

Literature survey on the effect of “*Gopalu Guliya*”

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Abstract

Traditional medical system uses mainly plants and herbal preparations in the treatment of diseases. According to the traditional medicine *Guli*, *Kalka*, *Kashaya*, *Thaila*, *Basna* are used in treatment protocol of diseases. Among them *Gopalu guliya* is mainly used among Ayurveda and traditional medical practitioners in Southern Province for various diseases. This study was based on a survey where twenty (20) Ayurveda physicians in the Southern province were selected according to the usage of *Gopalu guliya*. A detailed research proforma was prepared incorporating all the points from Ayurveda and *Deshiya Cikitsa* to study their clinical experience. According to results different formulas of *Gopalu Guliya* was found. It was difficult to find the pharmacological action of *Gopalu guliya*, because there was no evidence of the pharmacological properties of *Konthalan*. *Gopalu guliya* is mainly used in Galle district in Southern province. It can be used in all the diseases with various *Anupanas*. It is used with various *Anupanas* for the same diseases. The dosages are different with the disease condition and the age group. All the physicians mentioned that *Gopalu Guliya* can be used for any disease. *Gopalu Guliya* is an effective medicine that can be used in all the diseases with various *anupanas*.

Keywords: *Gopalu Guliya*, *Konthalan*, *Deshiya Cikitsa*

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