

# Herbal Medicine use Among Diabetic Patients in Nagpur District: A Cross-Sectional Study

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## Abstract

**Background:** Diabetes mellitus is a major public health concern worldwide, and many patients use herbal medicines as complementary or alternative therapies for disease management.

Understanding the prevalence, patterns, and determinants of herbal medicine use among diabetic patients is essential for ensuring safe and effective healthcare practices.

**Objective:** To assess the prevalence of herbal medicine use among diabetic patients in Nagpur District, Maharashtra, and to identify demographic factors, perceived effectiveness, and sources of information associated with herbal medicine utilization.

**Methods:** A cross-sectional study was conducted among 419 diabetic patients attending healthcare facilities in Nagpur District. Data were collected through structured interviews and questionnaires covering demographic characteristics, herbal medicine use, perceived effectiveness, and information sources.

**Results:** Among the participants, 57.27% reported using herbal medicines for diabetes management. Herbal medicine use was significantly associated with age, educational status, socioeconomic status, and employment.

**Conclusion:** Herbal medicine use is highly prevalent among diabetic patients in Nagpur District and is influenced by multiple demographic and socioeconomic factors.