

Table 2 Items of traditional medicine used for diabetes (*n* = 523)

Traditional medicine used (<i>n</i> = 77)	No. (%)
Total traditional medicine items used per respondent	
<i>Range</i>	0–24
<i>Mean (SD)</i>	3.25 (4.64)
Herbs (41 items)	
Olibanum (<i>Boswellia spp.</i>)	101 (19.3)
Olive leaves (<i>Olea europaea</i>)	62 (11.9)
Black seeds (<i>Nigella sativa</i>)	40 (7.6)
Sour pomegranate (<i>Punica granatum</i>)	35 (6.7)
Lupine seeds (<i>Lupinus spp.</i>)	24 (4.6)
Commercial herbal tea	17 (3.3)
Unknown folk medicine	17 (3.3)
Helteet (<i>Ferula assa-foetida</i>)	12 (2.3)
Chinese herbs	10 (1.9)
Nettle (<i>Urtica dioica</i>)	9 (1.7)
Colocynth (<i>Citrullus colocynthis</i>)	9 (1.7)
Jaadah or Shangoura (<i>Germander spp.</i>)	8 (1.5)
Harmal (<i>Rhazya Stricta</i>)	7 (1.3)
Aloe (<i>Aloe vera</i>)	7 (1.3)
Marjoram (<i>Origanum majorana</i>)	5 (1.0)
Garden Cress (<i>Lepidium sativum</i>)	4 (0.8)
Flax seeds (<i>Linum usitatissimum</i>)	3 (0.6)
Blueberry leaves (<i>Cyanococcus</i>)	3 (0.6)
Wormwood (<i>Artemisia absinthium</i>)	3 (0.6)
Bitter aloe (<i>Aloe ferox</i>)	2 (0.4)
Sage (<i>Salvia officinalis</i>)	2 (0.4)
Lemon verbena (<i>Verbena officinalis</i>)	1 (0.2)
Myrrh (<i>Commiphora myrrha</i>)	1 (0.2)
Bitter almond (<i>Prunus dulcis</i>)	1 (0.2)
Psyllium (<i>Plantago psyllium</i>)	1 (0.2)
Costus Indian (<i>Saussurea costus</i>)	1 (0.2)
Tamer Mur (<i>Brosimum spp.</i>)	1 (0.2)
Al-Adeed (<i>Launaea mucronata</i>)	1 (0.2)
Arugula (<i>Eruca sativa</i>)	1 (0.2)
Myrtle (<i>Myrtus communis</i>)	1 (0.2)
White horehound (<i>Marrubium vulgare</i>)	1 (0.2)
Juniper (<i>Juniperus spp.</i>)	1 (0.2)
Loquat leaves (<i>Eriobotrya japonica</i>)	1 (0.2)
Doum (<i>Hyphaene thebaica</i>)	1 (0.2)
Common rue (<i>Ruta graveolens</i>)	1 (0.2)
Ziziphus (<i>Ziziphus mauritiana</i>)	1 (0.2)
Orris Root (<i>Iris germanica</i>)	1 (0.2)
Lentisco (<i>Pistacia lentiscus</i>)	1 (0.2)
Rock cherry (<i>Prunus mahaleb</i>)	1 (0.2)
Tamarisk (<i>Tamarix</i>)	1 (0.2)
Home remedies (30 items)	
Green tea (<i>Camellia sinensis</i>)	139 (26.6)
Onion (<i>Allium cepa</i>)	99 (18.9)
Garlic (<i>Allium sativum</i>)	88 (16.8)
Fenugreek (<i>Trigonella foenum-graecum</i>)	80 (15.3)
Ginger (<i>Zingiber officinale</i>)	78 (14.9)
Lemon (<i>Citrus x limon</i>)	72 (13.8)
Thyme (<i>Thymus vulgaris</i>)	62 (11.9)
Honey	61 (11.7)
Parsley (<i>Petroselinum crispum</i>)	61 (11.7)
Coriander (<i>Coriandrum sativum</i>)	44 (8.4)
Dill (<i>Anethum graveolens</i>)	43 (8.2)
Cumin (<i>Cuminum cyminum</i>)	32 (6.1)
Cloves (<i>Syzygium aromaticum</i>)	31 (5.9)
Vinegar	23 (4.4)
Anise (<i>Pimpinella anisum</i>)	22 (4.2)
Cinnamon (<i>Cinnamomum verum</i>)	13 (2.5)
Rosemary (<i>Rosmarinus officinalis</i>)	4 (0.8)
Barley (<i>Hordeum vulgare</i>)	3 (0.6)
Sesame (<i>Sesamum indicum</i>)	2 (0.4)
Wheat (<i>Triticum spp.</i>)	2 (0.4)
Mint (<i>Mentha spp.</i>)	2 (0.4)
Camomile (<i>Chamaemelum nobile</i>)	1 (0.2)
Fennel (<i>Foeniculum vulgare</i>)	1 (0.2)
Roselle (<i>Hibiscus sabdariffa</i>)	1 (0.2)
Celery (<i>Apium graveolens</i>)	1 (0.2)
Eggplant (<i>Solanum melongena</i>)	1 (0.2)
Grapefruit (<i>Citrus x paradisi</i>)	1 (0.2)
Lentil (<i>Lens culinaris</i>)	1 (0.2)
Kiwi (<i>Actinidia deliciosa</i>)	1 (0.2)
Practices (6 practices)	
Prayers	156 (29.8)
Al-hijama (wet cupping)	75 (14.3)
Ruqyah (recitation) with the Quran	50 (9.6)
Ruqyah water or oil	28 (5.4)
Acupuncture	8 (1.5)
Cautery	5 (1.0)

SD = standard deviation.