



NSTM 2016

ABSTRACTS

4th National Symposium on Traditional Medicine - 2016

03rd June 2016

“Healthy Women for Wealthy Nation”



Organized by

Department of Prasuti Tantra Kaumarabhrithya
&
Department of Amraz e Niswan, Qabalat va Atfal

Institute of Indigenous Medicine
University of Colombo
Rajagiriya
Sri Lanka

Ay/L/101

INSTITUTE OF INDIGENOUS MEDICINE

UNIVERSITY OF COLOMBO

RAJAGIRIYA

SRI LANKA



ABSTRACTS

4th National Symposium on Traditional Medicine
(NSTM 2016)

NSTM 2016

3rd June 2016

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RAJAGIRIYA, SRI LANKA

**ABSTRACTS OF THE
4th NATIONAL SYMPOSIUM ON
TRADITIONAL MEDICINE - 2016
NSTM - 2016**

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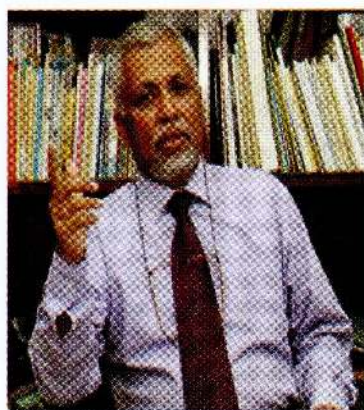
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Message from the Vice Chancellor, University of Colombo



It is with great pleasure that I write this message for historic occasion that a “National Symposium on Traditional Medicine-2016” is being organized by the Department of Gynecology, Obstetrics and Paediatrics (Ayurveda and Unani), Institute of Indigenous Medicine, University of Colombo, Rajagiriya.

Traditional Medicine has great potential towards maintaining good health. There are several herbs, which enhance body immunity to protect against various diseases. They provide strength to vital organs to combat diseases.

Symposium of this nature are important for a good academic institution for creating opportunities for the transmission of knowledge based on latest researches which are carried out across the world. Universities are being recognized by the rest of the world and ranked based on the amount good researches being carried out by the institutions. Organizing this kind of symposia encourages embark on research projects.

I hope that this National symposium would give you a better platform for discussing and sharing your valuable findings and knowledge that would enhancement of the body knowledge also the theme “Healthy Women for Wealthy Nation” is very much ideal and a timely matter to concern.

I convey my warm wishes to the research symposium and as well as to the organizers for their innovative and courageous effort.

Senior Professor Lakshman Dissanayake
Vice-Chancellor
University of Colombo

Message from the Director



I am proud to announce that Institute of Indigenous Medicine – University of Colombo, is organizing 4th National Symposium on Traditional Medicine 2016, at Institute of Indigenous Medicine, Rajagiriya.

Healthy women always considered as fertile soil in Ayurveda / Unani system of medicine that the health of the entire civilization depends heavily on the health of its women. There are detailed descriptions in Ayurveda / Unani system of medicine on antenatal, natal and post natal care of the mother and child. Also these systems have very effective management for sub-fertility. Many of the chronic, metabolic, hormonal, and degenerative diseases are not having effective solutions in modern medicine. In Ayurveda and Unani systems of medicine, these conditions have very effective time tested remedies which are natural and holistic at the same time free with harmful effects.

Our government health authorities have taken many noteworthy actions to have wealthy nation, yet our achievements in this direction are far from satisfactory. In recent times, there have been several reports indicating the seriousness of the problem of healthy women. Hence I feel that this conference has been rightly planned at an appropriate time. I am happy that professionals from different sectors are sharing the platform to discuss and deliberate on the issues of women health and such efforts should culminate in deriving at a multipronged strategy to tackle wealth of the nation.

I wish the conference every success.

Dr. S.D. Hapuarachchi
Director,
Institute of Indigenous Medicine
University of Colombo

Message from the Chief Organizer (Ayurveda)



Healthy Women is an important asset of any nation and healthy people contribute significantly to the overall development of the nation. Health is one of the major aspects which are affecting this asset. Policy makers and professionals from health and allied sectors should come together to solve this issue and this conference provides an excellent opportunity for that.

The theme chosen for the conference is of topical interest, not only a health problem; it is also a social problem. There is a distinctive relationship between “Healthy Women for Wealthy Nation” and professionals from field should work to protect, promote and improve wealth of the nation with systems to ensure sustainable healthy women. The conference aims to provide a scientific platform for all the participants to congregate and interact with subject specialists. The conference covers a number of plenary talks and oral presentations on Women’s health, fertility and healthy conception, Maternal and child wellbeing, benign and malignant tumors in female reproductive system, prevention and treatment strategies of maternal and child health.

I am sure the deliberations of this conference will be an enlightening and enriching experiences for all the participants. It is noteworthy to mention that there is an overwhelming response to conference. More than 100 delegates across the country are participating. I am very thankful to our management and to all my colleagues for their unstinted help in organizing this conference.

I wish to convey my felicitations to organizers and to all the participating delegates and wish the international conference all success.

Dr. Kaumadi Karunagoda

Chief Organizer (Ayurveda) - NSTM 2016

Institute of Indigenous Medicine – University of Colombo

Message from the Chief Organizer (Unani)



It is with immense pleasure that I am delivering this message on behalf of the organizing committee of the National Symposium on Traditional Medicine-2016 at Institute of Indigenous medicine, University of Colombo, Rajagiriya. The objective of the symposium is to explore and share the knowledge related to gynecology, obstetrics and pediatrics in traditional medicine and allied healing practices, and to take initiative to conserve those knowledge for the benefit of future generations. So it is need of the hour to switch on scientifically this system through research on scientific parameters. This symposium should act as wagon wheel in such a mega change to create new professional based in the field of traditional medicine in the world.

I am very much happy to organize this symposium in collaboration with Department of Prasutitantra Kaumarabhrithiya, Indigenous Medicine, University of Colombo, Rajagiriya. I take this opportunity to thank the Senior Professor. Lakshman Dissanayake, Vice-Chancellor of the University of Colombo, the Director of the Institute of Indigenous Medicine Dr Mrs. SD Happuarachi, Dr AHM Mawjood, Sectional Head, Unani and Dr Mrs. PR Warathana, Sectional Head, Ayurveda for their unwearied contribution towards making this symposium a success. Further and committee members and all the academic and non-academic staff of the Institute without whose support this symposium would not be a reality. I would like to thank specially Dr Mrs Kaumadi Karunagoda (Chief Organizer-Ayurveda), Dr MH Faslul Haq (Secretary-Unani) and Dr Mrs. IAM Lecna (Secretary-Ayurveda) who worked together with hand to make this symposium lucratively.

Further I appreciate the timely contribution of the reviewers. Finally I thank all the authors and attendees without whom the symposium would not be possible. I wish all the participants a very successful symposium with fruitful discussion and a memorable stay in IIM, University of Colombo, Rajagiriya.

Dr M.U.Z.N. Farzana

Chief Organizer (Unani) - NSTM 2016

Instituted of Indigenous Medicine – University of Colombo

Message from Organizing Secretary (Ayurveda)



I have great pleasure in issuing this brief message for the abstract book of the 4th National Symposium, that focus on maternal and child health care under the theme of “Healthy women for wealthy nation” held in the Institute of Indigenous Medicine, University of Colombo on 3rd June 2016. The main objective of this symposium is to promote maternal & child health, establishes

sustainable treatment for communicable and non communicable diseases through system of Ayurveda & Traditional Medicine.

Health is treated as the wealth and the holistic approach towards wellbeing has become the current universal demand. Traditional medicine at present is a widely discussed subject globally.

I express my deep gratitude to Prof. Lakshman Disanayake, the vice chancellor of university of Colombo, Dr. Hapuarachchi, Director of Institute of Indigenous Medicine, members of the organizing committee and various other committees, the academic and non academic staff of IIM for their sincere efforts for the success of this event. Further I want to thanks for all the sponsors for their valuable support.

I welcome the entire key note speakers, Guest Speakers, chair and co-chair persons of the sessions, paper presenters and delegates all over the country as well as overseas. I wish you all NSTM 2016 is a very productive symposium.

Dr. I.A.M. Leena

Organizing Secretary (Ayurveda) - NSTM- 2016

Institute of Indigenous Medicine

University of Colombo

Message from the Organizing Secretary (Unani)



I am indeed very happy to greet all of you and a matter of pride for me to welcome you as the organizing secretary of 4th National Symposium on Traditional Medicine - 2016 which has been organized by the Department of Prasutitantra Kaumarabhrithya and Department of Amraz e Niswan, Qabalat va Atfal of Institute of Indigenous Medicine, University of Colombo under the theme "Healthy Women for Wealthy Nation".

The theme of this symposium is an ideal for this busy world, as it was very much necessary and timely to review and renew the systems of our ancestors' life style and traditional system of medicine to live a healthy and a long life.

We are indebted to our Chief Guest Senior Professor Lakshman Dissanayake, Vice Chancellor – University of Colombo, Dr Ms. S D Hapuarachchi - Director IIM, Dr AHM Mawjood – Head of the Unani Section, Dr PR Waratenne – Head of Ayurveda Section, Dr(Ms) MUZNFarzana – Organizing Chairman Unani, Dr(Ms) KPKR Karunagoda – Organizing Chairman Ayurveda, Dr (Mrs) IAM Leena - Organizing Secretary/ Ayurveda, Guest speakers, Keynote speakers, Chairpersons and members of the sub-committees to make this event a memorable one. We have great pleasure to thank all the authors and reviewers, without you this event have no value.

Also I take this opportunity to extend our sincere gratitude to Mrs. TMHPK Gunathilaka - Deputy Registrar, Mr. TP Liyanarachchi - Deputy Bursar, Mrs. IKK Wijekoon - Senior Assistant Registrar, Mrs. ASP Dodenthenna Assistant Registrar/ Administration, Mrs. SS Samarakoon -Assistant Registrar / Students Welfare, Mr HMG Punchibanda - Assistant Bursar, other academic and administrative officers for the cooperation provide to make this event a success. I hope that the 4th National Symposium on Traditional Medicine – 2016 will be a great experience for your careers.

Dr. M.H. Faslul Haq —

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Organizing Secretary (Unani) - NSTM- 2016

Institute of Indigenous Medicine

University of Colombo

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Abstract ID: 002

**A CLINICAL STUDY ON THE EVALUATION OF THE EFFECT OF
AROGYAVARDHANI VATI IN THE MANAGEMENT OF TYPE 2 DIABETES
MELLITUS**

Jayasuriya EJDDA*, Chandrasiri Waliwita WAL

Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka.

*amali.darshi@gmail.com

Arogyavardhani Vati has been recommended for the management of Prameha, liver disorders, acute and chronic fever, obesity in authentic Ayurveda texts, but scientific study on the effect of Arogyavardhani Vati in the management of type 2 diabetes mellitus has not been done so far. Therefore, this preliminary comparative clinical study was designed to evaluate the effect of Arogyavardhani Vati in the management of type 2 diabetes mellitus. Specific objectives of this clinical study are to determine the effect of oral administration of Arogyavardhani Vati on fasting blood glucose level, fasting lipid profile level, liver function test, blood pressure and heart rate of type 2 diabetes mellitus patients. Research is designed as randomized comparative clinical cohort study. Diabetic clinic of Gampaha Wickramarachchi Ayurveda Teaching Hospital was selected as the setting of this clinical study. Ninety patients were selected suffering from type 2 diabetes mellitus and randomly divided into 3 groups. Ikshumeha Kashaya was administered to the first group. Testing drug Arogyavardhani Vati was given to the second group. The third group was treated with allopathic drug (metformin). These drugs are applied for a period of two weeks to the selected patients. Therapeutic effects are recorded and data was statistically analyzed. Reduction of fasting blood sugar level was statistically significant after treating with Ikshumeha Kashaya in the first group. Reduction of fasting blood sugar level was not statistically significant after treating with Arogyavardhani Vati in the second group. There was no statistical difference between first group (group treated with Ikshumeha Kashaya) and third group (group treated with metformin). When the effect of Arogyavardhani Vati on lipid profile was considered it was observed that only elevation of HDL (highdensity lipoprotein) and reduction of total cholesterol were statistically significant. It is concluded that Arogyavardhani Vati did not reduce fasting blood sugar level in patients suffering from type 2 diabetes mellitus after two weeks treatment.

Keywords: Arogyavardhani Vati, Prameha, Ikshumeha Kashaya

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**PROTECTING INDIGENOUS MEDICAL KNOWLEDGE IN SRI LANKA:
LEGAL ISSUES AND CHALLENGES**

Dayapala HKGAI

Sri Lanka Law College, Sri Lanka.
ishway@gmail.com

Of the various types of intellectual property, the one occupying central focus in the Asian region in general, as well as Sri Lanka in particular, is the protection of indigenous medical knowledge. These items are essentially owned by communities, many of them traditional. As such, they find difficulty in obtaining protection in a regime that is geared almost exclusively towards protecting individual rights. Further, the groups to whom they belong are generally unaware of their great commercial value, as well as of the legal rights they possess with regard to them. These results in two unfortunate consequences: either this knowledge will be unscrupulously stolen from them with little or no reimbursement, or the vast store of knowledge, culture and healing will be confined to the indigenous community, with little chance of being used for the greater good of the larger community. Therefore relevant legal studies should be carried out to protect indigenous medical knowledge in Sri Lanka and to propose meaningful steps that could be taken towards increasing the benefit shared by all stakeholders.

Keywords: indigenous medical knowledge, legal issues

Abstract ID: 004

TREATMENT OF LEUCORRHOEA WITH HOME REMEDIES: A LITERARY REVIEW

Musmira ATF^{1*}, Farzana MUZN¹, Shafra MSF²

¹Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

²Unani Medical Practitioner, Matale, Sri Lanka.

*musmirathahir@gmail.com

Leucorrhoea or white discharge is a common complaint among women. Leucorrhoea must not be confused with the normal vaginal mucus secretions, which acts as a disinfectant and also provides lubrication to the soft genital tissue during a sexual intercourse. Generally, in leucorrhoea, vaginal secretion becomes white to yellow viscid discharge, causing intense itching and burning sensation and often leaves a stain on cloth. If color of the discharge tends to be yellowish or greenish, that may indicate an infection. Modern system of medicine has less effective remedies for leucorrhoea. Most of the time a prophylactic antibacterial or antifungal treatment is initiated which reduces the symptoms, but does not prevent recurrence. The term 'Home remedy' is a treatment to cure a disease or ailment that employs certain spices, vegetables, or some other medicinal plants or plant parts. The objective of this study is to collect the drugs mentioned in the books and journals and to promote the use of home remedies which are used in day to day practice to treat leucorrhoea. Data were collected from authentic home remedy texts, scientific journals and databases such as PubMed, and Google Scholar. There are large number of home remedies which used to to treat leucorrhoea possesses anti-inflammatory, antifungal and antiseptic properties. Most of these remedies typically passed from generation to generation by layperson. By the way these home remedies can be a valuable source of information on medicinal plants. Some medicinal plants used as home remedies to treat leucorrhoea such as Vembu (*Azadirachta indica*), Semparuthi (*Hibiscus rosa-sinensis*) and Tamarai (*Nelumbo nucifera*) and their efficacy have also been proven through scientific researches. It can be concluded that abundant home remedies are available to treat leucorrhoea.

Keywords: Leucorrhoea, Disinfectant, Soft genital tissue, Home remedy

Abstract ID: 006

EVALUATION OF RAKTA STAMBHANA PROPERTY OF CHANDRAKALA RASA W.S.R. TO ASRIGDARA – CASE SERIES

Wijayanthamala MVR^{1*}, Leena IAM², Supriya Shukla¹, Sanjay Kumar¹

¹National Institute of Ayurveda, Jaipur, Rajasthan, India.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*wijayanthamala1@gmail.com

In today's scenario, disorder of menstruation are the commonest amongst all the gynecological complaints which have direct bearing on the psychological as well as physical health of the females. Further menstrual irregularity may lead to impairment in conception and affect the fertility of women. So with an attempt to find a solution for above burning problem, Chandrakala Rasa, the drug of choice the in treatment of Raktapitta was chosen as the test drug. Similar lines of treatments are mentioned in Sushruta Samhita for Raktapitta and Asrigdara warrants the use of Chandrakala Rasa in treatment of Asrigdara. Main aim of this study is to evaluate Rakta Stambhana properties of Chandrakala Rasa on Asrigdhara. Ten patients who were having signs and symptoms of Asrigdara had been selected from OPD and IPD of NIA Hospital Jaipur, and thoroughly examined prior to administration of 1g of Chandrakala Rasa twice a day with Tandulodaka for three months. Responses to the treatment were assessed on the basis of reduction of symptoms using a rating score. Reduction in burning sensation (100%), intensity of bleeding (81.25%), duration of bleeding (69.57%), pallor (57.89%) and normalization of inter menstrual period (72.22%) were observed in patients treated with Chandrakala Rasa. Only 50% reduction was observed in weakness and body ache. Statistically significant reduction was shown in all the symptoms except in body pain and weakness. Especially the significant reduction in intensity of bleeding, inter menstrual bleeding and duration of bleeding confirm the Rakta Stambhana property of Chandrakala Rasa. It is concluded that Chandrakala Rasa with Thandulodaka showed potent Rakta Stambhana property against Asrigdara.

Keywords: Asrigdara, Chandrakala Rasa, Rakta Stambhana, Tandulodaka

Abstract ID: 007

TRADITIONAL MANAGEMENT OF MORNING SICKNESS DURING PREGNANCY

Shifra ASF^{1*}, Faslul Haq MH²

¹Ayurveda Teaching Hospital, Borella, Sri Lanka.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*fshifra0@gmail.com

Pregnancy is a valuable gift of God to a woman. Though it shares a joyful experience to a mother, it gives some painful moments also. Morning sickness is a relatively common condition among constipation, piles, frequent urination and sometimes urinary retention, varicose veins and vulval itching which are experienced by a woman during her pregnancy. Kalpitiya area is one of the important areas in Sri Lanka and it has been many traditional healers among multi communities. The present study is aimed to gather information of different practices for managing morning sickness by traditional physicians of Kalpitiya area. The information was gathered from registered and non registered traditional physicians by an interview, directed by specially designed questionnaire. Fifteen traditional physicians were interviewed. It was found that seventeen different formulae were used in the management of morning sickness. Among them five formulae were frequently prescribed by physicians. 40% of traditional physicians were used a special paste made by fried Naarthangai (*Citrofortunella microcarpa*) leaves in gingelly oil mixed with scrapped coconut and bengal grams, 26.7% were used an infusion of rice mixed with salt and lime juice, 13.33% were used fine powder of Thippili mixed with ginger juice and sugar, 13.33% were used infusion of powdered clove and honey, 6.67% were used a special mixture of barley, cow milk and ginger juice. This study revealed that there were many traditional formulae irrespective of scientific validation have been practiced by traditional physicians. Few were scientifically validated. To evaluate efficacy of other formulae further scientific studies are recommended.

Keywords: Morning sickness, Pregnancy, Naarthangai, Gingelly oil

Abstract ID: 008

MEDICINAL VALUE OF TRADITIONALLY PRACTISED FORMULA TO INCREASE BREAST MILK PRODUCTION

Fathima Shifra AS^{1*}, Farzana MUZN²

¹Ayurveda Teaching Hospital, Borella, Sri Lanka.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*fshifra0@gmail.com

Traditional medicine is the sum total of the knowledge, skills and practices based on the theories, beliefs and indigenous experiences in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of illness. Nowadays this traditional medical system is disappearing due to various reasons. Reduction in breast milk secretion is lack of breast milk production which is inadequate to fulfill the requirement of an infant. It is a relatively common problem among young women especially in primi para. It is one of the reasons for early discontinuation of breast feeding and an introduction of supplementary bottle feeding. It may cause many complications such as risk of development of cardiovascular diseases, Type 1 and 2 diabetes, obesity, lower respiratory tract diseases, gastro intestinal infections, atopic dermatitis among such children later in their lives. The present study was aimed to gather information about medicinal value and an effectiveness of this formula which was being practised by Marikkar family in Kalpitiya area for several generations. The information was gathered from ten elderly women over 60 years and seven middle aged women over 45 years who have experience in practising this formula for few generations in multi communities by an interview, directed by specially designed questionnaire. This formula contains Sathawari kilangu (*Asparagus recemosus*), Vaettiver (*Vetiveria zizanioides*), Karum seeragam (*Nigella sativa*), Seeragam (*Cuminum cyminum*), Vaendayam (*Trigonella foenum-graecum*), Nannari (*Smilex ornata*), Paal arugu (*Dregia volubuis*), Siththamatti vaer (*Sida cordifolia*), Adimaduram (*Glycerizia glabra*), Iluppam poo (*Madhuka indica*) and Karumbu (*Saccharum officinale*). Among them 4 women used this formula for 3 generations, 10 women used for 2 generations and 3 women used for 1 generation. Most drugs in this formula have been scientifically proven for their galactagogue effect. Scientific studies to validate the therapeutic efficacy of this formula are indicated.

Keywords: Breast milk, Primi para, Supplementary bottle feeding

Abstract ID: 010

RASAYANA EFFECT OF SHILAJATU W.S.R. TO LIFE STYLE DISORDERS

Wijayanthamala MVR^{1*}, Leena IAM², Das Soma¹, Sanjay Kumar¹

¹National Institute of Ayurveda, Jaipur, Rajasthan, India.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*wijayanthamala1@gmail.com

Ayurveda has advocated the use of Rasayana drugs for achievement of health par excellence. Among the various Rasa Dravyas mentioned in the context of Rasayana in Brihatrayi, no drug has been given so much importance as Shilajatu. Rasa Shashtra supports this view by considering Shilajatu to possess all the properties and actions of Maharasa, Uparasa, Ratna and Lauhas. Recent researches show the antioxidants, anti-stress and adaptogenic activities of Shilajatu. Analytical reports show presence of fulvic acid a potent antioxidant as reported by Bhattacharya, *et al.* These findings are consistent with therapeutic use of Shilajatu as Rasayana. In the present study free radical scavenging activity of Shilajatu along with its effect on various biochemical parameters has been evaluated. This study was aimed to evaluate Rasayana effect of Shuddha Shilajatu on healthy human, to document the changes in biochemical parameters and to study the safety of Shuddha Shilajatu on healthy volunteers. The study was carried on 40 healthy volunteers from OPD of NIA hospital, who were randomly recruited into 4 groups (n=10) A, B, C, D and were given 3 samples of Shilajatu Rasayana S1, S2, S3, and placebo respectively. Both objective and subjective parameters were employed for assessment. Level of SOD (super oxide dismutase) and safety effect on kidney and liver functions were also evaluated. The study shows highly significant result in the increase of SOD (super oxide dismutase) level in the 1st 3 groups. Significant results were also obtained for biochemical parameters such as SGOT, SGPT, triglycerides and cholesterol. Present study proved the free radical scavenging activity of Shilajatu, which has emerged as a test drug in tackling the life style disorders like diabetes, obesity, premature ageing.

Keywords: Shuddha Shilajatu, Rasayana, Free radical scavenging activity, Life style disorders

Abstract ID: 011

சூதகவலியில் வெள்ளை வெங்காயக்குளிகையின் வினைத்திறன்

பிரேமா தி.¹, சிவசண்முகராஜா சே.^{2*}

¹சித்த போதனா வைத்தியசாலை கைதடி, யாழ்ப்பாணம், இலங்கை

²சித்த மருத்துவப் பிரிவு யாழ்ப்பாணப்பல்கலைக்கழகம், இலங்கை

*sivashanmugarajah@gmail.com

சூதகவலி என்பது பெண்களில் குறிப்பாக இளம் பெண்களில் ஏற்படக்கூடிய ஒரு பொதுவான பிரச்சினையாகும். அது சூதகவாயு, சூதகச்சூலை, தூரச்சூலை, சூதகவயிற்றுவலி, இரத்தவாத பித்தகுன்மம், சூதகக்குத்து என்னும் பெயர்களால் அழைக்கப்படுகின்றது. சித்தமருத்துவ நூல்களின்படி மாதவிடாயின்போது ஏற்படுகின்ற வலி அல்லது நோவையே சூதகவலி என்றழைக்கப்படுகிறது. மாதவிடாயின் போது அடிவயிறு பொருமி வலித்தல், இடுப்பு, துடை என்பன உளைதல், மலக்கட்டு, தலைவலி, அடிவயிறு கணத்தல், நாரி கடுத்தல் என்பன இதன் முக்கிய குறிசுணங்களாகும். இந்நோயானது நவீன மருத்துவத்தில் கூறப்பட்டுள்ள dysmenorrhea வுடன் ஒப்பிடத்தக்கது. Dysmenorrhea வானது முதன்மையான (primary) துணை (secondary) என்னும் இரு பிரதான பிரிவுகளாகப் பிரிக்கப்பட்டுள்ளது. ஆனால் சித்த மருத்துவத்தில் அவ்விதப்பிரிவுகள் கூறப்படவில்லை. இந்த ஆய்வானது சித்தமருத்துவ நூல்களிற் கூறப்பட்டுள்ள குறிசுணங்கள், நோய் நிதானமுறையில் மேற்கொள்ளப்பட்டது. இந்த ஆய்வின் நோக்கம் சூதகவலியில் வெள்ளை வெங்காயக்குளிகையின் வினைத்திறன் பற்றிக் கண்டறிதலாகும். இவ்வாய்வானது கைதடி சித்த போதனாவைத்தியசாலையில் வைகாசி, 2015 இலிருந்து ஆடிமாதம் 2015 வரை வெளிநோயாளர் பிரிவில் சிகிச்சை பெறவந்த 20 பெண்ணோயாளிகளில் மேற்கொள்ளப்பட்டது. அவர்களுக்கு மாதவிடாய் ஏற்பட்டநாளிலிருந்து ஐந்து நாட்களுக்கு வெள்ளை வெங்காயக்குளிகை 2 மாத்திரை அளவில் காலை, மாலை பெருங்காயம் அவித்த நீரில் உட்கொள்ளுமாறு அறிவுறுத்தப்பட்டது. சிகிச்சைப்பெறுபேறுகள் நோயாளியினது தகவல்களினடிப்படையிலும் (subjective) மருத்துவரால் கண்டறியப்பட்டவற்றினடிப்படையிலும் (objective) பதிவு செய்யப்பட்டு, எளிய புள்ளி விபரவியலடிப்படையில் (simple statistical method) பெறுபேறுகள் பகுப்பாய்வு செய்யப்பட்டன. ஆய்வின் பெறுபேறுகளாவன - ஆய்வில் பங்குபற்றியவர்களில் 15 - 20 வயதுக்குட்பட்டவர்கள் 25% (05பேர்)ஆகவும், 20-30 வயதுக்குட்பட்டவர்கள் 65% (13பேர்) ஆகவும், 30 வயதுக்கு மேற்பட்டவர்கள் 10% (02பேர்) ஆகவும் காணப்பட்டனர். அவர்களில் திருமணமானவர்கள் 40% (08பேர்) ஆகவும் திருமணமாகாதவர்கள் 60% (12பேர்) ஆகவும் இருந்தனர். ஒழுங்கான மாதவிடாய்ச் சக்கரமுடையவர்களாக 70% (14பேர்)ஆகவும், ஒழுங்கற்ற மாதவிடாய்ச் சக்கரமுடையவர்களாக 30% (06பேர்)ஆகவும், காணப்பட்டனர். மருந்து உட்கொண்ட இரண்டாவது நாள் வலி மாறிவிட்டதாக 40மு(08பேர்) உம், முன்றாம் நாள் வலி மாறிவிட்டதாக 50% (10பேர்) உம் கூறினார்கள். இருவரில் (10%) எவ்வித முன்னேற்றமும் ஏற்படவில்லை. எந்தவொரு நோயாளியும் பக்கவிளைவுகளேதும் ஏற்பட்டதாகக் கூறவில்லை. இதிலிருந்து வெள்ளை வெங்காயக்குளிகை சூதகவலிக்கு வினைத்திறனுள்ள ஒரு மருந்தாகச் செயற்படுவது தெளிவாகின்றது. இது தொடர்பான மேலாய்வுகள் அவசியமாகின்றன.

Keywords: சூதகவலி, வெள்ளை வெங்காயக்குளிகை, மாதவிடாய், சூதகக்குத்து, பெருங்காயம்.

Abstract ID: 012

**A CASE STUDY ON EFFECT OF NEELAMMAHARA DESHIYA UNMADA
CHIKITSA REGIMENS FOR SUTIKA UNMADA**

Liyanage RP^{1*}, Hettige SS², Karunarathne HKBMS¹

¹Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka.

²Manasa Ayurveda Psychiatry Hospital, Neelammahara, Katuwawala, Boralesgamuwa, Sri Lanka.

*liyanr20@gmail.com

Sutika Unmada is a common Vata predominant psychiatric condition, correlated with postnatal psychosis. In Kashyapa Samhita, 74 Sutika Rogas were mentioned in Sutikopakramaniya and Dushprajata-Chikitsa chapters including Sutika Unmada. The study considers a case of Sutika Unmada, already diagnosed as postnatal psychosis by University Psychiatry Unit, NHSL. The patient was treated with Neelammahara Deshiya Unmada Chikitsa regimens. The study was aimed to outline an appropriate line of treatment for Sutika Unmada. Selected subject was in 32 years of age. The case was treated in ward for 12 weeks on the basis of 8 weeks treatment regimens. Treatment plan was under the order of Shodhana, Shamana and Tarpana which including Shiro Abhyanga, Nasya, Hisagellum, Virchana, Shirodhara, Nila therapies and internal medicines were given as Yukti Vyapashra Chikitsa to decrease of Buddhivikara, Manovikara and Atmavikara. Edinburgh Postnatal Depression Scale was the main diagnostic tool in this study. Scoring system was carried out before and after the treatments. At the beginning, score was 24. After 12 weeks of treatment, patient presented with score as 08, which indicated that, no possibility of postnatal depression. Additionally, main associated symptoms: Moha, Udvega, Gatra-apakarshana, Atyutsaha, Aruchi, Buddhivibhrama, Adheerata, Abaddha-vaak, Hrudaya Shoonyata and Moodha-chetana decreased gradually. During the 2 weeks of follow up period, she got normal behavioral and intellectual functions. In conclusion, this case study reveals that Neelammahara Deshiya Unmada regimens show positive results on curing the Sutika Unmada and its associated symptoms. Further clinical research needs to confirm this claim.

Keywords: Sutika, Unmada, Chikitsa, Postnatal, Regimens

Abstract ID: 013

EVALUATING THE EFFICACY OF “RAJAH PRAVARTINI VATI” ON KASHTARTAVA BY ANALYSING PROPERTIES OF INGREDIENTS

Kamathewatta KWMD*, Kodithuwakku ND

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*dmaneyikaayu@gmail.com

“Rajah Pravartini Vati” has been mentioned in Bhaishajya Ratnavali for Kashtartava which is the most common gynecological problem faced by women during their adolescence. This causes significant discomfort and anxiety for the women while creating emotional distress brought on by the physical pain and may result in missing work. Kashtartava can be compared with dysmenorrhea, a disease described in western modern medicine. It is a great scope of research to find out safe, potent, cost effective remedy from Ayurveda for its management. Therefore, this review is mainly focused on the analysis of the properties of the Rajah Pravartini Vati ingredients. Guna Karma of all the ingredients showed the capability of balancing Kapha and Vata Dosha. Individual ingredients were found more effective in elevation of uterine tonicity, general strength and immunity. Also they have shown the ability to increase red blood cells and hemoglobin level of the blood and blood flow of the pelvic region. Accumulated evidence revealed an analgesic effect of all the ingredients. Conversely, long term usage of the drug or use it during lactation had shown risks. Furthermore, some individuals may show side effects or exaggerated responds. In conclusion, Rajah Pravartini Vati is an efficient drug for treatment of dysmenorrhea due to its actions on pain, reproductive system and the circulatory system. However it needs strict medical supervision.

Keywords: Rajah Pravartini Vati, Kashtartava, dysmenorrhea

Abstract ID: 016

**IMPACT OF DEVELOPMENTAL DELAY IN CHILDREN ON THEIR
BEHAVIOR AND THE MENTAL HEALTH OF THEIR MOTHERS' - A
LITERARY REVIEW**

Rismiya RF*. Faslul Haq MH

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*rismiyanowfel@gmail.com

Healthy development in early childhood determines a human being's future wellbeing, learning capacity, economic success and social participation. Developmental delay is considered when a child fails to meet one or more developmental milestones related to motor, speech and language, social functioning, or daily living skills. The main objective of this literary review was to evaluate the impact of developmental delay in children on their behavior and the mental health of their mothers'. Data was collected from the research articles from PubMed, research gate, and other scientific journals. Fifty seven research articles from various scientific journals were reviewed. Extensive research has shown that children with developmental delays are more prone to get behavioral problems like Attention Deficit Hyperactivity Disorders and Autism. Mothers of children with developmental delays experience three to four fold more to have parenting stress, depressive symptoms and other socio-economical challenges as compared to typical developmental children. It shows that, delayed development significantly influence on behavior of children and mental health status of their mothers'. Mothers of children with delayed development would be needed of early intervention by family members and other care givers to protect their children from developmental delay consequences.

Keywords: Developmental delay, behavioral problems, psychosomatic disorders.

Abstract ID: 017

**EATING HABITS, BODY MASS INDEX (BMI) AND MENSTRUAL FUNCTION
IN FEMALE TEENAGERS IN KADAWATH SATHARA, GALLE DISTRICT**

Nizamdeen FNM^{1*}, Nazeem MHM², Manuha MI²

¹Ayurvedic Medical Officer of Health, Kadawath-Sathara, Galle, Sri Lanka.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*fnafha123@gmail.com

Menstruation is the periodic discharge from the uterine mucosa, which occurs due to decrease level of progesterone after ovulation in non-fertile condition. The irregularity of this periodic discharge may be related with BMI and/or with influence of eating habits. Aim of this study is to determine the influential factor for irregular menstruation in female teenagers at Kadawathsathara link with their eating habits and BMI. The survey was conducted in 600 female students aged 13-19 years from 4 secondary schools in Kadawathsathara, Galle district during the period from June to November 2015. Age, height, weight, food habits and menstrual histories were recorded in the specially prepared questionnaire. SPSS was used to analyze data. According to 2-20 years chart: girls body mass index for age percentiles was used to define BMI. The Study revealed that 59 % on healthy weight, 36.5 % students were underweight and 4.5 % students were overweight. Fourty three point eight (43.8 %) were underweight in the age group 13-14 years and 44.4 % were in healthy weight at the age 16 years, who had the menstrual irregularities. 76.5 % students had only taken tea, milk or coffee as breakfast. However, lunch, dinner or breakfast did not show significant correlation with students' menstrual irregularities. Healthy weight (7.6 %) and underweight (15 %) participants had menstrual irregularities. The study revealed that there is no direct link with the menstrual irregularity versus food habits. However, the BMI has a role in menstrual irregularities.

Keywords: menstrual irregularities

Abstract ID: 018

பிரசவத்திற்குப் பின்னான பாரம்பரிய பராமரிப்பு முறைகளில் சாராய ஊறல் பாவனை

சிவசண்முகராஜா சே.

சித்தமருத்துவப்பிரிவு, யாழ்ப்பாணப் பல்கலைக்கழகம்

sivashanmugarajah@gmail.com

கர்ப்பகாலத்தில் கர்ப்பிணிப் பெண்களைப் பராமரிப்பதிலும், பிரசவத்தின்பின்னர் குழந்தையைப் பெற்ற தாயைப் பராமரிப்பதிலும் தமிழ்மக்கள் பல பாரம்பரிய முறைகளைப்பின்பற்றி வருகின்றனர். பிரசவத்திற்குப் பின்னர் கர்ப்பாசய உறுப்புகள் பழைய நிலைக்கு வருவதற்காகவும், இந்த இழப்புகளை ஈடுசெய்வதற்காகவும், கர்ப்பாசயப்புண் “வயிற்றுப்புண்” ஆறுவதற்காகவும், அடிவயிற்று வலி, உடல்வலி என்பவற்றைத் தணிப்பதற்காகவும், தாய்ப்பால் நன்கு சுரப்பதற்காகவும், பிரசவத்தின் பின்னர் ஏற்படக்கூடிய அசீரணம், வயிற்றுப்பொருமல், மலக்கட்டு அல்லது கழிச்சல் போன்றவற்றைத் தவிர்ப்பதற்காகவும் இப்பாரம்பரியமுறைகள் உதவுவதாக நம்பப்படுகிறது. அவற்றுள் சாராயஊறல் பிரயோகம் என்பதும் முக்கியமான ஒன்றாக விளங்குகிறது. அது மேற்கூறப்பட்ட பிரசவத்திற்குப் பின்னர் ஏற்படக்கூடிய பல பிரச்சினைகளுக்கு நன்மருந்தாகக் கருதப்படுகிறது. தற்காலத்தில் இம்மருந்தைத் தமிழ் மருந்துக்கடைகளில் வாங்கிச் சிலர் பயன்படுத்துகின்றார்கள். இந்த ஆய்வானது பிரசவத்திற்குப் பின்னான பராமரிப்பில் சாராய ஊறலின் பாவனை பற்றி அறிந்து கொள்வதற்காக கைதடிது/291 கிராமசேவகர் பிரிவைச் சேர்ந்த 20 பிரசவித்த தாய்மார்களில் மேற்கொள்ளப்பட்டது. நேர்கண்பவரால் சுயநிர்ப்பு வினாக்கொத்து மூலம் தகவல்கள் சேகரிக்கப்பட்டன. அவை எளியபுள்ளிவிபரவியலடிப்படையில் பகுப்பாய்வு செய்யப்பட்டன. ஆய்வின் பெறுபேறுகள் வருமாறு – தாய்மரின் வயதெல்லை 20 – 30 இறகிடயில் 45% (09பேர்), 30-40 இறகிடயில் 35% (07பேர்), 40 வயதுக்குமேல் 20% (04பேர்)ஆகவும், பிரசவநிலை முதற்பிரசவம் 30% (06), இரண்டாவது பிரசவம் 30% (06), மூன்றாவது பிரசவம் 25% (05), நான்காம் அதற்கு மேற்பட்டதும் 15% (03) காணப்பட்டது. இதில் சாராய ஊறல் பயன்படுத்தியோர் தொகை 35% (07) ஆகும். அவர்களுள் முதற்பிரசவத்தைச் சேர்ந்தோர் 04பேராகவும், இரண்டாவது பிரசவத்தைச் சேர்ந்தோர் 03 பேராகவும் இருக்கக் காணப்பட்டனர். அவர்கள் குழந்தை பிறந்த மூன்றாம் நாளிலிருந்து பத்தாம் நாள்வரை தினமும் காலை வேளையில் மட்டும் ஒரு மேசைக்கரண்டியளவில் இதைப்பாவித்துள்ளனர். அதனால் தமக்கு உடல்வலி குறைவாக இருந்ததாகவும், நன்கு பசியிருந்ததாகவும் கூறினர். இருவர் தமக்கு அசீரணம் நீங்கியதாகவும், ஒருவர் தமக்கு ஏற்பட்ட வயிற்றுப்பொருமல் இதனைப்பாவித்தபின்னர் நீங்கியதாகவும் கூறினர். இவ்வாய்விலிருந்து சாராய ஊறல் பாவிப்போரின் எண்ணிக்கை குறைவாக இருந்தபோதிலும், அதனால் பயனடைந்தவர்களாக இருப்பதையும் காணக்கூடியதாகவுள்ளது. சித்தமருத்துவநூல்களில் கூறப்பட்டுள்ளவாறே சாராயஊறலானது பிரசவத்திற்குப் பின்னர் பிரசவித்த தாய்க்கு ஏற்படக்கூடிய உடல்வலி, அசீரணம், வயிற்றுப்பொருமல், பசியின்மை என்பவற்றை நீக்குவது இவ்வாய்விலிருந்து தெளிவாகின்றது. எனவே ஏனைய தமிழ் பிரதேசங்களிலும் இவ்வாய்வை மேற்கொள்வதன் மூலம் பிரசவத்திற்குப் பின்னான பராமரிப்பில் சாராய ஊறலின் முக்கியத்துவம் பற்றி மேலும் விரிவாக அறிந்து கொள்ள முடியும்.

Keywords: சாராய ஊறல், பிரசவம், கர்ப்பிணி, வயிற்றுப்புண், அசீரணம்.

Abstract ID: 019

SCIENTIFIC REVIEW ON TRADITIONAL 'PATHTHIYAK CURRY' IN MILK SECRETION EFFECTS

Nazeem MHM*, Manuha MI, Farzana MUZN

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*mhmnazeem@yahoo.com

Breast milk is an unavoidable gift to an infant's overall health and development. In postpartum hypogalactia the traditional 'Paththiyak curry' (fenugreek, garlic and pepper) is used from time immemorable. The objective of the study is to investigate and provide scientific validation to the traditional 'Paththiyak curry' on postpartum hypogalactia. The databases PubMed, Medline were searched separately about these ingredients for human, goat or buffalo trials in relation to milk secretion. Chemical compounds which are responsible for increasing milk secretion too were searched from journal articles. Thirty one search studies revealed information in support of our objectives. Twenty seven studies were intervention clinical studies on fenugreek and two studies on garlic. Two *in vitro* studies on chemical compounds. It was identified that the seeds of fenugreek have phytoestrogens as diosgenic that significantly increased milk secretion in human trials and trials on goats (increased prolactin hormone). Further it was mentioned that fenugreek has mastogenic effects which stimulate growth of mammary glands. Studies on buffalos indicated that fenugreek plant was responsible to increase the milk secretion. There are limited studies on garlic in relation to promotion of milk secretion. Further, it was reported that garlic increases milk secretion but with a garlicky odor. Therefore it can be concluded that the traditional Paththiyak curry is the time tested formula and the information gathered from many senior citizens endorse the above claim and it is strongly suggested to take measures to propagate this formula among the public in order reintroduce our ancestral practice.

Keywords: hypogalactia, paththiyak curry, mastogenic, prolactin

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ROLE OF SOY PHYTOESTROGENS' COMPOUNDS IN CURING POSTMENOPAUSAL SYMPTOMS – A REVIEW

Manuha MI*, Nazeem MHM, Fahamiya N

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*inulmanuha@yahoo.com

“Menopause” defines permanent cessation of menstruation resulting from the loss of ovarian activity. Menopause can be determined, after at least 12 months of amenorrhoea. Postmenopausal symptoms are related with an estrogen deficiency that includes hot flushes, vaginal dryness, sexual dysfunction, frequent urinary tract infections, urinary incontinence, joint pain as well as sleep and mood disturbance. Objective of this study is to evaluate the role of soy phytoestrogens' compounds in postmenopausal symptoms. Data was collected from databases such as MEDLINE, PubMed, and Google scholar from 2005 to 2014. Search terms such as the botanical name, synonyms of soy and soy supplements for menopausal symptoms were used. The outcomes of the clinical trials were analyzed. Thirty seven journal abstracts revealed that ‘soy phytoestrogens’ compounds in plants had been widely employed to prevent menopause-related symptoms. The studies reveal that ‘phytoestrogens’ reduced hot flushes, improved bone mineral density, reduced heart diseases by giving positive health effects on plasma lipid and plasma glucose concentrations, improved the dry eye syndrome and prevented hormone-related cancers, such as breast, uterus cancers with inhibition of cellular proliferation. It can be concluded that soy has been consumed by people over thousands of years and is not by itself harmful. However clinical studies are need to be carried out to further explore the clinical efficacy of soy supplements. Further this simple preventive and curative remedy should be popularized among the public in order to prevent and cure the above condition.

Keywords: phytoestrogens, soy supplements, menopausal symptoms

Abstract ID: 021

**AYURVEDA TREATMENT REGIME ON “ARDITA” DURING PREGNANCY -
A CASE STUDY**

Wickramasinge SDU^{1*}, Perera PVG¹, Sakunthala DAR²

¹Suwasahana Wedamedura, Pilimathalawa, Sri Lanka.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*dushyantha.wick@gmail.com

Ardita (Facial paralysis) is the most frequent unilateral cranial nerve pathology affecting pregnant population 2 to 4 times more than the non pregnant population. Still, a successful treatment is not available to overcome this problem in modern medicine. This case study was carried out at Suwasahana Wedamadura, Pilimathalawa to evaluate the effectiveness of a treatment regime practiced in Ayurveda system of medicine. 30 year old primigravida women presented at 39 weeks of pregnancy complaining the facial weakness, blurring vision, earache, altered taste sensation, increase noise sensitivity for one month. Headache was since 10 days. She suffered from Ardita during delivery and came to take Ayurveda treatments after 6 days from delivery. She was treated internally and externally using Mrudu Shodhana, Shamana and Tarpana Chikitsa according to the Ayurveda concepts with the help of Kashaya, Pattu, Taila Abhyanga and as well as acupuncture. The patient was treated residentially for two weeks using Mrudu Shodhana and Shamana Chikitsa. The responses to the treatments were recorded and therapeutic effects were evaluated through symptomatic relief. Intensively of the clinical symptoms namely headache, blurring of vision, noise sensitivity and earache was reduced by about 50% during the second week. Treatments which included Shamana Tarpana were continued for two months and this resulted in complete disappearance of blurring of vision, earache, altered taste sensation. The treatment modality was found to be effective in the successful management of Ardita. This method of treatment helps to reduce the symptoms, overcome complications and improve the quality of life of the mother. Finally it can be concluded that Ardita can be managed by using Ayurveda and acupuncture treatment and subject under discussion is a suitable area for further studies.

Keywords: Ardita, facial paralysis, Kashaya, Taila Abhyanga, acupuncture

Abstract ID: 022

මාන්දම් විකිත්සාවේදී භාවිතා කරනු ලබන දේශීය කෘෂි වට්ටෝරුවක විකිත්සිය සාඵලයාව

වික්‍රමසිංහ එස්.ඩී.යූ.^{1*}, ප්‍රේමවන්ද අඵපොතකුමුර², සකුන්තලා ඩී.ඒ.ආර්.³

¹සුවසහන වෙදමැදුර, පිළිමතලාව, ශ්‍රී ලංකා.

²පාරම්පරික ළදරු මාන්දම් හා දැවුම් පිළිස්සුම් පිළිබද දේශීය වෛද්‍ය, වත්තේගම, ශ්‍රී ලංකා.

³දේශීය වෛද්‍යවිද්‍යා ආයතනය, කොළඹ විශ්වවිද්‍යාලය, රාජගිරිය, ශ්‍රී ලංකා.

*dushyantha.wick@gmail.com

ඇත අතීතයේ සිටම පැවත එන මෙරටට ආවේණික වූ වෛද්‍ය ක්‍රමයක් ඇත. වර්තමානයේ ළදරු මාන්දම් රෝගය පිළිබද එතරම් කතා නොකෙරුනත් ළදරු උපත් 5: 1 අඩු බර උපත් වන අතර අවුරුදු 5ට අඩු ළමුන් 14% මන්දපෝෂණයෙන් පෙළෙන බව සනාථ කර ඇත. අඵපොතකුමුර වෙදපරපුරෙන් පැවත එන අද දක්වා පැවත එන සාර්ථක ලෙස කරනු ලබන මාන්දම් විකිත්සාවේදී පිළිවෙලින් කෘෂි 3 හා යන්ත්‍රයක් සමගම මන්ත්‍රයක්ද භාවිතා කෙරෙන අතර ප්‍රතිකාර කරන කාලය පුරාවටම ගනු ලබන ආහාරපාන සදහා ලුණු භාවිතා කිරීම තහනම් කිරීම විශේෂත්වයකි. විකිත්සාවේදී පළමුවෙන්ම යොදාගන්නා අරඵ, බුළු, තෙල්ලි, ගම්මිරිය, බිං කොහොඹ, කොහොඹ පොතු, වේලා කොළ, සපසද මුල්, ලුණුවරණ පොතු හා මුරුග පොතු කෘෂයයෙහි ඖෂධ ද්‍රව්‍යයන්ගේ ගුණ කර්ම ආයුර්වේදීය මූලධර්ම හා සැසදෙන ආකාරය හා අනාගත පරපුරට එම විකිත්සාව පිළිබද දැනුවත්වීම සදහා නැඹුරු කරවීම මෙම අධ්‍යයනයේ අරමුණ වේ. දත්ත රැස්කිරීම හා විශ්ලේෂණය සදහා දේශීය හා ආයුර්වේද වෛද්‍ය ග්‍රන්ථ පරිශීලනය, වෛද්‍යතුමා සමග පැවැත් වූ සම්මුඛ සාකච්ඡාවන් ඉවහල් කරගන්නා ලදි. ගුණ කර්ම විශ්ලේෂණයේදී ඒවායේ රස, ගුණ, වීර්ය, විපාක මගින් ඇතිවන්නාවූ පාචන, කෘමිස්ත, මල අනුලෝමන හා ත්‍රිදෝෂ සමන හැකියාව මගින් ළදරු මාන්දම් රෝගයේදී දරුවාට ඇතිවූ ආම් තත්වය පාචනය කිරීමත්, විකෘති වූ කඵ දෝෂයේ සමතාවයට පත්වීමත් සිදුවන බව පැහැදිලි විය. භාවිත කළ කෘෂයේ ගුණ කර්ම විශ්ලේෂණයේදී මෙම කෘෂයේ අඩංගු ද්‍රව්‍යයන් එකකවත් ලවණ රස අන්තර්ගත නොවන බවද සනාථ විය. ලවණ රස හේතුවෙන් පිත් කෝපතාවයක් ඇතිවී ජයිරාග්නිය හා ධාතවාග්නියේ අසමතුලිතතාව ඇතිවීම මීට හේතුව ලෙස දැක්විය හැක. 60% කෘෂය රසද, තික්ත රස 70% වූ අතර, එමගින් කඵනාශක හැකියාවද උෂ්ණ වීර්ය 70% හා කටු විපාක 70% ලෙසද විය. එහෙයින් මෙමගින් ඇතිවන්නාවූ පාචන ගුණය හා විකෘති වූ කඵ දෝෂයේ සමතාවයට පත්වීමත් සිදුවන අකර එමගින් දරුවාගේ අග්නිය වර්ධනය වන බව පැහැදිලි විය. ළදරු මාන්දම් විකිත්සාවේදී සාර්ථක ප්‍රතිඵල ළඟා කර ගැනීම සදහා මෙම කෘෂය වට්ටෝරුව විශ්වාසනීයව යොදා ගත හැකි බව යුක්ති යුක්තව තහවුරු වූ අතර ඉදිරි වෛද්‍ය පරම්පරා සදහා භාවිතයට සුදුසු අනගි වට්ටෝරුවක් බවත් තහවුරුවිය.

Keywords: මන්දපෝෂණය, ළදරු මාන්දම්, කෘමිස්ත, මල අනුලෝමන

Abstract ID: 023

CRITICAL ANALYSIS OF NAWAJATA SHISHU PARICHARYA (NEONATAL CARE) IN AYURVEDA

Dilrukshi SMAC*, Lcena IAM

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka
*lasithrinda@gmail.com

Nawajatha Shishu Paricharya (care of the new born) is described by both Ayurveda and modern text in detailed. In ancient texts, all the scholars gave prime importance to care of new born (Nawajata Shishu Paricharya) which starts from birth to full stability of newborn. Various procedures were advised in the management of newborn child by the various authors with the few differences in opinion regarding the sequences of those procedures. The modern pediatrics also describes resuscitation and care of newborn in the discipline of the neonatology along with the disease of the neonate. In Ayurveda Pranaprathyagamana, Jaatakarma, Mukha Vishodhana, Pichu Dharana, Garbhodaka Vamana, Nala Chedana, Pichudharana, Snana, Raksha Karma are the procedures involved in the resuscitation of the newborn. The main aim of this study is to highlight the scientific value of Ayurveda procedures mentioned in Ayurveda texts and promote the methods which are applicable to today and made to understand by the modern society. Data were collected from texts as well as journals and research articles. Finally gathered data were critically analyzed. The procedures mentioned in Vriddhatraya as well as Kashyapa Samhita very much resembles with modern resuscitation method. The features of unconscious newborn (asphyxiated) mentioned by Vagbhata have quite resembles with APGAR scoring used now a days for assessing the status of asphyxiated baby. Nawajata Shishu Paricharya (Neonatal Care) mentioned in Ayurveda is very much scientific and equal to the methods mentioned in modern concept.

Keywords: Nawajata Shishu Paricharya, Ayurveda, Scientific, Modern medicine

Abstract ID: 024

**A CRITICAL REVIEW ON CAUSATIVE FACTORS IN BĀLAGRAHADOSHA:
DISEASES CAUSED BY INVISIBLE SPIRITS AND DEMONS IN CHILDREN**

Ahangama Archchci RT*, De Silva LDR, Sakunthala DAR

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*ruwanka@gmail.com

In ancient era, people used to look out causative factors for their ailments and they were unable to find out actual causative factors for some ailments. Hence, they came to believe the existence of invisible spirits (Supernatural beings) which entered in to the bodies of human beings for obtaining gratification of desires. Some of them seized only the children which are called as Bālagraha. The definition of Graha projects a general impression of both psychiatric and acute physical manifestations where children develop different diseases. The aim of the study is to find out different approaches of causative factors in Ayurveda classical texts on Bālagraha Dosha which were written in different chronological periods. Data collections were based on Vruddhatrayi and other literary sources as Ashtānga Samgraha, Kāshyapa Samhitā, Mādhava Nidāna and modern Ayurveda reviews. The study revealed different approaches of probable causative factors regarding Bālagraha. The Ashtāngahrida and Ashtānga Samgraha posed a mythical story about formation of Bālagraha Dosha which was propagated by Lord Shiva. Charaka Samhitā explicit Graha Dosha under exogenous insanity (Bhautikonmāda) and hasn't mentioned about Bālagraha. The Kāshyapa Samhitā predicts the Bālagraha according to the dreams of mother / child while the Mādhava Nidāna allude only clinical manifestations. The only scholastic information was mentioned in the Sushruta Samhitā which was classified into two groups as improper child caring and improper ritualistic behavioral activities. According to modern Ayurveda scholars, these factors were similar to modern etiological factors causing serious pediatric infective diseases. The awareness of causative factors in Bālagraha is a health benefit in pediatric practice, for better prognosis.

Keywords: Bālagraha Dosha, Invisible Spirits, Pediatric

Abstract ID: 025

ANALYTICAL STUDY OF TRADITIONAL THERAPEUTIC MODALITIES MENTIONED IN MANDAM VEDAPOTHA

Ahangama Archchci RT*, De Silva LDR, Sakunthala DAR

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka
*ruwanka@gmail.com

Mādam Vedakama is a specific native therapy in Sri Lankan traditional medical system. Āma produce by vitiated Kapha Dosha is leading to Mādam which can correlate with malnutrition in childhood according to modern medicine. Aims of this study are to find out the different formulations, herbs mostly used as mentioned in Mandam Vedapotha written by S.K. Samarasinghe, a famous traditional physician in 1952. Data has been collected from that book and analyzed by percentages with Ayurveda basic principles. First two parts of this Vedapotha focused on Yuktivyapashra Chikitsa (Medical Treatments) and third part comprise with Divavyapashra Chikitsa (Bhutavidya). All the 18 types of Mādam also have been described elaboratively with their treatments including ritualistic tactics (Yantra & Mantra). As different formulations Guli, Kasaya, Churna, Medicated conjees and Basna preparations are mentioned. Among 15 main decoctions, 10 mostly used herbs were found. According to pharmacodynamic properties of those, 40% and 25% were Tikta Rasa and Kashaya Rasa which possess Kaphanashaka action. 47% and 32% were Laghu and Rooksha Guna that may help proper digestion and Agni Deepana activities respectively. Lavana Rasa was not found among ingredients as it causes Pitta Kopa which aggravates the signs and symptoms of Mādam. 90% of herbs were reported with antipyretic activity and 80% were Deepana Pachana activity. Following an extensive review, it can be concluded that these treatment modalities help to subside Āma state and improve Agni state to recover from the disease. Further, these informations revealed that how much scientific traditional treatment of Mādam has been remained in this book for future generations.

Keywords: Mandam Vedapotha, Malnutrition, Āma, Deepana, Pachana

Abstract ID: 027

HERBS USED IN BIRTH CONTROL AS HOME REMEDIES – A REVIEW STUDY

Shamila MI*, Farzana MUZN, Rismiya RF

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*sham.rs52@gmail.com

Since ancient time mankind has used plants to cure diseases and relieve physical sufferings. Because of better cultural acceptability, better compatibility with the human body, lesser side effects and effectiveness of many traditional medicines is now an acceptable fact. In that manner, traditional sterilization method based on herbal medicines including abortion at initial weeks, preventing conception or making the either member of the couple sterile is the timely needed fact in the world. The aim of this study is to find out the familiar herbs used in birth control as home remedies. Electronic searchers of literature through the data bases of Medline, Embase, and PubMed were used. Authorized books of medicinal plants and medical journals were selected from the institute library. The result identified the most effective herbs used in birth control as home remedies which include: *Albizia lebbek* L, *Azadirachta indica*, *Achyranthus aspera* L, *Amaranthus viridis* L, *Butea monosperma* Lam, *Curcuma longa* L, *Cuscuta reflexa* Roxb, *Foeniculum vulgare* Miller, *Ficus religiosa* L, *Mentha arvensis* Linn, *Mentha longifolia* Linn, *Nepeta cataria* L, *Ricinus communis* Linn, *Zingiber officinalae*, *Fagopyrum esculentum*, *Ferula assafoetida*, *Cinnamom zeilanicum*, *Carica papaya*, *Vitex negundo* Linn, *Coriandrum sativum* Linn, and *Bombax ceiba* Linn. In above herbs 85% act as contraceptive in female and 15% produce sterility in male. Method of preparation, dosage forms and doses are discussed in the detailed article. It is concluded that further scientific studies including chemical analyzes are need to be conducted in order to assess the efficacy and safety of traditional home remedies discussed in this paper.

Keywords: birth control, contraceptive, herbs, home remedies

Abstract ID: 028

“LONGING” AS AN OBLIGATORY FULFILLMENT

Weerasingha WARP*, Kumara GUA, Pushpakumari WLARS

Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka.

*rpweera82@gmail.com

Sri Lanka has its own theories in analyzing various cultural beliefs and practices. Our cultural norms influence all social, financial and medicinal knowledge. For a healthy progeny, pre-ovulatory, pre-natal, ante-natal and post-natal hygiene should be of high standards. Also “longing” plays a vital role in dealing with nutritional requirements of a pregnant woman. Authentic Ayurveda classics such as Caraka Samhita, Sushruta Samhita and Aṣṭāṅga Saṁgraha and selected Buddhist doctrines were used to collect data for the present study. The desire / longings are considered to be associated with organogenesis and teratogenicity. Most of these manifest as desires to consume culturally unacceptable kinds of meats and engaging in impious acts. It is a fulfillment of a non-physique need but directly play a significant role in physique as well. The desires of the pregnant woman should not be dishonored even though immoral / impious and should be provided to her in small quantities and in combination with known healthy foods because refusal to fulfil her desires/longings may lead to abnormalities in the fetus or to its premature expulsion. The longings arise as acts of retribution for immoral acts committed during the previous lives. Longings/desires occur not only for fulfillment of nutritional needs of a fetus, but also as retributions for immoral acts committed in the previous lives which is manifested through the mother as “longings”. Therefore it is obligatory to fulfill these longings, but having amalgamated with safety measures in order to ensure a healthy progeny.

Keywords: progeny, organogenesis, teratogenicity, deeds

Abstract ID: 029

TRADITIONAL CONCEPT OF RATHA ROGA

Sakunthala DAR*, Wickramasinghe MRM, De Silva LDR

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*darsakunthala@yahoo.com

Ratha Roga can be defined as a diseases caused by derangement of Raktha mainly affecting infants in Kshirapa and Kshirannada Kala in Bala Avastha. Apart from that, two specific types of Ratha Roga may occur in lactating mothers. Generally, Ratha Roga in infants was named as Rathagaya. Present study was conducted to assimilate the data regarding the traditional concept of Ratha Roga in various aspects. Data has been collected from the traditional medical books and the expertise traditional practitioners of child health. Consumption of meat of sambar, deer and buffalo, fish of Tuna and 'Kumbala', pork with curd, pineapple, papaya, bitter gourd, lufa, millet, Bilimbi, 'Katu Ala', Thampala and 'Anguna Kola' during the specific months of pregnancy were found as causative factors of Ratha Roga. Le Ratha, Naga Ratha, Duwana Ratha, Panina Ratha, Gal Ratha, Vata Ratha, Pitta Ratha, Pachana Ratha and Sudu Ratha were found as the types of Ratha Roga in infants. Sura Ratha and Asura Ratha are the types of Ratha Roga may occur in right and left breast respectively in lactating mothers. It is occurred due to lack of breastfeeding and it can be compared with breast abscesses in modern medicine. Signs and symptoms of all types of Ratha Roga are also described. These may be helpful in differentiating the various types of Ratha Roga. Oral administration of Ratha Kalka, along with Raktha Shodhana and Pitta Shamaka Kashaya and external administration of Pitta Shamaka and Daha Prashamana Kashaya are used to manage Ratha Roga. It was revealed that preventing from causative factors during pregnancy, the prevalence rate of Ratha Roga can be controlled in infants in considerable extent.

Keywords: Kshirapa Kala, Kshirannada Kala, Rathagaya, Ratha Kalka

Abstract ID: 030

EFFECTS OF KRUSHNAJEERAKA (*NIGELLA SATIVA* / BLACK SEEDS) AND SATAKUPPA (*FOENICULUM VULGARE* MILL / FENNEL) ON INFERTILITY: A SYSTEMATIC REVIEW

Ranasinghe RLDS*, Leena IAM

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*rlsandu@gmail.com

Krushnajeeraka (*Nigella sativa*) and Satakuppa (*Foeniculum vulgare* Mill) have been traditionally used to treat infertility for thousands of years. The aim of the present study was to conduct a systemic review summarizing the effects of Krushnajeeraka and Satakuppa on infertility. A number of electronic databases were searched namely Pubmed, Science Direct, Google Scholar, Medline and Springer from the period January 2000 until January 2016. Many studies have shown that the extract of *F. vulgare* increased serum concentrations of follicle-stimulating hormone (FSH). Available studies have confirmed the effects of natural estrogen of *F. vulgare* seed extract on mammary gland and oviduct. Researches have shown that anatole is the main part of fennel plant that operates estrogenic properties and active pharmaceutical agents such as dianthole and photoanatole are polymers of anatole. However, *F. vulgare* decreases the testosterone level leading to a decline in germ cells in males. According to the researchers *N. sativa* can positively influence sperm parameters, semen, Leydig cells, reproductive organs and sexual hormones. The main potential mechanism is through the antioxidant components of *N. sativa* such as thymoquinone and unsaturated fatty acids. Promoting antioxidant defense these chemicals improve male fertility parameters like spermatogenesis and steroidogenesis. One study reported an increase in the level of estradiol following 14 days *N. sativa* supplementation in ovariectomized rabbits. The findings of this review suggest that Krushnajeeraka and Satakuppa are good candidates for infertility.

Keywords: Infertility, Black seeds, *Nigella sativa*, Satakuppa, Fennel, *Foeniculum vulgare*, Estrogenic properties

Abstract ID: 031

**AWARENESS AND MANAGEMENT OF CHILDHOOD EYE DISORDERS: A
SOCIAL IMPORTANCE TO PRESERVE VISION AND QUALITY OF LIFE**

De Silva LDR*, Sakunthala DAR, Kamal SV

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka

*dimuthu.lect@gmail.com

Eye and vision disorders are substantially increasing among children. Early detection, intervention and prevention of childhood eye diseases are particularly important as the visual system has a rapid development during early childhood. The present study was undertaken to find child concerned probable risks for the development of childhood eye pathologies, the prevalence of common eye disorders, the ocular health screening methods and to compile effective Ayurvedic treatment modalities in the management of childhood eye diseases. The data were collected from Ayurveda and modern medical textbooks, journals and web search. The collected data were tabulated and analyzed. The study revealed that more than 20 significant risks for visual impairment, mainly prematurity, low birth weight, infections during pregnancy and difficult or assisted labor with low APGAR scores. The prevalence of common childhood eye diseases were as Amblyopia / lazy eye (2-3%), Squint (3-4%), Refractive errors / Timira (15-30%) and infectious eye diseases (less than 1%). There were many ocular health assessments for children with related systemic disease screenings for correct diagnosis. Further, it is revealed that effective and safe internal and external Ayurveda eye therapeutics such as Kashaya (decoctions), Akshi Tarpana (lubrication), Sheka (irrigation), Bidalaka (medicinal pastes), Pada Abhyanga (foot massage), Vyayama (eye exercises) and Akshi Rasayana (rejuvenation) can be used as a single therapy as well as combined drug regimens. The awareness of probable risk factors for the development of childhood eye ailments is needed in the prevention of many eye disorders. Further, the knowledge of childhood eye disorders and better management is important to fulfill the eye care needs of childhood, to enhance the healthiness of eyes and to increase the quality of life, comfort, appearance and other socio-behavioral opportunities.

Keywords: Childhood eye disorders, Quality of life, Akshi Tarpana, Akshi Rasayana, Preserve vision

Abstract ID: 032

HYPERGLYCAEMIA IN PREGNANCY

Muthalib AM^{1*}, Naser KA², Mujahid SM³

¹Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

²King's Mill Hospital, Sutton in Ashfield, Nottinghamshire, United Kingdom.

³North Matala Hospital, North Matala, Matala, Sri Lanka.

*mujasha@yahoo.com

Hyperglycaemia in pregnancy can be classified into gestational diabetes, diabetes first detected in pregnancy and diabetes detected prior to pregnancy. It is estimated by International Diabetes Federation that 20.9 million or 16.2% of live births to women in 2015 had some form of hyperglycaemia in pregnancy. An estimated 85.1% of those cases were due to gestational diabetes, 7.4% due to other types of diabetes first detected in pregnancy and 7.5% due to diabetes detected prior to pregnancy. The South-East Asia Region having the highest prevalence at 24.2% compared to 10.5% in the Africa Region. The vast majority (87.6%) of cases of hyperglycaemia in pregnancy were in low- and middle-income countries, where access to maternal care is often limited. One in seven births is affected by gestational diabetes. Both of these conditions are associated with an increased risk of developing type 2 diabetes in later life. The prevalence of hyperglycaemia in pregnancy, as a proportion of all pregnancies, increases rapidly with age and is highest in women over the age of 45 years (45.9%), although there are fewer pregnancies in that age group. Due to higher fertility rates in younger women, half of all cases of hyperglycaemia in pregnancy (10.4 million) occurred in women under the age of 30 years. Women with diabetes therefore require careful monitoring before and during pregnancy to minimize the risk of these complications. Hyperglycaemia during pregnancy can lead to changes in the foetus such as gaining excess size and weight. This in turn can lead to problems during delivery, injuries to the child and mother, and hypoglycaemia in the child after birth. Children who are exposed to high blood glucose in the womb are at higher risk of developing type 2 diabetes later in life. In most cases of gestational diabetes, blood glucose levels can be controlled through a healthy diet, gentle exercise and blood glucose monitoring. In some cases, insulin or oral medication may also be prescribed.

Keywords: hyperglycaemia, prevalence, diabetes, pregnancy

Abstract ID: 033

A LITERATURE REVIEW ON HERBS USED IN THE MANAGEMENT OF PREMENSTRUAL SYNDROME

Ayshah Fazeenah AH*, Sithy Fowziya AW, Raeesuddeen SM

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*drfazeenahameed@gmail.com

Premenstrual syndrome (PMS) is a psychoneuroendocrine disorder. It is a cyclic recurrence during the luteal phase of the menstrual cycle and that interfere with the quality of life or the ability to carry out day to day activities. Women experience a wide range of physical or psychological or behavioral symptoms and they seek treatment for it. PMS affects up to 75 percent of women with regular menstrual cycles, while premenstrual dysphoric disorder affects only 3 to 8 percent of women. The objective of the review was to assimilate the knowledge of herbs which reduce the symptoms of premenstrual syndrome and improve quality of life. Details of the facts and figures on herbs used in premenstrual syndrome were gathered from traditional texts, Unani, Ayurveda and through web search. This study has documented 46 herbs which have been used by the indigenous people for PMS treatment. The results showed that 18 herbs had the action of antispasmodic thereby reduced the uterine pain. 13 herbs had the action of antidepressant while 11 herbs had the action of reducing tender pain on breast. Further, 10 herbs had the analgesic action, 08 herbs had the action of anti irritability, inducing sleep and reducing sleep disturbances, and only one herb was a laxative and it helped in constipation. The botanical name, family name, parts used and the mode of application of the herbs have been provided in this paper. The obtained results were compared with published researches on effects of herbs in clinical trials. So, it is concluded that herbs can be used to manage the premenstrual syndrome and improve the quality of life of women.

Keywords: Premenstrual syndrome, global, herbs, knowledge, luteal phase, negative impact

Abstract ID: 034

ROLE OF RIYAZAT (EXERCISE) IN THE MANAGEMENT OF MENSTRUAL DISORDERS - A REVIEW

Ayshah Fazeenah AH*, Raeesuddeen SM, Sithy Fowziya AW

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*drfazeenahhameed@gmail.com

Riyazat is a voluntary physical movement which is one of the modes of evacuation of the waste materials (Tanqiyah mavaad faasida) from the body in an individual. It plays an important role in maintaining good health, preventing diseases and also in reliving certain ailments as well. The most commonly experienced menstrual disorders by women are premenstrual syndrome (up to 75%) and primary dysmenorrhoea (50-90%) universally. These both can adversely affect women's quality of life. Physical exercise has been suggested as a non-medical approach to the management of these menstrual disorders, and especially aerobic exercise lessens symptoms of premenstrual syndrome (PMS) and primary dysmenorrhoea (PD) in many women all over the world. The objective of the review was undertaken to update the knowledge of role of Riyazat (exercise) in the management of menstrual disorders and improvement of women's quality of life. Detailed facts and information were gathered from Unani classical texts, research articles from international magazines and through web search. The results showed that adopting regular prescribed physical exercise reduces pain intensity, pain duration, and the consumption of analgesics during menstruation, and improves quality of life of women. In conclusion, Riyazat can be used to manage the menstrual disorders very effectively and improve the quality of life of women.

Keywords: Riyazat, premenstrual disorders, primary dysmenorrhoea, Tanqiyah mavaad faasida, aerobic exercise.

Abstract ID: 035

**A LITERARY STUDY ON HEALTH BENEFITS OF *ALOE VERA* JUICE
(KUMARIKA SWARASA) IN FEMALE REPRODUCTIVE SYSTEM
ACCORDING TO AYURVEDA AND CONTEMPORARY SCIENCE**

Sooriyaarachchi BSMM*, Rajaguru RMCD

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*madhushisooriyaarachchi@gmail.com

Many herbs including *Aloe vera* (AV) treat abnormalities of female reproductive system (FRS). AV is a short-stemmed succulent plant species. This literary study was conducted to elucidate the significant health benefits of AV on FRS by looking for linkages between Ancient theories of authentic text in Ayurveda and Contemporary Science (CS). According to Ayurveda AV is therapeutically recommended for menstrual disorders (Arthavadosha); blocked menstrual flow, dysmenorrhea (Kashta Arthava), menstrual suppression and it helps to rejuvenate the uterine cycle. AV helps to heal a torn perineum after parturition and regulates the blood sugar levels in Arthavakshaya. According to CS, one of the hormones potentially affected by AV is estrogen; its leaves contain phytoestrogens that mimic the effects of estrogen in body which could stimulate breast cell growth, affect on vaginal opening, vaginal cornification and weight of uterus. It increases myometrial glycogen content. It might affect hormonal balance through its potential effect on ovarian function and helps promote the development of mature ova. Since AV has the potential to affect male and female sex hormonal activity, taking large doses of AV might impact health. Also CS shows AV might increase the risk of skeletal abnormalities during development in pregnancy. AV is responsible for various functions such as balancing, stimulating, cleansing and nourishing which in turn stimulates the innate capacity of the body to heal itself with correct dosage.

Keywords: dysmenorrhea, phytoestrogens

Abstract ID: 036

A LITERARY REVIEW ON THERAPEUTIC BENEFITS OF SHATAVARI GOPAKANYADI KWATHA IN FEMALE REPRODUCTIVE SYSTEM

Sooriyaarachchi BSMM*, Rajaguru RMCD

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*madhushisooriyaarachchi@gmail.com

There are a large variety of herbs used to support the female reproductive system (FRS). Some of them support and maintain healthy reproductive function, while others heal and treat specific reproductive problems. Shatavari Gopakanyadi Kwatha (SGK) denotes to a polyherbal Ayurveda preparation containing ten specific medicinal plants namely Shatavari (*Asparagus racemosus*), Gopakanya (*Hemidesmus indicus*), Chandana (*Santalum album*), Ushira (*Vetiveria zizanioides*), Valaka (*Plectranthus zeylanicus*), Tanduliyaka (*Amaranthus tristis*), Draksha (*Vitis vinifera*), Samanga (*Rubia cordifolia*), Utpala (*Nymphaea lotus*) and Yashti (*Glycyrrhiza glabra*) which are not only useful for alleviating general body illnesses but also particularly important for a healthy FRS. This literary study was conducted by studying authentic Ayurveda text and modern science with the objective of elucidating the importance of this herbal preparation and its ingredients on FRS. According to Ayurveda text, these herbs all together act as female rejuvenators and stimulants of lactation and they have the ability to balance the PH in the cervical area. Also, these are useful for the conditions such as infertility, threatened miscarriage, menopause, leucorrhoea, menorrhagia and many menstrual problems. Dry membranes, such as those on the vaginal wall, are also brought in to balance through these herbs demulcent action. According to modern science, it supplies many female hormones. Especially, *Asparagus racemosus* implicates in estrogenic effects. This Kwatha is responsible for an optimal reproductive age by regulating menstrual cycle and healthy conception. Therefore, SGK have immensely advantageous effects on the women from the childhood to the old age by giving a healthy reproductive life.

Keywords: rejuvenator, infertility, menorrhagia

Abstract ID: 037

A LITERATURE REVIEW ON HERBS TO IMPROVE LACTATION AND BREAST HEALTH

Sithy Fowziya AW, Ayshah Fazeenah AH*, Raeesuddeen SM

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*drfazeenahamecd@gmail.com

Breast milk is the best food for babies. A total of at least 400 nutrients can be found in breast milk; these will help to babies fight against diseases and increase their immune system. Exclusively breastfeeding a baby for 6 months will improve their cognitive development that might increase their chances growing up intelligently. Mother and baby bond is also increased when breastfeeding is practiced. Decreased milk secretion of lactating mothers is one of the reasons that stimulated us to carry out this study. The objective of the review was to assimilate the knowledge of herbs which helps mothers to enhance their breast milk production and breast health. Detail facts and information were gathered from Unani classical texts, research articles from international magazines and through web search. Results showed that the herbs which are very effective in improving lactation and breast health; and they are easily available as a part of daily meal. The botanical name, family name, parts used and the mode of application of the herbs have been provided in this paper. The obtained results were compared with published researches on effects of herbs in clinical trials. Most of the herbs are widely used and highly beneficial in the management of lacking lactation and breast health.

Keywords: lactation, breast health, herbs, knowledge, breast milk, nutrients

Abstract ID: 038

STRIVYAPAT OF GARBHA SHAREERA - A REVIEW ON AYURVEDA AND MODERN PERSPECTIVES

Wickramasinghe MRM*, Sakunthala DAR

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*mrmwickramasinghe@gmail.com

Garbha Shareera has been widely described in both Sushruta and Caraka Samhita, especially definition, formation, nutrition, growth and development of the Garbha (foetus). Main objective of this study was to discuss the basic concepts on the origin of Strivyapat in Garbha Shareera, factors which cause deformity and partial destruction of Garbha as per main texts. Thirtieth Shloka of fourth chapter of Caraka Shareerasthana explained that if a woman indulges in Dosha aggravating regimens causing their aggravation, then they spread through out the body, and reach and partially vitiate the reproductive organs. If such a woman conceives, those aggravated Dosha in the reproductive system affect the Garbha. Meantime, these aggravated Dosha may affect the Bija, Bijabhaga and Bijabhaga Avayava of the Garbha and produce deformities in the corresponding organs. When Bija, Bijabhaga and Bijabhaga Avayava excessively vitiated, mother gives birth to a sterile child, named as Vandhya, gives birth to a dead child, named as Putipraja, and gives birth to a non-female being having feminine characteristics, named as Varta, respectively. In embryology, causation of congenital anomalies named as teratogenesis and study of congenital malformations constitutes the science of teratology. Factors that cause anomalies are called teratogens. Development of the embryo is dependent primarily on genetic influences. Further environmental conditions also exert an important effect. Therefore congenital anomalies may occur either as a result of genetic influences or environmental conditions or by a combination of both.

Keywords: Strivyapat, Bija, Bijabhaga, Bijabhaga Avayava, congenital malformations

Abstract ID: 039

EFFECTS OF PHYTOCHEMICALS FOUND IN *CURCUMA LONGA* ON BREAST AND OVARIAN CANCER CELLS

Manuha MI*, Nazeem MHM, Farzana MUZN

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*inulmanuha@yahoo.com

Curcuma is known as "curry powder" turmeric and it contains main active ingredient curcumin with other phytochemicals, vitamins and nutritive substances. Researches revealed that curcumin has ability to cure many different ailments including chemo-preventive and anti-tumoral activities against cancer. This study was aimed to review the diverse behaviour of curcumin with other phytochemicals on devastating breast cancer cells and ovarian cancer cells. Databases such as PMC, PubMed were browsed to filter breast and ovarian cancer related curcumin study from 23 journal articles. Its diverse activities against cancer cells were analyzed. Curcumin with piperine eliminates breast cancer stem cells, without causing damage to the normal breast cells. In curcumin with citral (found in oils of citrus fruit peels) treatment showed apoptosis (cancer cell death) induction and cell cycle arrest in breast cancer cells and further, the curcumin with citral interfere with multiple cell signaling pathways and the subsequent suppression of proliferation and migration in breast and ovarian cancer cells. In addition, curcumin as a treatment for breast cancer, particularly triple negative breast cancers which are resistant to many current treatments. Curcumin involve different molecular mechanisms including cell cycle arrest in different phases. Through multiple molecular mechanisms it controls ovarian cancer cells. Further, curcumin with triptolide (*Tripterygium wilfordii*) combination with lower concentration have a synergistic anti-tumor effect on ovarian cancer. Due to no reported side effects and empirically long usage, curcumin can be considered as beneficial support in both breast and ovarian cancers.

Keywords: curcuma, breast stem cell line, ovarian cancer cell line

Abstract ID: 040

YOGA: NATURAL WAY FOR A SAFE PREGNANCY

Fernando WKBDS^{1*}, Pathirana RND²

¹Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

²Ayurveda Teaching Hospital, Borella, Sri Lanka.

*fernandowkbds@gmail.com

Pregnancy is a fabulous stage of every woman and a crucial period that goes together with many physiological and psychological changes posing greater demands of her body. The woman experiences many symptoms and efficient management with minimum usage of drugs is essential. Yoga is an ideal way to handle all these complications both physically and mentally. The aim of this study is to gather the information on pregnancy related disorders and effective measures from Yoga and critical analysis of its applicability. The data was gathered from authentic text books and web sources. Common complaints during the pregnancy period are tiredness, nausea, constipation, frequent urination, food cravings, change in size of breasts, fainting or dizziness, bloated stomach, high emotions, heartburn, indigestion, fluid retention, shortness of breath, difficulty in sleeping and extra body fat. Asana or postures stimulate appetite and bowel movement, raise the level of energy, help to relieve aches and pains, make the body flexible and relieve the tension around the cervix and birth canal, open the pelvis to make labour easier and quicker. Pranayama and meditation can be practiced throughout the pregnancy and help in controlling emotions and mood swings. Yoga can be applied effectively during all three trimesters under expert guidance. During the post natal period Yoga practices help to strengthen and tighten the pelvic floor muscles and prevent prolapse of uterus, reduce the excess weight gain during the pregnancy and bring back the tone of abdominal muscles. If every pregnant woman practices Yoga, it is the best natural way for a safe pregnancy.

Keywords: Safe pregnancy, Yoga, Asana, Pranayama

Abstract ID: 041

AYURVEDA MANAGEMENT OF ABNORMAL UTERINE BLEEDING OF YOUTH TREATED WITH PSYCHOTROPIC MEDICATIONS

De Silva RHSK*, Jayawardhane NDN

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*dr.himaleee@gmail.com

Psychiatric disorders are common in young girls presented in our clinics and they have been undergone chronic therapies with psychotropic medications. Antipsychotic medications and mood stabilizers have been used by these patients. Abnormal uterine bleeding (AUB) is a common presenting symptom that affects fertility, quality of life, and therapeutic compliance of women. The objective of this study is to manage of Abnormal Uterine Bleeding of youth treated with psychotropic medications. Patients were recruited by direct approach having AUB with schizophrenia, schizo affective disorder and mood disorder were subjected to this study (N=20). Data were collected on age of first treatment, year of first antipsychotic medication received, diagnosis, time until treatment discontinuation, maximum dose and details of AUB. Based on the clinical information, five patients with irregular menstrual bleeding and three patients with amenorrhoea were under the treatment of Chlorpromazine. Further, three patients with painful heavy menstrual bleeding and three patients with amenorrhoea were under the treatment of Clozapine. In addition, irregular menstrual bleeding recorded in 6 depressed patients, who were under the treatment of Risperidone. For management, irrespective of medication type, basically three symptoms were concerned: amenorrhoea, irregular menstrual bleeding and painful heavy menstrual bleeding. Satakuppadi decoction, Satakuppa Vardhamana Curna and Navaratna Kalka with Lashuna Putapaka Svarasa have been prescribed respectively and Pushpadhanwa Rasa has been given for all for two weeks and symptomatic improvement was recorded. Improvement is highly interesting but due to small sample size, warranting the need for further investigation with case control study. The findings of this study suggested that AUB alone may not adequately explain the gynecological problems in women with psychotropic medications. Therefore, further extensive studies needed to overcome the problems related to overall health of young females.

Keywords: Ayurveda Management, Abnormal Uterine Bleeding, Psychotropic Medications

Abstract ID: 042

REVIEW AND PRESENT STATUS OF NORTHERN PROVINCE MEDICINAL PLANTS MENTIONED IN JAFFNA SIDDHA TEXT, PARARAJASEGARAM – VATHAROGANITHANAM

Sathiyascelan V

Unit of Siddha Medicine, University of Jaffna, Sri Lanka
dr.vivian@ymail.com

Siddha Medicine is one of the world's oldest medical system. The Sri Lankan Siddha system of medicine claims a very long history for thousands of years and well-nourished with a variety of treatment modalities for Vatha Rogams, Malattu Rogam, Nanjueyal and Manaseeka Rogam. The following texts had mentioned about Siddha drugs which are Pararajasegaram, Sekarajasekaram, Irupaalachetiyyar Vaithiyavilakkam and Amuthaakaram. Pararajasegaram consists of seven chapters. The aim of this study was to review the medicinal plants used in Siddha drugs mentioned in Pararajasegaram Vatha Roganithanam and find out the present status of medicinal plants in the Northern Province. The review of literature study was carried out during the period of January 2013 – December 2013. And the field survey was carried out during the period of 2012-2014. The descriptive and the survey study revealed 208 varieties of Siddha drugs which were mentioned in Vatha Rogams and 292 medicinal plants which were used in preparation of the Siddha drugs. Out of identified 292 medicinal plants, according to my field visit records, 162 plants are commonly found in Northern Province. All the identified species of medicinal plant specimens were authenticated by the taxonomist. According to the part of the plant used for preparation of Siddha drugs mentioned in the book, roots (60), rhizomes (10), barks (44), root bark (10), dry fruits (19), fruits (10), leaves (61), seeds (39), stems (5), whole plants (28), flowers (4), woods (6), buds (3), stigma (1), young pods (2), bulb (2). Out of 292 identified medicinal plants 12 plant exudates are used for the preparation, out of the 12, 6 are resins, 4 are latex, and 2 are galls. One plant was identified as low plant and the rest are Angiosperms. Out of 292, 47.94% are trees, 24.65% are shrubs, 15.75% are climbers and 10.95% are herbs. By analyzing the results of the study I would strongly recommend to enhance the knowledge of cultivation techniques of selected medicinal plants to the farmers in Northern Province. This can aid in production of Siddha drugs since the raw materials are available, eventually we will be able to produce and continuously supply Siddha drugs to outlets and Siddha hospitals without any scarcity.

Keywords: Siddha drugs, Pararajasegaram, Vatha Rogams, Medicinal plants

Abstract ID: 043

SPIRITUAL PERSPECTIVES OF 'THINASARIYANI' IN SIDDHA MEDICINE - A REVIEW

Thembamala CR*, Sathiyaseelan V

Unit of Siddha Medicine, University of Jaffna, Sri Lanka.

*christachelva@gmail.com

Altered lifestyle has many implications on human health which are potentially preventable. Concept of lifestyle varies with culture and geographical area. Siddha medicine that looks at the cycles of nature and advocates an ideal life style called 'Thinasariyani - Daily routine' which applicable for all. By following the principles of life style comprised in 'Thinasariyani' it is possible to fight the life style diseases on several fronts. Routines covered by Thinasariyani include: early rise, elimination (2), hygiene (5), prayer, massage (9) (Thokkanam), Yoga therapy (12), Pranayama, meditation, meals, study, work, relaxation and sleeping. 'Thinasariyani' is absolutely necessary to bring radical changes in physical, mental, social, and spiritual wellbeing. Spiritual wellbeing is crucial to good health as it reduces stress which is the major cause for altered life style and the related diseases. The objective of this study is to identify the spiritual perspectives of 'Thinasariyani' in Siddha medicine. The routines included in 'Thinasariyani' were studied in relation to spiritual wellbeing for optimal health. As a result, 12 routines are recommended in 'Thinasariyani' and out of that early rise, yoga, pranayama, meditation, prayer and relaxation (05) could be well correlated to enhance the spiritual wellbeing of a person. In conclusion, 'Thinasariyani' can be considered as one of the special medicines that could be used as a therapy for stress related disorders.

Keywords: Thinasariyani, spiritual wellbeing, stress, life style disorders

Abstract ID: 044

PLANTS USING IN POSTPARTUM CARE BY TRADITIONAL HEALERS - A REVIEW OF LITERATURE

Farzana MUZN*, Manuha MI, Fahamiya N

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*muznfarzana@gmail.com

Medicinal plants have a vital role during pregnancy, birth and postpartum care in many rural areas. The WHO estimates that about 80% of the population living in developing countries relies almost exclusively on traditional medicine for their primary healthcare needs. Plants are the backbone of traditional medicine. Almost every system of medicine plants play a major role and constitute in traditional medicine. There are millions of women and elders who have traditional knowledge of herbal home remedies and it is passed orally from generation to generation. Plants used in women's health related conditions such as; female diseases, birth control, pregnancy, postpartum and lactation have been documented by traditional healers are rarely documented. Due to influence of modern culture, busy life and low faith. This valuable knowledge is going to endanger. There are many time tested practices designed to suit the health problems of the mother and child. The postpartum care aims to recover women's health after delivery. This paper reviewed the commonly used herbs only in postpartum women and investigated if enough evidence is available on the safety and efficacy of using herbs during postpartum. The electronic data base like PubMed, CINHALL, EBSCO and Science Direct were searched. From the 57 papers found, they explain the herbs which alleviate the common postpartum problems. Further, effects of many herbs such as toning the uterine muscles and preventing infection during postpartum have been scientifically proven. Further, these studies reported no adverse effects while using the herbal preparations. It is the high time to do further scientific studies to validate the therapeutic efficacy of these herbs.

Keywords: Traditional medicine, postpartum women, primary health care

Abstract ID: 045

HERBAL GALACTOGOGUE PRACTISED BY SORABAWA VEDDAS IN MAHIYANGANA AREA

Al Tharique I^{1*}, Farzana MUZN²

¹National Ayurvedic Teaching Hospital, Colombo, Sri Lanka.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*drtharique@gmail.com

Herbal medicines in Sri Lanka are preferred remedies in the traditional system. Large part of globe is now relying on herbal remedies because of having lot of therapeutic benefits. Several herbs used by traditional healers for increase milk secretion is evident, but these timed knowledge are fast disappearing. The Veddas living in Sorabawa area in Mahiyangana is common. The elderly members of Vedda's communities possess a great deal of knowledge on medicinal plants. The women of Vedda's family rely on traditional medicine for their reproductive health solely. Usually they give birth at home and use plants to replace pharmaceutical medicine. The main purpose of the study is to document the knowledge of Vedda's who used some valuable prescriptions to induce milk secretion in breast feeding mothers. This study was done collecting information verbally from 20-25 Vedda families living in Sorabawa, Mahiyangana, Uva Province of Sri Lanka. There are 20-50 Vedda families living in that area and one of their main sources of income is traditional medicinal treatment as a "Vaidyam". Loonu (*Allium sativum* Linn.), Kaha (*Curcuma longa* Linn.), Erendu (*Ricinius communis* Linn.), Thala (*Sesamum indicum* Linn.) and Ulukal (*Trigonella foenum-graceum* Linn.) are the most used plant species cited by more than 20 informants. This study will help to enhance the traditional knowledge without disappearing to produce a wealthy nation.

Keywords: Galactagogue, Veddas, traditional knowledge, milk secretion, wealthy nation

Abstract ID: 046

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දේශීය වෛද්‍යවිද්‍යා ආයතනය, කොළඹ විශ්වවිද්‍යාලය, රාජගිරිය, ශ්‍රී ලංකා.
ayomimp@yahoo.com

දසමසක් කුස දරා දරුවෙක් මෙලොවට බිහිකර එම දරුවාට නිරෝගිමත් දිවියක් ලබාදී රටට වැඩදායී පුරවැසියෙක් බිහි කිරීමේ මූලික වගකීම දරනුයේ කාන්තාවන් විසිනි. එම නිසා කාන්තාවගේ සෞඛ්‍ය දැනුම පමණක් නොව නිරෝගිමත් දරු පරපුරක් බිහිකිරීම සඳහා අවශ්‍ය දැනුම කාන්තාවන්ට ලබා දීමට, ලබා ගැනීමට අවශ්‍යය. දැනුම සන්නිවේදනය කිරීමේ නවීන මාධ්‍ය ප්‍රබල වුවද, ශ්‍රී ලාංකික ජන සමාජය තුළ තොරතුරු මූලාශ්‍ර යටතේ ප්‍රචලිත මුද්‍රිත පොතට හිමි වී ඇත්තේ සුවිශේෂී ස්ථානයකි. මෙම අධ්‍යයනයේ අරමුණ වන්නේ 2010 සිට 2015 දක්වා වසර 5ක කාල පරාසයක් තුළ කාන්තාවන්ගේ සෞඛ්‍ය දැනුම මෙන්ම නිරෝගිමත් දරුවකු බිහි කිරීම සඳහා අවශ්‍ය දැනුම හා ළමා සෞඛ්‍ය යන විෂය පදනම් කරගෙන ප්‍රකාශයට පත් වී ඇති මුද්‍රිත ග්‍රන්ථ පිළිබඳ විමසා බැලීමයි. පර්යේෂණ ක්‍රමවේදය සඳහා තොරතුරු මූලාශ්‍ර වලින් ප්‍රකාශිත දත්ත, උපයෝගී කරගෙන නිගමනයට එළඹ ඇත. කාන්තා හා ළමා සෞඛ්‍ය දැනුම වර්ධනය කර ගැනීම අරමුණු කොට ගෙන එක් එක් වර්ෂ වලදී ප්‍රකාශයට පත් කර ඇති පොත් ප්‍රමාණය සලකා බැලීමක් සිදු කර ඇත. එක් එක් වර්ෂ වලදී සෞඛ්‍ය යන මූලික විෂය හා සහසම්බන්ධිත විෂය ග්‍රන්ථ නාම යටතේ ප්‍රකාශයට පත් වී ඇති මුද්‍රිත පොත් පිළිබඳ විමසා බැලීමට ජාතික ග්‍රන්ථ නාමාවලිය විමර්ශනය හා දත්ත පදනම් ගවේෂණය කර ඇත. එම තොරතුරු මූලාශ්‍ර වල අඩංගු දත්ත වලට අනුව එක් එක් වර්ෂවලදී ප්‍රකාශිත ග්‍රන්ථ අතරින් අනිකුත් විෂයන් හා සැසඳීමේදී සෞඛ්‍ය විෂය හා අනුමානාකා යටතේ කාන්තා සෞඛ්‍ය සම්බන්ධයෙන්, ළමා රෝග සම්බන්ධයෙන් හා නිරෝගිමත් දරු පරපුරක් බිහි කිරීමට කාන්තාවන්ට දැනුවත් වීමට ඇති තොරතුරු මූලාශ්‍ර ලෙස ප්‍රකාශයට පත් වී ඇති මුද්‍රිත ග්‍රන්ථ ප්‍රමාණය ඉතා අඩු බව නිරීක්ෂණය විය. වර්තමාන සමාජයේ වැදගත් කාර්යය භාරයක් ඉටු කරන කාන්තාවන්ගේ සෞඛ්‍ය දැනුම වර්ධනය කරලීම සඳහාත් නිරෝගිමත් දරු පරපුරක් බිහි කිරීම සඳහාත්, මෙන්ම සමාජයේ සෑම පුරවැසියෙකුගේම සෞඛ්‍ය දැනුම වර්ධනය කර නිරෝගීකමේ අගය, වැදගත්කම වටහා දීමටත් නිරෝගී පරපුරක් බිහි කිරීමටත් වැඩි වශයෙන් මුද්‍රිත පොත් ප්‍රකාශයට පත් කිරීමට කාර්තවරුන්ට යම් සහනයක් හෝ ආධාර ලබා දීමට රජය මගින් පියවර ගත යුතු බව යෝජනා කිරීම. එමෙන්ම වර්තමාන සමාජයෙන් ඉතා සීග්‍රයෙන් රෝග ව්‍යාප්ත වන බැවින් රෝග වළක්වා ගැනීමට අවශ්‍ය දැනුම සන්නිවේදනය කිරීමට කර්තව්‍යවරුන් හා පර්යේෂකයන් පෙළඹි වීමට යම් වැඩ පිළිවෙලින් සකස් කළ යුතුය. අධ්‍යයනයට යම් පහසුවක් සලසා ගැනීම සඳහා වසර 5ක කාලයක් තුළ ප්‍රකාශයට පත් වී ඇති මුද්‍රිත ග්‍රන්ථ කෙරෙහි පමණක් අවධානය යොමු කර, ජාතික ග්‍රන්ථ නාමාවලිය සහ දත්ත පදනම් ගවේෂණයට පමණක් සීමා කිරීම සිදු විය.

Keywords: තොරතුරු මූලාශ්‍ර, මුද්‍රිත ග්‍රන්ථ, කාන්තා සෞඛ්‍ය

Abstract ID: 047

CRITICAL ANALYSIS OF GRAHANIRAJA CHOORNA DERIVED FROM OLA LEAVES MANUSCRIPT IN THE MANAGEMENT OF GRAHANI ROGA

Chandrasiri Waliwita WAL¹, Kumarasinghe PGUW^{2*}

¹GampahaWikramarachchiAyurveda Institute, University of Kelaniya, Sri Lanka.

²Ayurveda Teaching Hospital, Borella, Sri Lanka.

*lasithrunda@gmail.com

Grahani Roga is a leading disorder in the gastro intestinal tract. According to Ayurveda, Mandagni (hypofunction of Agni) is the root cause of all the disease. Grahani Roga is mainly caused by Agni Dushti. It is an Ahitashana Janita Vyadhi. The Ahitashana includes faulty dietary habits like Pramitashana, Vishamashana, Samashana and Viruddhashana. Vega Vidharana, faulty life style such as Diwa Swapna and Ratri Jagarana may also lead to Grahani Roga. Chronic abdominal pain, reduction of appetite or loss of appetite, abdominal distention, flatulence, belching, eructation, excessive salivation, nausea, vomiting, indigestion, alternative diarrhoea and constipation, passing stools with mucous and foul smell, distension of abdomen after taking meals are the common symptoms of Grahani Roga. To find an effective treatment to manage Grahani Roga has become a necessity because the existing remedies practiced in Western modern medicine are not satisfactory. Grahaniroga Choorna is an effective traditional medicine practiced by traditional medical practitioners of Palandagama at Wewalwaththa, Rathnapura district for more than 150 years. This Grahaniroga Choorna is described in one of the Ola leaves manuscripts. It consists of 20 herbs mainly Trikatu, Triphala, Deduru, Atividayan and Erabadu Mul. Most of these drugs have Ayurveda pharmacodynamic properties such as Katu and Tikta Rasa, Teekshna, Rukshna, and Lekhana Guna and Ushna Vcerya. Due to these properties it pacifies vitiated Tridosha and normalizes the actions of Prana Vayu, Samana Vayu, Apana Vayu, Pachaka Pitta and Kledaka Kapha which are mainly responsible in functions of gastrointestinal tract (Annavaha Srotasa). Due to Deepana and Pachana properties it promotes Agni, reduces Ama and removes obstructions in the channels. It reduces Drawa Mala Pravrtti due to its Grahee Guna. It also reduces abdominal pain as it is having Vedana Sthapana property. Due to Krimighna property it checks the infections. Therefore it is concluded that Grahaniroga Choorna is beneficial in treatment of Grahani Roga.

Keywords: Grahani, Grahaniroga Choorna, Dipana, Pachana

Abstract ID: 049

**STUDY OF PRAJASTHAPANA DRAVYA IN VRUSHYADI VARGA WITH
REFERENCE TO FETAL STABILIZATION EFFICACY IN UTERUS DURING
PREGNANCY PERIOD**

Waidyaratne PC*, Jayasiri APA

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*premithachanduli@ymail.com

Subfertility is a burden among young married couples estimated as 3-7% of all couples worldwide. Aim of this study was to conceptualize and evaluate the Ayurveda pharmacological properties of Prajasthapana Dravya in relation to modern aspects for obtain a better pregnancy. Data were collected from authentic texts, research articles and web sources. Prajasthapana activity which helps to stabilize the fetus is the main action of the reproductive system out of three actions namely relevant to Garbha (Prajasthapana), Arthava (Arthavajanana/ emmenagogue) and Sthanya (Sthanyajanana/ galactagogue). This action maintains the fetus by promoting development and avoiding premature labour, relieving body Tridoshic imbalance, removing uterine disorders, weaknesses and strengthening the uterus. Prajasthapana activity are present in the following plants: *Cynodon dactylon* (Durva), *Nymphaea nouchali* (Kumuda), *Nelumbo nucifera* (Kamala), *Scirpus grossus* (Kasheruka), *Trapa natans* (Srungataka), *Putrajiva roxburghii* (Putrajivaka). These plants have both Madhura and Kashaya rasa (83%), both Guru and Snigdha Guna (50%), Sheetha Veerya (100%) and main Karma of Balya which can nourishes sapta dhatu and keep balance of Dosha, influencing on Kapha Dosha, due to constitute of Pruthvi and Aap Bhuta by stabilizing fetus. Previous scientific findings revealed flavanoids, carotenoids, saponin, lignans, glucosinolates and phytoestrogens present in Kumuda, Kamala can induce progesteron, which is responsible for maintaining pregnancy and facilitates above actions on developing the fetus and protects fetus as well as mother, up to the delivery.

Keywords: Garbha, stable, progesteron, Sheetha Veerya, strengthen

Abstract ID: 050

ANALYSIS OF THE PHILOSOPHICAL EVOLUTION OF WOMAN'S ROLE IN VATSYAYANA'S KAMASUTRA

Molligoda SP^{1*}, Jayawardana KB², Iduragare Dammarathana²

¹Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

²University of Kelaniya, Kelaniya, Sri Lanka.

*susanthamolligoda@gmail.com

The Kama Sutra, known as the Art or Book of Love, is a guide towards deeper intimacy within, with other people and the universe. Ancient Indian sages composed the Kama Shastra on the basis of the Vedas. "Kama" which is one of the four goals of Hindu life, means desire including sexual desire. And "Sutra" literally means a thread or line that holds things together, and more metaphorically refers to an aphorism (or line, rule, formula), or a collection of such aphorisms in the form of a manual. Five chapters on contents of the book, explain three aims and priorities of life. Ten chapters are on stimulation of desire. Five chapters on forms of marriage, but only 20% of Kama Sutra is about sexual positions. Methodology pertaining to the topic was compiled and scrutinized from the literature of Kama Sutra of Vatsyayana. In many prehistoric cultures, women assumed a particular cultural role. Traditionally, men have worked outside the home and served as the sole breadwinner for the family. They held some of the most powerful jobs in society, including doctor, lawyer and politician. Women, on the other hand, governed the domestic sphere. History would tell us categorically that women in the past had been relegated to the background. The role of women in society has been greatly overlooked in the last few decades but now is becoming more perspective to people. The modern world is a busy stressful place. It takes time and effort to cultivate a beautiful, sensual environment and sense of self. The ancient Indians were very close to understanding reality, yet they never truly knew what exists (what matter is and how is it connected to all other matter in the universe). This study declared the nature, characteristics, role of the woman and the philosophical analysis regarding female character which has done by sages between 400 BCE and 200 CE in India.

Keywords: Kama, Sutra, desire

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NUTRITION FOR DIVINE DELIVERY

Karunarathne YAUD*, Jayawardana RS, Karunagoda KPKR, Leena IAM, Dilrukshi SMAC

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*lasithruvinda@gmail.com

Child is a precious gift from the gods. Food is the major source for serving the nutritional needs, therefore maternal nutrition and lifestyle choices are major influences on healthy progeny. Nutrition needs to encompass changes in anthropometric, biochemical, and clinical indicators throughout pregnancy. The main aim of this study is highlight the scientific value of Ayurvedic food and nutrition procedures mentioned in Ayurveda texts and promote the methods which are applicable to today and made to understand modern society. Data were collected texts as well as journals, research articles. Finally gathered data were critically analyzed. For divine delivery Ayurveda emphasize pre-conceptional and pregnancy food and nutrition (Garbhini Paricharya) a healthy seed bears healthy fruit, if the parent's sperm and ovum are pure then the child is more likely to inherit a strong constitution and immunity. For happiest and healthiest genetic inheritance Ayurveda suggests preconception regime called Vajikarana, a personalized purification and rejuvenation regime. The nutrient rich soil of the mother's body ensures the germinating seed receives optimal nourishment to develop into a strong and stable sapling. In general a pregnant woman should eat cooked, liquid, warm, fresh, organic meals containing all six tastes of sweet, sour, salty, bitter, pungent and astringent in the right proportion. In the latter phase of pregnancy the stomach is squashed hence small, frequent meals are usually more digestible. She should avoid skipping meals, fasting and eating on the run or in stressful circumstances. Extra energy need per day is 340 kcal and 452 kcal in the second and third trimesters, respectively. Food and nutrition based on age, physical activity, trimester, weight gain, and other considerations. Vitamin and mineral supplementation is important in cases including food insecurity, anemia, strict vegetarian diet, or poor eating habits. Therefore multiple strategies are needed to nutritional support for all women, from preconception through the postpartum period for divine delivery. Details will be discussed at the time of presentation.

Keywords: Nutrition, Preconception, Pregnancy, Delivery

Abstract ID: 052

STUDY ON ASSOCIATION BETWEEN UTERINE FIBROIDS AND DIETARY HABITS

Dilrukshi SMAC*, Karunagoda KPKR

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*lasithruvinda@gmail.com

Uterine fibroids are benign, monoclonal tumors of the smooth muscle cells found in the human uterus. Despite the fact that their cause is still unknown, yet there is considerable evidence that estrogens and progesterone proliferate tumor growth. About 30% of women older than 30 years have fibroids and they usually appear between the ages of 35 and 45. Symptoms associated with fibroids have a significant impact on quality of life. Researches already proved that certain dietary components affect in the etiology of uterine Fibroids. Nevertheless no study carried out in Sri Lanka on this area. Study was conducted to investigate the association between uterine fibroids and dietary habits. Literature study, about published articles on fibroid and dietary habits, conducted to find positive (Which reduce the occurrence) and Negative food affect on fibroids. Survey study was conducted at gynecology clinic, National Ayurveda Hospital at Borella between January, 2016-March, 2016. This case-control study composed of 22 women with uterine fibroids and 28 women without fibroids. Uterine fibroids cases were confirmed by ultra sound diagnosis or hysterectomy surgery. Information of women's dietary habits, were collected with a validated self- administered questionnaire after getting verbal consent. Study group was consist women age between 25 years to 55years. Out of them 68% married and 32% were unmarried. The consumption percentage of positive food in fibroid group was 86.7 % and 81.6% in group of women without fibroids. Again percentages were 57.34 % and 44.12% on consumption of negative food in fibroid and non fibroid group. According to the study fibroid group consume more positive food and more negative food than the group without fibroid .It was found that vegetable and fruit intake play positive effect on disease. Findings suggested that, there is a association of diet with uterine fibroids. However further studies on diet &uterine fibroids are needed to prove it significantly.

Keywords: uterine fibroid, dietary habits

Abstract ID: 053

CRITICAL REVIEW ON GARBHOPAGHATAKARABHAVA (FACTORS HARMFUL OR DESTROY THE FETUS)

Priyadarshani EPC^{1*}, Dharmasena KNA², Leena IAM¹

¹Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

²International Shanthi Lanka Ayurveda Centre, Mount Lavinia, Sri Lanka.

*lasithruvinda@gmail.com

Ayurveda scholars have identified that there are many factors which cause harmful effects to the fetus or destroy the fetus due to maternal exposure to various exogenous agents during pregnancy. These are preventable, if these agents are identified and avoided. There are four manifestations of deviant developments and those are death, malformation, growth retardation and functional defects. In Ayurveda, it has described as Garbhopaghatakarabhava, the factors which can destroy the fetus due to maternal exposure of various exogenous agents. The aim of this study is to find out the Ayurvedic explanation of congenital birth defects, identify their causes and prevent congenital anomalies of the fetus. Collection, compilation, and critical analysis of data relevant to Garbhopaghatakarabhava, are from available Ayurvedic sources as well as modern books, research articles and from internet. Anomalies of the fetus may occur due to abnormalities of Bija (ovum and sperm), Atma Karma (deeds of previous life), Ashayadosha (abnormalities of uterus), Kaladosha (time factor or abnormalities of Ritukala) and Aharvihardosha (habitat and dietetic regimen of the mother). These may lead to a child born with deficient or poorly developed parts, inactive, deaf, mute, nasal speech, stammering, lame, hunch-back and dwarf. By analysing the data one can conclude pregnant woman should avoid copulation, physical exercise, excessive diet, sleeping during day and keeping awake at night, grief, riding on animals/vehicles, fear, sitting on her heels for long periods, indulging in oleation and other therapies and suppression of the urges of the body. Therefore precautions should be taken by pregnant women to avoid these untoward effects.

Keywords: Garbhopaghathakarabhava, Ayurveda, Congenital birth defects, Child

Abstract ID: 054

WOMEN: COMPARATIVE STUDY BETWEEN AYURVEDA AND BUDDHISM

Kulasinghe WBW*, Dilrukshi SMAC, Molligoda SP

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*lasithruvinda@gmail.com

From the ancient times some scholars and artists spent their time and energy to comprehend the reality of female in multiple angles. Meanwhile she has advanced considerably through religious and medical field too. In the medical point of view Ayurveda has shown that motherhood of the female is laid in her physical structure and in the religious point of view Buddhism has described about her spirituality and attitude. Although a number of scientific and literary studies on women are found in the field of Ayurveda, still there has been no study carried out on the comparative study of women between Ayurveda and Buddhism. Acharya Charaka has mentioned that a person should not insult a woman and should not have too much reliance upon them. Further he argues one should not confide secrets to them and no one should give them authority indiscriminately. In addition to these facts, he has explained several methods to keep good relation with ladies too. Buddhism does not consider women inferior to men. Buddhism, while accepting the biological and physical differences between the two genders, does consider men and women to be equally useful to the society. Lord Buddha emphasizes the fruitful role women can play and should play as a wife and as a good mother in making the family life success. According to the facts which are gathered in relation to this study, it seem that Ayurvedic literature is a reflexion of the suppressed status of the woman in ancient India while Buddhist literature is an example that shows how the woman got some liberation from the above said status. The scope and objectives of this paper are to examine the socio-religious and economic status of the woman in ancient time. This study will be a comparative one and the main sources that will be referred in this study are texts of Ayurveda and Buddhism such as Bruhatrayi and Sutra Pitaka.

Keywords: Ayurveda, Buddhism, Woman, Status

Abstract ID: 055

**TRIGUNA CONCEPT, PSYCHOSOMATIC HEALTH AND SRI LANKAN
TRADITIONAL RITUALS, SPECIALLY RIDDI YAGAYA**

Karunarathne RPRN^{1*}, Wijayanthamala MVR¹, Leena IAM²

¹National Institute of Ayurveda, Jaipur, Rajasthan, India.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*ravindunuwan0@gmail.com

Samkhya system of philosophy and Ayurveda describe the concept of Triguna, Sattva, Raja and Tama as Guna of Mana. Only two considered as Mano Dosha, Raja and Tama but Sattva does not include as Dosha. Variation of these two Mano Dosha arise psychosomatic disorders. Among Ashtanga Ayurveda, one branch is called as "Grabha" which can be correlated with rituals (Shantikarma). Many of Sri Lankan rituals are fulfilled with dancing, chanting Mantra, drum beating and many things. This review is aimed at identifying role of Triguna in psychosomatic disorders, identify how to maintain Triguna from Riddi Yagaya and analyzing the medicines which are used in Riddi Yagaya for healing psychosomatic disorders. Three types of traditions can be identified namely Udarata, Pahatarata and Sabaragamuwa. The Riddi Yagaya is a ritual of Pahatharata tradition indicated for pregnant women, subfertile women and women who afraid to men. Specially, it is used for Garbharaksha (for protection of Garbha). It has special Puja Karma and dancing items. Male dancers perform Dances as females. The dancers imitate ladies behaviors in their bathing, lulling child and weaving cloth. And also make a statue of a Kalu Kumara devil that make enemies for women and finally the woman beat the statue. They use many types of medicines like Shweta Chandana, Rakta Chandana, Vishnukrantha and Guggulu. These activities enhance the mental wellbeing of the woman and prepare her for a sound childbirth and also enhancing the mental wellbeing of the husband.

Keywords: Triguna, Riddi Yagaya, psychosomatic health

Abstract ID: 056

AN EXTERNAL “HEAD POWDER”, USED AS IMMUNE ENHANCER AND IN PHLEGMATIC CONDITIONS IN INFANTS AROUND TRINCOMALEE DISTRICT

Shamila MI*, Manuha MI, Silmiya MSF

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*sham.rs52@gmail.com

Our ancient community practised wide range of medicinal plants those are traditionally used in folk medicine as natural healing remedies with therapeutic effects and minimal side effects in the aspect of prevention from disease and curing disease. They were paid more attention on preventive measures and used effective prescriptions worldwide. Aim of this study is to collect one of those effective ancient prescriptions and preserve it to the future generation. Here we discussed about an externally practiced “Head Powder” in infants around Trincomalee District, collected the details from grandparents, and electronic searches in PubMed, Medline on research articles and journals are reviewed for the immune enhancing effect of the ingredients of each herbs separately, that are summarized here. The recipe includes the dry powder of followings in equal quantity; Kaloondi (*Nigella sativa*), Ajwain (*Carum roxburghianum*), Kundur (*Boswellia glabra*) and Haldi (*Curcuma longa*). The dry powders get mixed together and little roasted then preserved in air tight jars. A pinch of this “Head Powder” is applied on vertex of the infants usually after getting a head bath as prevention purpose, and in phlegmatic conditions as a home remedy. This enhances the immunity in infants and protects them from the phlegmatic conditions such as common cold, rhinorrhoea, and fever due to phlegm by its medicinal and aromatic effect. The journal articles also revealed the immune enhance power and effectiveness of the above ingredients, to the above mentioned diseases. It can be concluded that the efficacy and safety of this traditional recipe should be preserved for the next generation.

Keywords: Immune enhances herbs, Kaloondi, Ajwain, Kundur, Haldi

Abstract ID: 057

NAMBHURI SPOT ANALYSIS FOR KUKKUTANDA THWAK BHASHMA AS A CALCIUM SUPPLEMENT FOR LACTATING AND PREGNANT MOTHERS

Herapathdeniya SKMK^{1*}, Jayasiri APA¹, Samarakoon SMS²

¹Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

²Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka.

*samarakoon_sms@yahoo.com

Ayurveda Aushadha can be classified into three groups i.e. Kashtaushadha (herbal preparations), Rasa Aushadha (metallic & mineral preparations) and Jangama Aushadhi (animal preparations). Mainly, Rasa Aushadhi dealing with mercury, metals, minerals, marine substances, poisonous substances and gems. Drugs containing calcium called as Sudha Varga and these drugs prepared by calcium containing herbals, minerals and animal materials. In practice these calcium preparations play a very important role due to its effectiveness for young, old and pregnant mothers. Also, these preparations can be recommended for a long period without any unwanted effects. Among these calcium preparations Kukkutanda Thwak (egg shells) Bhashma (KTB) is an effective and safe calcium supplement for pregnant and lactating mothers. Aim and objective of this study to introduce this preparation as calcium supplement for mothers and its standardization technique to drug manufacturing field. For preparation of KTB initially egg shells Shodhana done by using saline water. Then it is subjected to heat application to convert into Bhashma (ash). This Bhashma tested by using conventional methods i.e. Varithara, Rekhaupnatve, Unnama and Gatha Rasathwa. Numbhuri Phased Spot Test (NPST) analysis is a novel Bhashma analysis is introduce to Rasa Shastra very recently was applied for this analysis. KTB (0.25g) dissolved in 0.5mL of distilled water in a test tube and allowed to settle. After completion of organoleptic tests 2-3 drops of this solution spotted on chemical reacting paper treated with Haridra (*Curcuma longa*). Recorded the change of colors and the pattern of the spot at time period of 1st, 2nd and 3rd phases of different time intervals. Pink solid spot appeared in 1st phase with zonal separation, gradually fade away the spot in respective phases. This spot test can effectively apply for the identification and standardization of KTB which is effective calcium supplement preparation for pregnant and lactating mothers.

Keywords: Sudha Varga, calcium preparations, Haridra, identification, standardization

Abstract ID: 058

COMPREHENSIVE REVIEW ON APHRODISIAC HERBS USED IN AYURVEDA

Manchanayaka MRBJ*, Arachchi RTA, Perera PK, Karunagoda KPKR

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*bimbajayamini@gmail.com

Sexuality is the most powerful fact to maintain the harmony and happiness in marital life, because, it provides a media to express love, strength, happiness and promote psychological pleasure. In authentic textbooks of Ayurveda has a special category called "Vajikarana Tantra". The term "Vajikarana" literary means making the man like a horse. Horse is said to be capable of copulation with great strength (force) and many times without getting tired. Use of certain ingredients which are called Vajikarana Dravya (aphrodisiacs) will make a man virilized like a horse. The aim of this study was to find out most mentioned aphrodisiac herbs in the main authentic Ayurveda texts (Vruddhatrayi) and their pharmacodynamic activities according to Ayurveda and Modern perspective. As the primary sources of data collection Charaka Samhita, Sushruta Samhita and Ashtangahridaya Samhita were used and the data were critically analyzed based on both literary and web sources. The total number of aphrodisiac herbs found in Vruddhatrayi was 82. Then, most frequently used five herbs were selected and analyzed for their pharmacodynamic properties. All herbs have Madhura Rasa, Guru Guna and Madhura Vipaka. Most of herbs have Sheetaveerya. According to the modern aspect, those herbs have a different chemical constitution which gives aphrodisiac activity. Therefore these herbs can be used as aphrodisiac agents for herbal drug development.

Keywords: Aphrodisiac, Vajikarana Tantra, Vruddhatrayi, Pharmacodynamics

Abstract ID: 059

**BENEFICIAL EFFECTS OF CULINARY PREPARATION 'POLOS MALUWA'
(TENDER FRUIT OF *ARTOCARPUS HETEROPHYLLUS*) FOR LACTATING
MOTHERS**

Dinesha RWA*, Jayasiri APA

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*mudithawa@masholdings.com

Lactating mother's health prioritize to more healthy baby to the world. Polos Maluwa (PM) is a preparation that consume by village lactating mothers to increase breast milk but its beneficial effect is not commonly known by general public to obtain its nutritive, preventive and medicinal values. Aim of this study is to motivate and popularize the beneficial effect of PM among lactating mothers. Data were collected from authentic texts, scientific journals and web sources. PM mainly include Polos (tender fruit of *Artocarpus heterophyllus*), *Cocos nucifera* and some spices *Foeniculum vulgare*, *Cuminum cyminum*, *Murraya koenigii*, *Cinnamomum zeylanicum* and *Garcinia indica*. Breast milk mainly containing protein (0.9%), fat (4.5%), carbohydrates (7.1%), minerals (0.2%). Scientific findings reported that tender jack fruit containing energy 51 Kcal, protein 2.6g, fat 0.8 g, carbohydrates 9.4 g, calcium 30 mg, phosphorous 40 mg, iron 1.7 mg, thiamine 50 mg, riboflavin 40 mg, vitamin C 14 mg. Breast feeding woman needs more than 200 calories per day than the period of pregnancy. She needs two or three servings of proteins, 1300 mg of calcium, 10 mg of iron, vitamin C per day which can be obtain by PM. Published reports revealed spices in this mixture containing pharmacologically active volatile oils that proven to boost the secretion of milk by act as gentler supporter for lactation. coconut milk gives healthy fatty components and *Garcinia*, curry leaves, cinamon bark prevent excessive weight gain due to their anti hyperlipidemic action. *Curcuma longa* prevent breast inflammation through its anti-inflammatory, antioxidant properties. Both *Allium sativum*, *Curcuma longa* increase the galactogouge effect. Phytopharmacological properties of PM constituted phytoestrogens, plant sterols, saponins that involve in chemistry of lactation. PM is a comfort and economically facilitated food that lactating mother can enjoy with her meals. This relaxation gives mental wellbeing to her which may cause release of oxytocin that increases the milk production. Therefore PM can be recommended for lactating mothers to improve breast milk and their physical and mental wellbeing.

Keywords: Polos maluwa, nutritive, galactogouge

Abstract ID: 060

EVIDENCE-BASED EFFECTS OF MEDICINAL PLANTS AND DIETARY SUPPLEMENTS ON PRIMARY DYSMENORRHOEA

Kodithuwakku ND*, Dahanayake JM

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*darshi_ko@yahoo.com

Many women often experience dysmenorrhea (Kashta Rajas), which may lead to considerable physical and emotional distress and life disturbance. In general, women may not seek the prescriptions or advices of professional experts to attenuate this condition. However, there is a lack of scientifically proven controlled trials or studies to evaluate the effects and safety of medicinal plants and dietary supplements for these indications. This study reviewed the evidence-based efficacy of the medicinal plants and dietary supplements that is currently available for management of dysmenorrhoea. Electronic searches were carried out to accumulate the relevant information from randomized trials and scientific evidences on dysmenorrhea such as, Google Scholar, Medline, Pubmed, Scopus, and Science Direct, Willey online library, Cochrane Menstrual Disorders and Dysmenorrhoea Group Register of controlled trials. The present review found persuasive evidence in the form of randomized clinical trials for efficacy of medicinal plants and influence or the efficacy of dietary supplements for dysmenorrhoea with regards to the pharmacological therapies such as *Zingiber officinale*, *Cinmomum zeylanicum*, Omega-3 fatty acids and dairy products. However, further studies are warranted to confirm these studies to verify their clinical efficacy and safety. The present study explored evidence-based effects of herbal medicine and dietary supplements for primary dysmenorrhoea.

Keywords: Dysmenorrhoea, medicinal plants, dietary supplements

Abstract ID: 061

**‘ORA-MARUNDU’ HOME REMEDY USED IN UPCOUNTRY IN INFANTS’
DISEASE PREVENTION – A MEDICAL REVIEW**

Nazeem MHM*, Manuha MI, Waratenne PR, Shifa MSM

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*inulmanuha@yahoo.com

Prevention is better than cure. Certain home remedies have been used since ancient period in order to prevent diseases in infants. ‘Ora-Marundu’ is one of such home remedies that were fed to infants to prevent various infant diseases. Recognize and validate the scientifically the ‘Ora-Marundu’ and re-introduce among the population is the main aim of this study. Female senior citizens were interviewed in the Central province. The prescription of ‘Ora-Marundu’ and its duration of intervention were collected. Clinical trials of each ingredient’s biological activity were searched from the internet data bases and other classics. Search revealed that it was fed to the infants’ of the age from 40th day to one year. ‘Ora-Marundu’ contained Vasambu (*Acorus calamus*), Athimaduram (*Glycyrrhiza glabra*), Kadukkai (*Terminalia chebula*), Bulukkai (*Terminalia belerica*), Sen-chandanam (*Santalum rubrum*), Sadikkaividai-paruppu (*Myristica fragrance*) and Tippili root (*Piper longam*). Each ingredient was once rubbed on a clean stone and the paste was fed on daily basis after bathing. From the Journal articles it was found that these ingredients possess the beneficial effects on respiratory ailments, many gastro-intestinal disorders including vermifuge effects and skin related ailments. ‘Ora-Marundu’ is time tested remedy to feed infants in the prevention of frequently occurring infant diseases. Therefore this remedy needs to be reintroduced among the public.

Keywords: ‘Ora-Marundu’, infants’ disease, prevention

Abstract ID: 062

A REVIEW ON *DICHROSTACHYS CINEREA* LEAVES IN THE MANAGEMENT OF MENORRHAGIA WITH REFERENCE TO TRADITIONAL SIDDHA MEDICINE

Rohini P*, Thanuja V, Thatparan R

Bandaranaike Memorial Ayurveda Research Institute, Nawinna, Maharagama, Sri Lanka.

*prohini165@gmail.com

The household recipes containing green leaves are part of Tamil culture. Menorrhagia considered to be one of most significant causes of ill health in women. World Health Organization identified prevalence of three-month severe bleeding as 8–27%. Etiology includes hormonal, mechanical, and clotting abnormalities. Greater arachidonic acid release, results in higher production of series 2 prostaglandins, which are major factors in excessive menstruation. Goals of alternative treatments of menorrhagia are conventional treatment: control the bleeding, prevent and treat anemia, and restore an acceptable menstrual pattern. *Dichrostachys cinerea* (Wight and Arn.) is a shrub or small tree of 8m tall, belonging to Family Mimosaceae, and is known as Sickie bush / Bell mimosa in English, Vidataram in Tamil and Mal-andara in Sinhala. Leaves are probably best-known herb in traditional Siddha medicine for heavy menstrual bleeding. Preliminary phytochemical analysis of *D. cinerea* showed presence of alkaloids, carbohydrates, glycosides, sterols, terpenoids, saponins, tannins, proteins and free aminoacids. Traditionally, *D. cinerea* is used for antimicrobial, antiinflammatory, anticonvulsion, astringent, anthelmintic, purgative, laxative and diuretic. Astringent herbs form large category of tannin-containing plants, are used to reduce blood loss from the reproductive tract and improving uterine tone, normalize and regulate menstrual bleeding. Inhibition of prostaglandin and leukotriene formation could explain *D. cinerea* is traditionally effective in reducing the heavy menstrual flow. Objective of the study was to discuss the literary review of *D. cinerea* and analyze pharmacological properties of the chemical constituents effective for menorrhagia in Siddha tradition. Hence the present study supports traditional claim of *D. cinerea* using for management of menorrhagia and has been used for the full scope of menorrhagia.

Keywords: *Dichrostachys cinerea*, astringent, inhibition of prostaglandin

Abstract ID: 063

MUDIR-E-HAIZ (EMMENAGOGUE) DRUGS IN UNANI MEDICINE

Fahamiya N*, Shiffa MSM, Farzana MUZN, Manuha MI

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*nfahamiya@gmail.com

Menstrual irregularity is the commonest gynaecological problem encountered worldwide. In Unani literature a spectrum of gynecological conditions were treated with Mudir-e-Haiz (emmenagogue) drugs. Such drugs stimulate the flow of blood towards uterus and dilate its blood vessels, liquefy blood and removes Sudda (obstruction) and rectify the functional defect of the uterus. The aim of this study is to explore the Mudir-e-Haiz drugs mentioned in the Unani medicine and to promote the use of these drugs in day to day practice and in research actives. Data were gathered from Unani classical texts, scientific journals and databases such as MEDLINE, PubMed, and Google scholar. While searching the Unani literature, there are large number of simple drugs such as Hilteet (*Ferula asafoetida*), Kosoos (*Cuscuta reflexa*), Pudina (*Mentha arvensis*), Darchini (*Cinnamomum zeylanicum*), Tarmas (*Lupinus albus*), Hasha (*Thymus serpyllum*), Abhal (*Juniperus communis*), etc and compound formulation Habbe Mudire Haiz, Safoof-e-Mudire Haiz, Dawa Mudire Haiz, Dawae Ussuruttams and Dawae Mudir, have been mentioned in Unani classical texts. However, on the other hand, methods used as emmenagogue in other conventional medical systems are associated with lots of serious adverse effects. Therefore, Unani system of medicine play an important role as it contains many safe and effective Mudir-e-Haiz drugs recommended and prescribed by the Unani scholars to treat this disorder. Yet, there are several drugs which are to prove its Mudir-e-Haiz effect scientifically. It is very important to identify the drug correctly (authentication) to ensure its therapeutic efficacy and it is need of the hour that the efficacy of these drugs has to be tested on scientific parameters.

Keywords: Mudir-e-Haiz, Emmenagogue, Unani medicine

Abstract ID: 064

HYDROTHERAPY FOR WOMEN'S HEALTH IN SIDDHA MEDICINE: A REVIEW

Nirosh R*, Sathiyascelan V

Unit of Siddha Medicine, University of Jaffna, Sri Lanka.

*luxika26@gmail.com

Siddha medicine is a traditional system of healing that originated in South India. It is considered to be one of the oldest systems of medicine in India. Siddha system of medicine explains that everything in the universe, including our health, which is governed by five natural elements such as earth, water, fire, wind and space. These elements are successfully used for special therapies such as mud therapy, water therapy, steam therapy, cauterized therapy and cupping therapy. Among them, water therapy is also known as hydrotherapy, aquatic therapy, pool therapy, and balneotherapy. The objective of this study is to review the benefits of hydrotherapy in women's health. The duration of the study is six months and the review carried out using authentic indigenous literature. Based on available literature, this review suggests that hydrotherapy was widely used internally and externally in women's health, especially, douching for infertility, gynecological disorders, labor management and maintain the health of women. It is also used in constipation, arthritis, epilepsy and tachycardia, and to quench thirst. Reduction of pain, anorectal disorders, fatigue, anxiety, obesity, hypercholesterolemia, hyperthermia and enhancement of immunity are other benefits of hydrotherapy. It produces different effects on various systems of the body depending on the temperature of water and these effects are scientifically evidence-based. One of the limitations of hydrotherapy is lack of evidences on the mechanisms, how hydrotherapy relieves these diseases. It is concluded that hydrotherapy is beneficial to promote women's health.

Keywords: Siddha medicine, water therapy, women's health

Abstract ID: 065

**PREVALENCE OF OLIGOMENORRHEA AMONG THE PATIENTS WHO
ATTENDED GYNECOLOGY CLINIC AT NATIONAL AYURVEDA TEACHING
HOSPITAL, BORELLA**

Kumara AP¹, Samarawickrama BS^{1*}, Karunagoda KPKR²

¹Ayurveda Teaching Hospital, Borella, Sri Lanka.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*bhagyaayurveda@gmail.com

Women have to face many troubles in this competitive world and effort of maintaining health is a challenge. Also nowadays gynecological problems are rapidly increasing. Studies show that incidence of menstrual irregularities among reproductive age women is 94.44% and it is significantly high. Oligomenorrhea is a condition where menstrual periods occur at intervals of greater than 35 days. Main aim of this work is to study prevalence of oligomenorrhea among the women searching Ayurveda treatment in gynecological clinic in Borella National Ayurveda Teaching Hospital. Study population was selected from the patients who attended the gynecology clinic, room No: 26 in Borella National Ayurveda Teaching Hospital from February 2016 to April 2016. Number of attendees were collected from the clinic admission records along with their condition. Details related to oligomenorrhea cases civil status, age, BMI etc. were recorded with the help of OPD treatment sheet. Data analysis was done by standard analytical methods. A total of 242 patients participate to the clinic on selected period and 54 patients (22.31%) were record as oligomenorrhea. Among those 54 patients, 57.4% were unmarried and 42.59% were married; high percentage of cases (44.44%) were belonging to 20-29 age group and most were (50%) high BMI. It could be concluded that prevalence of oligomenorrhea of the relevant clinic during the study period is 22%.

Keywords: Oligomenorrhea, Prevalence

Abstract ID: 066

A LITERARY REVIEW ON 'BALACHATURBHADRIKAVA', A PAEDIATRIC PREPARATION IN TRADITIONAL MEDICINE

Athukorala ADO*, Fernando WKBDS

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*oshan.ado@gmail.com

'Balachaturbhadrakava' is a pediatric preparation mentioned in Yogaratnakara and is indicated for fever, dysentery, cough, asthma and vomiting. These complaints are common in childhood and increased resistance of antibiotics, adverse effects and their high cost are of a great concern. Therefore development of treatment options that are natural, safe, effective and economical is essential. The purpose of this review is to gather the information on 'Balachaturbhadrakava' and pharmacological value of its ingredients according to Ayurveda and Modern medicine and critical analysis of its applicability. The data was gathered from authentic text books and web sources. Tippili (*Piper longum*), Kaladuruala (*Cyperus rotundus*), Atividayan (*Aconitum heterophyllum*) and Karkataka Shringi (*Rhus succedanea*) are the four ingredients of this drug. It has been prescribed in powder form and recommended to be taken with bee's honey. According to Ayurveda pharmacology common features of these ingredients are Katu, Tikta, Kashaya Rasa, Laghu, Ruksha Guna, Ushna Veerya, Katu Vipaka, Kapha Shamaka in Dosha Karma and the main actions are Jwaraghna, Grahi, Pratishya, Kasa, Shwasa, Athisara, Vamananashaka, Deepana, Pachana and Krimighna. Modern pharmacological research reveals that these herbs are having antibacterial, anti-inflammatory, anti-oxidant, relieve respiratory disorders, digestive agent, hepatoprotective, neuroprotective and cardioprotective properties. It can be concluded that indications of this drug are very logical according to the pharmacological profile and further clinical research is recommended to investigate the effectiveness.

Keywords: Balachaturbhadrakava, pediatric preparation, pharmacological research

Abstract ID: 067

A CRITICAL ANALYSIS ON GARBHINIPARICHARYA, ANTENATAL CARE IN AYURVEDA

Athukorala ADO*, Fernando WKBDS

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*oshan.ado@gmail.com

Growth of a baby from the moment of conception to the time of birth is entirely dependent on nourishment from the mother. 'Garbhiniparicharya' regimen of food and behavior during pregnancy is a unique concept to Ayurveda, which has dual purposes of easy parturition and healthy progeny. The aim of this study is to gather the information on 'Garbhiniparicharya' and review its scientific base. The data was gathered from authentic text books, articles, journals and web sources. Pregnancy period is broadly divided into three trimesters and during the first trimester sweet, cold and liquid diet is prescribed and among which milk is the best food. These help to prevent excessive thirst and dehydration due to vomiting. Milk is rich in nutrition, minerals and vitamins. It supplies energy to the mother and prevents weakness and mineral imbalance of body. The fetus is passing germinal period and embryonic period in this trimester. Madhura Rasa consisting Pruthvi and Jalamahabhuta act as a Vrumhana, Balya, Dhatuposhaka, Vata, Pitta Shamaka and Kaphavrdhikara and these characters help to form a healthy fetus. During second and third trimesters all Acharyas have prescribed Ghrita. Ghrita is rich in energy and it increases body immunity. Gokshura (*Tribulus terrestris*) has diuretic and nephron protective properties and it is prescribed at 6th month, it helps to reduce edema and other complication of water accumulation due to gravid uterus. Vasti regulates the Apanavata action and prevent constipation and helps to deliver the baby without complications. The regimen which was advised in Ayurveda during pregnancy is totally scientific and completely fulfills the objectives of antenatal care.

Keywords: Garbhiniparicharya, easy parturition, healthy progeny, antenatal care

Abstract ID: 068

ILAJ BIT TA'LEEQ IN CHRONIC PELVIC INFLAMMATORY DISEASE

Shiffa MSM*, Fahamiya N, Nageeb BM, Manuha MI

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*dr.mshiffa@gmail.com

The Unani System of Medicine is based on the concept of equilibrium and balance of natural body humours (blood, bile, black bile and phlegm). The imbalance in the quality and quantity of these humours leads to diseases whereas restoration of this balance maintains health of a person. Irsale Alaq (Leech or Hirudo therapy) is a kind of Ilaj bit Tadbir which was practiced traditionally by the Unani scholars for local evacuation of morbid humours and systemic correction of humoral imbalance. It has been successfully practised by Greeko-Arab physicians in the management of musculoskeletal diseases, gynaecological disorders, chronic skin diseases, etc. The aim of this study is to explore the effectiveness of clinical relationship between leech therapy and gynecological disorders specially Chronic Pelvic Inflammatory Disease (PID). This review was based on the collection of authentic information from the Unani classical text books, scientific journals and databases such as MEDLINE, PubMed, and Google Scholar. The saliva of leech contains more than 100 pharmacologically active biological substances like hirudin, hyaluronidase, eglins, vasodilators, anesthetics, antibacterial, collagenase etc. When leech injects these biological substances in to body tissues, it exerts several effects in the body like bloodletting, thrombolytic, anti-inflammatory and immune-modulating effects. Therefore leech therapy is useful in inflammatory diseases, endometrial hyperplasia, ovarian cysts, uterine fibroids, viral and bacterial infections. According to the Unani doctrine, leech therapy works on the principles of Tanqiyae Mawad (evacuation of morbid humours) and Imalae Mawad (diversion of humours). Based on this holistic approach, Unani physicians have widely used this therapeutic regimen successfully in the uterine and ovarian diseases. The effectiveness of this therapy may also be attributed to the Mussakin (sedative) and Muhallil (anti-inflammatory) actions of saliva of leeches. Therefore, leech therapy can effectively be used in the management of chronic PIDs.

Keywords: Hirudo therapy, gynecological disorders, biological substances, anti-inflammatory

Abstract ID: 069

**CONCEPT OF CRAVINGS (DOLA DUKA, LONGINGS) IN PREGNANCY – AN
AYURVEDIC AND MODERN PERSPECTIVE**

Sakunthala DAR*, De Silva LDR, Wickramasinghe MRM

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*darsakunthala@yahoo.com

An attempt was made to find out the concept of 'Cravings' during pregnancy in Ayurveda as well as in Modern Medicine. Data has been collected from the Ayurvedic authentic books, modern medical books and the web. Both the systems of medicine describes longings in pregnancy differ from mother to mother. In Ayurveda, it describes that specific pregnancy longings of mother are determined by the foetus with the 'Karmas' done by previous life and it forecast the fate of present life according to those. It describes in detail, the different fates due to the specific longings of mother. Cravings originate in the 4th month of pregnancy which the 'Chetana Dhatu' gets manifested after forming of the heart in the embryo and it describes that non fulfillment leads to foetal abnormalities such as hump, dumb, lame, stammer, dwarf and defective eyes. Even though modern medicine describes number of hypotheses such as hormone based causes (Leptin and Neuropeptide Y), abnormal smell and taste perception due to the deficient nutrient of mother's body and changes of the insular cortex in the brain which represent the uterus changes during pregnancy (Michael Persinger, a neuroscience researcher) might enforce the pregnancy longings, they still don't really know clearly and suggest more research is needed to explore this mysterious of nature during pregnancy. Considering this information, it can be concluded that Ayurveda has been described it elaboratively than modern medicine and it has mentioned the necessity of fulfillment to deliver a strong and long-lived child.

Keywords: Chetana Dhatu, insular cortex

Abstract ID: 070

**COMPREHENSIVE REVIEW OF AYURVEDIC PHARMACODYNAMIC
PROPERTIES AND NUTRITIONAL VALUES OF *APONOGETON CRISPUS*
(KEKATIYA) AS A GALACTOGOUE**

Dinesha RWA*, Perera UGN

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*mudithawa@masholdings.com

Human milk provides the normative standard for infant nutrition. Some macronutrients and many micronutrients vary in human milk depending on maternal diet and body stores. Nutrient adequacy and consuming galactogogue foods is important to have healthy Mother, child and as well as healthy Nation. Kekatiya has been used in Ayurvedic and Traditional herbal remedies as galactogogue and antiabortifacient as well as in Sri Lankan culinary preparations. Easy way of preparation, cost effectiveness and availability are the advantages of this plant. Anyway most of the people consume Kekatiya only because they have been used it since childhood. The objective of this study was to identify the nutritional value and analyse the galactogogue effect according to Ayurveda pharmacological concepts. This literal review gathers information from authentic texts, scientific Journals and web sources. *Aponogeton crispus* (Aponogetonaceae) is a seasonally submerged aquatic plant with a round rhizome, light green to olive green brown leaves. Rhizome is rich in carbohydrates, fibers, proteins, vitamins and minerals. Pharmacodynamics properties are Madhura and Kasaya Rasa, Guru and Ruksha Guna, Sheetha Virya, Madhura Vipaka. The strength of Rasa, Vipaka and Virya is on progressive manner. Rasa will be superceded by Vipaka the same by Virya. Kashaya Rasa and Ruksha Guna also contribute to the total action. Pitta Shamaka (pacifying Pitta), Kapha Vata Vardhaka (vitiates Kapha Vata) actions were predominant. Madhura Rasa itself promotes anabolic activities increasing all the Dhatu and vitality in general. As the breast milk is also Madhura in Rasa according to the "Samanyam Vruddhikaranam" concept Kekatiya enhance the quality of breast milk directly. According to Ayurvedic sentiment Rasa Rakta Dhatu are mainly involved in breast milk production. Properties collectively enhanced Rasa Raktha Dhathu. When comprehensively analyze the above properties it proves that Kekatiya have good galactogogue effect and can be recommended for lactating mothers as nutritive and lactogenic food. Further research should be done to find out its phytopharmacological constituents which relative to give galactogogue effect.

Keywords: Kekatiya, *Aponogeton crispus*, galactogogue, aquatic

Abstract ID: 071

TRADITIONAL DIETARY PATTERN DURING THE GESTATIONAL PERIOD OF PREGNANT WOMEN IN SRI LANKA

Silmiya MSF*, Fowziya AWS, Shamila MI

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*fathimasilmiya20@yahoo.com

According to the World Health Organization, traditional systems of health care constitute the main source of everyday health care for a majority of the population in many developing countries. The fast changing life style of the modern era has caused increase in the pregnancy complications and related anomalies, due to the change in the diet of pregnant women. During the gestational period various symptoms such as fatigue, palpitation, breathing problems, heartburn, stomachache, nausea, vomiting, constipation, swelling, varicose vein, hemorrhoids, ailments in urination, vaginal discharge and vulval itching may be presented with women. This survey study aims to collect traditional diet pattern, to document the existing system of traditional knowledge and to promote the pregnant women to take proper diet for healthy and safe motherhood along with its outcome. Informations were obtained from traditional literature, open interviews with traditional practitioners, families from various villages, previous researches, journals and web resources. The diet of pregnant woman is not only explained according to the need of the mother but also by the need of fetal development which is advised month wise. Modification of diet may be done to counteract these symptoms. In first trimester Pathya advised to prevent dehydration and supply required nourishment. In second trimester, the diet rich in proteins is advised. In third trimester preparation of genital tract for delivery is needed. So Pathya prescribed are diuretics, mild laxatives and Vasti which will smoothen genital tract. According to traditional diets, the junk and fast foods are not beneficial for mother and fetus. It can be concluded that the diet of pregnant woman according to tradition will prevent many complications of pregnancy and proper dietary pattern will give healthy pregnancy, healthy foetus and finally provide good outcome. Further scientific researches should be carried out to validate this.

Keywords: Pregnancy, Traditional, dietary pattern

Abstract ID: 072

TREATMENT MODALITIES FOR DYSMENORRHOEA IN TRADITIONAL CHINESE MEDICINE: A REVIEW

Silmiya MSF*, Sahla AAF, Shafra MSF

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*fathimasilmiya20@yahoo.com

The beginning of traditional Chinese medicine is obscure. The three legendary Emperors, Shen Nung, Huang Di and Fu Hsi are the traditionally believed to have been the originators of Chinese medicine. Herbal therapy, Moxibustion, Acupuncture and surgery are the four basic therapeutic methods in traditional medicine. Among these Acupuncture is one of most ancient and characteristic. Dysmenorrhoea is one of the most common gynecological condition refers to excessive pain during menstruation in woman's reproductive age. It may be a primary or secondary. The review was done to discuss and evaluate the basic concepts as per ancient Chinese point of view, and to obtain permanent and side effect free proper management for dysmenorrhoea. Data were obtained from Ancient authentic textual literatures, previous researches, journals, web resources and personal experience. According to traditional Chinese medicine dysmenorrhoea is usually caused by emotional factors, invasion of six exogenous pathogenic factors and stagnation of Qi (Chi) energy; or by retention of blood in the uterus; or by the cold – dampness attacking the lower energizer and lodging in the uterus; or by constitutional deficiency of Qi and blood; or by congenital defect. For the best result, the Acupuncture treatment (inserting thin needles into the specific points of the body) should be given about a week prior to the commencement of the menstruation. Three or four such monthly treatment usually suffice. Moxibustion (heating or burning specific points of the body with the moxa plant- *Artemesia vulgaris*) also helpful. The review study concluded that dysmenorrhoea can be successfully managed by traditional Chinese medicine without side effect. Further high quality studies should be conducted to validate this.

Keywords: Dysmenorrhoea, traditional Chinese medicine, Acupuncture

Abstract ID: 073

AYURVEDIC INTERVENTION FOR DERMATOLOGICAL ISSUES IN MENOPAUSE

Dharmasena KNA^{1*}, Priyadarshani EPC¹, Leena IAM²

¹International Shanthi Lanka Ayurveda Centre, Mount Lavinia, Sri Lanka.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*dr.knadharmasena@gmail.com

Menopause is the time in a woman's life when menstrual period permanently stops. Though it's a natural biological process, increased vulnerability for depressive symptoms and can influence their social and individual lives; consequently, peri and post-menopausal periods constitutes a challenging time in their lives. In fact, it affects the internal body as well as the skin, which is the largest organ in the body with visible degenerative processes, dermatological problems including skin tumors and concomitant psychological distress caused by the deterioration in appearance. Most Sri Lankan women need to spend further one third of their life with these changes considering the life expectancy. According to the authentic Ayurvedic literature this state known as Rajonivrutti; a consequence of Jaraawastha. But there's no direct references regarding menopausal symptoms and their management. This paper focused to identify internal and external treatments on dermatological health in menopausal women. Study was carried out by collecting and compilation relevant data from related Ayurveda and modern literature. Dysfunctional ovarian activity in menopause causes hormonal changes and declines. Due to these physiological changes woman suffering from hot flashes, warm skin, sweating, oily facial skin with acne and hair, dry skin, flakes, sagging, wrinkles, loss of skin resiliency, hyperpigmentation and age spots. Hence, dermal cellular metabolism is influenced by the hypoestrogenoemic state. As per the Ayurveda view menopausal symptoms including the skin changes are regarded as Dosha imbalance and Dhatushaya due to natural consequence of ageing. By modification of diet and life style, internal utilization of herbs mentioned in texts to pacify Pitta and Vata, external utilization of Taila, Dhara Karma, Mrudu Sweda, Lepa and Panchakarma like Nasya and Vasti are main reliable options of the treatment. One of the main objectives of Ayurveda; health promotion and Rasayana Chikitsa (Rejuvenation therapy) devote wide range of methods in rejuvenation. Proper practicing of Dinacharya, Ritucharya and Yoga manage this stage successfully without health hazards.

Keywords: Rajonivrutti, Ayurveda, menopause, skin diseases

Abstract ID: 074

REVIEW ON INATTENTIVE GYNAECOLOGICAL DISORDERS IN VRUDDHATRAYI AND LAGHUTRAYI

Amarasinghe AANKK*, Jayawardhane NDN, De Silva RHSK

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka
*kalpnw@gmail.com

Most of the authentic Ayurveda textbooks contain disorders that have serious impact on both female, male reproductive systems. There are specific chapters like Yonivyapath-Nidana, Asrgdhara-Nidana, containing detailed descriptions of those conditions specially female disorders. Additionally, several diseases scattered in the authentic sources also affect both male, female reproductive systems. This study involves discovering above inattentive disorders by reading through, analysing & sorting of the writings of Vruddhathrayi and Laghuthrayi. According to the data collected, 26 diseased conditions have been discovered namely yonikshatha, linga-arshas, vasthiyoni-nadivrana etc. Among all, 11 are mentioned in Susrutha Samhitha, 2 in Charaka Samhitha, 14 in Madhava Nidana and more. None is found in Ashtanga Samgraha. 38% of all the diseases affect only the females and 62% affect both female and male. 19% is reported in specific stages of female life such as Garbhini-Kalayakanja in pregnancy & Makkalla-Vidradhi in puerperal period. Distinctly women get affected with both known as well as above inattentive diseased conditions. Though it is, the prevalence of the above diseases that is exclusively enquired into in this review, it is needed to study all them in detail including their line of treatment as it is crucial for the advancement of women's health. There is more information that can be gained from the commentaries. Those diseases can be comparatively studied with the latest gynaecological disorders' classification criterion of the Federation of International Gynaecology & Obstetrics, the PALM-COEIN. Upon completion of the study, the ranges of the diseased condition are broadened with the identification of inattentive diseases.

Keywords: Inattentive gynaecological disorders, Vruddhatrayi, Laghutrayi, PALM COEIN

Abstract ID: 075

A REVIEW: STUDY OF IMPORTANCE OF SEEDS OF *ENTADA PURSAETHA* DC., WITH SPECIAL REFERENCE TO WOMEN'S WELLBEING

Nuwan VGSI^{1*}, Ediriweera ERHSS², Wasana RKR¹, Mihirangi APN³

¹Ayurveda Central Dispensary, Boliyadda, Uva Province, Sri Lanka.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

³Department of Ayurveda, Uva Province, Sri Lanka.

*vgsinuwan@gmail.com

Entada pursaetha DC. (Family: Fabaceae; Sinhala name: Pus Wel; Tamil name: Sillu) is a large woody climber with large seeds, widely distributed in tropical and subtropical countries. This climbing vine is a common and naturally grows in Soranatota Divisional Secretary area in Badulla, and the people in this area use this species for their wellness. Purpose of this study is to identify the importance of seeds of *E. pursaetha* (Pus Eta) in general health as well as in women's wellbeing. Data was collected from villagers, traditional practitioners, traditional medical books and web sources. *E. pursaetha* vitates Kapha Dosha. These seeds contain emetic, antipyretic, antiperiodic, antihelmintic, narcotic and tonic properties. Kernel of this seeds contains saponins, entanin, fixed oil, proteins, essential fatty acids, phascoloidin and many minerals. Seeds of *E. pursaetha* are used to treat glandular swelling, abscesses, liver diseases, fever and cerebral haemorrhage in Ayurveda and Sri Lankan Traditional medicine. The powdered kernels of these seeds are mixed with spices and are given to women for post delivery recuperation. Paste of seeds of *E. pursaetha* is also used as a contraceptive for women and also to improve the lactation. Crushed kernels of the seeds are used to wash hair as a natural soap. Hence seeds of *Entada pursaetha* DC have valuable uses, not only in general health but also in women's well being.

Keywords; *Entada pursaetha*, contraceptive, well being, women

Abstract ID: 076

**LITERARY REVIEW ON NUTRITIONAL AND MEDICINAL BENEFITS OF
JACK FRUIT (*ARTOCARPUS HETEROPHYLLUS*) FOR LACTATING
MOTHERS**

Kulatunga WMSSK

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.
shanthilec1993@gmail.com

Jack fruit is a popular Asian tropical fruit belongs to the family of Moraceae and genus, known as 'Bath Gasa' because jack fruit can be used behalf of rice. According to the Sri Lankan tradition, especially tender jack fruit preparations are given to lactating mothers expecting increase milk. The aim of this study was to critical review of jack fruit and its nutritional and medicinal properties and identifies the benefits for lactating mothers. The information was collected from villagers, traditional medical practitioners, Sri Lankan traditional medical books, scientific journals and web sites. Jack fruit is rich in energy, dietary fiber, minerals and vitamins and free from saturated fat and cholesterol. Fresh fruit has significant amount of vitamin A and flavanoid pigments such as carotene, xanthin and lutein. It is rich in vitamin C, vitamin B complex especially B6- pyridoxine, niacin, riboflavin and folic acid. Jack fruit is a very good source of potassium, Magnesium, Manganese and iron. It is enriched with antioxidants, phytonutrients and flavonoids that provide protection of cancer and anti aging properties. It prevents anaemia, osteoporosis and ulcers and also regulates the blood sugar levels. It has a good level of potassium which help to maintain the fluid level to balance electrolyte hence it prevent high blood pressure, stroke and coronary heart diseases. In conclusion this study reveals that *Artocarpus heterophyllus* is a good source for essential nutrients with medicinal properties also it can fulfill the extra energy and nutrients for lactating mothers.

Keywords: *Artocarpus heterophyllus*, lactating mothers, nutrients, medicinal benefits

Abstract ID: 077

LITERARY REVIEW ON *CUSCUTA CHINENSIS* (DODDER PLANT) WITH SPECIAL REFERENCE TO ITS ROLE ON MALE SEXUAL DYSFUNCTION

Nasmeer MSM*, Mawjood AHM, Riface MMM, Rizniya MNF

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*mmnasmeer19@gmail.com

Male sexual dysfunctions have become more prevalent psychological disorder among the general population. These male sexual dysfunctions include erectile dysfunction, inhibited or absent libido, premature ejaculation, and retarded ejaculation / anorgasmia. According to recent research finding among the male sexual dysfunctions the prevalence of male orgasmic disorder is 0 - 3%, erectile disorder is 0 - 5%, and male hypoactive sexual desire disorder is 0 - 3% and premature ejaculation is 4 - 5%. As there is lack of successful treatment for these conditions in modern medicine patients resort to herbal medicine are seen in the increase. As such the need for search of effective herbs which embedded in Unani system of medicine is vital. Among the herbs, the dried seeds of Dodder plant (*Cuscuta chinensis* Lam), is an important and widely used herb to improve sexual function. Therefore, relevant literatures, literature sources of websites and books were thorough analyzed focusing on improvement of male sexual function. The literature study on this plants showed that many phytochemicals, like flavonoids; phenolic acids; steroids; hydroquinone; volatile oils; lignans; polysaccharides; resin glycosides; fatty acids have been identified. These phytochemicals and plant extracts exhibited a range of pharmacological activities that include hepatoprotective, renoprotective, anti osteoporotic, antioxidant, anti-aging, antimutagenic, antidepressant, improve sexual function, etc. This study found that the dried seeds of Dodder plant have positive effects on sperm health and motility, and stimulant effect on male reproductive system as well as antidepressant properties. This study showed that the dried seeds of Dodder plant can provide physical and psychological support as an aphrodisiac agent.

Keywords: Dodder plant, male sexual dysfunction, aphrodisiac, antidepressant

Abstract ID: 078

**STUDY ON USE OF MARINE FISH PREPARATIONS AMONG PEOPLE OF
MATARA DISTRICT – WELIGAMA**

Weerasinghe KDPM^{1*}, Wimalasiri YSG², Karunagoda KPKR²

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*prabhashi.weerasinghe@gmail.com

Weligama is a coastal area in Matara District, Sri Lanka. Fish has become a staple food in this area from ancient time. Most of the people are Sinhala and it has been noticed that various methods of fish preparations are practiced by this people including Ambulthiyal, curry, fried fish and Jadi. The word 'Mansa' describes both meat and fish, which comes under twelve main food categories explained in Ayurveda. It says Sea fish are heavy, demulcent, sweet and do not inordinately produce vitiation of Pitta Dosha. This study is carried out to find out commonly use fish and their preparations by the citizens of Weligama. Total 100 houses were randomly selected and semi structured questionnaires were filled by interviewing house wives of each family. Verbal consent was observed before the interview. Recorded data were analyzed. Out of 100 randomized samples, 82 questionnaires were completed. It was found that 76 % of people used marine food for their daily diet. Most frequently used marine fish are Skipjack tuna (87.5%), Yellow fin tuna (85%), Mulletts (47.5%) and other varieties (45%). Methods of preparations were distributed as Ambulthiyal 93.02 %, Red Curry 23.25%, Devilled Fish 4.65% and others 2.32%. It shows that commonly use types of fish in this area are Skipjack tuna and Yellow fin tuna and the most common fish preparation is Ambulthiyal.

Keywords: Weligama, Marine fish Preparation

Abstract ID: 079

**RELATIONSHIP BETWEEN LEARNING MORE THAN ONE LANGUAGE AND
THE COGNITIVE DEVELOPMENT IN EARLY CHILDHOOD – A LITERARY
REVIEW**

Rismiya RF*, Faslul Haq MH

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*rismiyanowfel@gmail.com

Many studies have proved that the close relationship between development of cognitive skills and language development in children. Meantime most of children have grown up in the environment of hearing and using more than one language. Learning a second language helps to improve brain function. Last few decades, researchers have debated and investigated the relationship between learning more than one language and cognitive development, especially in infancy and early childhood. The purpose of this study was evaluating the impact of learning more than one language in early childhood in children's cognitive development. This literary review was done through collection of sixty three research articles from scientific journals published in PubMed and research gate. As the result of this study it was found that children who have the ability of more than one language develop certain types of cognitive skills including memory, visual-spatial skills, and even creativity in earlier and better than other children. Also this study shows that children at age three are very active to learn multiple languages. Furthermore, researches have shown bilingualism positively influence attention and conflict management in infants as young as seven months.. In this study it can be concluded that learning multiple languages improves cognitive and social-emotional development and it will help for long-term success.

Keywords: Cognitive skills, Memory, Bilingualism

Abstract ID: 080

GARBHINI PARICHARYA FOR A SAFE MOTHERHOOD

Silva PASN*, Leena IAM

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*silvasachithra@yahoo.com

Safe motherhood has begun to be identified as a priority for a healthy nation. Comprehensive system of Ayurvedic modalities addresses all aspects of life since birth to grave. "Garbhini Paricharya" is the Ayurvedic antinatal care which guides a woman from the conception to delivery of the baby. The data was collected from the great triad and other Ayurveda text books to emphasize the importance of "Garbhini Paricharya" to the modern society. According to Charaka, Sushruta, Ashtangahrida, etc., a monthly dietetic regimen is advocated. Milk and milk derivatives fulfill the required nutrition to the growing fetus. This regimen establishes the formation of tissues especially the nervous tissue, fulfills the requirements of lipid and vitamins, etc. Some diets are helpful to alleviate minor health issues during pregnancy and uplift the immunity of mother and child. Therapeutic practices are mentioned to strengthen birth canal for a safe and easy delivery. The psychological health of the mother to be is given an equal importance. Engage in religious acts, Vedic hymns, wearing herbal amulets are mentioned to boost mental health. Certain important behavioral patterns included for the wellbeing of mother and child. New researches prove that the diet, behavioral patterns mentioned in Ayurveda is scientific. Thus, these practices are not often considered important enough in modern medicine. These principles of Garbhini Paricharya are safe, cost effective and relevant even today. It is needed to re-establish these practices to answer the burning issues of women health during pregnancy.

Keywords: Garbhini Paricharya

Abstract ID: 081

METHODS AND PREPARATIONS IN TRADITIONAL AND AYURVEDA MEDICAL SYSTEMS WITH SPECIAL REFERENCE TO INFERTILITY

Silva PASN^{1*}, Molligoda SP¹, Senadheera HM²

¹Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

²Former Commissioner, Provincial Dept. of Ayurveda, Central Province, Sri Lanka.

*silvasachithra@yahoo.com

The very next aim of a married couple after marriage is entering the parental hood. Due to the busy lifestyle, different socio-economical issues the cases of infertility seem to incline rapidly. This study was done by referring the Khanda Grantha available in the Institute of Indigenous Medicine, and Ayurveda texts. According to Ayurveda texts, herbs are categorized into "Jeevaniya Gana", "Prajasthapana Gana", "Garbhasthapaka Gana", "Vrishya Gana", "Vajikarana", "Rasayana" aiming to fulfill the requirements in different stages of fertility. Aim of this study to identify the infertility preparations. Some are helpful to rejuvenate the body and tissues, while some drugs boost physical strength. Some drugs are helpful to prevent abortion and stabilize the growing fetus. Certain herbs are described for the nourishment of breast feeding mothers. When considering both indigenous and Ayurveda treatment lines prescribed in texts for infertility, they have differences as well as similarities. For example Ayurveda focus on female infertility a lot, while traditional medical systems deal with male infertility. Traditional medicinal preparations using *Cardiospermum halicacabum* is very effective in male fertility. Nasal inhalation of leave extracts could be found in both systems. Combination of both these systems would be a good remedy to address the problems in infertility successfully.

Keywords: *Cardiospermum halicacabum*, infertility preparations, traditional medical systems

Abstract ID: 082

SRI LANKAN TRADITIONAL HERBS USED AS PARISHEKA FOR THE WELLBEING OF THE SUTIKA (POSTNATAL PERIOD)

Rajapakse TS*, Waratenne PR

¹Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*sanda_rajapakse@yahoo.com

Back pain is the most common complain among the pregnant mothers and among mother after the normal delivery or caesarian surgery, as backache adversely affects the daily routine of the mother and also on the wellbeing of the family. Proper management of the condition is very important. The various traditional practices are available in Sri Lanka to overcome backache and among them is "Kolawatura Nema". The Data was gathered by personal interview method from mothers, grandmothers and traditional physicians in various districts of Sri Lanka. Ayurveda pharmacopocia was used to analyze the pharmacological properties of the herbs. Leaves of Beli, Dehi, Nika, Pinna, Adathoda, Babila and Edaru were the main herbs used for Parisheka after the parturition. Those leaves were boiled with water and left this medicinal water to become cool till the temperature bearable. Then mother's back was fermented by the leaves from above to downwards. After fermentation, rest of the medicinal water was used for Parisheka throughout the spine as Dhara. These herbs are commonly available and the variety of leaves varies as per different environment (Desha). Most of the mothers were followed this and the duration spent for this process was range from two to four weeks. The most of leaves are mainly having Katu, Tikta, Kashaya in Rasa, Laghu, Ruksha in Guna, Katu and Madhura in Vipaka, Ushna in Virya and Vata kapha shamaka property. So they are helped to relieve pain which is due to aggravation of Apana Vata in the process of delivery.

Keywords: Fermentation, labour, Parisheka, postnatal period

Abstract ID: 083

ග්‍රහ අපල මඳසරුභාවය කෙරෙහි බලපාන්නේ දැයි විමර්ශනය කරමින් ඊට කළයුතු පුද්ගල
පිළිබඳ කෙරෙන අධ්‍යයනයක්

ශානිකා ඩබ්.ඒ.ඩී.*, ජයවර්ධන එන්.ඩී.එන්., ද සිල්වා ආර්.එම්.එස්.කේ.

දේශීය වෛද්‍යවිද්‍යා ආයතනය, කොළඹ විශ්වවිද්‍යාලය, රාජගිරිය, ශ්‍රී ලංකා.

*wadsha1234@gmail.com

ජ්‍යොතිශයේ මූලික ග්‍රන්ථ අනුව ජ්‍යොතිශය යනු වේදය නම් වූ උත්තම පුරුෂයාගේ තේන්ත්‍රානුමානය ඇති ධූරාතීතයේ සිට අඛණ්ඩ හා අවිච්ඡින්න මහඟු සේවාවක් සකල සත්වගට ප්‍රධානය කරනු ලබන ප්‍රබල ඥාණ පෞරුෂාගාරයක් ලෙසට නිර්වචනය කර තිබේ. ජ්‍යොතිශයේ එන විවිධ ග්‍රහ අපල සඳහා කරන පුද්ගල විධි ආයුර්වේද වෛද්‍ය ශාස්ත්‍රයේ ත්‍රිවිධ විකිත්සා අතරින් දෛව්‍යපාත්‍රය විකිත්සාවේද සඳහන් වේ. මෙම ක්ෂේත්‍ර අධ්‍යයනයේ පරමාර්ථය වනුයේ මඳසරුභාවය සඳහා හේතු වන විවිධ ග්‍රහ බලපෑම් වලට නිර්දේශ කරනු ලබන පුද්ගලවිධි පිළිබඳ අධ්‍යයනය කිරීමයි. මඳසරුභාවය සහිත වයස අවු: 20 - 40 අතර විවාහක යුවල 15 ක නිර්දේශයක කේන්ද්‍ර සටහන ඇසුරින් ස්ත්‍රී, පුරුෂ, කේන්ද්‍ර වල ලග්නය, නවාංගකය, ග්‍රහ පිහිටීම, මහ දශාවද යන කරුණු සටහන් කරගත් අතර ඉන්පසු ජ්‍යොතිශය ශාස්ත්‍රයේ ඊට නිර්දේශිත පූජාවන් නියම කරන ලදී. ඉන්පසුව එසේ පුද්ගල කිරීමෙන් ඔවුන් ලද ප්‍රතිඵල පිළිබඳව ද නිරීක්ෂණය කරන ලදී. 60% ගේ වන්ද, ඉන්‍ය පාප පිඩින වී සිටි අතර බොධිපූජා සිදුකිරීම ද, කුප, ඉන්‍ය, ග්‍රහයන් 73.3% පිඩින වීම හා ඔවුන්ට කිරිමව්වරුන්ගේ දාන දීම, 40% නාකත් හා ලග්නයේ දුර්වල බලපෑම් තිබීම ඔවුන්ට කතරගම දෙවියන්ට ගෙඩි පූජාවක් තබා පඬුරු ගැට ගැසීම සිදුකරන ලදී. නිර්දේශ කරන ලද යුවල අතරින් 80%ටම බෝධිපූජා සිදුකර දින 21 යන විට දරුවන් පිළිසිඳ ගෙන ඇති අතර කිරිදාන දුන් හා කතරගම දෙවියන්ට පූජා පවත්වන ලද 90% ටම පූජා අවසානයේ දරු සම්පත් පිළිසිඳ ගෙන තිබිණි. කේන්ද්‍ර සටහනේ ග්‍රහයන් පාපපිඩින වීම නිසා දරු ඵල අහිමි වීම එක් සාධකයක් පමණක් වේ. මේ සියල්ලම සිදුකරන අතර වෛද්‍ය උපදෙස් යටතේ ඖෂධ විකිත්සාව ද සිදු කල යුතුය. විශාල නියැදියක් භාවිතා කිරීමෙන් මඳසරුභාවයට ජ්‍යොතිශයේ එන පුද්ගල වලින් ලැබෙන පිටුවහල තවදුරටත් නිරීක්ෂණය කල හැක.

Keywords: මඳසරුභාවය, ජ්‍යොතිශය, පුද්ගල

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**මදසරුභාවය හා ජ්‍යාතිෂය අතර ඇති සම්බන්ධතාවය පිළිබඳව
ක්ෂේත්‍ර සමීක්ෂණය**

පබසරා ඒ.වී.එස්.එල්.*, ජයවර්ධන එන්.ඩී.එන්., ද සිල්වා ආර්.එච්.එස්.කේ.

දේශීය වෛද්‍යවිද්‍යා ආයතනය, කොළඹ විශ්වවිද්‍යාලය, රාජගිරිය, ශ්‍රී ලංකා.

*sandeepani123pabasara@gmail.com

කේන්ද්‍රය යනු උපත සිදුවන අවස්ථාවේ නැගෙනහිර කිමිතිරයෙහි විද්‍යාමාන වූ තාරකා පන්තිය තුළ පිළිබිඹු වූ ග්‍රහයන්ගේ විස්තරයයි. දරුඵල පිළිබඳව සලකා බැලීමේ දී ජ්‍යාතිෂයෙහි කේන්දර සටහන් පිළිබඳව සැලකිල්ලට ගනී. විවාහයේ දී ස්ත්‍රීයගේ හා පුරුෂයාගේ දරුඵල වලට අදාළ පොරොන්දම් ගැලපීම ප්‍රධාන වේ. මීට සමගාමීව ආයුර්වේද වෛද්‍ය ශාස්ත්‍රයේ මූලික ග්‍රන්ථ වල වන්ද්‍යාභාවය සඳහා දෙවච් කරුණු ද බලපාන බව සඳහන් වේ. මෙම අධ්‍යනයේ මූලික අරමුණ වන්නේ මදසරුභාවය හා ජ්‍යාතිෂය අතර සබඳතාවය අධ්‍යයනය කිරීමයි. මදසරුභාවයෙන් පෙළෙන විවාහක යුවල 15 ක නිදර්ශනයක් ඇසුරින් ලබාගත් කේන්ද්‍ර සටහන් ආශ්‍රයෙන් ඔවුන්ගේ ලග්නයේ 5 වන රාශිය, මහ දශාව, නැකත, සුවිගේමී යෝග යන සාධක සටහන් කර ගන්නා ලදී. ඉන්පසුව විශ්ලේෂණයේදී එම ස්ත්‍රී හා පුරුෂ කේන්දරවල දරුඵල පිළිබඳ සලකා බලන රාශිය වන 5 වැන්නේ පාපී ග්‍රහයන් වන කුජ, රවි, ගනි, රාහු, කේතු යන පිහිටීම් දක්නට ලැබීමත් දරුඵල සම්බන්ධ අසුබ තත්ව ඇති කරවන කේතුව අයත් අස්විද, මා, මූල නැකැත් හිමි වීම දක්නට ලැබේ. මේ කාලය තුළ සෙනසුරු මහ දශාව වැනි අපල කාලයන් ගත කිරීම දැක ගත හැක. පුරුෂයෙකුගේ පීච ගක්තිය රවිගෙන්ද ශුක්‍රාණු හෙවත් ධාතු ගක්තිය සිකුරුගෙන්ද පාලනය වෙයි. ස්ත්‍රීයකුගේ රුධිරය කුජගෙන්ද දරුවන් බිහි කිරීමේ ශක්තිය සඳුගෙන්ද පාලනය වෙයි. පුරුෂයෙකුගේ රවි සිකුරු යන ග්‍රහයන් හා ස්ත්‍රීයකුගේ කුජ, සඳු යන ග්‍රහයන් යහපත්ව පිහිටීමත් සලකයි. 60% පාපී ග්‍රහයන් පිහිටීම, 73.3% ක් සෙනසුරු මහ දශාව ගත කිරීම, 26.6% කාල සර්ප යෝග පිහිටීම දක්නට ලැබේ. පුළුල් නියැදි සාම්පලයක් යොදා ගෙන අධ්‍යයනය කිරීමෙන් මදසරුභාවය හා ජ්‍යාතිෂය අතර පවතින සම්බන්ධතාවය තව දුරටත් තහවුරු කළ හැකිය.

Keywords: මදසරුභාවය, කේන්දර, ජ්‍යාතිෂය, ග්‍රහයන්

Abstract ID: 085

CRITICAL ANALYSIS OF PEDIATRIC EXAMINATION METHODS ACCORDING TO AYURVEDA

Leena IAM^{1*}, Nisha Kumari Ojha², Dilrukshi SMAC¹

¹Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

²National Institute of Ayurveda, Jaipur, Rajasthan, India.

*iamleena2007@gmail.com

For the purpose of success in treatment, physician must know about the general examination of patient. In case of a specialist of children disease, it has great importance, because children are delicate in nature and unable to explain their comments. A child specialist makes his diagnosis, mainly on the basis of physical examination. Physical examinations are not only necessary for the diagnostic purposes, but prediction of longevity of life, future psychological and social status also can be known up to certain extent, by observing it in a way as described in ancient texts. Looking at the literature of the ancient period, it is evident that scholars like Charaka and Kashyapa have given much importance to the examination of children. The main objective of this study is to analyze the general examination of newborns and children and analyze the examination methods of sick children. For this relevant data has been collected, documented and related articles have also reviewed, finally gathered data were critically analyzed. Ayurveda scholars used these examination for decide the lifespan of a child. Charaka has described that a newborn should be examined after performing the Namakarana Samskara, that means it should be done after tenth day and child should examine from head to toe. In Kashyapa Samhita, a separate chapter has been written and by examine certain physical signs came to final prediction, and named as Lakshanadhyaya. This chapter deals with auspicious and inauspicious features of the body of children. By the keen observation of these features, one can know about the future life span along with psychological and social status. The child should examine from downwards to upward. Vedana Adhyaya of Kashyapa Samhita deals with examination of sick child and elaborative description regarding diseases of children. In conclusion, it is evident that the examination methods mentioned in Ayurveda texts are very much scientific and high standards.

Keywords: Ayurveda, Lakshanadhyaya, Children, Examination methods

Abstract ID: 086

PREVENTION OF OBESITY THROUGH AYURVEDA

Kumarasinghe PGUW^{1*}, Jayakodi AJ¹, Leena IAM², Dilrukshi SMAC²

¹Ayurveda Teaching Hospital, Borella, Sri Lanka.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*iamleena2007@gmail.com

Obesity defined as excess fat storage rather than weight. Men with more than 25% of total body weight and women with more than 30% total body fat are considered as obese. According to pathogenesis, obesity can be divided into simple obesity, secondary obesity, drug induced obesity. Obesity is a burning health issue and a door to a lot of illnesses and life threatening conditions that can make our life a living hell. Day by day the count of obese people is dramatically increased due to unhealthy food habits and life style. It includes people with BMI of more than 30 and associated weight related co-morbid condition such as diabetics, disease of eye, and heart. This disease condition has been discussed under the heading of Sthaulya in Ayurveda classics. Charaka has described Sthaulya as one of the eight despicable persons (Ashtanindita) its complications such as shortage of life span. The aim of this study is to identify the causative factors for Sthaulya and provide preventive measures to protect people from hazards due to obesity. Data were collected from Ayurveda texts, research papers and by the internet. Finally gathered data were critically analyzed. Therefore knowing its management aspect is very essential to protect them from its complications. Sthaulya being a disease of multifactor origin therefore needs multi dimensional approach towards its prevention. Sthaulya persons require regular and continuous treatment and dietary management. The lacunae of modern science are fitted by the unique Ayurveda approach like Dinacharya, Ritucharya, Ahara Vidhi, Visheshayatana and Aharavidhividhana. In conclusion the best way to treating Sthaulya is prevention.

Keywords: Sthaulya, Ashtanindita, Obesity, Prevention, Ayurveda

Abstract ID: 089

EFFECT OF WALKOTTAMALLI (*SCOPARIA DULCIS*) IN GYNAECOLOGICAL DISORDERS

Ediriweera ERHSS^{1*}, Ratnasooriya WD²

¹Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

²General Sir John Kotelawala Defence University, Ratmalana, Sri Lanka.

*ayurvedadocsujatha@yahoo.com

Scoparia dulcis Linn (Family: Scrophulariaceae, Sinhala: Walkottamalli) is an erect perennial herb common in tropical countries. In Sri Lanka, it generally grows in paddy fields and by roadside. Aim of this study is to spread the knowledge on benefits of *S. dulcis* in gynaecological ailments. Details are gathered from books, journals and web search. Entire plant is utilized in treating various gynaecological disorders. *S. dulcis* is used to ease childbirth, to treat various menstrual disorders such as menorrhagia and dysmenorrhea. It is also used in gonorrhoea and gonorrhoeal sores, carcinoma in reproductive system and to induce abortions. Use of *S. dulcis* during pregnancy is contraindicated as it acts as an abortifacient. Analgesic, anti-hyperalgesic effects and blood clotting activity of *S. dulcis* are scientifically proven and beneficial in management of dysmenorrhea and menorrhagia. The antibacterial effect against Gram-positive and Gram-negative bacteria, antioxidant, anti-inflammatory, anti-ulcer and ulcer healing properties of *S. dulcis* are proven through researches and could be effective in gonorrhoea. Due to antioxidant action, it prevents production of free radicals, and thereby preventing cell damages. *S. dulcis* can be used in treatment of carcinoma in reproductive system, as it possesses anticancer and anti-tumour activities. *Scoparia dulcis* is rich in phytochemicals such as flavonoids, terpenoids, steroids, saponins and phenols. Some alkaloids reportedly have anticancer and antiviral properties. Flavonoids are capable of controlling cancer, inflammation and allergies. Anti-tumorous activity of scopadulcic acid B was reported against various human cancer cell lines. No hepatic or renal toxicity was evident with decoction of *S. dulcis*. Nephroprotection and hepaprotection activities are scientifically proven. It is concluded that *Scoparia dulcis* (Walkottamalli) can be used as a safe drug in management of various gynaecological disorders.

Keywords: *Scoparia dulcis*, Walkottamalli, gynaecological disorders

Abstract ID: 090

A LITERATURE STUDY OF THE MATERNAL WELLBEING FOR HEALTHY OFFSPRING

Kumari MWSJ

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.
drjanakanthi@yahoo.com

The functions of mind come into play from the fifth month of the fetus. The aim of this study was to review the maternal wellbeing for healthy offspring, from authentic Ayurvedic classics. To acquire a healthy child, do's and don'ts have been mentioned to a menstruating woman including avoid daytime sleeping, coitus, application of collyrium, weeping, bathing, application of powders, massaging, cutting nails, running, laughing, talking loudly, hearing loud sound, exposure to wind and physical exercise. The whole purpose of giving this warning is to have a better progeny. Regimens for husband and wife were indicated to have a healthy child. Insanity may develop due to physical exertion of mother. The psychic environment at the time of conception influences color variation of the fetus. The offspring born under the favorable circumstances, whether son or daughter would be handsome or beautiful, healthy, would live long, and will be ideal. The diet, behavior and various actions of parents are similar in the child born. Diet plays a vital role in the development of the fetus. Maternal desires during the forth month (Dauhruda Avasthā) of the intra-uterine life, must be satisfied. The parental impressions also cause great impact in the development of child's psychology. Behaviors at the time of sexual intercourse are responsible for the future shaping of the child's personality. Negligence of attendant will disturb the psychology of the pregnant mother. Mother's psychology plays an immense role in the development of fetus. Therefore, it is essential to provide a favorable atmosphere for the fetus to acquire a mentally sound child.

Keywords: mind, psychology, mother, offspring

Abstract ID: 091

MEDICINAL USES OF *FICUS RACEMOSA* LINN IN GYNECOLOGICAL AND OBSTETRIC DISORDERS: A SCIENTIFIC REVIEW

Ranasinghe RLDS^{1*}, Ediriweera ERHSS²

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka

*rlsandu@gmail.com

Ficus racemosa Linn (Family: Moraceae; Sinhala Name: Attikka; Sanskrit Name: Udumbara; English name: Cluster fig) is a moderate sized avenue tree found throughout Sri Lanka and India. In Ayurveda and traditional systems of medicine, various parts of this plant such as root, bark, fruit, leaves and latex are used in several gynecological and obstetric disorders. The present review is an effort to collect such therapeutic uses of the plant *F. racemosa*. Data was assimilated from books on Ayurveda and Traditional medicine, scientific journals and electronic sources. *F. racemosa* provides Vranashodhana, Vranaropana, Pradarahara and Stambhana properties due to its Ayurveda pharmacodynamic properties such as Kashaya Rasa, Guru and Ruksha Guna, Katu Vipaka, Sheeta Vcerya and Pitta-Kaphahara Karma. Infusion of bark and leaves is an effective therapy for Raktayoni (dysfunctional uterine bleeding) and Karnini (cervical erosion). Decoction of tender fruits is useful in the treatment of Shveta Pradara (leucorrhoea), Rakta Pradara (menorrhagia) and Garbha Srava (miscarriages). Infusion of the bark is highly efficacious in avoiding Garbha Patha (threatened abortions) and it is also externally used in the form of Pichu over the lower abdomen. Yoni Pichu and Yoni Sheka (vaginal douche) are performed by using decoction of bark and leaves for vaginal discharges. Ripen fruits are consumed to enhance lactation. Leaves and fruits of *F. racemosa* contain gluacol and fruits contain B-Sitosterol, cerylbehenate, lupeol and friedelin. These phytochemicals possess antiulcer, wound healing, antifungal, antibacterial, anti inflammatory, antipyretic, analgesic, antidiarrhoeal and antioxidant properties which are scientifically proven. It is concluded that *Ficus racemosa* is beneficial in management of gynecological and obstetric disorders.

Keywords: *F. racemosa*, leucorrhoea, menorrhagia, antifungal, gynecological disorders

Abstract ID: 092

**RELATIONSHIP BETWEEN THE DEHA PRAKRITI AND SUBFERTILITY
AMONG FEMALES ATTENDING TWO AYURVEDA GYNECOLOGICAL
CLINICS**

Kumarapeli KAMP¹*, Nizamdeen H², Abeysekera SAC³

¹Ayurveda Hospital Kanduboda, Sri Lanka.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

³National Institute of Traditional Medicine, Navinna, Sri Lanka.

*mangalika34@yahoo.com

During the past two decades, there has been marked increase in patients' population in all subfertility clinics in spite of all latest technology and expertise essential to offer the best possible help. Subfertility is defined as failure to conceive one or more years of regular unprotected coitus. Ayurveda speaks about the relationship between the Prakriti and fertility. Hence this research was carried out to identify the relationship between the Prakriti and subfertility among the subfertile couples. Study was carried out at Gynecological clinics (in and out patients department) Ayurveda Teaching Hospital Rajagiriya and Kanduboda Ayurveda Hospital. Study sample consisted of 100 subfertile females, of mature age (25-45 years) having normal coitus without family planning methods at least one year or more, and failed to achieve conception. Utilizing standard proforma, Prakriti of the participants was assessed. Separate proforma was used to identify the factors which are responsible for subfertility among the couples. Data were analyzed by using descriptive analytic method. 38% of subfertile females were Pitta-Kaphaja Deha Prakriti and 18% were Vataja Deha Prakriti. In this study 41.17% females with primary subfertility were belonging to Pitta Kaphaja Prakriti and 31.25% females with secondary subfertility belonged to Pitta Kaphaja Prakriti. The lowest number of participants belonged to Sama Prakriti. A positive relationship observed between Deha Prakriti and subfertility in this study.

Keywords: Deha Prakriti, subfertility

Abstract ID: 093

A RANDOMIZED OPEN LABELED COMPARATIVE TRIAL TO EVALUATE THE EFFICACY OF SHATAPUSHPA SHATAVARI CHURNA WITH SHATAPUSHPA SHATAVARI GHRITA MATRA VASTI FOR THE MANAGEMENT OF POLYCYSTIC OVARIAN SYNDROME (PCOS)

Kumarapeli KAMP^{1*}, Karunagoda KPKR², Perera PK²

¹Ayurveda Hospital Kanduboda, Sri Lanka.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*mangalika34@yahoo.com

Polycystic ovarian syndrome (PCOS) is a condition where a hormonal imbalance affects follicular growth during the ovarian cycle causing the affected follicles to remain in the ovary. Women suffering from PCOS often present with other associated symptoms including oligomenorrhea and ovulation disturbances. In Ayurveda, Shatapushpa and Shatavari along with cow's ghee is indicated for oligomenorrhoea and anovulation, but effects of these treatments were not scientifically evaluated. Present study was carried out as a randomized open labeled comparative trial to evaluate the efficacy of Shatapushpa Shatavari Churna with Shatapushpa Shatavari Ghrita Matra Vasti in the management of polycystic ovary syndrome (PCOS). Patients between 18-42 years of age diagnosed with PCOS as defined by chronic oligomenorrhea or amenorrhea (8 menstrual periods annually) were included. After careful screening total numbers of 60 participants were randomly recruited into three of 20 participant groups. Group A received oral administration of Shatapushpa Shatavari powder 05g t.d.s. with 10 ml of cow's ghee for 2 weeks, Group B received rectal administration of Shatapushpa Shatavari Ghrita as Matra Vasti, 60 ml/day for 2 weeks with 1 week gap and Group C received combined therapy as in group A and B. Therapeutic effects were assessed using change in volume of ovary by US scan. Volumes of ovaries were assessed before the trial and after one month period of drug administration. Ultrasonography findings revealed that pre and post treatment size of the ovary (mean \pm SD) by volume (ml) in group A, B and C were 1.368 ± 0.26 , 1.500 ± 0.28 and 1.882 ± 0.25 respectively and percentage reduction of volume were 7.99 %, 9.25 % and 11.76%. The decrease in volume of ovary following treatment was found to be statistically significant. It is concluded that combined therapy (Group C) is the more effective therapeutic form in the management of PCOS without complications.

Keywords: Poly Cystic Ovarian Syndrome, Shatapushpa Shatavari Churna, Shatapushpa Shatavari Ghrita

Abstract ID: 094

MANAGEMENT OF POLYCYSTIC OVARIAN SYNDROME BY SRI LANKAN SPICES - CASE SERIES STUDY

Fazl Ul Haque MF¹*, Sijafa Sinaam MAF¹, Faslul Haq MH²

¹Sinaam Medicare - Unani Nursing Home, Kandy Road, Paragahadeniya, Sri Lanka.

²Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*sfh.lv87@gmail.com

Polycystic Ovarian Syndrome (PCOS) is the condition where the hormonal imbalance affects follicular growth in the ovary and it is a leading cause of subfertility. Women suffering from PCOS were presented with associated symptom of obesity, amenorrhea, oligomenorrhea etc. Objective of this study was to evaluate the efficacy of mixture of selected spices in PCOS. As an assessment tool, detailed history taking of the patient, USS in abdomen and pelvis and the calculation of BMI were carried out before the commencement of the treatment and at 3 months intervention and after treatment. Reviewed PCOS cases were advised to take one teaspoon of mixture of the dried spices powder (Cinnamon, Cumin, Coriander, Pepper, Gamboge and Cardamom) in the form of hot infusion three times per day half an hour before meal. Twelve PCOS cases with the BMI of greater than 27 kgm⁻² were treated at Sinaam Medicare –Unani Nursing Home, Paragahadeniya. 75% of the cases USS abdomen and pelvis report shows that the normal outline of ovaries after 6 months of continuous treatment. 50% of cases were get regular cycles after 3 months of treatment. Meantime 83.3% of cases BMI were fall in to healthy BMI limit. This study provides the evidence that mixture of Sri Lankan spices have beneficial effects on PCOS with overweighed women. Further double blind clinical studies are needed to explain the effects of Sri Lankan spices on PCOS and weight reduction.

Keywords: overweight, poly cystic ovarian syndrome, spices, BMI

Abstract ID: 095

**HEALTHY WOMEN AND SAFE MOTHERHOOD: AN INFORMATIVE STUDY
BASED ON AYURVEDIC MEDICAL LITERATURE**

Gamage CK*, Abeysekara SAC

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*ckgamage31@yahoo.com

There are several factors which affect the existence of human beings on the earth. "Healthy Women and Safe Motherhood" is one of those. At present, maternal and child health promotion is one of the key commitments of the World Health Organization. Considering the high maternal deaths in the developing countries, WHO in the 1987 conceived the idea of "Safe Motherhood Initiative" at a conference at Nairobi, Kenya. Maternal death is a tragedy not only for victim, but also for her family and whole community. Safe motherhood initiative is a global effort and it primarily aims to reduce maternal mortality and morbidity. Therefore, it is considered as an issue related to human rights. Maternal death is a reflexion of social disadvantage and inadequate medical facilities. Poor nutrition, lack of obstetric care, obstetric maladies are some of the factors that give rise to the above problem. The causes of maternal death are classified into direct, indirect and non-obstetric. There are three major remedial measures for safe motherhood. They are health sector actions, community, society, and family actions and legislative and policy actions. Maternal morbidity, prenatal mortality, stillbirths and neonatal deaths are also related issues of the above issue. System of Ayurveda medicine also focuses attention for the concept of healthy women and safe motherhood. Charaka, Sushruta and Ashtanga Hrudaya Samhita also discuss matters related to healthy women and safe motherhood for instance some of the sections viz. puberty and related topics, Garbhaneer Paricharya, Prasava Paricharya and Sutika Paricharya. This study highlights the contribution which Ayurveda medicine can offer to achieve the above objective.

Keywords: Motherhood, Healthy Women, Maternal mortality, Garbhaneer Paricharya, Prasava Paricharya

Abstract ID: 096

STUDYING THE BODY CONSTITUTION WITH CHANGING PATTERNS OF SAPTA DHATU AND ASHTA SARA - A STUDY AMONG TEN MADHUMEHA PATIENTS

Maheshika KN, Kulanatha IGPR*

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

*igprkulanadha@gmail.com

In Prameha, frequent urge to pass urine is a cardinal feature even if the volume is excessive or less. Based on Tridosha, Madhumeha has sorted under the Vata Dosha influenced and in the basis of curability it is counted under Asadhya (incurable Prameha), in causal specificity it is related with Margavarana and Dhatu Kshaya. Inappropriate life style brings the Doshaja type due to deviation from the balanced state of Dosha, contrary to the genetic predisposition i.e. Sahaja or inherited. Hence, the numbers of sufferers are increasing daily, it has become a social disaster headed towards a diseased society. As Ashta Sara (AS) are the indication of the quality of Seven Body Tissues (SBT) i.e. Sapta Dhatu (SD), study is expected to analyze the findings of the levels of SBT and AS in each patient and to compare the results for interpreting the deviations from the expected pattern of the combination of SBT and AS based on body constitution of ten diabetic patients selected for this study from the routing diabetes clinic in the Ayurveda Teaching Hospital Borella. The data were collected by using interviewer mediated questioner. The results show the dual constitution Kapha-Pitta was higher (n=6) out of ten patients. SD shows Kshaya and Dushti in first three Dhatu. AS shows Madhya Satwa and Twak Avara. Observed constitutional representation of the patients in the sample is not deviated from the expected results though, to confirm this further methodical research studies are needed to bring a proper justification.

Keywords: Madhumeha, Sara, Sapta Dhatu, body constitution

Abstract ID: 097

**ETHICS CITED IN VRIHATRAYEE FOR NON COMMUNICABLE DISEASE
(NCD) FREE PROGENY**

Kulanatha IGPR^{1*}, Goswami PK²

¹Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka.

²Faculty of Ayurveda, Institute of Medical Sciences, Banares Hindu University, India.

*igprkulanadha@gmail.com

Ethics, the mind and body conducts for achieving a healthier life are focused on achieving four 'Purushartha' the goal for each decade of life benefitted of improving four spheres of health. In reaching each goal of life, the moral and the physical conducts plays a vital role by means of improving physical health. That has a capability in those conducts prescribe to follow during three natal stages helps to lead the positive health of a progeny. The paper is discussed only the conducts meant for better progeny those have to follow at special junctures of life. Data collected via methodical reading of three texts of Ayurveda and categorizing them in a meaning full manner for scientific identification. It was found, in vrihatrayee exclusively discusses the ethics to be practiced by the healthy and the patient equally, with a greater effort for maintaining balanced Dosha, apart from using prescribed medicines and adhering to the diet regime proper. Information found could discuss with categorizing them in to daily conducts suitable for all and special conducts fit for special junctions of life. Ethics listed to practice at the special junctures of life it could be categorized them into four sets of ethics, i.e. the Ethics for prenatal stage of life, natal stage of life and post natal stage of life and also during the youth. Author declares pursuing ethics during three natal stages itself will definitely help to lead a disease free progeny while preventing non communicable disease.

Keywords: Ethics, Vrihatrayee, Non communicable Disease, Progeny

උඩුනුවර අකුරන්දෙණිය පාරම්පරික ග්‍රහණි මාන්දුම් වෙදකමේ විකිත්සෝපක්‍රම පිළිබඳ නියමු අධ්‍යයනයක්

විශේෂඥ වෛද්‍ය සේනාධිර එච්.එම්.*, වෘන්දනී අකුරන්දෙණිය

අංක 526, හින්තාරන්දෙනිය, ගම්පොල.

*sandanikkh@gmail.com

ශ්‍රී ලංකාවේ දේශීය වෛද්‍ය ක්‍රමයේ භාවිතා වන විකිත්සෝපක්‍රම හා විධි බොහෝමයක් මෙරට ආවේණික අනන්‍යතා ගති ලක්ෂණ සහිත ඒවා විය හැකි යන උපකල්පය මත පිහිටා එය තහවුරු කළ හැකි සාධක කීපයක් ගොනු කිරීම මෙහි පරමාර්ථය වේ. භාරතීය ආයුර්වේද කුමාර විකිත්සා විධි වලින් පරිබාහිරව මෙරට දේශීය වෛද්‍යවරුන්ගේ ප්‍රායෝගික අත්දැකීම් සහ බුදුසමයේ ලබා ඇති ආභාෂයන් තුළින් නිෂ්පන්නව ඒවා සමහරක් පැහැදිලි වශයෙන්ම ස්වාධීන ස්වරූපයක් ගන්නා බව ද සිතිය හැක. අනාදිමත් කාලයක සිට විකිත්සා ප්‍රණාලියක් ලෙස වර්ධනය වෙමින් විවිධ පරම්පරා අතර, විවිධත්වයෙන් උපක්‍රම සහ විවික්‍ර වූ භාවිතයන් ලෙස හඳුනා ගත හැකි මේවා පර්යේෂණ අධ්‍යයන අභිලාශීන්ට වැදගත් විය හැකි යැයි ද සිතමු.

පසුබිම

මෙම නියමු අධ්‍යයනය සඳහා සාකච්ඡාවට භාජනය කරනු ලබන්නේ මහනුවර දිස්ත්‍රික්කයේ උඩුනුවර ප්‍රාදේශීය ලේකම් කොට්ඨාශයේ අකුරන්දෙණියේ පාරම්පරික ළමා රෝග වෙද පරපුරේ ග්‍රහණි මාන්දුම් විකිත්සෝපක්‍රම කිහිපයක් පමණි.

ඓතිහාසික තොරතුරු

01. මෙම පරම්පරාව පිළිබඳව ක්‍රි.ව. 1840 දක්වා ඇත ඉතිහාසයක ලිඛිත තොරතුරු ඇත. (උඩුනුවර වංශ කථාව)
02. මෙම පරපුරේ ආදිතමයන්, මහනුවර නායක්කාර රජ වංශයේ රජවරුන්ගේ බෙහෙත් ගේ සේවයට දායක වූ බවට වාචික තොරතුරු ද අසන්නට ලැබිණි.
03. වෛද්‍ය නාම ලේඛනය

නම	?	?	වී	ති	අ	සෙ	ව
වසර	1750	1800	1840	1870	1910	1960	2010-සිට
04. විසිවන සියවසේ ජීවත් වූ වෛද්‍ය 'අ' සහ 'සෙ' කීර්තිමත් ග්‍රහණිමාන්දුම් විකිත්සකයෝ වූහ.

ග්‍රහණි මාන්දුම් විකිත්සා විශේෂතා

01. ළමා කේන්ද්‍ර පරීක්ෂාව
02. කුරුම්ණියන් සිදුරු කරන ලද තල් කොළයක පිටපත්තේ බුද්ධ මන්තරයක් ලියා බෙල්ලේ හෝ අතේ පැළඳවීම
03. විශේෂිත වූ පොදු කෞශ ක්‍රමයන් ආරම්භ කිරීම
04. පරම්පරාවට ආවේණික වූර්ණ සහ ගුලි වර්ග භාවිතය
05. 'ග්‍රහණිමාන්දුම් කෙතලය' සර්වාංගයේ ම ආලේප කිරීම
06. විශේෂිත කැඳ වර්ග ලබා දීම
07. පිල මුල් කෞශයෙන් තැම්බූ පිකුදු බස්නය දීම

(සවිස්තරව මේවා සාකච්ඡා කරනු ඇත.)

ශ්‍රී ලාංකේය දේශීය වෛද්‍ය උරුමයේ ගමන් මග හෙළි කර ගැනීමට මෙම විශේෂතා උචිත හා සලකුණු විය හැකි බව අපගේ බලවත් විශ්වාසයයි.

Keywords: විශේෂ විකිත්සෝපක්‍රම, බාල රෝග සඳහා ප්‍රායෝගික භාවිතය

හුදකලා වූ නසා උපකරණ කීපයක අපූරු තාක්ෂණික විවිත්වය

විශේෂඥ වෛද්‍ය සේනාධිර එච්.එම්.*, වෛද්‍ය නලින් පෙරේරා

අංක 526, හින්තාරන්දෙනිය, ගම්පොල.

*sandanikkh@gmail.com

යිරසේ විවිධ අවයවයන්හි උපදින විකෘතිතාවයන් ප්‍රශ්මනය කිරීමටත් ශරීර ශෝධන විකිත්සෝපක්‍රමයක් ලෙසත්, නාසා රන්ටු මාර්ගයෙන් ඖෂධ ප්‍රයෝග කිරීමට භාවිතා කරනු ලබන විවිධ උපකරණ සහ මෙවලම් ඇත. මහනුවර දිස්ත්‍රික්කයේ 'අරන්තන' වෙද පරපුර සතුව ඇති 'රන් එතනාගේ නස්න කටුවයි' යන වැකිය සඳහන් වූ රිදියෙන් නිම වූ නසා උපකරණයක් දුටු විට ඒ හා සමාන වූ ශල්‍ය ශාලාකෘ වෛද්‍ය මෙවලම් ගණනාවක් හුදකලාව ප්‍රවීන වෙද පරම්පරා සතුව පවතින බව ද දැක ගැනීමට අවස්ථාව ලදිමු.

මේ වන විට පුරාවිද්‍යාත්මක කැණීම් වලින් ලැබී ඇති ශල්‍ය ශාලාකෘ උපකරණ ගැන විද්වත් අදහස් යම් තරමකින් හෝ සාකච්ඡා වී ඇතත් පහත සඳහන් නසා උපකරණ වැනි මෙවලම් ගැන විද්වත් කතිකාවතක් ගොඩනැගී ඇති බවට තොරතුරු අල්ප බැවින් මෙම තොරතුරු ඉදිරිපත් කිරීම මෙහි ප්‍රධාන පරමාර්ථය වී ඇත.

01. තෙල, ඖෂධීය ද්‍රව, වූර්ණ, කල්ක, ආදිය නාසා රන්ටු මාර්ගයෙන් ප්‍රවේශ කරවීමට උචිත අන්දමට මෙම උපකරණ නිම වී ඇති බව පෙනේ.
02. මේවාට නාමකරණයත්, නිමවා ඇති අමුද්‍රව්‍ය, කාලවකවානු සහ දේශීය හෝ විදේශීය නිෂ්පාදනද, මේවායේ මාත්‍රා ප්‍රමාණ ගැනද ගැටළු පැන නැගිණි.
03. මේවා භාවිතා වූ රෝගාබාධ සහ ක්‍රමවේද පිළිබඳ නිශ්චිත තොරතුරු නොලැබිණි.
04. මෙවැනි විසිරී ඇති උපකරණ සංඛ්‍යා පිළිබඳ ලේඛනයක් සහ හිමිකරුවන් හෝ පවතින ස්ථාන පිළිබඳව විධිමත් ලේඛනයක අවශ්‍යතාවයද පෙනේ.
05. පශ්චාත් උපාධි අධ්‍යයන අභිලාශීන් මෙවැනි හුදකලා වූ මෙවලම්, විකිත්සා ප්‍රයෝගයක් සඳහා භාවිතා කරන්නේ නම් එය වෛද්‍ය ක්ෂේත්‍රයට ආලෝකයක්ද විය හැක.

Keywords: නසා උපකරණ, අධ්‍යයනය හා භාවිතය

சித்தவைத்தியத்தின் பெருமையும் சிறுவர் மருத்துவமும்

செல்வரவீரந்திரன்,
களவாஞ்சிக்குடி

சித்தர்களால் உபதேசிக்கப்பட்ட பின் ஓலைச் சுவடிகளில் வரையப்பட்டு வந்த பழமை வாய்ந்த சித்த வைத்திய முறைகள் “மணி, மந்திர, ஓடாதம்” என்ற கொள்கையில் வகுக்கப்பட்டுள்ளது. மணி என்பது இறைவழிபாட்டு முறைகளால் நோயைக் குணப்படுத்துதலையும், மந்திரம் என்பது எட்டு பிரிவுகளையும் இவை ஒவ்வொன்றும் எட்டு கிளைப்பிரிவுகள் வீதம் 64 கிளைப்பிரிவுகளையும் கொண்டுள்ளது. இவற்றினால் நோயை குணப்படுத்தலாம். மணி, மந்திரம் ஆகிய இரண்டுக்கும் கட்டுப்படாத நோய்களை ஓடாதம் என்னும் மருந்துகளை “வேர்ப்பாரு தழைபாரு மிஞ்சினாக்கால் மெல்ல மெல்ல பற்ப செந்தூரம்பாரே” என்னும் கொள்கைக்கு அமைவாகக் கொடுத்து நோயைத் தீர்க்கமுடியும். உடலின் வாதத்தின் செயற்பாடுகளாக உற்சாகம், இருதயச்செயற்பாடு, புலன் செயற்பாடு, உண்பது, பார்ப்பது, கேட்பது, குடிப்பது, மலம், சிறுநீர், மாதவிடாய் போன்றவற்றையும். உடலில் பித்தத்தின் செயற்பாடுகளாக ஜீரண சக்தி, உடற்கூடு, பசி, தாகம், கண்பார்வை என்பவற்றையும், உடலில் கபத்தின் செயற்பாடுகள் மிக நுண்ணியமானவையாகும். உடல் அமைப்பு, உடலின் எண்ணெய்ப்பசை, மூட்டுக்களின் இறக்கம், நோய் எதிர்ப்பு சக்தி போன்றவற்றையும் குறிப்பிடலாம்.

வாத, பித்த கபம் என்பவற்றின் வேறுபாட்டால் உடலில் நோய்கள் உருவாகின்றன. இவை மூன்றும் முறையே ஒன்று, அரை, கால், என்ற பதத்தில் நாடி நடையிருந்தால் அது ஆரோக்கியமான தேகமாகும். இவை வேறுபட்டால் உடல் தோஷமடைகிறது. அவற்றைச் சமப்படுத்த அல்லது குறைக்க மலம், சிறுநீர், வியர்வை உதவியாக இருக்கும். மலம் மூலமாக அதிகமான பித்தத்தையும், வாயுவையும், சற்று கபத்தையும் குறைக்கலாம். சிறுநீரால் கபத்தையும், பித்தத்தையும் குறைக்கலாம். வியர்வையால் பித்தத்தைக் குறைக்கலாம். உடலைச் சீராக்க வாதம் பிராண சக்தியாகவும், பித்தம் தேஜோ சக்தியாகவும், கபம் நோய் எதிர்ப்பு சக்தியாகவும் செயற்படுகின்றது.

சிறுவர்களைக் தாக்கும் நோய்களில் ஒன்று தோல் கிருமி நோயாகும். இதன் நோய் அறிகுறிகளாக தேகமெல்லாம் கடித்தல், சிறு கொப்பளங்கள் ஏற்படல், அவற்றில் சில சிவப்பு நிறத்தில் வரும், சில உடைந்து நீர் கசியும், கரையும், அவியல் (கழுத்து, இடுப்பு போன்ற மடியும் இடங்களில்) போன்றவற்றைக் குறிக்கலாம். இது போன்ற பல வகையான நோய்கள் இக்காலத்தில் சிறுவர்களை அதிகமாக தாக்கி வருகின்றது. இது காலநிலை மாற்றங்களினாலும், அதிக வெப்பம், மழை, மின்னாமல் மழைப் பெய்தல் (மின்னல் கிருமிகளை அழிக்கக்கூடியது) என்பவற்றினால் உருவாகின்றது எனலாம். சுத்தமாக வைத்திருப்பது அவசியமாகும். இதற்காக மாவிதைத் தோரணம் அமைத்தல், வேப்பிலை புகையிடல், தொட்டிலில் இருக்கும் பிள்ளை என்றால் தொட்டில் கால்களில் கீழ்காய் நெல்லியைப் பிடுங்கி கட்டி விடலாம். இவ்வாறான செயற்பாடுகள் பிள்ளைகளை கிருமிகள் சென்றடையாமல் தடைசெய்யும்.

மேற்குறித்த தோல் கிருமி நோய்க்கு எமது பாரம்பரிய வைத்தியமுறையில் முதலில் வாய்விளங்க குளியல் பொடியினைப் பூசி 15 நிமிடம் ஊறவிட்டு பின் வெந்நீரால் குளிக்க விட்டு பின் ஆவரம்பூ, எண்ணெய், கண்டகிரந்தி எண்ணெய், விசுக்கிரந்தி எண்ணெய் என்பவற்றை நோயின் தன்மைக்கு ஏற்ப வழங்கி ஓரிரு தினங்களில் சுகப்படுத்துகின்றோம்.

Keywords: ஓடாதம், காலநிலை மாற்றம், வாய்விளங்க குளியல்

குழந்தையின்மையும், சித்த ஆயர்வேத மற்றும் பாரம்பரிய மருத்துவமும்

முபாரக் எம்.எம்.எம்.
இரக்காமம், அம்பாறை

கெர்ப்புமுலாவாலும், குலையாலும், கலவியிற்பு வொதுங்கிப் போவதாலும், கருக்குளிப்பாசபற்றி விளக்கற்றிருப்பதாலும், மதத்துக் கொழுத்திருப்பதாலும், கருக்குழியிற் சதை வளர்ந்திருப்பதாலும், சோரி (இரத்தம்) கட்டிருப்பதனாலும், பேயாலும், பித்தத்தாலும், வாயுவாலும், மேகவைகுரியாலும், மற்றப்பினிகளாலும், கிரகித்தாலும் பெண்கள் மலடாகிரார்கள். ஸ்திரீ புரகூளாவரும் புணரும்போது கருக்குழியிற் பாச பற்றியிருந்தால் அப்பெண்ணுக்கு தலைநோகும், வாயுநிறைந்திருந்தால் உடல்வலிக்கும், வளர்ந்திருந்தால் நெஞ்சிக்குத்தும்வலிக்கும் சோரி கட்டியிருந்தால் கெண்டைவலிக்கும், கருக்குழியில் மதத்துக் கொழுத்திருந்தால் லேப்பரிடும், கிருமி நிறைந்திருந்தால் முதுகுநோகும்.

பிள்ளையில்லாதவருக்கு மருந்து

1. நல்லெண்ணெய் - 1/2 படி, தேங்காயெண்ணெய் - 1/8 படி, ஆபாதோடைச்சாறு - 1/4 படி

வேப்பிலைச்சாறு - 1 ஆழாக்கு

இவற்றையெல்லாம் ஒரு பாத்திரத்திலிட்டு அடுப்பின் மீதேற்றிப் பக்குவமாக எரித்து, வடித்து இந்த எண்ணெயை 12 நாட்கள் சாப்பிட்டு வர அந்த ஸ்திரீக்குப் பிள்ளை உண்டாகும்.

பத்தியம் :- புளிப்பு, கைப்புப் பதார்த்தங்களை நீக்கிடவும்

2. இந்துப்பு, காசக்கட்டி, பூவரசம்பட்டை

இம்மூன்றையும் எடுத்துத் தண்ணீர் விட்டு நன்றாக அரைத்து முழுக்கிய நாளாந்தினமுதல் காலையும், மாலையும் தொடர்ந்து நான்கு நாள் இம் மருந்தைச் சாப்பிட்டவருக்கு கர்ப்பமுண்டாகும்.

மரமஞ்சள் குரணம்

மரமஞ்சள் - 10 கிராம், சதகுப்பை - 10 கிராம், கருஞ்சீரகம் - 10 கிராம், பனைவெல்லம் - 30 கிராம்

ஆகியவற்றில் பனைவெல்லம் தவிர மற்ற பொருளை வெய்யிலில் நன்றாக காயவைத்து பொடி செய்து பனைவெல்லம் சேர்த்து பிசைந்து கொள்ளவும். இதை மாதவலிக்கான மூன்றாவது நாள் தலைக்குக்குளித்து அன்றையதினம் காலை வெறும்வயிற்றில் 20 கிராம் பொடியை வாயில் போட்டு தண்ணீர் குடிக்கவும் இதே போல் 04 மற்றும் 05வது நாளும் செய்யவும். இதை தொடர்ந்து 03 மாதங்களுக்கு இப்படிச்செய்தால் மலடு நீங்கி கர்ப்பமுண்டாகும்.

Keywords: பெண், மலடு, கர்ப்பம் மரமஞ்சள்

Dr. m. m. m. mubarak

201/mill Road

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