SOME ORIGINAL PATTERNS ABOUT THE FOLKLORIC TREATMENT OF DIABETES MELLITUS IN TURKEY

INTRODUCTION

Folklore is known as the science of culture and daily life of people. The forms of primitive treatments and traditional beliefs of the medicine that are applied by people, provide the folklore of medical profession. Folkloric medicine is related to history and natural sciences in detail. Therefore, the investigator of folkloric medicine must have the characteristics of both medical man and historian (5, 15, 16, 17). Folklore does not only gather the events, but also it explains these events and it determines the causes of their origins. Thus, we should scientifically explain both the method of a treatment that is used by people and we should investigate the origin of this method. So, the origin of medical events should be investigated in the most ancient ages (19).

Every event is produced because of the needs of men. Men thought these requirements during long centuries. Folkloric drugs have been used since primitive ages. The needs with regard to these reached nowadays. Thus, knowledge with respect to the treatment of diabetes continued from family to family in Anatolia in Turkey. Anatolian people used traditions concerning these knowledge as the most sacred concept. Both old traditions and myths and old manuscripts effected on the development of medical folklore with respect to diabetes and other diseases in our country (28, 31, 32).

Today, ancient believes and traditions continue among people in Anatolia. Especially old and experienced men give their knowledge to their youngs. Today, men apply knowledge of folkloric medicine on patients, although they made use of concepts of modern medicine.

In this article, we explain knowledge of the folkloric medicine about the treatment of diabetes, we realize their value from the stand-point of modern medicine and we show that both folkloric medicine and modern medicine are applied in Anatolia in Turkey (39, 41, 46).

FOLKLORIC TREATMENT OF DIABETES IN ANATOLIA IN TURKEY AND ITS PLACE IN MODERN MEDICINE

We collect various folkloric drugs that have been used for the treatment of diabetes among people since ancient ages in Anatolia in Turkey. We give some samples from these preparations and we evaluate these patterns from the point of medicine of nowadays in this article (1, 2, 3, 4, 6, 7, 8, 9, 10).
1) The husk of pine is boiled with water and a half glass of boiled water is administered to patient in the morning, at noon and at night. But, we can't truly find any knowledge regarding treatment of diabetes of this matter in a great deal of books.

2) 50 grammes wormwood (Herba Absinthii) is boiled in 1 kg water and then this preparation is administered to patients in meals. Some books write that appetizing effect of this drug is related to some matters such as absynthine, artabsine in its structure. But, we can't find any knowledge about the treatment of diabetes of this matter in literature (11, 12, 22, 23, 24).

3) 250 grammes thyme (Herba Serpylli) is boiled in 2 kg water for 15 minutes and a half glass of cooled preparation is administered to patient after meals. But, infusion of thyme is used as only a stomachic and antispasmodic drug in the medicine of today.

4) 50 grammes root of gentiane (Radix Gentianae) is boiled with 1 kg water and one cup of cooled preparation is administered to patient after meals. This drug has the appetizing effect and the cause of this effect is that this matter has acrid glycosides such as gentiopicrine, gentiline, gentiamarine.

5) The gum of pine in the size of chickpea is administered to patient after meals.

6) 1 kg leaf of olive is boiled in 2 kg water and a half glass of this preparation is given to patient with diabetes.

7) 50 grammes powder of mastix, 100 grammes potassii tartras, 500 grammes mahaleb (Fructus Pruni mahaleb) are mixed and one tea-spoonful of this preparation is administered to patient in the morning, at night and at noon. We know that one alkaloid that is found in mahaleb and like sparteine, effects on glycide metabolism in diabetes with neurologic origin because it is easily oxyded and it has the characteristic of the poison of the neurologic system (30, 33, 34, 35, 36).

8) A few root of soapwort (Radix Saponariae) is pounded in mild and this powder is filled in cachets and the patient swallows these cachets two by two after meals. We can not find any information about this treatment in literature.

9) One bunch of flowers of centaury (Herba Centaurii) is boiled in 4 glasses of water for 15 minutes and one cup of this preparation is administered to patient after it is cooled.

10) 20 grammes of the bark of quinquina is boiled in 2 kg of water for half an hour and a glass of this preparation is administered to patient after meals. But, this drug is used as appetizing, stomachic drug in modern medicine.

11) 10 drops of benzine is dropped in one cup of water and this preparation is given to patient after meals.

Matters that are investigated in this article, is not used in the treatment of diabetes in modern medicine. The aim of the treatment of diabetes in modern medicine is that patient with diabetes adapts to conditions of daily life, this patient must avoid complications of diabetes and he is nourished with diets with regard to diabetes. In addition, the patient should be in normal weight. Blood-sugar of patient should be in a normal level. Furthermore, insuline and oral diabetic drugs are also matters that are used in the treatment of diabetes (13, 14, 18, 20, 21, 25, 26, 27).

CONCLUSION

Traditional treatments that are applied in Anatolian folkloric medicine, have been used by people since ancient ages. In this article, we investigate some folkloric
treatments with regard to diabetes and we explain that a great deal of them are not used in modern medicine of today. Modern medicine treats diabetes with modern methods of nowadays. Therefore, both the methods of folkloric medicine and of the modern medicine are used in the treatment of diabetes as in other diseases in Anatolia, in Turkey, today (29, 37, 38, 40, 42, 43, 44, 45).

BIBLIOGRAPHIE

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