

Use of Marketed Ayurvedic/Herbal Products in the Management of Prediabetes, Diabetes, Hypertension and Hyperlipidaemia among Sri Lankan Communities: An Online Survey

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Diabetes, prediabetes, hypertension, and hyperlipidaemia are among major public health concerns in Sri Lanka. Complementary and alternative therapies, particularly herbals are commonly used for these non-communicable diseases (NCDs). This study aimed to examine the types, frequency, and patterns of Ayurvedic/ herbal remedy usage in managing NCDs among Sri Lankans, while assessing sociodemographic influences. It was anticipated that cultural familiarity and perceived safety would drive a high reliance on home-based remedies compared to the marketed products. A descriptive cross-sectional study was conducted using an online questionnaire distributed via social media. A total of 747 Sri Lankans aged above 18 were recruited, representing a nationwide coverage. Data were analysed using descriptive statistics, chi-square tests, and thematic analysis. Among the respondents 71.2% reported at least one immediate family member with an NCD, with the highest prevalence observed among individuals above 60 years (61.42% diabetes, 57.54% hypertension, 52.37% hyperlipidaemia, 6.47% prediabetes). Prevalence was high in urban populations (51.72% diabetes, 44.54% hypertension). Approximately 60% of respondents relied exclusively on home-based remedies, while 20% used only marketed Ayurvedic products. Frequently used remedies included *Costus* spp., curry leaves, garlic, *Osbeckia octandra* and *Coccinia grandis*. Usage of remedial measures was influenced by affordability, cultural familiarity, and lower toxicity. Barriers included limited awareness, preparation challenges and difficulties in finding rare herbs. Many consumed these products as teas/ powders, often alongside conventional treatments. These findings highlight a cultural preference for home-based remedies and relatively low uptake of marketed products, underscoring the need for awareness campaigns, improved standardization, and integration of safe herbal practices within healthcare systems.

Keywords: Natural remedies, consumption pattern, diabetes, hypertension, non-communicable diseases

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