

**A SURVEY ON FRESH HERBS USED FOR TREATING THE DISEASES OF CHILDREN  
BY TRADITIONAL PRACTITIONERS IN JAFFNA DISTRICT, SRI LANKA**

**R. Sugeevan\*, K. Sounthararajan, S. Sivashanmugarajah**

Unit of Siddha Medicine, University of Jaffna, Sri Lanka.

\*r.rakulini@gmail.com

Due to their vast experiences, most of the people in the Jaffna District seek traditional herbal treatment for their children. Traditional practitioners have their own formulae for the preparation of certain medicines. They have preserved them as their family secrets. These formulae are being handed over to their generations. The aim of this survey was to document the information concerning medicinal plants used for treating the diseases of children by traditional practitioners. This is a Cross-sectional descriptive study. Traditional practitioners were interviewed by using questionnaires and open conversations to collect the data. 98 Traditional Doctors were interviewed in Jaffna District. This study revealed that 95 types of herbs used for treating different diseases of children by Traditional practitioners. Among the 95 plants 23(24%) were trees, 57 (60 %) were herbs and shrubs, 13 (14 %) were climbers and creepers and 2 (2 %) were grasses. Most commonly used plants were *Anisochilus garnosus*, *Clitori aternatea*, *Ocinum sanctum*, *Azhadirachta indica*, *Justicia adhatoda*, *Terminalia chebula*, *Acalypha indica*, *Zizyphus jujube*, *Bacopa monniera* and *Punica granatum*. Part use was the leaf 49% (48) and the juice 33% (32), decoction 48% (47) and oil 65% (64) were the most common prepared drugs in the diseases of children. Preparations of medicines from these plants are simple. They are easily available and economical because collected from their surroundings. Pharmacological actions of the most these plants are correlated with Siddha pharmacology. It is required for scientific study to confirm the efficacy and safety of the above herbs.

**Key words:** Fresh herbs, Traditional practitioner, Medicine, Diseases of children, Alternative Medicine