

Promotion of Traditional Home Remedies for Good Health

S.Thilagamani, M.S.Sreeja

Assistant Professor (SG), Post Graduate Student

Department of Food Service Management and Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, India.

ABSTRACT

Traditional home remedies are the best approach to treat the common ailments and these remedies are used in India since ancient times. These remedies provide better cure at low cost, with locally available natural ingredients. This study was undertaken to document, standardise, use and promote the traditional home remedies as e-booklet to the population. Although it has been used since ancient times, document related of these knowledge are very much limited and this will lead to loss of valuable traditional remedies over time. Hence the study was framed with the objectives to understand the home remedies available and those utilized by the selected population, to elicit the preparation process and the extent of use of traditional home remedies and to promote the traditional home remedies for improving the health of the population.

The study was carried out in 'O' Valley, Gudalur, Nilgiris, Tamilnadu. A total of 25 families through simple random sampling technique were involved for the study based on the inclusion and exclusion criteria. Appropriate questionnaire was designed to elicit the knowledge, awareness, usage and preparation process of traditional home remedies comprising such as name of the remedy, occasion used, conditions of use, ingredients, preparation time, equipment used, method of cooking, method of preparation, storage precautions and usage precautions directly from the respondents. Standardisation of the selected 100 home remedies were done at Foods laboratory of Avinashilingam Institute for Home Science and Higher Education for Women, it was subjected to sensory evaluation, nutritive value and cost per portion were calculated and compiled as a e-booklet titled "Simple Home Remedies For Good Health". Promotion of the e-booklet titled "Simple Home Remedies For Good Health" was done among 50 home makers from different regions of Tamilnadu like Coimbatore, Tiruppur, Mettupalayam, Tuticorin, Thiruvarur, Tirunelveli, Salem, Trichy, Dindigul, Madurai, Kulathur, Sivagangai, Ramanathapuram and Pudukkottai. The compiled e-booklet and check list to get the feedback as a google-form link was sent via mail and whatsapp to find the ease and usability of the compiled e – booklet.

The salient findings of the study pointed out that home remedies were used by the local community due to quicker relief from symptoms, easy availability of ingredients for cure and a good choice and experience and also limited access to hospitals and allopathic treatments. The knowledge of home remedies were learned from the ancestors of the community and elder members of the family. The home makers felt that the remedies on the e-booklet was new to them and had a good feedback on the e-booklet. Documenting such traditional home remedies by all people as primordial prevention of health disorders and as well preventive, curative health care of the population, use the goodness of all the available traditional remedies and popularise it to larger population groups is the need of the hour for quality health care.

Key words: traditional home remedies, e-booklet, promotion.

INTRODUCTION

Traditional home remedies are used as a basic treatment for common ailments. Commonly it is practiced in rural areas which has less access to medical facilities. Traditional remedies are easy to prepare with basic ingredients available in the region. Most of the traditional remedies are used for conditions such as cold, fever, headache, anaemia, body pain, weight loss and for special conditions like pregnancy, lactation, diabetes and many other condition.

As accepted by many people, it is known that a single system of medical approach cannot produce a better health care. Even though allopathic medicine plays a major role in health care field, many others forms of medicines also emerged in India, which is established and used by the Indian population. These type of alternative systems have an excellent reach than modern medicine among the population, especially among the rural population. (1)

It is very common to have minor pains and symptoms in daily life as a part and parcel of life. The only thing is that the way people reacts and responds to these symptoms will differ from person to person. Some people immediately tries to cure the symptoms whereas some will totally ignore the problem. Personal care, utilizing domestic cures and devouring conventional and complementary medications are common reactions to indications. (2)

Now-a-days home remedies are gaining popularity among the public as the cost spend in modern medical system continues to increase. Apart from the convenience of using these home remedies, it favours the population with a better way to handle their ailments. Most of the indigenous remedies were prepared by the method of boiling all the ingredients along with the water to prepare it as a decoction. Other practices like chewing, swallowing, breathing in are also employed as remedies.

At present herbs are grabbing more attention of the population due its curing nature. These are used for cure of ailments due to many reasons which includes that these are simple and easy to prepare at a very low cost, it is free from chemicals and does not have any side effects and also the capability for curing the ailment on their own, all these reasons make the home remedies as a best choice. The trend of approaching to these home remedies are followed by the population from a longer time. Home remedies are in practice from ancient times. In India, medicinal plants are always grown by the majority of households in their home gardens and this activity is traditionally followed by Indian population. These plants are used in remedies which helps in self-care and also for handling symptoms and manage the health care.

As a known fact, the home remedies are natural and hence these natural remedies can be resourcefully used in managing a wide range of health problems. If these are used regularly with correct usage precautions, these remedies will yield a fruitful outcome of health. Whatever be the condition, ranging from minor to major ailment, for example from boosting immune system to treating major cuts and burns, remedies are available for all these conditions. The medicinal value may be due to the presence of certain enzymes, antioxidants, alkaloids and it also have many properties like antibacterial, anti-analgesic, antimicrobial and many other properties. When absorbed by the body, it will be embraced according to the quantity required by the body.

These cures can be utilized for actually any sort of wellbeing issues. In expansion to the reality that the tremendous larger part of these cures are based on normal herbs and plants, the larger part of these medications are cheap and most of the ingredients utilized in them are as of now found in present day families kitchen. (3)

Managing symptoms of minor ailments using home remedies is an aspect of health care which has not been researched broadly. Although more amount of information is available based on the present literature, information on home remedies based on scientific evidence are very less. (4)

MATERIALS AND METHODS

Selection of Study Participants:

The area selected for conduct of the survey was 'O' Valley, Gudalur, Nilgiris, Tamil Nadu owing to ease of access and availability of traditional home remedies. The study participants were 25 selected families through simple random sampling technique.

Designing of Research Tool:

A well-structured questionnaire were developed for the collection of data during the survey. Questionnaire 1 contains the general information, socioeconomic status and the questions related to home remedies and its extent of usage. Questionnaire 2 contains the data format necessary for collecting the traditional home remedies from the study participants.

Collection of Data:

The data were collected after undertaking all the safety precautions to ensure a safe data collection. The prepared questionnaire were distributed among the study participants and the data were collected to the study. The data collected were a primary data. The full information related to home remedies were collected from the study participants of the selected families to the study.

A total of 100 home remedies were collected with data such as name of the remedy, occasion used, conditions of use, ingredients, preparation time, equipment used, method of cooking, method of preparation, storage precautions, usage precautions, photo of the remedy were collected.

Traditional home remedies were collected for conditions like cold, fever, headache, cold and fever, fainting, cold and cough, body pain, diarrhoea, constipation, stomach pain, diabetes, elevated cholesterol levels, anaemia, weight loss, blood pressure, eczema, insect bite, throat pain, ulcer, eye health, mouth sores, pitham, jaundice, wound healing, indigestion, piles and kidney stone.

During the data collection, attempts were made to collect all the possible information related to home remedies from the study participants.

Standardization of Home Remedies

The home remedies collected were standardized in the Foods Laboratory of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. Based on the collected data the required medicinal plants were identified from the study area. Equipment like grindstones hand grinder, motor and pestle, vessel, strainer and ladle were used for the preparation of home remedies. All the ingredients required for the preparation of the home remedies were collected. The ingredients were cleaned in a hygienic way.

The quantity of the ingredients were weighed and measured. Then every remedies were prepared for one portion. Remedies were also prepared in order to collect the photo of home remedies. Standardised remedies were subjected to sensory evaluation.

Sensory evaluation of the prepared remedies were done on 3 point scale of acceptability. The evaluation was marked on the format given.

The remedies were collected and prepared in order to calculate the nutritive value and cost of one portion. Accurate weight of the ingredients were measured and nutritive value and cost per serving of the remedies were calculated.

Compilation and Promotion of Home Remedies:

All the details collected from the study participants related to home remedies were compiled into home remedies e-booklet in a standardized format. The frequency and the duration in which home remedies were consumed, storage precautions and usage precaution are also mentioned in the e-booklet.

The compiled home remedies e-booklet titled “**Simple Home Remedies for Good Health**” were sent to 60 home makers to know the response about the e-booklet.

Checklist was first designed with the questions that test the knowledge, attitude and practice of the respondents to know the extent of use of the e-booklet designed. Then the required changes were made and the checklist was modified. The modified checklist were made as google form and checked. The google form link (<https://forms.gle/57AQC91YZ2jb1HsG9>) of the checklist along with the “Simple Home Remedies for Good Health” e-booklet were sent to 60 home makers through mail and whatsapp messenger to elicit the feedback of the e-booklet.

The e-booklet and google form link were sent to the respondents residing in different regions like Coimbatore, Tiruppur, Mettupalayam, Tuticorin, Thiruvarur, Tirunelveli, Salem, Trichy, Dindigul, Madurai, Kulathur, Sivagangai, Ramanathapuram and Puthukottai. These respondents were selected through random sampling technique. After sending the e-booklet and google form, a day was given to the respondents to go through, understand and to give the feedback on the e-booklet. The respondents after reading and understanding the information given in the e-booklet, returned to give a response of e-booklet through the given google form link. The e-booklet and google form link were sent to 60 home makers, among them 50 home makers turned back to give a response about the e-booklet.

RESULTS

Classification of occupation based on gender

The classification of occupation based on gender is presented in table 4.

Table 1: Descriptions of classification of occupation based on gender N=25

Occupation	Gender		Total
	Male	Female	
Unemployed	-	9	9
Tea labourer	-	9	9
Coolie	5	1	6
Electrical & plumbing	1	-	1

In table 1 the occupation of the respondents were grouped based on the gender of the study participants. Out of total 25 participants nine were unemployed, they were home makers, which may be due to their economic factors and their source of income comes from other family members.

Among 172000 hectares underneath tea advancement in South India, Nilgiris independently accounts for around 90000 hectares and these comes almost in produces tea of around 30 million kg of tea each year which is around 60 percent of the whole populace. (5).

Being major producer of tea, it accounts for the livelihood option of the population. Low educational and economic status engaged nine female respondents to work as tea labourers. It was also noted that five male and one female daily wage earners working as coolies in construction works, due to their low educational status. Apart from this, one male respondent had electrical and plumbing as his occupation.

Knowledge on Home Remedies by the respondents

Table 2 highlights the knowledge of the home remedies.

Table 2: Descriptions of knowledge on home remedies by the respondents N=25

Source of knowledge	Number	Percentage
Family members	25	100
Books	-	-
Internet	-	-

The table give the details on the source of knowledge of home remedies of the respondents. From the table it is clear that the source of knowledge of home remedies of all the respondents were gained from the family members because of the usage of the home remedies whenever required.

Equipment used for preparation of Home Remedies

The following table shows the equipment used for the preparation of home remedies

Table 3: Descriptions of equipment used for preparation of home remedies

S.no	Equipment	Uses
1	Grindstones hand grinder	To crush or grind ingredients
2	Motor and pestle	To crush small quantity of ingredients
3	Vessel	To cook the remedies
4	Ladle	To stir
5	Strainer	To strain the remedies
6	Mixer grinder	To grind the ingredients

The above shows the details of the equipment used for the preparation of home remedies and their uses. Equipment like grindstones hand grinder, motor and pestle, vessel, ladle, mixer grinder and strainer were used for preparing the home remedies, which were collected from the respondents.

Medicinal plants used for Home Remedies preparation

The below table highlights the medicinal plants used for preparation of home remedies

Table 4: Descriptions of medicinal plants used for home remedies preparation

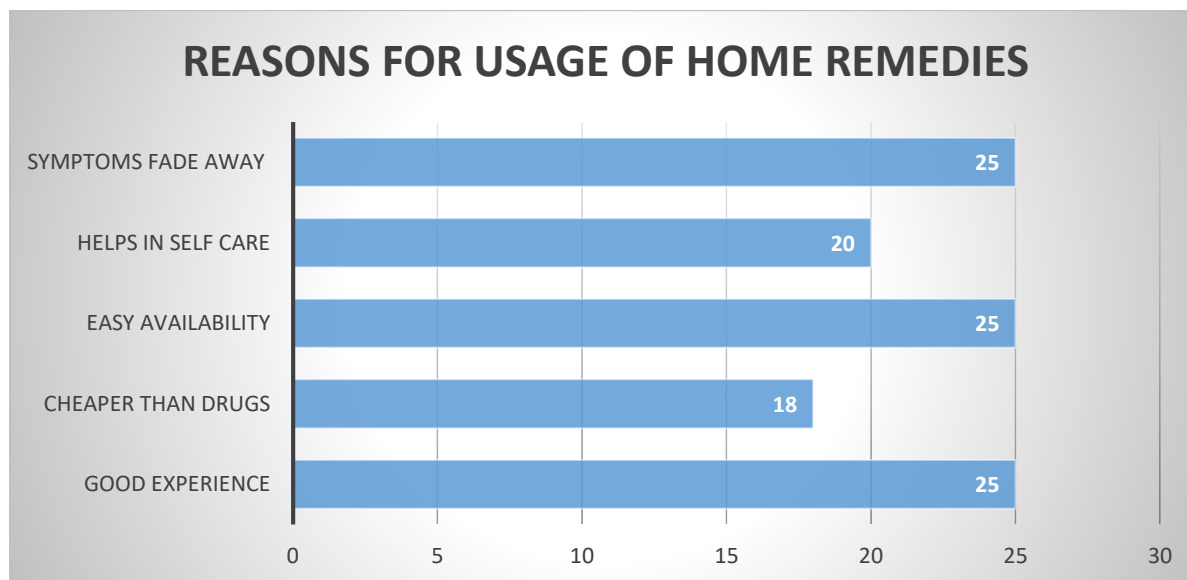
S.no	Medicinal Plants	Botanical Name	Uses
1	Adathodai	Justicia adhatoda	Fever, cold, cough, cholesterol, body pain
2	Nochi	Vitex negundo	Fever, cold, cough, blood pressure
3	Thunuthipachai	Ocimum basilicum Linn	Fever, cold, cough
4	Thumbai	Leucas aspera	Cold, insect bite, fever
5	Karpuravalli	Coleus amboinicus	Cold, throat pain
6	Neem leaves	Azadirachta indica	Diabetes
7	Mint leaves	Azadirachta indica	Stomach pain
8	Tulasi	Ocimum tenuiflorum	Cold, throat pain, fever, cough
9	Thoothuvalai leaves	Solanum Trilobatum	Cold, fever
10	Nagaranji leaves		Fever, cold, cough

11	Modakkathan leaves	Cardiospermum halicacabum	Fever, cold, cough, body pain
12	Kodivelli leaves	Plumbago Zeylanica	Fever, cold
13	Betel leaves	Piper betle	Cold, cough, diabetes
14	Manathakkali keerai	Solanum nigrum	Ulcer, diarrhoea
15	Lemon leaves	Citrus limon	Fever, cold
16	Orange leaves	Citrus X sinensis	Body pain
17	Arugampul	Cynodon dactylon	Constipation, pitham, anemia
18	Drumstick leaves	Moringa oleifera	Anemia
19	Mango leaves	Mangifera indica	Diabetes
20	Guava leaves	Psidium guajava	Diabetes, cholesterol
21	Nithiyakalyani leaves	Catharanthus roseus	Blood pressure
22	Passion fruit leaves	Passiflora edulis	Blood pressure, fainting
23	Nannari leaves	Hemidesmus indicus	Ulcer
24	Vallarai leaves	Centella Asiatica	Ulcer, mouth sores
25	Kizhanelli leaves	Phyllanthus niruri	Jaundice, ulcer
26	Curry leaves	Murraya koenigii	Eye health
27	Kalaruppan leaves		Kidney stone
28	Insulin leaves	Chamaecostus cuspidatus	Diabetes

The above table shows the medicinal plants used for preparation of home remedies and their uses. Medicinal plants play a major role in the preparation of home remedies. As these plants are easily available, the population utilizes the plants in the preparation of home remedies. From the table it is clear that all the medicinal plants possess multiple healing properties and it is used in curing of many ailments.

Reasons for usage of Home Remedies

The reasons for the usage of home remedies given by the respondents is illustrated in figure 1.

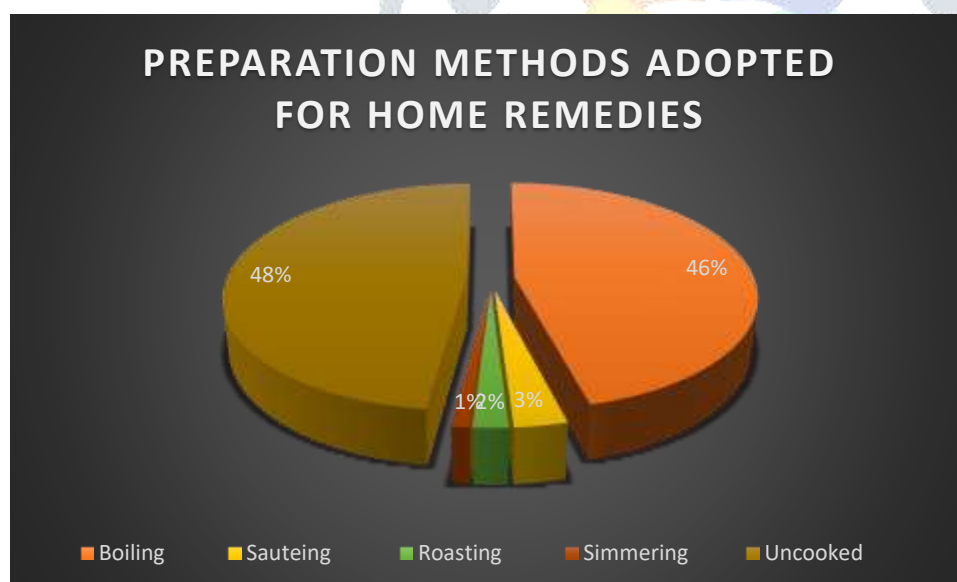
Figure 1: Reasons for usage of home remedies. (N=25)

* Multiple response from the respondents

The figure depicts the multiple response given by the respondents as the reasons for the usage of home remedies. The major reasons for usage of home remedies given by the respondents includes relief from symptoms, easy availability of ingredients and providing good experience. These reasons makes the population to use more home remedies.

Preparation methods adopted for Home Remedies

The below figure represents the cooking methods adopted in the preparation of the home remedies.

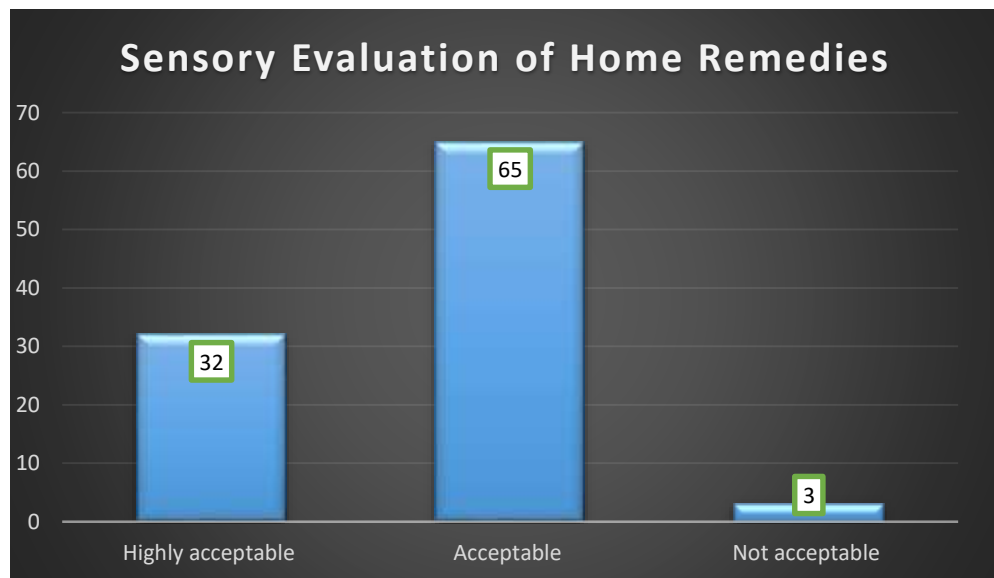
Figure 2: Preparation methods adopted for home remedies

The preparation methods like boiling, sautéing, roasting and simmering were used for the preparation of the home remedies. From the total of 100 home remedies, 46 percentage of remedies were prepared using boiling method, three percentage of remedies were prepared using sautéing method, two percentage of remedies were prepared using roasting method, one percentage of remedies were prepared using simmering method and the remaining remedies were prepared without cooking, those remedies were prepared by using the methods of soaking and grinding.

Sensory evaluation of the prepared Home Remedies

The acceptability of home remedies which was done through sensory evaluation is presented in pictorial form as figure 3.

Figure 3: Sensory evaluation of the prepared home remedies

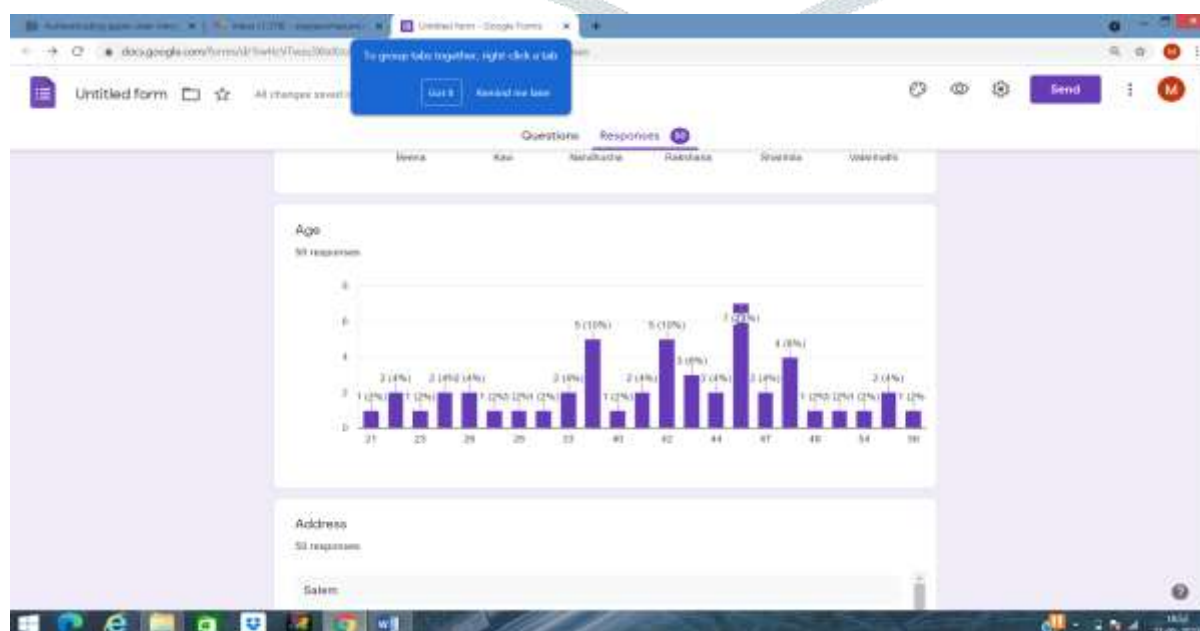


Based on the sensory evaluation done by the respondents for the prepared home remedies, it was noted that out of 100 remedies prepared 65 remedies were acceptable, 32 remedies were highly acceptable whereas three remedies were not acceptable as these remedies were extremely bitter in taste.

Promotion of the E-Booklet “Simple Home Remedies for Good health”

In order to promote the home remedies, the compiled e-booklet “Simple Home Remedies for Good Health” were sent to 60 home makers along with the checklist designed as google form to receive the feedback of the e-booklet. Among them 50 respondents turned back to record their response. From the response sheet it was clear that the home makers felt that the e-booklet were useful and it was also new to them. Every respondent reported that the information given in the booklet were easy to understand and they will use these remedies as their first choice of treatment to improve the health. The respondents were in between the age group of 21-56 and they were home makers.

Figure 4: Screenshot of the response sheet of the e- booklet



The response received showed that 46 percentage of respondents were aware of home remedies whereas 56 percentage of respondents were not aware of the home remedies. 92 percent of respondents reported that there is no sides effects in using home remedies but eight percent of respondents answered that usage of home remedies may have side effects.

Among 50 respondents, 98 percentage of respondents reported that the information given in the booklet were easy to understand. The response also showed 94 percent of respondents consider that these remedies were easy to practice and 92 percent of respondents reported that they can prepare these remedies on their own and also 98 percent of home makers recorded that they will use these remedies to improve their health. All the respondents reported that the e-booklet is useful for them.

CONCLUSION:

The present study reveals that the study area being a rural area in the district of Nilgiris at Tamil Nadu has a vast knowledge on the traditional home remedies. Traditional remedies were used as first choice of treatment for most of the common ailments such as cold, fever, headache, fainting, body pain and for disorders such as diarrhoea, constipation, diabetes, elevated cholesterol level, anaemia and many other minor and major ailments as they have limited access to hospitals and allopathic treatments.

The compiled e-booklet “Simple Home Remedies for Good health” comprised all the details on the home remedies will be useful for the general population as the medicinal plants used are available at most of the places and can be promoted for cure of minor ailments and as well prevention of the nutritional diseases among the population especially with iron, calcium rich preparations at home.

Feedback received for the e- booklet among the home makers of the other regions in Tamil Nadu showed that the population were not familiar with these remedies in the e-booklet. Hence it is important to document and use the goodness of all the available traditional remedies and popularize it to larger population groups. Promoting these traditional home remedies would certainly improve the general health with multiple roles as primordial prevention of health disorders and as well preventive and curative health care of the population.

REFERENCES:

1. Ansari MA, Khan Z, “Use of local health traditions for prevention and cure of diseases by households in northern India,” MOJ Public Health, vol.7, no.6, pp. 393–398, 2018.
2. Anwar et.al., “Self-medication, home remedies, and spiritual healing: common responses to everyday symptoms in Pakistan,” An open access journal, vol. 3, no.1, pp.281-295, 2015.
3. Boris Dzhingarov, “The Greatest Advantages of using Natural Remedies”, Socialist Health Association, 2016.
4. Frank R, “Health in Europe,” European Consumer Study 2007, pp. 1–4, 2007.
5. Gill Sucha Sing,” Migration of labour in India,” The Indian Journal of Labour Economics, vol.41, no.4, 1998.
6. John D, “One hundred useful raw drugs of the Kani tribes of Trivandrum forest division, Kerala, India,” International Journal of Crude Drug Research, vol. 22, no. 1, pp. 17–39, 1984.
7. Johri R K, “*Cuminum cyminum* and *Carum carvi*: An update,” Pharmacognosy Review, vol.5, no.9, pp. 63-72, 2011.

8. Judy Gopal et.al., “Authenticating apple cider vinegar's home remedy claims: antibacterial, antifungal, antiviral properties and cytotoxicity aspect”, National Library of Medicine, vol.33, no.6, pp.906-910, 2019.
9. Langmead L et.al., Herbal treatment in gastrointestinal and liver disease--benefits and dangers, vol.15, no.9, 2001
10. Lone P A et.al, A study of some locally available herbal medicines for the treatment of various ailments in Bandipora District of J&K, India, vol.4, no.2, pp.440-453,2013
11. Lourdes Rodrigues- Fragoso et.al., “Risks and Benefits of commonly used herbal medicines in Mexico,” Toxicology and Applied Pharmacology, vol.227, pp. 125-135, 2008.
12. Madhushree M Routh et.al, Traditional Home Remedies for Common Ailments from Himayatnagar Taluka of Nanded District, vol.3, no.1, pp.1-5, 2013
13. Mammen M et.al., “Medicinal Plants Used As Home Remedies: A Family Survey By First Year Medical Students,” African Journal of Traditional Complementary Alternative Medicine, vol.11, no.5, pp. 67-72, 2014.
14. Manandhar N P, “Traditional medicinal plants used by Tribals of Lamjung District, Nepal,” International Journal of Crude Drug Research, vol. 25, no. 4, pp. 236–240, 1987.
15. Md Rubel Mahmud et.al, Home Remedies of Village People In Six Villages of Dinajpur and Rangpur Districts, Bangladesh, World Journal of pharmacy and pharmaceutical sciences, 2015
16. Natarajan A et.al., A study on ethnomedicinal plants of Kalavai, Vellore District, Tamil Nadu, India, Journal of Applied Pharmaceutical Science, vol. 3, no.01, pp. 099-102, 2013

