

A study on possible Nano-particles found in Sri Lankan Indigenous Medical Texts

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Abstract

Sri Lankan Indigenous Medical System known as *Deshiya Chikitsa* has a history dating back to almost 3000 years. Today, Sri Lankan Indigenous medical system has become Sri Lankan Ayurvedic medical system because it is a mixture of Ayurveda, *Deshiya Chikitsa*, Unani, and Siddha medicine. Nanotechnology based on Nanoscience is a highly used technology at present due to the wide range of application in the fields of medicine, computers, automobiles, communication, etc. The material used in Nanotechnology is called Nano-particles which have very small dimension in the range of 1 – 100 nm. Although the concept of Nanotechnology is relatively new, nano-particles have been used centuries earlier. The present study was performed to find out the possible nano-particles used in Sri Lankan Indigenous Medical system by obtaining data from the most extensively used 3 texts in Sri Lankan Indigenous Medicine *Vatika Prakaranaya*, *Thalapathe Piliyam* volume 1–21, and *Deshiya Chikitsa Samgrahaya*. Researchers have already found that *Bhasma* used in Ayurvedic medical system are at nano-particle level. All types of *Bhasmas* used in Ayurvedic and Sri Lankan Indigenous medical system are checked for their quality known as *Bhasma pariksha*. During *Bhasma pariksha* they check for the particle size using ancient techniques. Researchers have also identified *Viyandumbulu* used in Sri Lankan Indigenous medicine is also at nano-particle level. From this study it was revealed that there are over 15 *Bhasmas* used in internal as well as external preparations and *Viyandumbulu* is also extensively used externally for inflammation, orthopedics (*kedum bindum*) and internally as a *Raktashodhaka* and for *Antragata roga*. This is a literary study to find out the use of nano-particles in Sri Lankan indigenous medicine. For further studies the above mentioned different types of *Bhasmas* should be analyzed microscopically through SEM and TEM techniques and confirmed whether all the *Bhasmas* are at nano-particle level.

Keywords: Nano-particles, *Bhashama*, Indigenous

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