

Clinical application of Sri Lankan traditional formulae (*Sītārāma vaṭī* and *Denibādi Kaṣāya*) in the management of *Ūrdhvajatrugata Roga*: a survey based study

Karunarathna HMHL, Peiris RM, Samaratunga U, Dharmapriya AKH

Department of Ayurveda Basic Principles, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala, Sri Lanka

Abstract

The history of Sri Lankan traditional medicine dates back to the period of riṣi *Pulasthi* and king *Rāvaṇa*. It consists of a vast range of indigenous drug formulae in the management of various kinds of diseases. There are a number of authentic texts related to traditional medicine. *Vaṭikā Prakaraṇaya* is one such authentic classic which was written in the 18th century. The formulae used for this study was obtained from *Vaṭikā Prakaraṇaya*. The objective of the study was to identify clinical application of *Sītārāma Vaṭī* and *Denibādi Kaṣāya* in the management of *Ūrdhvajatrugata Roga*. One hundred indigenous medical practitioners were randomly selected for this study. The data were collected through a specially designed questionnaire. In the literature review of the formulae, *Bin kohomba* (*Munronia pinnata*) and *Kudumirissa* (*Toddalia asiatica*) were identified as native plants in Sri Lanka. Another specific feature is that *Lunuwarana* (*Crateva adansonii*) which is mostly used in the urinary tract diseases in Ayurveda, has been used to treat diseases in the *Ūrdhvajatrugata Roga* in traditional medicine. The results revealed that 100% of physicians use this combination for *Śiro Roga*, especially in *Kaphaja* and *Vātaja Śiro Roga*. Apart from that, many physicians (85%) use it for *Pīnas Roga*. 45% of physicians use it for *Karṇa Roga*, especially in *Karṇa Pāka* and *Karṇa Srāva* and 40% of physicians use it for *Nāsā Roga*, especially in *Kaphaja Pratiśyā*. Further, *Akṣi Roga* (30%) and *Mukha Roga* (20%) were also treated by the physicians using this formula. Therefore, it can be concluded that most of the indigenous physicians in Sri Lanka use this traditional formula in the management of a wide range of *Ūrdhvajatrugata Roga*.

Key Words: *Sītārāma Vaṭī*, *Denibādi Kaṣāya*, *Ūrdhvajatrugata Roga*

Corresponding E-mail: hasini869@gmail.com