

**A STUDY ON THE USE OF HERBAL PREPARATION IN
MANAGEMENT OF PEPTIC ULCER IN KIAMBU EAST
DISTRICT.**

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ABSTRACT

The use of herbal medicine is increasingly finding more relevance today especially with recognition that we are facing more challenges in the treatment of some conditions such as peptic ulcers, diabetes. (WHO 2003) has estimated that 80% of the world depends on traditional medicine for their primary healthcare. To date there are not many publications or record on the traditional herbal medicine use among the various Kenya communities despite the wide spread use. There is therefore an urgent need to document traditional medicines in Kenya for future references and research. The main objective of this was to examine the current state of traditional herbs used in treatment of peptic ulcer in Kiambu east the challenges facing the sector and the solutions to streamlining the practice and maximize on the benefits. The investigation on the use of herbal preparation in management of peptic ulcers in Kiambu East District was conducted between October 2013 and May 2014. The method adopted in the research involved the analysis of the questionnaires, available records on herbal medicine in Kenya from various sources including journal and available books. Upon collection of raw data and analysis the following findings were made ; Source of medical plants were obtained from botanical gardens at 64.4% hence should be embraced, those obtained from forest at 17.8% due to increased population which led to forming of forest to agricultural land and also for commercial use . Herbalist preferred method of extraction of active ingredients was maceration at 57.7% as it was a cheap method of extraction .The conclusion made after analysis of the data, Among the most used herb is *Biden pilosa*, *Justicia flava*, *Tamarindus indica*, *Dovyalis abyssiniea* ,due there availability in botanical gardens and forests. Decoction was preferred as the method of extraction compared to other method as it was cheaper. The recommendation made was need for all counties in the Republic of Kenya to have a botanical garden and encourage re-forestation so as to increase number of medicinal plants used for treatment of peptic ulcers and other various disorders.