



**ATTITUDES AND PRACTICES TOWARDS TRADITIONAL MEDICINES  
BY FILIPINO AND AUSTRALIAN COMMUNITIES IN DARWIN  
NORTHERN TERRITORY (NT), AUSTRALIA**

A Research Paper Presented to  
The College of Science Graduate Studies  
De La Salle University – Dasmariñas



In Partial Fulfilment of the Requirements  
for the degree of Master of Science in Biology

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August 2009



### **ABSTRACT**

A total of 225 respondents, seventy-five (75) participants from each community of Filipinos, Aborigines and Migrant Australians within and around the city area of Darwin, Northern Territory (NT), Australia were given questionnaires and interviewed in this particular study to determine their attitude and practices towards traditional medicine. Herbal medicines, acupressure, aroma therapy and yoga are the forms of traditional medicine used by Filipino and Aboriginal communities in Darwin NT Australia. The Aborigines, in addition, also practice acupuncture, ayurveda, homoeopathy and reiki. The migrant Australians preferred the use of acupressure, processed herbal medicines available over-the-counter, aroma therapy, acupuncture and homoeopathy. Ayurveda, naturopathy and reiki are among those that seem relatively unknown from the three communities. Although with different main purpose on the use of traditional medicine, treatment of common ailment for the Filipino communities and for the maintenance of health for the Migrant Australian communities, they share the same attitude towards traditional medicine. But a stronger conviction on the effectiveness of traditional medicine both for the treatment of common ailments and promotion of health was observed among the Aborigines.