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## Review on Sri Lankan traditional medical system on fracture healing

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### Abstract

Sri Lanka has its own indigenous scheme of traditional medicine which is called “*Hela Wedakama*”. This system has been practiced for many centuries and most of treatments used by native practitioners that have been verbally transmitted or sometimes written in Ola-leaf manuscripts. Traditional treatments for fractures were called by different names such as “*Handi Wedakama*” or “*Kedum Bindum Wedakama*” which have a speedy curability with good reputation. *Morawaka* traditional medical system was very popular for traditional orthopedic medicine with effective treatment modalities. Hence, an attempt was made to review on *Morawaka* traditional medical system in Sri Lanka for bone fracture healing. Various types of *paththu* like *Inguru paththuwa*, *Kurundu paththuwa*, *Vasavasi pththuwa*, *Ketakela paththuwa*, *Tiktabin paththuwa* and *Kalukudu paththuwa* have been commonly used for effective healing of fractures. Specific *mallum*, *thavili* and oils were used as other external applications for fracture healing in addition to internal medicines of decoctions with specific *pathyapathya*. Ayurveda properties were analyzed in the raw materials used for fracture healing in this traditional medical system. *Vrana shodana*, *vrana ropana*, *wedanasthapana*, *shothahara*, *bagna sandana*, *sthambana* and *raktha wardaka* effects were more prominent modes of action in the raw materials with main pharmacodynamic action of *vata-kapa* pacifying that promotes the fracture healing process. The treatment modalities for bone fractures used by this traditional medical system were very effective with high quality. Further studies are needed to be undertaken to strengthen the knowledge based on traditional medicines with its effective promotion in the health care system.

**Keywords:** *Kedum Bindum*, Bone fracture, *Morawaka* Tradition

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