

Involvement of indigenous practices of Sri Lankans during Covid-19: As a traditional approach to the pandemic condition

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Covid-19 emerged as a global pandemic in late 2019 and rages quickly. As the worldwide people have not much immunity level for contradicting with that virus it became a kind of crisis. However, after some period the world found vaccination solutions, meanwhile Sri Lankans undertake to find indigenous remedies as a nation that has an enormous traditional history. In actuality, Covid-19 and the term quarantine which is wide-opened to the society is not significantly strange to Sri Lankan communities. Before the scientific discoveries of such viruses, Sri Lankans attributed those viruses as a power of evil spirits. Therefore, they approached themselves to be quarantined inside a house and put their faith in herbal and natural remedies and practices to prevent illnesses. Consequently, there are such people who believe in traditional and indigenous moves towards eradicating the Covid-19 virus. In this situation, Communities are being reminded about the usefulness of traditionalism. Decades before, fore people hang out neem leaves (*Azadirachta indica*) in front of their houses and sprayed turmeric (*Curcuma longa*) liquid on the floor due to prevent Chickenpox, mumps and measles etc. The family members ensured not to go outside for about two or three weeks. During that whole period, neighbours have bestowed their helping hands to that family. Decades later also, people follow such practices in regard to self-isolation. In Previous societies, people place a bowl of water with pieces of lime (*Citrus aurantifolia*), turmeric, charcoal and neem leaves at the entrance of a house. The amount of water also changed daily. Nowadays people got used to replacing the habits of washing hands by using soap liquids with such herbal practices. This study observed such practices circulating among Sri Lankans during Covid-19. Findings based on witnessing people's day to day lives and guiding articles related to the subject context provided immense contribution to succeed the objective of the respective study. Finally, the study concluded that there is a considerable intervention of traditional, indigenous practices to Sri Lankans during Covid-19.

Keywords : Covid-19, Sri Lankans, Traditional, Indigenous, practices

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