

A literary review on traditional medical systems for cancer in Sri Lanka

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Abstract

Sri Lanka developed its own medical system based on a series of prescriptions handed down from generation to generation over a period of 3000 years. Indigenous medicine of Sri Lanka called "*Deshiya Chikitsa*" was originated before 8000-10000 years ago. There are several ancestries in Sri Lanka which continue their special field of "*Deshiya Chikitsa*" even today. Sri Lanka has its own special science of medical treatments since the ancient times which employs indigenous and rare herbs and substances derived from plants. These medications can be used internally and externally as treatment for a number of illness as well as to prevent from lethal diseases like cancer. Herbs offer great potential to stimulate the healing process and can even destroy cancer cells. The research explores whether some herbs or plants treatment used in traditional medicine could help to prevent or treat cancer and improve the quality of life of all cancer patients. There is very little published information on the herbal remedies used by traditional medical systems. In traditional medical books and an ancient Ola leaf books, there is no direct definition for cancer. In indigenous texts cancer is described in many forms with signs and symptoms; for example, "*Ala palaa gaduwa*", "*Ata palaa gaduwa*", "*Ila palaa gaduwa*"ect. There is no any data base or compilation of traditional medicinal formulas. Therefore, this kind of study is an important need of era. The study is designed to refer the traditional indigenous medical texts to collect data on medicinally valuable remedies and details of cancer. This research intends to carry out a literary review on traditional medical systems for cancer.

Keywords: Ola leaf, *Deshiya Chikitsa*, Cancer

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