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## Ethnopharmacy of Nawapatala Varthi

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### Abstract

Indigenous medicine defines as an inheritance of country, or a group of people. This can be different from country to country or nation to nation. With the arrival of Ayurveda medical system from India, the indigenous medical system was mixed with it and now a days, the combination of these two types of medical treatments can be seen when practicing. The indigenous medicine always has been based on culture, environment and climate etc. The significant features in indigenous medicine can be mentioned as below, less theoretical parts and more practicable parts. The medicines prepared by indigenous plants bringing of knowledge of medication from generation to generation. Special words can be seen and using of Guli, *Kalka* and *Basna* for treatments. The drug preparation methods were in certain indigenous text books. Preparation of drugs, clinical diagnosis, surgical instruments and operations, ear nose and throat diseases, eye diseases, tuberculosis, insanity, epilepsy and obstetrics and a number of other subjects of medical importance have been mentioned in that text books. Some of them are *Chandramihirava*, *Prayoga Rathnavali*, *Bhesajja Manjusa*, *Yogaratnakara* & *Varayogasaraya*. *Vatikaprakarana* is also a medical book that use even today. It is also known as the hand book of *Desheeya Chikithsa*. From historical point of view it is evident that drugs of *Desheeya Chikithsa* and procedure based therapies are exceedingly used in alleviating wide range of ocular conditions. *Nawapatala Varthi* is most important *lepa* type (external application) and it is mostly used in *Desheeya Chikithsa* for various types of eye diseases in various *vattoru* (Recipes). In this study is an attempt has been made to present the data (primary data as well secondary data) of various *vattoru* of *Nawapatala Varthi*.

**Keywords:** Ocular diseases, *Desheeya Chikithsa*, *Nawapatala Varthi*, traditional physicians, *Chandramihirava*

### 1. Introduction

Traditional medicine (also known as indigenous or folk medicine) comprises medical aspects of traditional knowledge that developed over generations within various societies before the era of modern medicine. The World Health Organization (WHO) defines traditional medicine as "the sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures. From historical point of view in traditional medicine in Sri Lanka it is evident that ayurvedic drugs & procedure based therapies are exceedingly used in alleviating wide range of ocular conditions. Sri Lanka had a great history of medical treatments for thousands of years. Many examples have been mentioned in chronicles such as Maha Vansha to prove that statement. The famous king Buddhadasa was also not only a great ruler but also a doctor. The surgery which was done by king Buddhadasa to a snake with a lump is also a well-known story by Sri Lankans. According to Maha Vansha this king has done a brain surgery also. Therefore it can be mentioned that the knowledge of medical treatments was in an unbelievable condition on that time. There in periods of Anuradhapura and Polonnaruwa have many evidence of health care. Mihinthale in Anuradhapura and Alahana Pirivena in Polonnaruwa have been a complex of hospitals in ancient era. *Behet Oruva* was the main equipment which was being used for the treatments on that time. Some chronicles have mentioned about hospital management also. When considering above factors, it can be mentioned that the health services of that period also have been in a great position. On that period, the medical practitioners were used indigenous medicine. Four systems of traditional medicine have been adopted in Sri Lanka: Ayurveda, Siddha, Unani and *Deshiya Chikitsa*. The Ayurveda and *Deshiya Chikitsa* systems use mainly plant and herbal preparations were mentioned in certain indigenous text book for the treatment

of diseases. Now we were considered one of the traditional medicines of *Nawapatala Varthi*. *Nawapatala Varthi* is a well-known Sri Lankan traditional medicine and it is used to cure most ocular diseases mentioned in *Chandramihirava - Deshiya ola leaves* [1].

## 2. Objectives

### 2.1 General Objective

To collect *vattoru* (recipes) of medicinal preparation of *Nawapatala Varthi*.

### 2.2 Specific Objectives

To comparatively study of recipes of medicinal preparation *Nawapatala Varthi*.

## 3. Methodology

In this study was discussed about various recipes of *Nawapatala Varthi* and was obtained details from traditional physicians and Ayurveda hospitals where currently prepare and treat the ocular diseases using medicinal preparation of *Nawapatala Varthi*.

## 3.1 Primary Data

*Chandramihirava* (Text book)

## 3.2 Secondary Data

Questionnaire was given to traditional physicians and Ayurveda hospitals where is currently preparing and treating ocular diseases using medicinal preparation of *Nawapatala Varthi*.

Data were collected from traditional physicians and Ayurveda hospitals regarding various recipes of medicinal preparation of *Nawapatala Varthi*.

1. Mrs. A. M. A. Ashoka Priyanthi Alagiyawanna (*Wataddara Veda Paramparawa* - No. 05, Wedagama, Meethirigala)
2. Dr. K. Priyani Peiris (Wickramarachchi Ayurveda Institute - Yakkala)
3. National Ayurveda Teaching Hospital - Borella
4. Mrs. Padma Vidanapathirana (*Kadurupokuna Veda Paramparawa*)
5. *Larampaha, Puwakkandawa, Beliatta*

## 4. Results and Discussion

**Table 1:** Categorization according to raw materials are mentioned in recipes of *Nawapatala Varthi*

No	Raw materials of <i>Nawapatala Varthi</i>	Recipes of Medicinal Preparation of <i>Nawapatala Varthi</i>					
		01	02	03	04	05	06
01	<i>Kaluduru (Nigella sativa)</i>	+	+	+	+	+	+
02	<i>Suduru (Cuminum cyminum)</i>	+	+	+	+	+	+
03	<i>Thippili (Piper longum)</i>	+	+	-	+	+	+
04	<i>Vasaavasi (Myristica fragrans)</i>	+	+	+	+	+	+
05	<i>Karambu nati (Eugenia caryophyllus)</i>	+	+	+	+	+	+
06	<i>Sadikka (Myristica fragrans)</i>	+	+	+	+	+	+
07	<i>Galmada (Rock Alum)</i>	+	+	+	+	+	-
08	<i>Galnahara (Asbestos)</i>	+	+	+	+	+	-
09	<i>Ridithuththam (Zinc Carbonate)</i>	+	+	+	+	+	-
10	<i>Seenakkaram (Alum)</i>	+	+	+	+	+	-
11	<i>Valmi (Glycyrrhiza glabra)</i>	+	+	+	+	+	-
12	<i>Sahinda lunu (Rock Salt)</i>	+	+	+	+	+	-
13	<i>Akrapatta (Anacyclus pyrenthrum)</i>	+	+	+	+	+	-
14	<i>Katukarosana (Picrorrhiza kurrooa)</i>	+	+	+	+	+	+
15	<i>Sudu Katarolu eta (Clitoria ternatea)</i>	+	+	+	+	+	-
16	<i>Ela Olinda eta (Abrus precatorius)</i>	+	-	+	-	+	-
17	<i>Karanda eta (Pongamia pinnata)</i>	+	-	+	-	+	-
18	<i>Aralu (Terminalia chebula)</i>	-	-	+	-	-	+
19	<i>Bulu (Terminalia bellirica)</i>	-	-	+	-	-	+
20	<i>Nelli (Phyllanthus emblica)</i>	-	-	+	-	-	+
21	<i>Anjana (Collyrium)</i>	-	-	-	-	-	+
22	<i>Venivel (Cosciniun fenestratum)</i>	-	-	-	-	-	+
23	<i>Lunuwarana (Crateva adansonii)</i>	-	-	-	-	-	+
24	<i>Dummella (Trichosanthes cucumerina)</i>	-	-	-	-	-	+
25	<i>Bulath (Piper betle)</i>	-	-	-	-	-	+
26	<i>Rath handun (Pterocarpus santalinus)</i>	-	-	-	-	-	+
27	<i>Bin Kohomba (Munronia pinnata)</i>	-	-	-	-	-	+
28	<i>Pathpadagam (Oldenlandia corymbosa)</i>	-	-	-	-	-	+
29	<i>Suwada Kottam (Saussurea lappa)</i>	-	-	-	-	-	+
30	<i>Enasal (Eleteria cardamomum)</i>	-	-	-	-	-	+
31	<i>Ingini eta (Strychnos potatorum)</i>	-	-	-	-	-	+
32	<i>Viyali Inguru (Zingiber officinale)</i>	-	-	-	-	-	+
33	<i>Gammiris (Piper nigrum)</i>	-	-	-	-	-	+
34	<i>Masakka (Quercus infectoria)</i>	-	-	-	-	-	+
35	<i>Savendara mul (Vetiveria zizanioides)</i>	-	-	-	-	-	+
36	<i>Iramusu mul (Hemidesmus indicus)</i>	-	-	-	-	-	+
37	<i>Dewadara (Cedrus deodara)</i>	-	-	-	-	-	+
38	<i>Sudu handun (Santalum album)</i>	-	-	-	-	-	+
39	<i>Binthal ala (Curculigo orchiooides)</i>	-	-	-	-	-	+
40	<i>Hathawariya (Asparagus racemosus)</i>	-	-	-	-	-	+
41	<i>Kiribadu ala (Ipomoea mauritiana)</i>	-	-	-	-	-	+

42	<i>Beli mul (Aegle marmelos)</i>	-	-	-	-	-	+
43	<i>Beli mal (Aegle marmelos)</i>	-	-	-	-	-	+
44	<i>Jatamansa (Nardostachys jatamansi)</i>	-	-	-	-	-	+
45	<i>Kalanduru (Cyperus rotundus)</i>	-	-	-	-	-	+

1. Chandramihirava – Primary Data
2. National Ayurveda Teaching Hospital - Borella
3. Mrs. A. M. A. Ashoka Priyanthi Alagiyawanna  
(*Wataddara Veda Paramparawa*)
4. Mrs. Padma Vidanapathirana  
(*Kadurupokuna Veda Paramparawa*)
5. *Larampaha, Puwakdandawa, Beliatta*
6. Dr. K. Priyani Peiris (Wickramarachchi Ayurveda Institute - Yakkala)

Secondary  
Data

**Table 2:** Categorization according to grinding substances are mentioned in recipes of *Nawapatala Varthi*

No	Grinding Substances for Medicinal Preparation of <i>Nawapatala Varthi</i>	Recipes of Medicinal Preparation of <i>Nawapatala Varthi</i>					
		1	2	3	4	5	6
01	<i>Dehi yusha (Citrus limon)</i>	+	+	+	-	+	+
02	<i>Nika kola yusha (Vitex nigundo)</i>	+	+	+	-	+	-
03	<i>Kikiridiya kola yusha (Eclipta alba)</i>	+	+	+	-	+	+
04	<i>Thana kiri (Breast milk)</i>	+	+	+	-	+	+
05	<i>Inguru yusha (Zingiber officinale)</i>	+	+	+	-	+	+
06	<i>Mee pani (Bee honey)</i>	+	+	+	+	+	+
07	<i>Kohomba kola yusha (Azadirachta indica)</i>	-	-	-	+	+	-

1. Chandramihirava – Primary Data
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5. *Larampaha, Puwakdandawa, Beliatta*
6. Dr. K. Priyani Peiris (Wickramarachchi Ayurveda Institute - Yakkala)

Secondary  
Data

#### Common ingredients of recipes (Recipes 1 to 6) of *Nawapatala Varthi*

Those are:

1. *Kaluduru (Nigella sativa)*
2. *Suduru (Cuminum cyminum)*
3. *Thippili (Piper longum)*
4. *Vasaavasi (Myristica fragrans)*
5. *Karambu nati (Eugenia caryophyllus)*
6. *Sadikka (Myristica fragrans)*
7. *Katukarosana (Picrorrhiza kurrooa)*

#### Common ingredients of recipes (Recipes 1 to 5) of *Nawapatala Varthi*

Those are:

1. *Kaluduru (Nigella sativa)*
2. *Suduru (Cuminum cyminum)*
3. *Vasaavasi (Myristica fragrans)*
4. *Karambu nati (Eugenia caryophyllus)*
5. *Sadikka (Myristica fragrans)*
6. *Galmada (Rock Alum)*
7. *Galnahara (Asbestos)*
8. *Ridithuththan (Zinc Carbonate)*
9. *Seenakkaram (Alum)*
10. *Valmi (Glycyrrhiza glabra)*
11. *Sahunda lunu (Rock Salt)*
12. *Katukarosana (Picrorrhiza kurrooa)*

#### Common grinding ingredient of recipes (Recipes 1 to 6) of *Nawapatala Varthi*

1. *Mee pani (Bee honey)*

#### 5. Conclusion

As per this study the data reveals mostly traditional

physicians are using similar recipe which are mentioned in *Chandramihirava* text book for medicinal preparation of *Nawapatala Varti* to treat ocular diseases.

#### 6. Suggestion

To find out most effective formula of *Nawapatala Varthi* by using clinical trial.

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