

Poster presentations

Abstract No. 06

A literature review on clinical applications of *Basna* preparationUdahapuvinda B M M S H K, Hewavithana T

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Abstract

Sri Lanka has its own indigenous scheme of traditional medicine which is called *Deshiya chikitsa*. *Basna* is a unique contribution to *Deshiya chikitsa* which has to undergo a specific manufacturing process to acquire a form of effective drug. The main objective of the study was to review the knowledge available in the traditional literature, bring out the technological details, analyze and list out their medical applications. *Deshiya Chikitsa Samgrahaya* has mentioned names of 19 *Basnas*, ingredients, preparation methods and indications. According to that *Basna* is used for *Grahani roga* (Improper digestion), *Pandu* (Anemia), *Kamala* (Jaundice), *Udara roga* (Abdominal disorders), *Arochaka* (Anorexia), *Unmada* (Mental disorders) etc. *Basna* ensures the transformation of the active therapeutic properties of the ingredients to the solvents by using different techniques based on their ingredients and indications. The analysis of the data revealed 15% of *Basna* is used for *Grahani roga* while 80% is used for *Pandu* and *Kamala*. In *Grahani roga*, powder of *Deepana* (Appetizer) *Pachana* (Digestant) *dravyas* mixed with ghee (without heat or fermentation) and less than 5g (guli) are used for 14 days early morning (Low dose & long time period) while in *Pandu roga*, *Deepana pachana dravyas*, fine powder of *Yabora* (ferrous), Juice of citrus fruits, honey and fermentation with buried clay pot near the heat places are recommended. It is used about 30 ml 3 times per day and is continued only 3 days (large dose and short time period). From the review it can be concluded that *Basna* is a very effective, unique process and has broad usages among ancient traditional practitioners.

Keywords: *Deshiya chikitsa, Basna, Pandu***E-mail:** sucharithahemali@gmail.com