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A SUPPLEMENTARY GUIDE FOR TEACHERS AND STUDENTS, ON SELECTED MEDICINAL PLANTS USED IN AYURVEDAYA

THE PROJECT REPORT REPRESENTED BY

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to the Board of Study in Science Education of the

POST GRADUATE INSTITUTE OF SCIENCE

in partial fulfillment of the requirement for the award of the degree of

MASTER OF SCIENCE IN SCIENCE EDUCATION

of the

UNIVERSIY OF PERADENIYA SRI LANKA 2008



A SUPPLEMENTARY GUIDE FOR TEACHERS AND STUDENTS, ON SELECTED MEDICINAL PLANTS USED IN AYURVEDAYA

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Herbal medicine has been used throughout the world for long to keep people healthy. However the knowledge on medicinal values of plants in the present society is being gradually depleting.

Therefore, the present study was aimed to promote the knowledge on medicinal plants at school level. Questionnaires were used to gather information on their current knowledge and requirement.

The results of this initial study revealed that both teachers and students are interested in medicinal plants and they are enthusiastic to acquire more knowledge on medicinal plants. The interviews with teachers and also discussions with students highlighted the fact of lacking information in the identification of common medicinal plants, specially used in day to day remedies.

Therefore, during this study an identification guide that could be used as a supplementary teaching material at school level, was compiled selecting twenty commonly used medicinal plants use in 'Ath beheth'.