

A LITERARY ANALYTICAL STUDY ON THE MEDICINAL PLANTS USED IN THE MANAGEMENT OF 'SWITRA'

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'Switra' is a disease pertaining to 'Twak' which turns the normal color of the skin to white. It can be equated to that of 'Vitiligo' in contemporary medicine which is an achromatic macular depigmentation condition resulting from loss of 'melanin' pigment. Though the contemporary medical science tries to treat this condition with different types of re-pigmentation therapies. They fail to offer satisfactory results. Traditional medical systems in this concern through holistic approach, can improve the person's appearance and restore the normal pigmentation of the skin. The research is focusing their interest on finding novel medicine to cure 'Switra' effectively and also efficiently. Ola leaf manuscripts of Sri Lankan Traditional system of medicine are valuable resource for invention of new medicine. The author intend to review the literature information related to medicinal plants used in the treatment and management of 'Switra' with reference to Sri Lankan Traditional medicine. Authentic Traditional classics series named 'Thalpath Piliyam' 1-22 which contain prescriptions written in ancient Ola leaves were selected in this study. There were 21 prescriptions which have been used to treatment and management of 'Switra' were found. The majority of the application methods have shown under external application and also majority of recipes were contained under paste. There were 43 herbal plants were found which have been used to treat 'Switra'.

Keywords: Switra, Twak, Vitiligo, Melanin, Thalpath Piliyam

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