

PSORIASIS: TREATMENT APPROACHES USING HERBAL MEDICINE FORMULAS BASED ON WISDOM OF A FOLK HEALER IN PRACHIN BURI PROVINCE

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ABSTRACT

Treatment of psoriasis using folk wisdom is one of the alternative medicines that offer this group of patients a wider range of treatment options. This study is qualitative research with the objectives to study the wisdom of a folk healer and the herbal medicine formulas used in treating psoriasis. The population was the key informants, consisting of a folk healer and supporting informants. The main informant was Mr. Sunthorn Chaowanaphanich and the supporting informants consisted of 8 personnel and 5 patients. Data collection was performed through in-depth interviews, participant observations, notes, audio recordings, and digital photographs. The data were then analyzed by content analysis and data triangulation method.

The results revealed that the treatment approaches and knowledge of the folk healer have been passed down from his ancestors and Buddhist monks. Four formulas of herbal medicines are used in the treatment of psoriasis. The first formula is a lymphatic decoction, also known as Ya Prasa Numluang, used to cure the healing crisis of psoriasis. The second formula is Ya Chai Badan capsules containing earthworm powder. This medicine has beneficial effects on diseases of the lymphatic system. In addition, it can boost immunity, cure tonsillitis, nourish the liver and relieve joint pain. It is the wisdom of the folk healer that has been passed down from their ancestors from one generation to another. The third formula is an herbal solution of 9 herbs used to strengthen health. The last formula is coconut shell oil fermented with over 30 types of fresh herbs with therapeutic properties for skin cancers. This medicine is for topical use. Psoriasis is a chronic non-communicable disease. It is difficult to treat or incurable as it comes with many complications. This causes the patient to suffer and it can be life-threatening. However, this disease can be cured if the patient follows the traditional methods of treatment properly by continued use of recommended foods and medicines. The treatment may take less than 6 months, especially in patients in the early stage. Just by refraining from injurious foods, this disease can be cured within a few days. In future research, the effectiveness of the treatment methods should be studied by comparing with the effects of other treatment methods and increasing the population size (folk healers). This is to obtain information with more clear comparison and distinction.

Keywords: *Wisdom, Folk healer, Psoriasis, Application of herbal medicine formulas*

INTRODUCTION

Wisdom is a foundation for the life of a group of people. It is derived from the accumulation of experience from ancestors for a long time. Wisdom is a combination of knowledge, ideas, beliefs, abilities, problem-solving potential, livelihood, adaptation, and learning that are passed down from generation to generation and can be used for the benefit of and be accepted in society. Healthcare wisdom consists of physical, mental, social, and environmental aspects. These aspects are inseparable and highly interrelated. Healthcare wisdom corresponds to the beliefs and way of life of local people. As these aspects are constantly changing, contemporary potential should be developed as an alternative to local healthcare. This is because the folk wisdom in self-care has its strengths due to its affordable price, readily availability and self-reliant nature. It is based on the principle of balance. However, nowadays there is concern that this folk wisdom is gradually disappearing. Therefore, it is imperative to maintain the diversity of human society or preserve the wisdom that has been accumulated for a long period (Chinnaphat Chaloeamram, Sutthira Sedlak, 2020: 457-471).

Nowadays, Thai traditional medicine has played an increasingly important role in treating patients with chronic diseases. The public health situation has changed and it is necessary to continue using the wisdom of Thai traditional medicine in parallel with modern medicine in the national health system. This is for more effective disease prevention and solution to the country's public health problems, as well as the promotion and support of the use and development of local healthcare wisdom based on Thai traditional medicine (Suratsawadee Sinwat, 2020: 5001-5011).

Prachin Buri Province has a clear policy for the development and application of local wisdom in the healthcare of people in the community. Chaophraya Abhaibhubejhr Hospital is the mainstay of this policy and is a nationally renowned organization in gathering knowledge from local wisdom to apply in the production and distribution of herbal medicines for Thai healthcare. In addition, Prachin Buri Province has suitable elements in terms of personnel, sources of herbs, and wisdom. Therefore, this province is suitable for the

development of local healthcare for the benefit of the community.

In Hua Wa Sub-district, Si Maha Phot District Prachin Buri Province, there is a famous folk healer, Mr. Sunthorn Chaowanaphanich. He specializes in 6 areas of traditional folk medicine, which are local medicine healer, midwives, Modham (shaman), chiropractor, massager, and snake charmer. He acquired this knowledge from studying the principles of a treatment since childhood from his grandfather, who is a traditional Chinese medicine physician and a Buddhist monk who has collected knowledge and information from textbooks and formulated medicines to treat diseases by himself. In 1999, he developed know-how in Thai traditional medicine based on the knowledge of local healers. Mr. Sunthorn Chaowanaphanich is also a leader of village health volunteers growing medicinal plants and herbs for medicinal purposes. Subsequently, an officer from his original affiliation informed him to register for a course to obtain a valid Thai traditional medical practitioner license. In 2002, he has registered as a folk healer or folk healer at the Prachin Buri Provincial Public Health Office and obtained medical practitioner licenses in Thai medicine and Thai Pharmacy. In 2006, the Director of the Office of Non-Formal and Informal Education (NSO) reviewed the background of Mr. Sunthorn Chaowanaphanich and sent it to the Education Council so he has been honored as 6th generation local wisdom teacher in Thai traditional medicine since 2009 to the present (Papatsara Sungasuk, Vichai Chokvivat, 2020: 11-20)

Psoriasis is a chronic skin disease that is a major public health problem and the most common skin disease in which people are admitted to dermatology institutions.⁴ At present, this disease is treated by modern medicine using synthetic chemical medicines such as topical ointment, oral medications, injections, including phototherapies. However, the lesions are not completely curable and the disease progresses gradually, thus affecting the quality of life of the patient in a long term in both physical, mental, economical, and social aspects. According to statistics, approximately 2-4% of the world's population suffers from psoriasis. Compared to the total population of Thailand at present of 67 million people, approximately 1.34 million people are suffering from psoriasis in Thailand. The exact cause of psoriasis is still unknown at present. However, it is believed that psoriasis is caused by many factors, such as genetic and environmental factors, including certain medicines, stress,

smoking, alcohol consumption, obesity, HIV infection. Patients with this disease must accept the fact that it is not curable. However, with the right treatment, the lesions can be cured or minimized. In mild cases, the lesions may disappear over months or years (Adriana Rendon, Knut Schäkel, 2019: 1-28). Educating the patients and their relatives is imperative in conjunction with medication usage as the patients with this disease suffer from psychological distress and need acceptance from the people around them. This is because mental stress is one of the reasons that can exacerbate the disease. Providing the right knowledge to patients can alleviate their anxiety and eliminate the need for frequent change of treatment facility, which is a common problem in patients suffering from this disease.

In Thai traditional medicine, the symptoms of psoriasis are comparable to leprosy and eczema in Withikutdharok Scripture. Thai traditional medicine indicates that the pathogenesis of this disease is caused by disorders of the blood and lymphatic system, as well as other factors that result in malfunctioning of the elemental system and skin rash. Patients will have severe redness in the case of severe exacerbations (Chinnaphat Chaloomram, 2020).

At present, Thailand is in the process of both economic and social development and at the same time, the wisdom of folk healers began to play a lesser role in the treatment of diseases. Psoriasis is a long-standing public health problem in Thailand as it is a chronic disease that is still difficult to cure. However, psoriasis can be cured through folk wisdom by changing lifestyle and habits, using herbal medicines, eating the proper foods, or avoiding injurious foods. Therefore, the researchers are interested in studying the treatment of psoriasis based on the wisdom of treating psoriasis with the method mentioned above. This method was developed by Mr. Sunthorn Chaowanaphanich, a folk healer who has experience in curing psoriasis with an idea that if we know the cause of the disease (our daily life in the past), we will be able to it from its root cause (by adopting the proper behaviors).

OBJECTIVES

1. To study the wisdom of folk healers for psoriasis treatment;
2. To study the application of traditional herbal medicines in the treatment of psoriasis by folk healers.

CONCEPTUAL FRAMEWORK

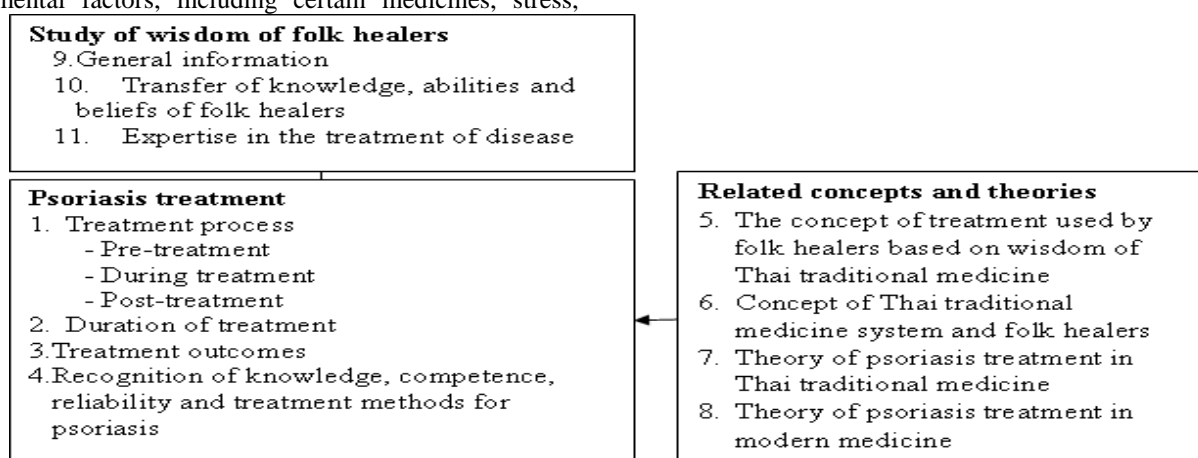


Figure 1: Conceptual Framework

METHODOLOGY

This research is qualitative. Data were collected from the main informant, Mr. Sunthorn Chaowanaphanich, using

structured interviews, participant observation, note-taking, and photographs. The data collected consisted of general information, information on the transfer of knowledge and wisdom on the treatment of psoriasis by the folk healer, as well as the data collected from 8 residents in the same community, including one headman of Hua Wa Sub-district, Si Maha Phot District Prachin Buri Province, three members of the Sub-district Administrative Organization, one staff of Sub-district Health Promotion Hospital, three village public health volunteers, and five patients who received services from the folk healer. The research was conducted in 9 months.

POPULATION AND SAMPLE

The population group consisted of key informants such as Mr. Sunthorn Chaowanaphanich and supporting informants. The supporting informants consisted of 5 patients and 8 personnel which were one headman of Hua Wa Sub-district, Si Maha Phot District Prachin Buri Province, three members of the Sub-district Administrative Organization, one staff of Sub-district Health Promotion Hospital, three village public health volunteers.

RESEARCH INSTRUMENT

1. The structured interview and the unstructured interview used in this study were developed by the researchers based on the documents and theories following the research objectives. The developed interview form was validated for the content validity of the instrument and the appropriateness of the language by 3 experts. In each item, the experts are asked to determine the content validity score: as follows: score = +1 if the expert is sure that this item measured the attribute, score = -1 if the expert is sure that this item does not measure the attribute and score = 0 if the expert is not sure that the item does measure or does not measure the expected attribute. The scoring criteria are the items with item objective congruence (IOC) index of 0.50 - 1.00 are considered as good validity and items with IOC index below 0.50 are subject to improvement. After validation by experts, the items were revised according to the experts' recommendations and then used in the data collection. The information in the interview was divided into 2 parts, the background of the folk healer and approaches for the application of herbal medicines in the treatment of psoriasis.

2. A digital audio recorder used to record in-depth interviews
3. A notebook used to record the results, details, and important topics of the interviews in coupled with the use of a digital voice recorder to facilitate memorization
4. Digital camera and memory stick

INSTRUMENT QUALITY VALIDATION

Quality validation was performed using the triangulation method for all three aspects, namely, the study site to determine whether different locations share the same data, person to determine whether the data from different people are the same, and time to determine whether the data at different time data are the same. The reliability of the data collected from 3 groups of samples consisting of a folk healer, patients of the folk healer, and residents in the same community as a folk healer was validated. The data were presented using descriptive analysis (Songkoon Chantachon, 2020: 118-150).

DATA COLLECTION

1. The data was a collection from journals, textbooks, research articles related to wisdom, Prachin Buri Province,

psoriasis, and traditional medical systems from various sources including Burapha University Library and Sirindhorn College of Public Health Library Chonburi.

2. The details of field data collection are as follows.

2.1 Prepare the necessary tools and instruments for data collection.

2.2 Visit the study area through building relationships with folk healers and people living in the same community as a folk healers. In addition, the researchers informed the folk healer, leaders, and health personnel in the community about the purposes of this study and asked for cooperation in the study. As the researchers were domiciled in the study area, it was easy to build relationships with community leaders and health personnel in the community.

2.3 Observation was conducted using observation form together with taking notes and photographs to collect data on the environment, lifestyle, treatment behaviors, steps, and methods of treatment processes for psoriasis used by the folk healer.

2.4 The interview was conducted using in-depth interviews together with observation based on pre-defined key questions with 3 groups of people as follows:

Group 1: Interviews with the folk healer to gather the general information, transfer of knowledge, and psoriasis treatment.

Group 2: Interviews with patients of the folk healer to gather the information about psoriasis treatment, recognition of knowledge, competence, reliability, and psoriasis treatment methods used by the folk healer.

Group 3: Interviews with the village headman, members of the sub-district administrative organization, sub-district health promotion hospital staff, and village health volunteers to gather the background of the folk healer and their recognition of knowledge, abilities, reliability, and psoriasis treatment methods used by the folk healer.

DATA ANALYSIS

The data analysis was performed with content analysis by extracting data from interview forms, digital audio recorder, notebook used to record interview results, and photographs from digital cameras. The raw data were then compiled and the obtained data were then analyzed for the main themes according to the research objectives. If the data was incomplete, other interviews would be conducted again to achieve saturation of data. The data obtained were compiled and revalidated. Then, the data on the knowledge and wisdom of the folk healer in treating psoriasis were processed and summarized.

RESULTS

The treatment approaches for psoriasis with the use of herbal medicine formulas based on the wisdom of the folk healer can be summarized as follows:

1. Wisdom Of The Folk Healer

1.1 Personal Information Of The Folk Healer

Mr. Sunthorn Chaowanaphanich was born on March 17, 1958. He lives at Ban Khaem Khong, Village No. 3, Tha Ruea Sub-district, Pak Phli District, Nakhon Nayok Province. He is the eldest son of Mr. Sanguan Chaowanaphanich and Mrs. Sangwien Chaowanaphanich with a total of 7 siblings, 6 males, and 1 female. He is a Buddhism and currently 61 years

old, working as a farmer and folk healer. He graduated in Grade 2 from Khaem Khong School, Pak Phli District, Nakhon Nayok Province, graduated in Grade 4 from Wat Pa Lan Jed Yod School, and compared his education levels from Grade 6 to High School at Sri Maha Bodhi Nonformal Education Center. He is literate and currently resides in Hua Wa Sub-district, Si Maha Pho District, Prachin Buri Province. He is married to Mrs. Pratuan Chaowanapani and has 4 children together, 3 of whom are still alive. All his children are folk healers.

1.2 Transfer Of Knowledge, Abilities, And Beliefs Of Mr. Sunthorn Chaowanaphanich

In 1999, Mr. Sunthorn Chaowanaphanich had leukemia and received treatment based on modern medicine. His physician said that it could not be cured, so he applied his knowledge to treat himself for 6 months and later found that he was cured. He, therefore, used this knowledge to treat himself and his family members. After recovering, he pursued a career in natural, toxin-free farming and growing a variety of medicinal plants for food and medicinal purposes. Later, he met with a Buddhist monk from Ashoka who came to study and practice dharma. After listening to a dharma sermon, Mr. Sunthorn Chaowanaphanich thought that he should use, transfer and disseminate his knowledge and wisdom to others. He, therefore, began to treat patients since then, which is more than 20 years until today. Mr. Sunthorn Chaowanaphanich has been studying and acquiring more knowledge all the time by reading books and observing the symptoms of the disease of his patients. As for the knowledge about psoriasis, Mr. Sunthorn Chaowanaphanich said that his methods of treating psoriasis involve the use of spirit-revealed remedies, the medicine formulas developed from the knowledge he gathered from textbooks, and knowledge from the knowledgeable people.

1.3 Expertise In The Treatment Of Mr. Sunthorn Chaowanaphanich, A Folk Healer

Mr. Sunthorn Chaowanaphanich has knowledge and expertise in treating 14 chronic non-communicable diseases, including obesity, hypertension, low blood pressure, diabetes, renal disease, liver disorders, gastritis disorders, a blood disorder, chronic leukorrhea, hemorrhoids, gout, joint problems, allergies, asthma, lung disorders, herpes zoster-erysipelas-eczema, and early-stage cancers. As for psoriasis, Mr. Sunthorn Chaowanaphanich has been treating about 10 patients with this disease per month on average for about 10 years.

2. Application Of Herbal Medicine Formulas In The Treatment Of Psoriasis By Folk Healer

2.1 Psoriasis Treatment Process

Pre-Treatment

Mr. Sunthorn Chaowanaphanich has recorded patient information on the OPD cards and kept them in the document folders since 2006.

Mr. Sunthorn Chaowanaphanich's process of treating psoriasis allows patients to learn about self-treatment, self-care, and changes in daily life behaviors of patients from the document he provided. Before starting the treatment, a 20-year history of the patient will be taken. Physical examination is also conducted through observation and history taking in addition to information from previous treatments. This is to determine the cause of the disease and to make a diagnosis.

After the diagnosis, the patient will be asked to read a document on the practices during treatment and the procedures. The treatment is then initiated where the patient has to participate in a 3-day 2-night program with a cost of 3,000 Baht (accommodation, water, electricity, food costs) and medication cost. However, no other medical expenses were charged.

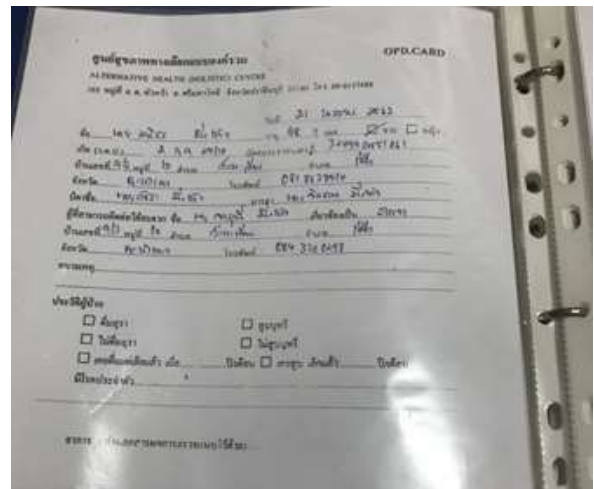


Figure 1: OPD Card used by the folk healer (Photo was taken by the researcher)

During Treatment

Four Types Of Medicines Used During The Treatment Of Psoriasis Are As Follows:

1. Lymphatic decoction (Ya Prasa Numluang) is used for healing crises to increase the effectiveness of topical ointment a cure for further healing. This decoction contains medical herbs such as Hua Khao Yen Nuea (*Smilax corbularia* Kunth), Hua Khao Yen Tai (*Smilax glabra* Roxb.), sea holly (*Acanthus ebracteatus* Vahl), Klu (*Pluchea indica* (L.) Less), jewel vine (*Derris scandens* (Roxb.) Benth), heart-leaved moonseed (*Tinospora baenzigeri* Forman) and other medicinal plants. This decoction is prepared by boiling all ingredients in water for 30 minutes and then pouring it into a pot. These steps are repeated three times. The solutions obtained from these 3 steps are combined and kept until further use. This medicine is to be taken 1 glass at a time, 1 hour before meals, 3 times a day (breakfast, lunch, and dinner). The patient must excrete 2-4 times a day. If the patient excretes more than 4 times per day, the amount of medicine taken should be reduced. However, if the number of excretions is less than 2 times a day, the amount of medicine should be increased. This medicine should be taken every day for at least 3-6 months or until recovery.



Figure 2: Lymphatic decoction (Ya Prasa Numluang), an herbal medicine used for healing crises in treating psoriasis. (Photo was taken by the researcher)

2. Ya Chai Badan capsules are prepared by drying the earthworms without washing. It is then roasted over low heat to remove moisture until the earthworms are crispy. It is then ground into a fine powder and packed into capsules. This medicine formula has an immunity-boosting effect. This medicine should be taken 3 capsules at a time, 3 times a day (in the morning, lunch, and dinner) 15 minutes after meals.



Figure 3: Ya Chai Badan contains earthworm powder.

This medicine has beneficial effects on diseases of the lymphatic system. It can boost immunity, cure tonsillitis, nourish the liver, relieve joint pain. It is the wisdom of the folk healer that has been passed down from their ancestors from one generation to another.

(Photo was taken by the researcher)

3. Herbal solution of 9 herbs used to strengthen health. It contains several herbs such as Plu Kaow (*Houttuynia cordata* Thunb.) leaves, angel grass leaves (*Murdannia loriformis* (Hassk.)), purple passion vine (*Gynura divaricata* (L.) DC.), *Gynura pseudochina* (L.) DC. leaves, Gotu kola (*Centella asiatica* (L.) Urb.), Klu (*Pluchea indica* (L.) Less), aloe vera (*loe vera* (L.) Burm.f.), Bai-Ya-Nang (*Limacia triandra* Miers), *Verbena officinalis* L., cCommon wormwood (*Artemisia vulgaris* L.), white siris (*Albizia procera* (Roxb.) Benth.), peperomia (*Peperomia pellucida* (L.) Kunth) and purple, black and blue flowers and leaves. This medicine is prepared by fermenting all herbs into a solution. It should be taken 1 cup at a time, 15 minutes after the meal. The patients should drink plenty of water 3 times a day (in the morning, noon, evening). This medicine formula is to be taken with Ya Chai Badan capsules daily until symptoms improve and must be used on an ongoing basis, otherwise, drug resistance may be developed.



Figure 9: Herbal solution of 9 herbs used to strengthen health status (Photo was taken by the researcher)

4. Coconut shell oil is used as an external ointment. It is prepared by burning coconut shells in an Iwate kiln to produce coconut shell oil. The oil obtained is then fermented with over 30 types of fresh herbs that have therapeutic properties for skin cancers. This oil should be applied daily to the affected area. It can also be used for dry skin, but be careful not to get it in your eyes.



Figure. 5 (Left): Coconut shell oil used as an external ointment.

Figure 6 (Right): Herbal medicine made from burnt coconut shells used for treating psoriasis.
(Photos were taken by the researcher)



Fig. 7: The Iwate kiln is a furnace used to burn herbal medicines, including coconut shells and heartwood medicinal herbs.

(Photos were taken by the researcher)

Precautions To Be Taken During Treatment Are As Follows:

1. Avoid injurious foods such as frogs, chicken, eels, beef, buffalo meat, bamboo shoots, growth promoters and monosodium glutamate, eggs, milk, lard, and white sugar. All alcoholic beverages must abstain for life to avoid recurrence of the disease.

To cure psoriasis, the patient must take and use all four medicine formulas and follow the advice of the folk healer. In severe cases, a traditional herbal spa bath may be considered. Most of the herbs used have astringent flavor. The herbal spa bath is prepared by pouring herbal liquid into a bathtub. the patient them lying and taking a bath twice a day at 10:00 a.m. and 2:00 p.m. Before taking a medical bath, the patient must

take a shower thoroughly because the patient will not shower after taking a herbal bath. Each session of herbal bath takes about 15 minutes. After taking a bath with an herbal solution, the herbal oil extracted from coconut shells is applied to the affected areas. If the patient is unable to participate in the 3-day 2-night program, herbal medicines will be prescribed for self-treatment at home, such as decoctions, liquid medicines, capsules, ointments, as well as informational documents provided by Mr. Sunthorn Chaowanaphanich.

2.2 Duration And Outcomes Of Psoriasis Treatment

Psoriasis is a chronic non-communicable disease. It is difficult to treat or incurable because it comes with many complications. This causes the patient to suffer and it can be life-threatening. However, this disease can be cured if the patient follows the traditional methods of treatment properly by continued use of recommended foods and medicines. The treatment may take less than 6 months, especially in patients in the early stage. Just by refraining from injurious foods, this disease can be cured within a few days.

2.3 Recognition Of Knowledge, Competence, Reliability, And Psoriasis Treatment Methods

According to the information obtained, most of the patients were satisfied with the outcomes of the treatment methods used by Mr. Sunthorn Chaowanaphanich. This is because the patient's symptoms improved and healed. However, some patients were dissatisfied with the outcomes because their symptoms have not improved and some had no comment on Mr. Sunthorn Chaowanaphassnich's psoriasis treatment methods. From the study, the process of treating psoriasis used by Mr. Sunthorn Chaowanaphanich can be summarized as shown in Figure 1.

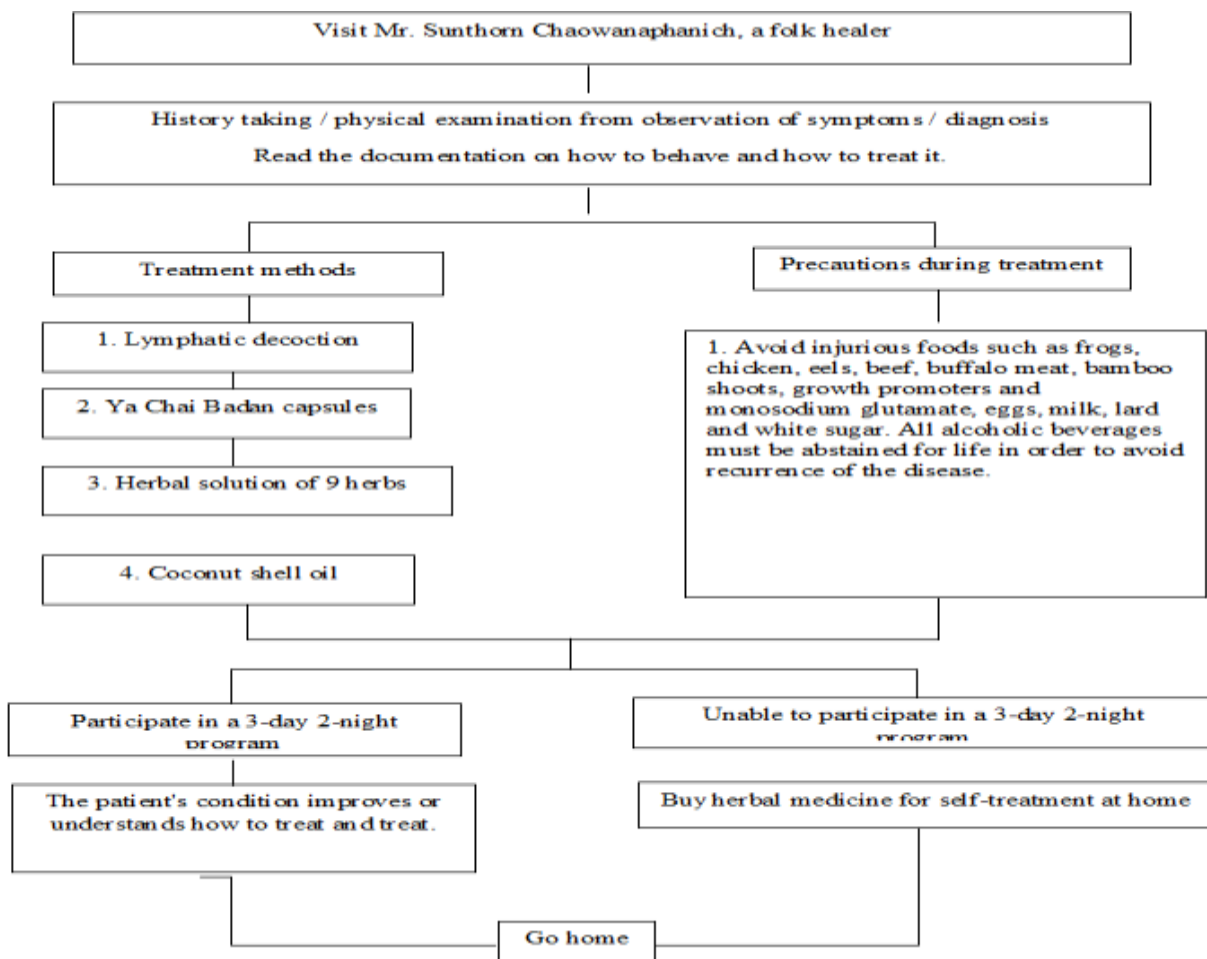


Figure 2. Treatment approaches for psoriasis using herbal medicine formulas based on the wisdom of a folk healer, Prachin Buri Province

DISCUSSION

In terms of transfer of knowledge of treatment, Mr. Sunthorn Chaowanaphanich acquired this knowledge from studying the principles of a treatment since childhood from his grandfather, who is a traditional Chinese medicine physician. He acquired the knowledge of treating various diseases and started treating patients in childhood. When he was 9 years old, he followed a Buddhist monk to treat children with fever and blisters so he remembered the treatment methods. This is consistent with the study of Boonsri Lertwiryachit (2011) who studied the knowledge of folk healers and herbs in Isan communities and found that folk healers were passed on their knowledge and wisdom from their family members and relatives, including learning from observations and being an assistant serving their teachers. It is also consistent with the study by Boonsri Lertwiryachit (2012) who studies the knowledge of Thai traditional medicine psoriasis treatment in Samut Prakan Province and Chanthaburi Province and found that both Thai traditional medicine practitioners inherited their knowledge from childhood to adolescence from their ancestors.

Regarding the causes of psoriasis, Mr. Sunthorn Chaowanaphanich states that this disease is caused by lymphatic disorders, blood disorders, and poor immunity, thus increasing the likelihood of infection. It is also caused by nutrition which results in various skin diseases. This is in line with a study by Chanchai Satsangsang (2013) who studied the nutrients for the treatment of psoriasis symptoms and found that external risk factors were responsible for their manifestation and relapse. Certain nutrients suppress the manifestation and reduce the severity of the disease after oral

or external use. However, some nutrients have stimulating effects on manifestations and increase the severity of the disease.

As for the diagnosis of psoriasis, Mr. Sunthorn Chaowanaphanich's process of treating psoriasis starts with taking 20-year history. Physical examination is also conducted through observation and history taking in addition to information from previous treatments. This is to determine the cause of the disease and to make a diagnosis. This is consistent with a study by Boonsri Lertwiryachit (2012) who studied the knowledge of folk healers' wisdom and herbs in the northeastern region of Thailand and found that the diagnosis of folk healers is based on history taking, observation of the patient symptoms, the appearance of skin color, body abnormalities and physical examination by exposure to heat.

The treatment methods of psoriasis of Mr. Sunthorn Chaowanaphanich involve abstaining from injurious foods and taking lymphatic decoction (Ya Prasa Numluang) used to cure the healing crisis of psoriasis. The coconut shell oil fermented with herbs is used as a topical ointment for the wounds on the affected areas. In addition, Ya Chai Badan capsules containing earthworm powder are also taken to strengthen immunity. This is in line with a study by Pattama Photisat (2017) who studied the effects of herbal topical use in patients with psoriasis at Phachi Hospital on reducing the severity of the disease and quality of life of patients with skin diseases. She found that herbal medicines can reduce the severity and improve the quality of life of patients with

psoriasis. Herbal medicines used in the treatment are formulated for treating psoriasis in the form of herbal decoctions and topical ointments. Both types of medicines are prepared by Thai traditional medicine practitioners at a hospital. The ingredients of these medicine formulas have not yet been disclosed.

IMPLICATIONS

The knowledge and wisdom of psoriasis treatment obtained in this study should be developed and used as an alternative to local healthcare for psoriasis treatment.

SUGGESTIONS FOR FUTURE RESEARCH

1. In further research, the population size (folk healers) should be increased to obtain information with more clear comparison and distinction.
2. In future research, the effectiveness of the treatment methods should be studied by comparing the effects of other treatment methods.

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