Following is a response from DHS Research & Data Analysis Director, Tom Pullum:

What you see in the tabulation of the variables is the labels (Doctor, etc.) the variable itself is numeric. One way to see the codes (there are other ways) is with "tab m52_1" and then "tab m52_1, nolabel". You will then see the numericl codes that go with the labels. You should then be able to do the recode you want to do. Let us know if you still have trouble.