

COMPLEMENTARY AND ALTERNATIVE MEDICINES FOR INFECTIOUS DISEASES

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ABSTRACT

Complementary and alternative medicines (CAM) are widespread use. In U. S. adults 19% used herbal medicines. CAM is in use irrespective of prior demonstration of safety and efficacy. Both CAM and integrative medicine modalities are widely used by patients, including with infectious diseases. In a review of 40 studies of CAM and integrative medicine modalities have been used for common cold, recurrent urinary tract infections, (UTIs), malaria, diarrhea, and HIV/high active antiretroviral therapy (HAART) - associated hyper triglyceridemia. CAM also considered to be useful for HIV infected patients. Large placebo-controlled studies have shown that St. John's worts, garlic, milk thistle, ginkgo and chondroitin doesn't treat depression, lower low density lipoprotein, cholesterol, hepatitis, affect memory and arthritis respectively. Conversely, omega -3 fatty acids can prevent heart disease, calcium and vitamin D prevent osteoporosis in postmenopausal women and folic acid prevent neural tube defects in pregnancy. Individuals are often unaware that CAMs are not tested by the therapeutic Goods Administration for efficacy and safety.

KEYWORDS: CAM, Cranberries, Zinc and Milk Thistle