

## Prohibited Foods and Thai Traditional Medicine

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### ABSTRACT

*The study aimed to find out if foods had any effect on different groups of people, grouped by gender, based on Thai traditional medicine. The quantitative and descriptive methodology was used for collecting data from 257 pharmacy students of Chiang Mai University in academic year 2000. Data were collected during June to July, 2000. The results of the study did not show significant relationship between foods and individual elements. 37.80% of the students showed the relationship of intake food and illness. 25.29% of the students showed the relationship of intake food and illness when seasons were taken into consideration and 35.41% of the sample showed the relationship of intake food and illness when times of occurrence were taken into consideration. An uncontrollable factor was that the samples did not give the correct answers. It might be that the samples did not take notice of the health status of themselves nor did they remember correctly what they had eaten which caused them illness. Moreover, the studied populations were only pharmacy students, therefore a wider range of targeted populations should be further focused on.*

**Key words:** Prohibited foods, Thai traditional medicine

### INTRODUCTION

Nowadays, people's life styles have changed tremendously from the past, especially in food consumption. People now tend to eat more carbohydrate such as starch, fats and desserts which often cause health problems. Heart failure from high cholesterol, heart diseases, diabetes and other illnesses are increasing. Food processing which often affects consumer's health and illnesses are mostly caused by imbalances in human's body. Human's body excretes surpluses by breathing, sweating, urinating and defaecating. If waste accumulation is too high, the substances can become toxic. Human metabolism will try to clean all toxins and balance the body back to health. Illness and disease are the main problems affecting the standard quality of life and are the obstacles to Thailand's progress. Thailand has spent tremendous amount of money to purchase drugs and pharmaceutical technologies from foreign countries (Sapjaroen, 1994a; Tanwaranchorn, 1995). Consequently, campaigns to encourage people to protect themselves from diseases can help solve these problems. Thai traditional medicine and indigenous knowledge which are nature-based and