

Study of Cosmetic Usage of Herbs in Jaffna District

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In the past the health and the beauty culture had been practiced naturally in the Traditional way of life in Jaffna District. It is proved in the historical texts and stories. The ancient people were maintaining their health and beauty with the help of the natural herbs. Nowadays, most of the people in urban area in Jaffna District have been adopted with artificial readymade foods and facial packs. Hence they are unable to run off from the adverse effects of this artificial life pattern. But in some rural area, the people are still using the natural herbs for cosmetic purpose.

This study is objected to identify the herbal remedies for cosmetic purpose in rural area, identify the ingredients of herbal cosmetic preparations, and analyze the medicinal values of the ingredients and familiar with the preparations. Diversity of Medicinal plants in Jaffna District was done by the team of Gunapadam section of Unit of Siddha Medicine, University of Jaffna. It is observed in this field work that some people in rural area are still using herbs for their beauty purpose.

There for this study was aimed to expose the cosmetic usage of herbs. According to the rich diversity of medicinal plants the following areas were selected to the study; Urelu [Kopay DS Division], Madduvil [Thenmaradchi DS Division], Sangarathai & Araly [Sanganai DS Division]. In every area 2 groups were selected; Group I: 100 numbers of mothers who have children under 02 years, Group II: 100 numbers of females who are in between 15 to 30 years. Data were collected by interviewing them with the help of the separate questionnaires.

According to the findings, in Urelu area, 67% of mothers are using gall of *Zizyphus jujuba* for head bath for children up to 41 days from the birth. In Madduvil area 52% of females are using herbal bathing powder. In Sangarathai and Araly area, 73% of females are using *Aloe vera* gel for facial purpose. In medicinal aspect gall of *Zizyphus jujuba* has tannin compound which has astringent action and has the power of removing dandruff. The ingredients of herbal bathing powder have the actions of antiseptic, cooling and blood purification. The gel of *Aloe vera* has the supreme actions of moisturizer, emollient and sun screen. These facts give attentiveness of medicinally valuable natural cosmetic practice. Hence, awareness of this Traditional cosmetic Practice and large scale production without chemical contamination of these natural herbal preparations will lead to improve the health of the Nation with the nature.

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