



## USE AND AWARENESS OF HERBAL MEDICINES AMONG LITERATE POPULATION

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### ABSTRACT

Herbal medicines are used to cure diseases since a great many year back in light of its simple accessibility, social worthiness and less side effect. As of late a fast request of herbal products is seen in the worldwide situation on account of unfavorable impact of advanced medicines. A survey based study was composed thusly to perceive the awareness about herbal medicines among literate populace. Most extreme people groups (69.67%) satisfy with the use of herbal products. Maximum individuals fall in awareness index 4 and 3 (39.13 and 28.26%) it signifies awareness of people with herbal products. The general population use herbal medication for the most part for cosmetics took after by teeth consideration and assimilation. Awareness index was found more in rural population and peoples with higher education level. Now it is concluded peoples have acceptable information about herbal medicines, philosophy of usage and manufacturer.

**KEY WORDS:** Herbal medicine, medicinal plants, herbal products, Awareness of herbal medicine



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## INTRODUCTION

The WHO has defined traditional medicine as involving remedial practices that have been in presence frequently for a long time before the advancement and spread of present day medicine and are yet being used.<sup>1</sup> On the other hand; traditional medicines are the recuperating encounters of eras of rehearsing doctors of the indigenous arrangement of medicine. Herbal medicines are utilized by around 75-80% populace of world populaces, including developed and developing nations for their essential medicinal services as a result of better social worthiness, better compatibility and lesser reaction to the human body.<sup>2</sup> Nation with old human progress, for example, China, India, South America, Egypt and so forth are utilizing therapeutic plant solutions for cure sicknesses since thousands of year. In this light India has a one of a kind position on the planet where various perceived indigenous frameworks of medication are being used for the medicinal services of people groups.<sup>3</sup> The attributes and use of medicinal plants are noted in antiquated written works, including Ayurveda 7000 species, Unani 700 species, Siddha 600 species and Amchi 600 species. Around 8,000 herbal remedies have been arranged in Ayurveda. Beside these Charak Samhita (700 BC) and Sushrut Samhita (200 BC) had depicted properties and utilization of 1100 and 1270 species respectively.<sup>4</sup> India has been utilizing medicinal plant based treatment since antiquated time since it has 2.4% of world region with 8% of overall biodiversity. Among them, 90% of forest spread contains therapeutic plants.<sup>5</sup> Today, India is one of the 12 mega biodiversity of the globe which is copious in plant species around 45,000. The biodiversity of India incorporates 16 diverse agro-climatic zones, 10 vegetation zones and around 15 biotic regions. Today India has around 25,000 viable plant based definitions utilized as a part of society pharmaceutical and known to the rural communities. There are more than 1.5 million specialists of conventional drugs in restorative applications. It is an appraisal more than 7800 restorative medication fabricating units which devours around 2000 tons of herbals every year.<sup>6</sup> Now a day, interest of herbal medicines is expanding because of the wellbeing risks connected with the unpredictable utilization of modern medicines and the herbal drug and the commercial ventures connected with creation of natural meds are likewise developing quickly in national and global business sector.<sup>7</sup> The most extreme requesting home grown items are nourishment supplements, wellbeing and cosmetic care, pharmaceuticals and so forth.<sup>8</sup> In the early 19<sup>th</sup> century when substance investigation began commercial ventures started to extract and change the dynamic element of plant. Which get to be decay the utilization of traditional healing system.<sup>9</sup> Be that as it may, now a day, an unfriendly impact of present day drug constrained us to think for the herbal treatment. A huge break is made by modern medicine between old conventional recuperating framework and new era of herbal treatment. This gap overlooks the herbal formulation and use of antiquated philosophy of treatment. Thus, today it is greatly vital to aware the

people groups with the goal that they can go for the utilization of herbal items. A number of researchers has been studied the general awareness about herbal, ayurvedic and homeopathic medicine among common citizen and students.<sup>4,10</sup> But the literate population more attach with the informational resources. Present study therefore aims to know the awareness about herbal medicine among literate population (post graduate to doctorate) of some states of India.

## MATERIALS AND METHODS

The awareness of herbal medicines among literate population was studied during Special Summer School (SSS) organized by UGC-Human Resource Development Centre, Pt. Ravishankar Shukla University Raipur (Chhattisgarh) India from 20<sup>th</sup> May to 9<sup>th</sup> June 2016. A survey was conducted among the participants of SSS coming from different parts of India. Survey was likewise done among the Research Scholars of Pt. R.S.U. Raipur. Forty six candidates in the age group of 25-50 were sampled. A questionnaire is prepared and distributed among the population to understand the awareness about herbal medicines. The questionnaire is set up in a blend mix of Hindi and English dialect so that each individual can comprehend the terminologies. The questionnaire is divided into three part A, B, and C. The part A contain personal information of person, part B contain information about the use of herbal product and part C contain some questions related to the awareness about medicinal plants and herbal products and formulation. The study design and preparation of questionnaire is modified from some recent work.<sup>10,11,12</sup> An index was designed to measure the people's awareness regarding use and knowledge about herbal medicine. This is known as awareness index in the present study. One point was given to the every field satisfied by the individual recorded underneath –

- If individual have used the herbal medicine
- If individual have aware about herbal product manufacturer
- If individual suggested about use of herbal medicine for particular disease
- If individual is aware about herbal medicine and their plant constituents
- If the person fulfills only one field then he/she awarded for 01 point followed 02, 03 and 04 as per the fulfillment of category. So that, greater the point awareness is more. Data analysis of data was done with the help of computer applications. All calculations and arrangement of diagrams and figures was done from spreadsheet.

## RESULTS AND DISCUSSION

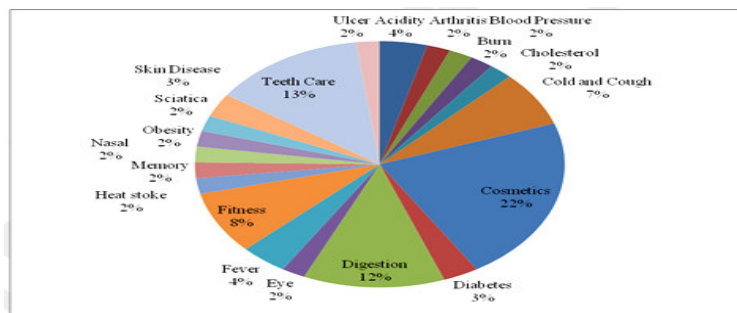
A total of 60 questionnaires were distributed in the present survey work in which 76.67% people were responded. In the present survey maximum people belongs to Chhattisgarh state (50%) followed by Maharashtra (34.78), Uttar Pradesh and West Bengal (4.35%), Bihar, Madhya Pradesh and Orissa (2.17%). The detail information of responded is presented in table 1.

**Table 1**  
**Demographic information of the People**

Demography	Number	Percentage
<b>Sex</b>		
Male	31	67.40
Female	15	32.60
<b>Residence</b>		
Rural	21	45.65
Urban	25	54.35
<b>Age (Year)</b>		
25-30	07	15.28
31-35	13	28.26
36-40	15	32.60
41-45	09	19.56
46-50	02	4.35
<b>Education</b>		
Post Graduate	11	23.91
M. Phil.	08	17.39
Ph. D.	27	58.70

The vast majority are satisfied with herbal products (69.56%). The moderately satisfied peoples are 30.44% while no one is unsatisfied with the use of herbal medicines. In the present survey greatest individuals (56.52%) acknowledge late impact of herbal medicine while 39.13% alleviation with sickness in ahead of schedule. The majority of people groups acknowledge the expenses of herbal medicines are inside the financial backing while some individuals think it is excessive. The greatest individuals aware about herbal medicines from television (39.13%) trailed by periodicals

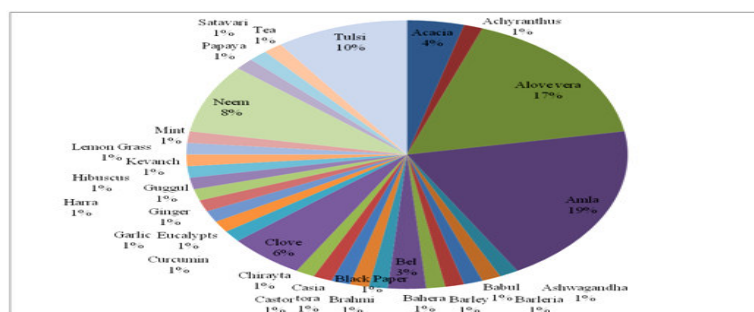
(30.43%), newspaper (26.08%) and seminar (21.74%). The most known herbal manufacturer is Dabur, 47.83% people know it. The other herbal products utilized by individuals were made by Patanjali, Himalaya, Baidhnath, Zandu, Ayur, Garnier, Swadeshi, Vicco, Amway, Bajaj, Biotique, IMC and Lotus. Cosmetics are the most extreme utilized herbal product among peoples (22%) followed by Teeth care (13%), Digestion (12%), Fitness (8%), Cold and cough (7%), Fever, Acidity (4%) etc. (Figure 1). The most used medicinal plant is Amla (19%) followed by Alove vera (17%), Tulsi (10%), Neem (8%), clove (6%) etc. (Figure 2).



**Figure 1**  
**Herbal medicine used for different diseases and general care by peoples**

A most extreme number of people groups know with the utilization of therapeutic plants and herbal medications with awareness index of 4 (39.13%) and 3 (28.26%) while awareness index 2 and 1 has a place with 21.74 and 10.87% (Figure 3). The rural peoples are more aware with the use of medicinal plants and herbal drugs.

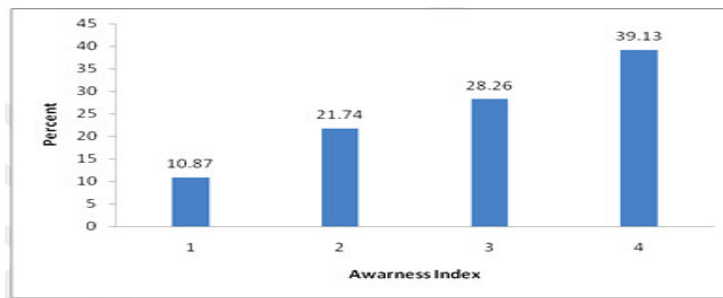
An awareness index of 4 is acquired 21.78% among rural peoples while 17.39% was recorded in urban population. Comparable information was likewise found in awareness index 3. The high qualification candidates were found more aware about herbal drugs as compare to low qualification.



**Figure 2**  
**Medicinal plants used by the peoples for treatment of diseases**

A number of studies were made previously on use, awareness and attitude on herbal medicines from different part of world. Maximum peoples are aware and satisfy with the use of herbal drugs.<sup>11,12,13</sup> The previous worker surveyed among common citizen, college students but in

the present study literate population (higher educated) were selected because the literate population were more aware on all areas. Neem was found as best known herb,<sup>13</sup> comparative finding was likewise found in the present study that neem was the generally known therapeutic herbs.



**Figure 3**  
**Awareness of herbal medicine among peoples**

Various herbal products are used by the people groups. The products are listed in the Table 2 which incorporates hair oil, tooth pest, face pack, shampoo, juice, tea, tablets, extract, soap, powder, body lotion, gel etc. these are used for hair treatment, avoid to hair loss, teeth care, teeth sensitivity, pyorrhea, gums, washing of face, skin tone, face moisturizing, improvement of digestion, cold and cough, arthritis, reduction of cholesterol, fever, improvement of memory, acidity, sciatica, control of blood pressure, nasal issue, mouth ulcer, immunity and body fitness. The medicinal value of herbal product and medicinal plants likewise uncovers with some previous work mentioned in the reference

section of Table 2. Cream was recorded as most regularly utilized herbal item<sup>10</sup> comparably cosmetics items was discovered most generally utilized herbal item as a part of present review. The present survey also reveals with previous work<sup>10</sup> that cream, tablet, shampoo, powder, paste, gel were commonly using herbal product. The television, newspapers were principle wellspring of information recorded previously<sup>4</sup> comparative finding was additionally recorded in present study. Neem, tulsi, clove, amla, were found common plants used to cure diseases. Similar finding in the present work reveals with the prior work.<sup>4,14</sup>

**Table 2**  
**Herbal product and its plant constituents used by the peoples for different purposes**

S. No.	Herbal Product	Plant Constituent	Used For	References
1	Hair Oil	<i>Ambilica officinalis</i> (Amla)	Hair treatment	15, 16
2	Tooth Pest	<i>Barleria prionitis</i> (Vajradanti)	Teeth care	17
		<i>Syzygium aromaticum</i> (Clove), <i>Piper nigrum</i> (Black Paper),	Sensitivity, Pyorrhea	17
		<i>Acacia nilotica</i> (Babul)	Gums	17
3	Face Pack	<i>Azadiracta indica</i> (Neem)	Skin care	16, 18
		<i>Alove vera</i>	Face moisturizing	19
		Papaya	Skin tone	20
4	Shampoo	<i>Ambilica officinalis</i> (Amla)	Hair loss	16
		<i>Hibiscus rosasinensis</i>	Hair loss	16
5	Juice	<i>Ambilica officinalis</i> (Amla)	Digestion	15, 18
		<i>Aegle marmulus</i> (Bel)	Digestion	18
		<i>Ambilica officinalis</i> (Amla), <i>Terminalia chebula</i> (Harra), <i>Terminalia bellerica</i> (Bahera)	Digestion	15, 18
		<i>Zingiber officinale</i> (Ginger)	Cold and Cough	21
		<i>Occimum Sanctum</i> (Tulsi)	Cold and Cough	18
		Lemon	Freshness	18
7	Tablet (Vati)	<i>Occimum Sanctum</i> (Tulsi)	Cold and Cough	20
		<i>Terminalia arjuna</i> (Arjun)	Arthritis	22
		<i>Terminalia arjuna</i> (Arjun)	Cholesterol	23
8	Extract	<i>Andrographis peniculeta</i> (Chirayta)	Fever	18
		<i>Mentha peperita</i> (Mint)	Acidity	18
		<i>Commiphora wightii</i> (Guggul)	Sciatica	24
		<i>Roulfia surpentina</i> (Sarpagandha)	Blood pressure	20, 25
		<i>Occimum Sanctum</i> (Tulsi)	Cold and cough	21
		<i>Bacopa monnieri</i> (Brahmi)	Memory	26
		<i>Azadiracta indica</i> (Neem)	Skin Disease	16, 18
		<i>Ambilica officinalis</i> (Amla), <i>Terminalia chebula</i> (Harra), <i>Terminalia bellerica</i> (Bahera)	Digestion	18
10	Powder (Churna)	<i>Syzygium aromaticum</i> (Clove)	Tooth care	17
		<i>Ambilica officinalis</i> (Amla)	Hair loss, eye power	16
		<i>Alove vera</i>	Skin care	19
12	Oil	<i>Eucalypts globulus</i> (Nilgiri)	Nasal Problem	27
13	Gel	<i>Alove vera</i>	Hair treatment	19
		<i>Occimum Sanctum</i> (Tulsi)	Mouth Ulcer	18
14	Mulsi Pak	<i>Chlorophytum borivilianum</i> (Safed musli)	Immunity, Fitness	28
15	Konch Pak	<i>Mucuna prurita</i> (Kenvach)	Immunity, Fitness	29

## CONCLUSION

Most extreme populace knows about natural drug. It is great thing that people groups are presently picking herbal medicines as a result of symptom of cutting edge medication. Most extreme individuals belong to awareness index of 3 and 4. Rural peoples are more aware about medicinal plants and natural care as compare to urban peoples. Many individuals comprehend about use of herbal medicine, their plant constituents and methodology of their using. The people groups are additionally being

acquainted with utilizing of medicinal plants and herbal prescription for specific infection. Peoples also know the manufacturer of herbal products.

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### **Conflict of interest**

Conflict of interest declared none.

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