



Diseases and their Alternative Medicine Treatment in Ghana

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ABSTRACT:

Some of the chronic diseases most communities were suffering from were skin eruptions, varicose veins, asthma, anemia, colds and flu, diabetes, fibroid, cholera, typhoid, prostate, kidney, and stomach ulcer. Indeed, an individual would report a particular disease and treat the condition with orthodox medicine. The next moment, another disease emerges. The Ghanaians were now aware of Western medicines were the root cause of the strange diseases that entangled their communities. Although the merely well-known treatment application in some of these areas was the herbal remedy which in actual fact had its own disease healing restrictions, the population had not been utilizing the herbs enough but rather looked for medical care through conventional means. In spite of these, many still had no answer to their poor health such as stress, severe headache, malaria, spinal cord disorders, and many others. However, to release them from these never-ending ailments, the following isolated therapies were identified as alternative medical care to their ill health; chiropractic therapy, magnet therapy, yoga, fasting therapy, biofeedback, vision, reflexology, vitamin, naturopathic, aromatherapy, and nutritional therapy. Certainly, the researcher used both primary and secondary skills to gather information for this academic work. The chief primary tools used to assemble this work were chat or interview, survey or questionnaire, and field observation. Books and the internet were the fundamental tools for secondary data congregation. The qualitative method was hired for the analyses of the research result. The upshot or the product of the study was pondered and inferences were worn-down.

Keywords: Alternative Remedies

INTRODUCTION

Regardless of the effort being made by successive governments and investors in the healthcare sector in Ghana, the health sector is still faced with challenges. In spite of the several conventional drugs that are being imported to the country, common diseases such as malaria, diarrhea, respiratory tract infections, maternal conditions, cancer, eye defects, and headache continue to claim the lives of many Ghanaians every year. Regrettably, alternative medicines are not counted in the healthcare interventions in Ghana. Indeed, Alternative medicine refers to whatever thing that can develop the excellence of a person's life not comprising ruthless medications and chemicals (Anderson R. 2000). Surely, the American dictionary defines Alternative Medicine as a diversity of helpful or protective healthcare practices such as homeopathy, naturopathy, chiropractic, and herbal medicine that may not trail customary medical processes and may not have technical justification for their efficacy. Alternative medicine is also defined as any diverse classifications of curing or treating illness (such as homeopathy, chiropractic, naturopathy, Ayurveda, or faith healing) that the United States and Britain do not include in their medical schools' curricula. Alternative medicine is defined as the healthcare and administration practices collectively with traditional Chinese medicine, chiropractic, folk medicine, and naturopathy that lessen or avoid the use of surgical procedures and drugs (Daly D. 1995). Traditional medicine includes health familiarity, skills, and practices based on the local way of life and skills which use animal, herbal, or mineral-based medicines and spiritual remedies for the avoidance, analysis, and management of bodily, and mental illnesses, and for the universal continuance of well-being. Alternative medicine has been expressed as a wide sphere of healing wherewithal that takes in all health methods, modalities, practices, supplementary hypotheses, and ways of life other than those inherent to the politically governing health scheme of a specific society or culture in a known chronological era (Bannerman RH. 1993). Generally, alternative medicine may be explained as whichever practice has the healing possessions although it has no rational foundation. Alternative Medicine takes account of wide assortments of healthcare practices, products, medical examinations, and treatments which characteristically not integrated into the programs of conventional medical institutions or used in conventional medicine. Some examples of alternative medicines which are widely used include homeopathy, naturopathy, chiropractic, energy medicine, and acupuncture. The use of alternative medicines as alternative ways of curing ailments is clearly recorded or documented. However, owing to the widespread recognition and patent supremacy of natural medicine or alternative medicines have received, many authors criticize the medicines as being primitive and untrustworthy. Previous to the introduction of these Western medicines, over 90% of the Ghanaian population used herbs and other varieties of alternative medicines for taking care of diseases and averting illnesses. The healthcare structure in Ghana indeed is not in an even way scattered. However, it is only the county communities that have the healthcare structures. In statistics, the rustic areas that constitute the higher fragment of the full length of the country have virtually no healthcare conveniences. The widely held of these clutches of people are traced far away from the healthcare midpoints. The road networks joining these rural areas to the inner cities are dissipated and motorists or drivers do not apply them. The small number of them who apply the roads charge prodigiously. In the communities, as soon as individuals are sick, they either tread on these grimy roads or pay a gigantic quantity of money to these motorists or drivers in other to convey

them to the clinic or hospital. Nevertheless, owing to the unreachability, a lot of ill persons pass away on their way to the sanatoria and ample others' well-being get worsen. Shockingly, the defenseless ones in these rustic groups of people are women, children, and folks with breathing or respiratory tract syndromes. Nonetheless, it is in contradiction to this that the investigator investigated the common diseases that many Ghanaians are suffering from and their alternative remedies. The researcher also looked deep into some isolated therapies which can be used as alternative medicine in Ghana for holistic.

MATERIALS AND METHODS

1.0 INTRODUCTION

This portion of the investigation accords with the gears the writer used to congress data for the advance of this academic article. The writer's dominant fundamentals of get-together facts for this analysis or research effort were the primary sources and the secondary sources.

1.1 PRIMARY DATA

The principal primary congregation apparatuses used for this work were seminars and interviews. In addition, some vital facts for this educational drudgery were also attained over and done with the Department of Herbal Medicine, University of Ghana- Korle-Bu, herbal clinics or hospitals, herbalists, conventional sickbays, and pharmacologists. The skills or tools the author used to collect primary data include discussion or interviews.

1.2 INTERVIEW

The investigator conveyed a sequence of questions which were made up of twelve (12) clear-style questions and nine (9) close-ended kinds of interviews. Clearly, these interrogations were concentrated on the chosen people. However, the interrogator evaded the greatest imperative questions which powerfulness might give clues to the interviewee to the anticipated results unambiguously for the length of the interview or discussion. Surely, the investigator constantly drove the interview or conversation over and done with phone appeals or calls specifically at individuals who were not able to attend to the interrogator owing to their demanding activities all through the day. Eventually, fifty key persons including alternative medicine practitioners, traditional priests, conventional medical practitioners, and government agencies were interviewed. Statistically, five alternative medical clinics were contacted and two staff from apiece clinic were actually conversed with. Truly, the Heads of departments, five students, and five lecturers at the departments of Disaster Management at the University of Energy were indeed interrogated. Finally, two hundred (200) respondents were involved in this academic work.

2.0 SECONDARY DATA

Pertinent indicators from the internet, books, newspapers, reviews, journals, and television and twelve-monthly reports from governments or institutions were the basics from which secondary data were realized for this review.

3.0 DATA ANALYSIS

The data gotten were put together and preserved in a qualitative form. The validation and proceedings accomplished from the conversations or interviews were converted to English. The furthestmost imperious philosophies and the feelings of the interviewee were modified and presented.

RESULTS

1.0 INTRODUCTION

It is clear from the study that Ghanaians especially the rural folks are battling chronic diseases under the care of the so-called medical doctors. Some of the chronic disease's communities are suffering from are skin eruptions, varicose veins, asthma, anemia, colds, flu, diabetes, fibroid, cholera, typhoid, prostate, kidney, and stomach ulcer. The study reveals that as the individual reports a particular disease and treats it with orthodox medicine, the next moment another disease emerges. The research shows that people are aware of Western medicines are the root cause of the strange diseases that have entangled their communities. To confirm this, a farmer who was interviewed had rashes all over his body and attributed it to the malaria drug he was given when he went to the hospital.

1.1 Skin Eruptions

The skin eruptions may be explained as the outward appearance of punch, spots, irritation, foam, and skin complaint. The term is also known as skin bleaching. It is the overflowing of the body fluids that contain healing nutrients. The diet to be of assistance to skin-refining may consist of unrefined fruits and green vegetables, complete grains and wheat, beans, soybeans, brown rice, millet, and nuts. It is extra significant to keep away from refined foods, fats, fried foods, and animal fats. However, to take care of skin troubles, one desire to rinse the membrane with a natural soap recognized among

many Ghanaian tribes as Ameyibor dzale or Alata soap. Individuals who use saleable blushers and creams should avoid them. The use of Aloe Vera fluid, cod liver oil, dandelion, cherry clover, ginger, and chickweed may be of high quality to build up the skin.

1.2 Varicose Vein

A varicose vein is a disorder in the veins and arteries. It occurs when the arteries become hard and lose suppleness. Obviously, it may be noted that coagulating or hardening is not the fundamental syndrome but rather the secondary disease response. However, it is caused by the insufficiency of liquid or fluid surrounding the arteries. Certainly, salty, animal flesh and white sugar are materials that source the arteries to harden. Surely, it is essential to note that the human body reacts by means of producing oil to soften the arteries which leads to a high cholesterol level in the body. Logically, this shows that too much eating of refined foods, washed-out white flour, and white sugar may cause hardening of the arteries. Evidently, the use of kiwi, grapefruits, lemon, pineapple, mango, green plant, mistletoe, blackberry, and comfrey may prevent varicose vein problems.

1.3 Asthma or Congested Lungs

Asthma is a disease reaction that causes the bronchioles to contract. This makes the skin in the lungs swell with fluid mucous (which is undigested blood). The human body needs a large amount of air in order to burn or break down toxins, white sugar, alcohol, and synthetic chemicals which irritate the lungs causing fluid to come in order to protect the membranes. Interestingly, this extra work makes the lungs to be tired and causes disease reactions. Asthma is normally caused by allergic reactions to adulterated food or hypertensive or emotional upsets which trigger an allergic reaction. Asthma, like all other diseases and disease reactions, is holistic (combined body, mind, and spirit). Therefore, it requires a holistic cure. Clearly, some foods that should be avoided are animal flesh, cow's milk, alcohol, cigarettes, and all processed food. Herbs such as Alfalfa, comfrey, kelp, ginseng, myrrh and goldenseal can be used to treat asthma. In addition, asthma can be treated by boiling half (½) ounce of camphor, wormwood, and cudweed and using it to bathe. However, vitamins C, A, E, B6, D, F, bee pollen capsules or tablets are also effective in treating asthma. However, it is also important to take in foods like string-bean juice, cucumber, watercress, and garlic.

1.4 Cold or Flu

Cold is a commercial term for the disease. Colds are bodily defense reactions to a toxic or polluted septic body system or imbalanced body chemistry. The commonly accepted ignorance is that one can develop a cold. However, it should be mentioned that the catarrh or mucous discharge is called a cold. Obviously, it is the body's attempt to get rid itself of waste that could not pass through the bowels of the urine. This diseased mucous drains out the body via the lungs and the nasal passage and is ignorantly called cold. In all, it is caused by constipation or a diet of partial foods which produces partial health known as disease. Naturally, at this stage, the body is not at ease but in a state of the disease called a cold. Unmistakably, cold can be treated using vitamin C taken hourly or 3 to 6 times a day. Moreover, food supplements such as pineapple, green pepper, mango, tomato, and kiwi can also be used to treat colds. Again, herbs like goldenseal, ginger, hibiscus, peppermint, comfrey, lemongrass, and desert tea can be used in treating colds.

1.5 Diabetes

Clearly, diabetes is a pancreas disease. However, the situation continues living when the body has sugar in it but falls short to be familiar with it. So, the body urinates out the sugar. More often than not, the urine turns out to be gloomy and transforms into an odor color. Interestingly, the result of this is credence loss, loss of desire for food, constant thirst, and an overworked pancreas. Truly, the pancreas produces insulin which burns up sugar in the body. However, the buildup of sugar that stops working to burn in the body causes diabetes. Surprisingly, the illness is more often than not caused by overeating. However, it is also caused by consuming polished carbohydrates. In addition, the ailment is caused by eating an extreme amount of flesh and animal fats. Conversely, to treat diabetes complements such as vitamin B complex, B6, F, E, A, and D, minerals such as chromium, potassium, and manganese. Also, herbs like dandelion, cedar, berries, and many others can be used as a means of treating diabetes.

1.6 Typhoid

Noticeably, mosquitoes can be a carrier of typhoid disease as indeed we have unclean water available. Truthfully, water that has decomposed animal flesh, trash, manure, filth, and septic sewage in it can cause the disease. Medically, the typhoid serum the orthodox medicine practitioners came out with cannot actually replace cleanliness, good hygiene, and pure water. For example, the British Army and French Army in 1918 and 1914 respectively were both vaccinated for typhoid yet, they had an outbreak of typhoid. Evidently, the very moment the natural defense mechanisms of the body are allowed to function, it naturally takes an individual three to seven days to indeed get rid of the body infected with typhoid. However, continued living in a septic sewage environment coupled with an inadequate diet indeed may cause disease and death. However, it should be noted that the so-called medical scientists take credit for ridding the world of typhoid and never suggest that cleanliness resolved the problem as the alternative medicine practitioner does.

1.7 Cholera

Obviously, leaving without hygiene and imperfect intake of food may lead to cholera. Sincerely, food disorders and food decaying in the abdomen may result in critical exterminating of the body. Certainly, the body endeavors to get rid of the venom by causing queasiness. However, queasiness makes the

body lose great quantities of juice and misplace water resulting in drying out the body. The flawed Western diet destitute disinfected handling of foods and baker's addition of clay and non-foods to bread may lead to this infection. Also, the propensity to overeat when food is accessible because of the trepidation of hunger. Eating too much leads to constipation, venomous poisoning, resistant tiredness, and general weakness. Surprisingly, it may be renowned that people may make the acquaintance of each extra maxim "Have you eaten today as famine is a stable danger"? As a result, overeating and material food in constipated coordination formed cholera. Certainly, a firm food supply with storing and arranging food in a hygienic way caused cholera to end but not a remedial phenomenon. However, in alternative medicine, taking a concentrated salt solution may stop the disease.

1.8 Prostrates

Prostrates are diseases caused by the swelling of the prostate glands. Evidently, the consumption of a cleansing diet of fruits may help in treating the disease. Additional herbs such as parsley, ginger, gravel root, goldenseal, and yucca may also be used to treat the disease. However, the infections may be well treated by means of cranberry juice, vitamin E, vinegar, and water. Again, a holistic natural foods diet, and a healthy mind, and spirit are optimum known therapies for the treatment of the disease.

1.9 Fibroids

Interestingly, fibroids are restricted hypertrophy or hyperplasia surrounded by uterine tissues. Hypertrophy is the extreme development of tissues devoid of duplication of its units. Hyperplasia is the disproportionate enlargement of tissues owing to the extreme increase of its cells. However, this uncharacteristic augmentation takes place inside the uterine partition. More to the point, irregular development may transpire in the connective tissues in particular the leathery or the fibrous, and is given the name fibroids. Patently, the symptoms of fibroids are severe blood loss for the period of pregnancy and uterine internal bleeding between menstruations together with vicious pain. Internal bleeding or menstruation is given to the exceptionally enlarged circumstance of the blood spots of the uterus walls. Fascinatingly, a woman in this situation more often than not looks pale, and from time to time this stipulation results in deadly bleeding. Truly, the management of fibroids by the orthodox prejudiced medicinal line of work is more often than not permitting the fibroids to breed. Nevertheless, the augmented development of the fibroid tolerates the woman to be straightforwardly convinced by men for surgical elimination. Also, the orthodox qualified experts anticipate with the aim that the fibroid possibly may worsen as they occasionally go through softening, greasy, and relapse. Conversely, the prime menace of surgical intervention is that it grounds ailment units to multiply and the fibroids may whimper or release secretion which may root harsh blood intoxication. The so-called Medical Doctors disregarding fibroids generate a lot of impediments. Relentless snags may be grounded by automatic obstacles, unnatural transfer of the uterus, organs that effect by tumors, tissue deterioration, and interruption of the capability to tolerate a child or conceive. The orthodox doctors abandoned these bodily threats. Furthermore, a woman's corporal foundation is prepared unbalanced from the extreme blood hammering or loss and the change of nutrients to nurture the growth. The woman is frequently recommended, pain killers and edema regulators. However, the alternative action of the syndrome is supported by the total body, mind, and spirit requirements of the woman. So it tags along that the healing is not injurious to the body and is attuned to the person's biochemical desires. Unsurprisingly, to treat fibroids, lemon may be administered to add to the taking away of poisons and for supporting in the obsession of helpful rudiments. A patient may take 2-6 brand new lemons a day depending on the personality acceptance. In addition, clay may as well be effective management of fibroids for the reason that its elements which consist of Aluminum, Titanium, Silica, Magnesium, Potassium, and Sodium are essential in eliminating the sickness. Internally, the intake of a single or one (1) teaspoon of clay in ½ a glass of purified water a day on a bare stomach is of assistance. However, herbs tender solutions to fibroids. They have the competence to rinse out the blood of the contaminations in the structure. The blend of two or three of the following herbs from an allopathic, homeopathic, and naturopathic point of view may treat the disease: Bayberry, slippery elms, chickweeds, wild yam, white pond lily, and sage. In addition, the following three herbs may also be useful: red clover, dandelion root, goldenseal, blue-violet, chickweed, and comfrey. The exceeding herbs may also be useful to take care of cancer of the woman's reproductive organs.

CONCLUSION

Interestingly, there are many reasons why the Western or Orthodox medical system does not work in Africa and for that matter Ghana. Surprisingly, due to poor road and transport structures numerous native or inborn Africans have to travel immense distances or spaces on foot to reach help. Surprisingly, once they arrive, they are often required to wait in line for up to 8 hours. However, Hospitals and health facilities are difficult for many Africans to get to. However, with the vast area of land in the urban centers, there is still a lack of clinics and resources causing over-crowding in the already existing ones. Evidently, clients are habitually not told their illness or many facts about it all. Certainly, they have no way to avoid or get ready for it. Obviously, the knowledge or technology used is ordinarily of poor value, which affects the quality of the cure. Western medicine is also too costly for the average African to afford, making it problematic for them to have the proper care. Finally, Western medicine eradicates native Africans from the philosophy and tradition and forces them into a situation that they are not contented with, away from their family and customs which are of supreme significance to them. Interestingly, they do not get the appropriate divine healing that their beliefs seek and traditional philosophy requires. Interestingly, over the years, alternative or customary medicine has played a very significant role in healthcare distribution in Africa and it must be noted that its prospective has not been exhaustively scrutinized. However, lifestyle, food or diet, fatness or obesity, lack of exercise, and stress are significant causative factors in the causation of these non-communicable diseases. Alternative Medicines methodologies or approaches to these factors, in particular, will be progressively vital for the growth of forthcoming health care schemes for the rising world like Ghana. Surely, it is only the practice of alternative medicine or traditional medicine that will make Ghana on top of its health-related issues. Certainly, all the continents are different, so, the peoples are also different in terms of color and geographical location. Obviously, the temperatures and diseases in Africa are far different from that of the Europeans. Therefore, different

treatment approaches should also be adopted. Paradoxically, we consume what we have. Obviously, a Ghanaian cannot cover the entire body with a blanket even at night but can be done among the Europeans due to the temperature differences. Evidently, the use of Western medicine to treat an African disease may not be effective or may not even work. There is this principle in the English Language that a singular noun goes with a singular verb. Surely, therefore, Africans should use African medicine to treat African diseases and Europeans should use European medicine (orthodox) to treat European diseases for effective and holistic treatment of diseases.

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