

Table 4 Pattern of use and reasons for use of complementary and alternative medicine (CAM) for self-medication by the studied adults

Self-medication with CAM	No.	% (n = 778) ^a
Types of CAM used^b		
Herbs	713	91.6
Spiritual healing	73	9.4
Cupping, acupuncture	50	6.4
Cauterization	3	0.4
Others	14	1.8
Myths (<i>hijab, zar</i>)	20	2.6
Form of herbs used (n = 713)		
Regular herbs	583	81.7
Specially prepared combinations of herbs	117	16.4
Both	13	1.9
Symptoms/conditions that warranted use of CAM^b		
Gastrointestinal problems	690	88.7
Flu/common cold/cough	640	82.3
Headache/body aches	384	49.4
Chronic noncommunicable diseases	46	5.9
Fever	42	5.4
Infertility and sexual problems	26	3.3
Skin problems	20	2.6
Others (parasitic diseases, neuropsychiatric problems, burns, fractures, hepatitis B and C, allergies)	42	5.4
Reasons for preferring CAM over modern medicine^b		
Medications have side-effects	423	54.4
Previous good experience with alternative and folk medicine	259	33.3
Stronger effect	125	16.1
Religious reasons	44	5.7
Saves money	12	1.5
Lack of trust in the medical service	8	1.1
Believe self-medication with CAM improved the condition	741	95.2

^aTotal number who practised self-medication with CAM only and with both drugs and CAM.

^bResponses are not mutually exclusive.