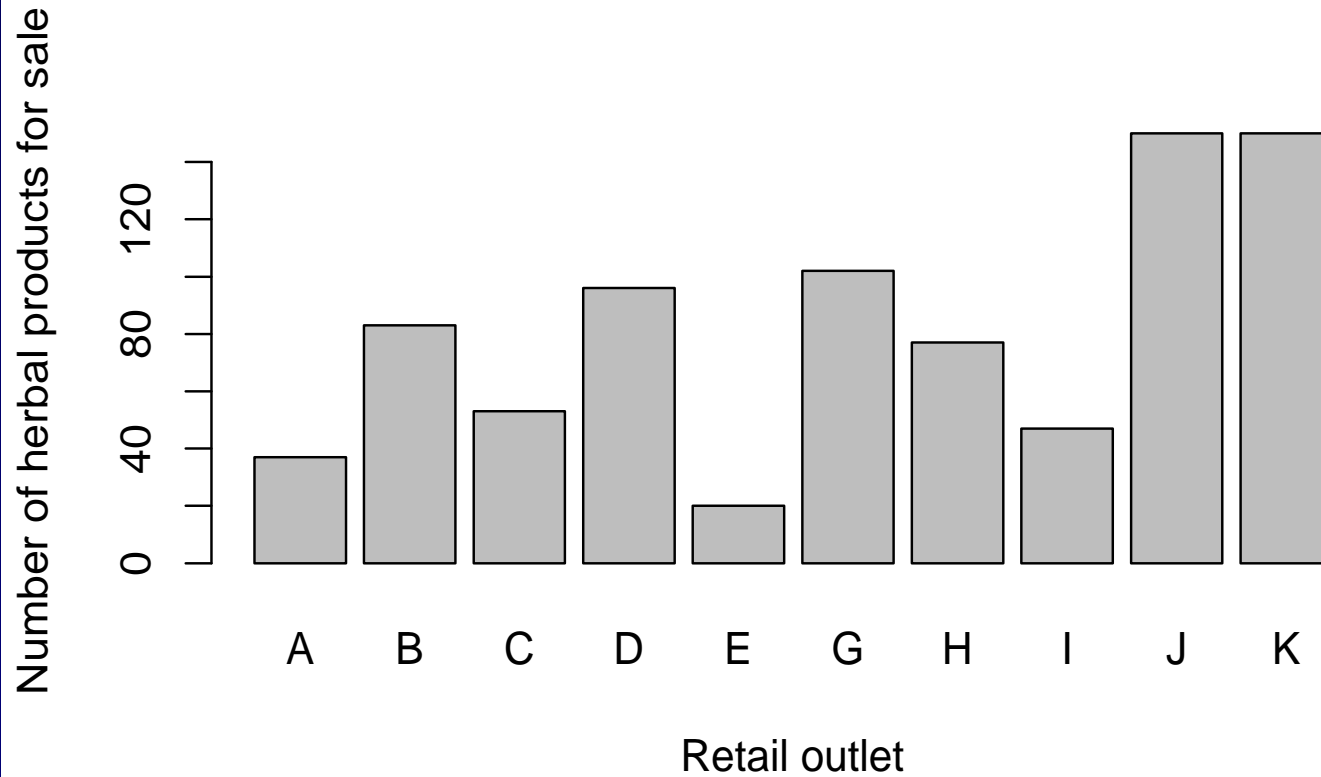


# Common names

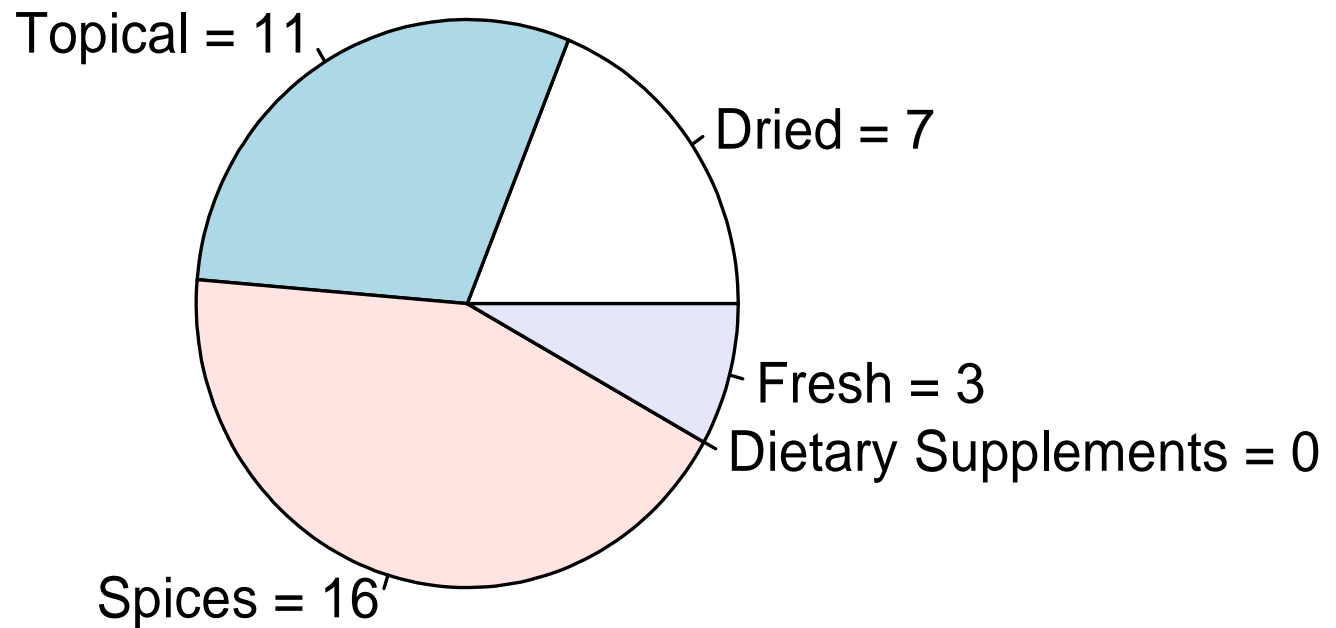
- Jengibre (ginger)
  - *Zingiber officinale*
- Hierba buena (peppermint)
  - *Mentha x piperita*
  - *Mentha spicata*
- Estafiate
  - Wormwood (epazote)
  - *Artemesia maritima*, *A. absinthia*, *A. annua*, *A. pontica*



# Retail sites



# Herbal form



# Community Gardens

- Foods/Medicines
  - Nopal (Prickly pear)
- Community Action Coalition
  - Marlborough (Latino)
  - Quann (Hmong)
- UW
  - Eagle Heights
  - 60 languages (Mandarin)



# Let's meet one

- Hierba luisa
- Lemon grass
- Citral (aroma)
  - Anti-spasmodic
  - Anti-bacterial
- “Calmante” (GI)
- Fiebre
- Infusion





# Clinical pearls

- Ask (“Hear”, H.E.R.B.A.L.)
- Food-medicines
- Polyherbacy
  - Cross check with meds
- Common name confusion





# Future (what we don't know yet)

- Sourcing, plant identification
  - Latin binomial
- Increase communication (clinics, PCPs)
  - Safety
  - Plant-pharma interactions
  - Scenario: on-line
- Latinos: country-by-country
  - Apply this analysis to other ethnic groups

# Common Mission, Multiple Approaches



¡Gracias!