# Use of Herbal Medicines by Traditional Healing Practitioners: A Case Study of Phoksundo VDC of Dolpa district in Nepal

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**Background**

In Nepal, traditional healing practices play a strong role in maintaining psychological and physical well being of the majority of rural people who do not have access of satisfactory modern health services. Most of the medical doctors prefer to work in urban areas where they get more opportunities. The modern health services are not accessible to the population of rural areas. The practices of healing of rural people are beyond the proper access of modern health center, health worker and health education. Traditional healers and locally available medicinal plants play vital role in the lives of the rural peoples. This study was carried out with the objectives to find out the use of different healing practices in the selected areas as well as to identify the factors related to use of the healing practitioners and their herbal medicines by the community peoples.

**Methods**

Out of 99 households, 30 percent (i.e. 30 households) were selected by using proportional stratified random sampling Procedure. Data was collected from the selected household head using questionnaires. Data were tabulated in a chart to prepare analytical tables under different headings and sub-headings. Interpretation was made on the basis of percentage, causes count and comparing with other variables.

**Results**

Majority of people had positive attitude on traditional healing practices. In their opinion, it was cheap, locally available and regular service, that’s why they went to the traditional healing practitioners for their treatment.

**Conclusions**

Training to the traditional healing practitioners about health education, self-awareness is needed. They should be encouraged to use modern health service and provided with the facilities to easy access of the herbal plants.

**Keywords:** healing practice; herbal medicines; herbal plants; traditional healing practitioners.