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# Traditional Home Remedies Practiced by the Inheritors of the Unani Pioneers

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## SOUVENIR & ABSTRACTS



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**Traditional Home Remedies Practiced by the Inheritors of the Unani Pioneers**Fahamiya N<sup>1</sup>, Fowziya AWS<sup>1</sup>, Shiffa MSM<sup>1</sup><sup>1</sup>Institute of Indigenous Medicine, University of Colombo, Rajagiriya

In Sri Lanka home remedies have been used for centuries. Home remedies perfectly feasible for a wide range of conditions and ailments. The natural therapy is outlined generally simple, safe and effective especially to most common and less serious ailments. The traditional system of medicine, especially home remedies that was an established system among rural society in the past is now gradually declining mainly due to increase invention of modern medical technology. The main objective of this study is to evaluate the use of home remedies in the area where the Unani medical system existed and to promote the usage of home remedies among rural multiethnic population. The area selected for the study is Maradana which is situated in Beruwela electorate at the Kaluthara district, where the eminent Unani physicians lived and practiced, their descendants are still living and practicing in those areas. Methodology: Data was collected by using questionnaire from house to house by interviewing the chief occupant-including eminent Unani Hakeem's families. Results: Nearly 200 home remedies were collected and scrutinized to use in different diseases. Conclusion: These identified home remedies could be used in modern scientific researches to validate their efficacy and could be used by general public with the fullest confident without any or with minimal side effects.

Keywords: Unani, Beruwela, Traditional system

**Leafy Vegetables in the Urban Diet**Fawmiya MSS<sup>1</sup>, Kulathunga WMSSK<sup>1</sup><sup>1</sup>Institute of Indigenous Medicine, University of Colombo, Rajagiriya

The food habit and dietary pattern of a society are never static. There are several factors affecting the food consumption patterns. Food consumption surveys are the only basis for measuring the relationship among the variations in the knowledge, attitude and practices on food consumption patterns, method of preparation and storage. This study was undertaken to assess the relationship between knowledge, attitude and practices on leafy vegetable consumption, method of preparation, storage and the factors affecting the food consumptions patterns such as