

# Knowledge About Antiparasitic Medicinal Herbs of the Students of FACISA, 2017.

Paola Gavilán<sup>1</sup>, Gloria Ayala<sup>2</sup>, Diosnel Amarilla M.<sup>3</sup>, Celina Recalde<sup>4</sup>, Agustina Nakayama<sup>5</sup> and Juan Caballero<sup>6</sup>

\*Faculty of Health Sciences (FACISA)

\*\*National University of Canindeyú (UNICAN) - Paraguay

DOI: 10.29322/IJSRP.8.9.2018.p8131

<http://dx.doi.org/10.29322/IJSRP.8.9.2018.p8131>

**Abstract-** In Paraguay, the consumption of medicinal herbs in traditional beverages is strongly ingrained. Antiparasitic herbs are widely used as necessary for the elimination of parasites. The objective of the work was to determine the knowledge of the students of the Faculty of Health Sciences, regarding the antiparasitic medicinal herbs, period 2017. The study is descriptive, field, cross section with a single measurement. The study population N = 60 and a sample n = 54 correspond to the students of the nursing career of FACISA-UNICAN, the sample was for convenience because those present were taken at the time of data collection. The technique of collection applied was the survey of closed questions based on theory. In the results it was obtained that 86% of the sample refers that they know the antiparasitic herbs and 14% do not; 84% would be willing to use as an alternative for the ailments and 16% would not; The medicinal plants named are the ka'are (*Chenopodium ambrosioides*) with 31.37%, the suico (*Tagetes minuta*) with 24.51%, Verbena (*Verbena officinalis*) 9.8%, wormwood 4.9%, boldo (*Peumus boldus*) 2.94% and other 8.82 %; The way of use of antiparasitic plants are; in the infusion with 66.00%, syrup with 28.00% and bath with 6.00%. Based on the results it can be concluded that 86% of the students surveyed have knowledge about antiparasitic medicinal plants and 84% would be willing to use it as an alternative in the treatment, and the most frequent use is the infusion with 66.00%

Keywords: antiparasitic, medicinal herbs, parasite, plant

## INTRODUCTION

The medicinal plants are those plants that elaborate secondary metabolites, called "active principles", substances that exert a pharmacological action, beneficial or harmful, on the living organism. Its primordial, sometimes specific, utility is to serve as a drug or medication that relieves diseases or reestablishes lost health <sup>(1)</sup>. The parasites that lodge in the human intestine, especially in children, can be of various types. The most common are tapeworms, ascarids (worms), and pinworms (small white worms). These parasites normally live attached to the intestinal walls by means of suction cups. Some, like tapeworms, can measure up to five meters and produce abdominal pain, nausea and lack of appetite; others, such as pinworms, are so small that they are barely perceptible, except that they usually produce anal itching, and phytotherapeutic treatments are based on the application of plants with vermifuge action, which eliminates, paralyzes or expels these parasites<sup>(2)</sup>. And it is always recommended to take these antiparasitic drugs on an empty stomach and at night before sleeping, whether in the form of tea, infusion, crushed as in the case of seeds or others. As they are not such strong doses, ingestion is recommended for three continuous days and then repeated after three months. In the course of that time, you will already see blushing faces, greater vitality and performance<sup>(3)</sup>.

In our country the knowledge and use of medicinal herbs is ancestral and is articulated by the history of indigenous communities because Paraguay has a varied natural wealth, in terms of its flora and fauna. The country is eminently traditional to medicinal herbs, since its culture is strongly rooted in the consumption of these in morning drinks as mate and refreshing as tereré, more infusions for various diseases according to beliefs, from these beliefs the importance of know if nursing career students know the medicinal properties of plants or herbs that are attributed to parasitic infections.

This work is important because there are antiparasitic herbs that could benefit people with limited resources who can not acquire antiparasitic drugs from laboratories because of the high cost, it can also help to maintain traditional culture in health professionals and thus enrich the cultural knowledge of society.

### Formulation of the problem or hypothesis

Is it known the properties and proper use of antiparasitic medicinal plants by nursing students?

**The main objective was:** Determine the knowledge of students of the Faculty of Health Sciences, regarding medicinal herbs antiparasitic, period 2017.

#### The Specific Objectives were:

1. Determine the number of students who would be willing to use antiparasitic medicinal herbs.
2. Determine the most used antiparasitic medicinal herbs according to students of FACISA.
3. Determine the knowledge of the students regarding the methods of use of the antiparasitic plants.

## METHODOLOGY

Study area: The work was carried out on the premises of the Faculty of Health Sciences of the National University of Canindeyú, located in the city of Salto del Guará, Department of Canindeyú – Paraguay.

The type and level of the research were descriptive and exploratory, because the study phenomenon was described. Whose research design was quantitative and taken to the field to collect data, it was made directly from the reality where the events occurred.

The studied population were students of the National University of Canindeyú in the Faculty of Health Sciences, undergraduate degree in Nursing that total were N = 60 of which a total of n = 54 sample of evaluated students was taken, for which the conclusions that were obtained were valid.

The techniques and instruments for data collection were applied a questionnaire of self-administered surveys with closed questions, taking into account all ethical considerations, with informed consent and the anonymity of the questionnaires.

## RESULTS

According to the results obtained in the survey it was found that 86% of students say they know antiparasitic medicinal plants and 14% do not know them, as shown in table 1, and it coincides with the work done by Garzón <sup>(4)</sup>, about an indigenous people that most know about medicinal plants as antiparasitic, and that in this work with a student of health they show that they have knowledge about medicinal herbs.

Table 1, Knowledge of antiparasitic medicinal plants.

Knowledge about medicinal plants	Results in percentage of the total of the respondents
If you know	86%
Do not know	14%

Source: self made -2017

According to the result shown in Table 2, 84% of the students report that they would be willing to use medicinal herbs as antiparasitic and 16% would not be using it for personal reasons, and this result demonstrates the importance of the participation of students to produce new knowledge for society <sup>(5)</sup>, in health professionals, especially nurses, in studies and research involving the use of medicinal plants, acting as a facilitator in the rescue of traditional knowledge and its scientific validation.

Table 2, number of students who would be willing to use antiparasitic herbs

Would you be willing to use antiparasitic herbs?	Results in percentage of the total of the respondents
If I would use	84%
I would not use	16%

Source: self made -2017

The result on the methods to alleviate conditions is shown in Table 3, which in first place is the infusions with 66%, the second method is the syrup with 28% and less used is the bath with 6%. Also in another work done is mentioned that medicinal plants are highlighted because there is a high percentage of students who have knowledge of plants and traditional medicine, mainly through their families, where the participation of the grandmother is of great importance <sup>(6)</sup>.

Table 3 shows how to alleviate some type of discomfort or illness

When do you have a bad illness or illness, what is the first way to alleviate it?	Results in percentage of the total of the respondents
Infusions	66%
Syrups	28%
Bath	6%

Source: self made -2017

In table 4, students report that the most well-known antiparasitic plant is kaáre (*Chenopodium ambrosioides*) with 31.37%; then the suico (*Tagetes minuta*) with 24.51%, the verbena (*Verbena officinalis*) with 9.80%, and those who did not know any types of antiparasitic plants also with 9.80%, the pipi rapo (*Petiveria alliacea*) with 7.84% and the other antiparasitic medicinal plants in smaller proportion, also some plants cited in the manual of medicinal herbs of Paraguay <sup>(7)</sup>.

Table 4 the types of antiparasitic medicinal plants better known by the students of FACISA.

The types of antiparasitic medicinal plants that you know		
Common name	Scientific Names	Percentage
Ruda	Ruta graveolens	0,98%
Burrito	Aloysia polystachya	0,98%
Malva blanca	Sida cardifolia	0,98%
Typycha hu	Escoparia dulcis L.	0,98%
Neem	Azadirachta indica	0,98%
Menta´i	Mentha piperita	1,97%
Tarope	Azadirachta indica	1,97%
Boldo	Peumus boldus	2,94%
Ajenjo	Artemisia absinthium	4,90%
Pipi rapo	Petiveria alliacea	7,84%
No sabe	-	9,80%
Verbena	Verbena officinalis	9,80%

Suico	Tagetes minuta	24,51%
Ka`are	Chenopodium ambrosioides	31,37%

Source: self made -2017

### CONCLUSION

86% of the sample states that they know the antiparasitic herbs and 14% do not; and 84% would be willing to use as an alternative for the ailments while 16% would not use it; among the medicinal plants named are the ka`are with 31.37%, the suicide with 24.51%, Verbena 9.8%, wormwood 4.9%, boldo 2.94% and other 8.82%; The use of antiparasitic plants are infusion with 66.00%, syrup with 28.00% and bath with 6.00%.

### REFERENCES

- [1] Fretes, F., & Mendoza, C. *Plantas Medicinales y Aromaticas: una alternativa de producción comercial*. Paraguay: USAID . 2010. p.7
- [2] *Blog de Farmacia*. Obtenido de Medicina natural y nutrición: <http://www.blogdefarmacia.com/plantas-antiparasitarias/>. 2016.
- [3] Salinas Daiub, A. *Antiparasitarios Naturales. ABC Color Paraguay*. (8 de Junio de 2008)
- [4] Garzón, L.P. Conocimiento tradicional sobre las plantas medicinales de yarumo (*Cecropia sciadophylla*), Carambolo (*Averrhoa carambola*) y uña de gato (*Uncaria tomentosa*) en el resguardo indígena de Macedonia, Amazonas. *Revista Luna Azul*. 2016. p29.
- [5] Heisler, E.V. Budó, M.L. Schimith, M.D. Badke, M. R. Ceolin, S. Heck, R. M. Uso de plantas medicinales en el cuidado de la salud: la producción científica de tesis y disertaciones de enfermería brasileña. *Revista Enfermería Global* N° 39. 2015. p390
- [6] Verdel Aranda, K.; Carmona Arellano, M.A.; Mancilla, G.I; Arreola Enríquez, J. Conocimiento y potencial de uso de plantas medicinales en estudiantes de primaria en el Estado de Campeche. *Revista agro producción*. Vol. 11. 2017. pp127-134
- [7] Cáceres, M.S.; Singer, M.M. Fundación Celestina Pérez de Almada con el Apoyo de la UNESCO. *Manual de uso de hierbas medicinales del Paraguay*. 2002. Pp8-73

**Correspondence Author** – Diosnel Amarilla, email address, [lionelms@hotmail.com](mailto:lionelms@hotmail.com); alternate email address [diosnel.amarilla@gmail.com](mailto:diosnel.amarilla@gmail.com), contact number. +595986408507