Abstract

VYŠINSKÁ, Ľ.: A frequency of a purchase of herbal medicine in selected regions. Pharmacobotanical and phytopharmacological study. Diploma thesis, Charles University in Prague, Faculty of Pharmacy in Hradec Králové, Department of Pharmaceutical Botany and Ecology. Hradec Králové, 2011, 89 p.

Keywords: phytopharmaceuticals, parapharmaceuticals, herbal drugs, phytomedicines, questionary survey

Background: To examine the most frequently used herbal products in Žilina region and to identify factors associated with herbal therapy usage (age, gender of patients), as well as the situations when the phytopharmaceuticals are added to therapy (basic/add on therapy, therapeutical indications etc.). Thesis also tried to resolve the relationship of pharmacists and doctors to the herbal medicine and it dealt with the issue of information resources concerning phytotherapy, trends in this area and perception of the risks of the therapy among professionals.

Methods: A questionnaire was used to find out the data. Respondents were pharmacist, always one person per pharmacy from a village in Žilina region.

Results: Totally, 101 questionnaires were collected from 28 villages in Žilina region. From the evaluation of respondent´s answers is clear that the most frequently sold phytopharmaceutical is a product from *Valeriana officinalis* (12,6%) to the therapy of insomnia, following the product from *Hedera helix* as the expectorant (11,7%) and herbal composition for the therapy of the urinal tract infections with the content of *Arctostaphylos uva-ursi* (10,2%). Phytopharmaceuticals are more often demanded by women (76,2%), patients of the age 41 – 60 years (58,0%) and more often as an add on therapy (90,1%). The most often required parapharmaceutical is Horse ointment (37,9%). Products from *Ginkgo biloba* are phytopharmaceuticals which the most frequently occur on the recipes (25,7%) and pharmacists recommend the most the combined product Sinupret (16,3%).

Conclusions: Resulting from the opinions of the respondents, phytotherapy has its place also in the modern medicine. The thesis tried to define the population group and the indications, in which the phytopharmaceuticals are used the most and enabled to target the monitoring of possible risks of phytotherapy and the education of patients, pharmacists and doctors.