

ABSTRACT

The bachelor thesis will deal with the awareness of adults in selected regions about the effects of selected herbal medicines and therapies that can be taken and used routinely on a daily basis to enhance immunity or for the treatment of respiratory diseases such as wet and dry coughs, strep throat, flu, colds or to reduce fever or temperature. At the same time, it will research will seek answers as to whether the Czech population has experience with Alternative medicine and its selected methods (homeopathy, Bach's essences etc.)

The data required for the research was collected through an online Google Forms survey, which was divided into several sections. Section 1 sought basic information about the respondents and whether the respondents had encountered the term Alternative Medicine. Section 2 focused on information regarding Alternative Medicine (respondents' information sources, assessment of the effectiveness of Alternative Medicine). Section 3 investigated whether respondents would be willing to try Alternative Medicine methods if they learned more about them. Section 4, Section 6, and Section 7 focused on herbal treatments (What specific herbal products do respondents use, what sources do they draw information or inspiration from). Section 5 focused on respondents who have no experience with Alternative Medicine methods and whether they would like to try some.

Information was collected from a total of 170 respondents, of whom 19 (11,2 %) had no experience with herbal medicines and Alternative Medicine methods. 151 (88,8 %) respondents use herbal medicines regularly or combine treatment of respiratory diseases with pharmaceutical medicines depending on the severity. The largest number of respondents came from the Ústí nad Labem region 114 (62,1 %), the next most represented regions were: Prague 13 (7,6 %), Central Bohemia Region 12 (7,1 %) and Moravian-Silesian Region 11 (6,5 %).

The main aim of this study is to find out what experience the population of the Czech Republic has with the treatment of respiratory diseases using herbal preparations and Alternative Medicine methods.

KEYWORDS

Alternative medicine, Bach essences, disease, healing, health, Herbal preparation s homeopathy, nature, placebo effect