

TRADITIONAL VETERINARY MEDICINE IN SRI LANKA



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TRADITIONAL VETERINARY MEDICINE
IN
SRI LANKA

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FOREWORD

This is one of the new FAO/APHCA publication series on Traditional Veterinary Medicine in Asian countries. The earlier series on the same subject was brought out between 1984 and 1986 and covered such countries as India, Nepal, Pakistan and Thailand.

Animal health is a major concern for the small farmers of most Asian countries. In general, animal health and nutritional status are rather very poor in these countries. A large population of unproductive animals along with lack of pasture grazing land have compounded the problems facing the basic animal health care delivery system.

Ever since the human life started on this earth, disease and death co-existed with him and with his animals. Therefore, efforts have been made to get relief out of it using herbs in various forms as a medicine from the very beginning of the human civilization. From the time immemorial, the traditional system of medicine has been practiced in the Region. Most of the traditional practitioners are not trained and the practices which came down from generation to generation had, in fact, become a culture in socio-economic life of the people in countries of this Region.

Traditional veterinary medicines are the Least expensive, can be locally prepared and traditionally rooted in the livestyle of the people. It should be decided to support them so that some positive steps be taken up into an integrated approach with other modern veterinary services.

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I. INTRODUCTION

The development of indigenous (ayurvedic) system of medical treatment in Sri Lanka has its roots from India. The impact of Ayurveda is so much that there is a separate Ministry of Indigenous Medicine and special attention is paid to fostering this ancient system of traditional medicine. The traditional practitioners are more widely dispersed especially in rural areas and draw on a significant measure of public confidence.

History records that Sushena was the chief physician in the time of King Ravana in Sri Lanka. He has a team of Ayurvedic physicians who also treated animals. When Mahinda the son of Emperor Asoka of India came to Sri Lanka and settled at Mihintale near the capital city of Anuradhapura, he brought some Ayurvedic scholars with him. With the advent of Buddhism, Ayurveda flourished for humans and animals. The Siddha system came with the Hindu Tamils from India and the Unani system with the Muslims. All these systems used medicinal plants for treatment. The Ayurvedic system got more organised in the country and this helped, in use of medicinal plants for treatment of animals.

There is historical evidence that King Dutugemunu during the famous battle of Vijithapura in the 3rd Century B.C. had veterinary doctors at that time to treat his injured elephant "Kadol Atha". Since then facilities for the treatment of horses, elephants and other animals formed an integral part of the vast Ayurvedic health system. This reached its peak during the reign of the Physician King Buddadasa (337 to 365 A.D.).

The earliest treatises containing valuable information on treatment of animal disorders by Ayurvedic system are as follows:-

1. Gava veda potha, Supposed to have been composed in 1599 AD.
2. Gava-rathnaya. This describes the diagnosis and treatment of diseases of cattle and buffaloes.
3. Gava siddhi suva chikithsara. This deals with clinical animal practice.
4. Go rathnaya. This deals with treatment of cattle.

There is also a very interesting treatise on ayurvedic treatment of animals written in Sinhalese on Ola leaves and this is available at the Ayurvedic Research Institute, Navinna, Maharagama. This document has animal drawings and pinpoints the particular anatomical sites for treatment.

With the arrival of foreign powers from the West, the practice of Ayurveda began to decline but it remained in certain rural areas where the art was jealously guarded and handed down from generation to generation.

II. THE FOLKLORE CLAIMS

The traditional system of treatment of animals especially cattle, buffaloes and elephants is widespread throughout the island. The knowledge acquired by the practitioner is kept in strict confidence. However the practitioner may teach the art to his son and likewise it passes down the line. With the establishment of Ayurvedic Medical Colleges in the country, the teaching and training of persons for Ayurvedic treatment of humans has been formalised and high standards are maintained. However there is no formal training for veterinary Ayurvedic practitioners

The Ayurvedic veterinary practitioners claim that there are 4,448 animal disease conditions and they are treated by certain herbal preparations. These practitioners prefer giving decoctions, juices and powders but some also give boluses or pills. Some practitioners claim to have established cures by insufflation of powders and medicated oils.

The Ministry of Indigenous Medicine maintains a list of Ayurvedic veterinary practitioners and there about 2,000 such traditional veterinary practitioners. They are engaged in agricultural or other occupations and treatment of animals is a sideline activity. Most of the villagers consult such practitioners and get their animals treated with herbal remedies and only if the results are not successful do they approach the Veterinary Surgeon.

A survey of folklore claims was conducted by sending a questionnaire to the Ayurvedic veterinary practitioners in ten districts of the country. The names were obtained from the register maintained by the Ministry of Indigenous Medicine. The questionnaire was designed to know about the type of animal disease they treat, the prescriptions of herbal preparations, dosage, etc. used by them. The response was fairly good, although all did not reply. The answers were categorised into two groups. 38.85% of the replies provided useful basic information while 63.15% of the answer were circumlocutions and avoided contributing any useful information. The districtwise summary of the information provided is given below:

District	No. of Replies received	Information not provided	Useful Fair	Good V.Good	information given	Total
Galle	05	03	02	-	-	02
Gampaha	29	18	11	-	-	11
Hambantota	26	24	02	-	-	02
Kalutara	15	08	05	02	-	07
Kandy	84	59'	19	04	02	25
Kegalle	107	68	35	04	-	39
Kurunegala	97	49	34	08	06	48
Matale	20	12	07	-	01	08
Polonnaruwa	24	16	08	-	-	08
Ratnapura	11	07	03	01	-	04
Total	418	264	126	19	09	154

III. CONCLUSION AND RECOMMENDATIONS

The World Health Organisation in its publication "Health for all by the year 2000" has recognised the role that traditional indigenous medicine has to play in primary health care in humans. This is because 85% of people in the developing countries still rely on traditional medicine as the first defence in health care.

The use of indigenous medicinal plants for treatment of, animals has been practised for centuries throughout the Asian countries by untrained practitioners with varying degrees of success. The majority of small farmers in Asian countries rely on traditional herbal remedies when their animals get sick as these preparations are cheap and easily available. Furthermore, these products possibly do not have any dangerous side effects or harmful residues in milk or meat and they also do not contaminate the environment. Therefore, it will be concluded as follows:

- i) It would therefore-be appropriate now for FAO to take an active catalytic interest in this subject as there is now a growing interest among un-prejudiced veterinary scientists for studies into these herbal preparations because of their advantages.

- ii) A systematic co-ordinated program of research and development studies in Asian countries must be conducted to evaluate the effectiveness of the commonly required herbal preparations, under the auspices of the F.A.O.
- iii) As a preliminary step there should be an inventory of all those scientists (chemists, pharmacologists, veterinarians, botanists, bio-chemists) and the research centres in the Asian region who are currently engaged in or interested in the field of traditional herbal veterinary medicine.
- iv) A Bibliography of all known publications on herbal preparations for animal treatment in each country should be prepared.
- v) A Workshop to collect and disseminate the state of the art in each country, to identify specific areas which need attention and to assign specific centres to work on these aspects, should be held. This would enable the interested scientists to be aware of the existing state of knowledge in the participating countries and prevent a duplication of efforts.
- vi) The methodologies of plant extraction and preservation should be standardised and then clinical trials should be conducted in the participating countries with the standardised preparations to determine their efficacy and the results compared.
- vii) A formal post-graduate course in herbal veterinary medicine should be held at regular intervals at a suitable University in India to impart a knowledge on this subject to interested Veterinarians.
- viii) At an appropriate date in the future, a training in herbal veterinary medicine should be incorporated into the undergraduate curriculum in veterinary Schools in Asia.

ANNEXES

HERBAL PRESCRIPTIONS USED IN SRI LANKA

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From the information provided in the replies received to the questionnaire, it was possible to categorise the prescriptions for the commonly encountered disease conditions in animals. The type of medicinal plants used varied from district to district though some plants were commonly used in all districts.

The disease conditions are classified into the following groupings and the detailed prescriptions are given for them.

ANNEX 1. GASTRO-INTESTINAL DISORDERS

- a) Bloat, flatulence, abdominal distress
- b) Diarrhoea
- c) Indigestion
- d) Constipation
- e) Colic
- f) Helminthiasis
- g) Impaction
- h) Inappetance

ANNEX 2. RESPIRATORY CONDITIONS

- a) Cough
- b) Throat conditions
- c) Nasal discharges
- d) Expectoration

ANNEX 3. REPRODUCTIVE DISORDERS

- a) Infertility
- b) Dystocia
- c) Retained placenta
- d) Prolapse of uterus
- e) Agalactia

ANNEX 4. URINARY DISEASES

- a) Retention of urine
- b) Haematuria

ANNEX 5. EXTERNAL DISEASE CONDITIONS

- a) Wounds
- b) Skin eruptions
- c) Eye disease
- d) Ear disease
- e) Hoof disease
- f) Sprains
- g) Fractures
- h) Broken horns

The following abbreviations are used in relation to the parts of the medicinal plant used in the prescription.

FL - flower;	FR - fruit;	LF - leaf;	PL - whole plant
RH - rhizome;	RT - root;	SB - stem-bark;	SD - seed;
ST - stem;	TU - tuber;	JU - juice.	

QASTRO-INTESTINAL. DISORDERS
(BLOAT, FLATULENCE, ABDOMINAL DISTRESS)

No.	District	Medicinal Plants	Part of Medicinal Plant	Prescription		
1.	Gampaha	Zingiber officinale		RH	Take equal parts grind in lime juice and use.	
		Allium sativum		BL		
		Desmodium trifolium		WP		
		Piper nigrum		SD		
		Brassica nigra		SD		
2.	Kandy	Salt				
		Cocos nucifera (dried)		FR		
		Datura alba		LF		
		Solanum sp.		BL		
		Brassica nigra		SD		
		Piper nigrum		SD		
3.	Kegalle	Caryota urene		RT	Take equal parts.	
		Cinamomum zeylanicum		LF		
		Terminalia chebula		FR		
		Embelia ribes		SD		
		Desmodium trifolium		WP		
		Aristolochia indica		LF, RT		
		Canarium zeylanicum		FR		
		Ipomea mauritiana		RT		Take equal parts.
		Cocos nucifera		FL		
		Amaranthes paniculata		RT		
		Tinospora sp.		RT		
		Allium sativum		BL		
4.	Kegalle	Alteranthera sessilis		LF	Take equal parts.	
		Vitex nigundo		LF		
		Vernonia zeylanica		LF		
		Citrus aurantium		LF		
		Ocimum basilicum		FL, LF		
5.	Kegalle	Murraya exotica		LF	Take equal parts.	
		Plectranthes ambionious		LF		
		Zingiber officinale		.RH		
		Desmodium trifolium		WP		
6.	Kegalle	Canabis sativa		LF	Take equal parts.	
		Cyperus rotundus		RH		
		Lagenandra lancifolia		RH		
		Myristica fragrans		SD		
		Piper longum		FR		
		Evocia lunuankenda		SB, JU		
7.		Ipomea asarifolia		LF		
		Mesua farea		LF		

		Glrodendron infortunatum	SD	
		Strychnos potatorum	SD	
		Adhatoda vasica	LF	
8	Kegalle	Terminalia chebula	FR	
		Zingiber officinale	LF	
		Piper chavya	LF	
		Myristica fragrans	SD	
		Terminalia belerica	FR	
		Glycyrrhiza glabra		Take equal parts.
		Phyllanthus embelica	FR	
9.	"	Desmodium trifolium	WP	
		Hydrocotyle op.	SB	
		Acorus calamus	RH	Take equal parts and give with gingelly oil.
		Oroxylum indicum	RT	
		Zingiber officinale	RH	
		Allium sativum	BL	
		Piper nigrum	SD	
10.	"	Citrus surantifolia	LF	
		Atlantia zeylanica	LF	
		Citrus aurantium	LF	
		Citrus ap.	LF	
		Allium sativum	BL	
		Zingiber officinale	RH	
		Myristica fragrans	FR	Take equal parts and drench.
		Bassia longifolia	Oil	
		Azadirachta indica	Oil	
		Coconut oil	Oil	
		Sesamum indicum	Oil	
		Ricinus communis	Oil	
11.	"	Zingiber officinale	RH	
		Piper nigrum	SD	Take equal parts, grind in Betal leaf juice and drench.
		Piper longum	FR	
		Embelia ribes	SD	
		Terminalia chebula	FR	
		Cinnamomum zeylanicum	LF	
12.	"	Trigonella fenum greacum	SD	
		Nigella sativa	SD	
		Cuminum cyminum	SD	Take equal parts.
		Allium sativum	BL	
		Glycyrrhiza glabra	RT	
13.	"	Zingiber officinale	RH	
		Allium sativum	BL	
		Brassica nigra	SD	
		Nigella sativa	SD	
		Caryota urens		
		Embelia ribes	SD	
		Terminalia chebula	FR	
		Zinamomum zeylanicum	LF	
		Cocos nucifera	FR	
		Desmodium trifolium		
		Canarium zeylanicum	FL	Take equal parts and
		Ipomea mauritiana	RT	

		Withania somifera	RT	prepare decoction.
		Aristolochia indica	RT	
14.	Kegalle	Piper nigrum a	SD	Take equal parts. Powder, mix in Margosa LF juice and castor oil and drench.
		Acorus calamus	RH	
		Allium sativum	BL	
		Brassica nigrum	SD	
		Zingiber officinale	RH	
		Acorus calamus	RH	
		Canabis sativa	LF	
		Azadirachta indica	LF	
15.	"	Citrus aurantifolia	LF	Take equal parts. Nebulize.
		Citrus aurantium	LF	
		Citrus ap.	LF	
		Atlantia zeylanica	LF	
16.	"	Canabis sativa	LF	Take equal parts grind, make pills and give in Margosa oil.
		Papaver somniferum		
		Allium ascalonium	BL	
		Azadirachta indica	Oil	
17.		Crateava nurvala	SB	Steam boil, extract juice and evaporate to honey thickness apply topically under throat.
		Azadirachta indica	SB	
		Cocos nucifera	FR	
		Allium sativum	BL	
		Citrus aurantium		
		Piper nigrum	SD	
18.	"	Piper nigrum	SD	Take equal parts. Make decoction and drench.
		Cuminum cyminum	SD	
		Nigella sativa	SD	
		Allium sativum	BL	
19.	"	Abutilon indicum	LF	
		Curcuma longa	RT	
		Capsicum annum	RT	
		Oryza sativa	SD	
		Solanum surattense		
		Zingiber officinale	RH	
20.	"	Brassica nigra	SD	Take equal parts. Extract juice, boil, drench.
		Garcinia morella	FR	
		Salt		
21.	"	Caryota urens		Take equal parts. Grind, dissolve in water and drench.
		Embelia ribes	SD	
		Terminalia chebula	FR	
		Cinamomum zeylanicum	LF	
22.		Trigonella foenum greaoum	SD	Take equal parts Grind in ginger juice and drench.
		Acacia catechu	SB	
		Alteranthera sessilis	LF	
23.	"	Stereospermum suaveolens		

		Opheorhiza mangos		
		Asperagus racemosus	RT	
		Amaranthes op.	RT	
		Amaranthes virdis	RT	Take equal parts
		Areca catechu	FL	in decoction.
		Manikara hexandra	SB	
24.	"	Amaranthes virdis	RT	
		Tinospera cordifolia	RT	Take equal parts.
		Allium sativum	BL	
25.	"	Caryota urens	RT	
		Embelia ribes	SD	Take equal parts
		Terminalia chebula	FR	grind and give
		Cinamomum zeylanicum	LF	in warm water.
26.	"	Canabis sativa		Take equal parts
		Cyperus rotundus	RT	grind in Evodia
		Clerodendron infortunaum		lunukenda juice
		Legenandara Lancifolia	SD	and boil and
		Piper longum		drench.
		Myristica fragrans	SD	
27.	"	Lenynas galanga		Take equal parts
		Alteranthera sessilis	LF	grind, extract
		Citrus aurantium	FR	juice & put into
				ear.
28.	"	Mimosa pudica	SD	
		Withania somnifera	RT	
		Vitis vinifura	FR	
		Cocos nucifera	FR	
		Citrus aurantium	FR	
29.	"	Tinospora cordifolia	RT	Take equal parts
		Orysa sativa	SD	grind and give in
		Zingiber officinale	RH	Bombax malaba
		Gossypium herbaceum	LF	rioum (LF) juice.
30.		Murraya koenegii	LF	Take equal parts
		Arsenic prepn.		grind in Desmo
		Cuminum cynium	SD	dium triflorum
		Spillanthes paniculata		(WP) and Verno
		Santalinum album	WD	nia cinera (WP)
		Croton triglium	SD	juice.
		Desmodium triflorum	WP	
		Vernonia cinera	WP	
31.	"	Bassia longifolia		Take equal parts
		Ricinus comunis		grind in water
		Cinamomum camphora	RS	apply topically
		Brassica nigra	SD	to ear.
32.	"	Allium sativufm	BL	Take equal parts,
		Sesamum indicum	SD	give with Margosa
		Oryza sativa	SD	oil.

		Zingiber officinale	RT	
33.	"	Murraya koengii Bauhinia racemosa Arsenic prep. Nigella sativa Spilanthes paniculata Citrus aurantifolia	LF SD	Take equal parts.
34.	"	Amaranthus viridis Tinospora cordifolia Allium sativum Seccharum officinale	RT RT BL	Take equal parts, prepare decoction and give with sugar cane syrup.
35.	Kurunegala	Curcuma longa Zingiber officinale Acorus calamus Atlantia ceylanica Allium ascalonicum Corriandar sativum Sessamum indicum	LF LF LF LF, SB, RT BL SD	
36.	"	Coleus ambionicus Paramignya heterophyllum Calatropis gigantea Croton lacciferus	LF LF LF LF	Take equal parts and mix.
37.		Calatropis gigantea Vitex nigundo Stereospermum suaveolens Atlantia zeylanica Atlantia missionis Gmelina arborea Anisomeles indica	LF	Take equal parts and mix.
38.		Pongamia glabra Cocos nucifera Bassia longifolia Azadirachta indica Ricinus communis Sesamum indicum	SB FR Oil Oil Oil Oil	Take equal parts
39.		Acorus calamus Brassica nigra Piper nigrum Salt (3 yrs. old) Garcinia morella Salted lime (3 yrs. old) Solanum surattense Zingiber officinale Oryza sativa Annona sp.	WF SD SD FR RH SD LF	Take equal parts and mix.
40.		Terminalia chobula Zingiber officinale Piper chavya Myristica fragrans	FR RH LF SD	

		Terminalia bellerica	FR	
		Glycyrrhiza glabra	RT	
41.	"	Phyllanthus emblica Basella alba Lantana camara	FR	Give in Basella alba juice.
42.	"	Celtis cinnamomus Aristolochia indica Civet hair	LF LF	
43.	"	Leucas zeylanica Acalypha indica Allium sativum	LF WP BL	
44.	"	Alternanthera sessilis Vitex nigundo Croton lacciferus Vernonia zeylanica Citrus aurantium Ocimum bacilioum Desmodium triflorum Sesbania grandiflora	LF LF RT LF LF FL LF LF	
45.	"	Jatropha glandulifera Solanum indicum Similax zeylanica Allium sativum Trachyspermum ammi Rock salt	RT RT RT BL SD	
46.	"	Piper nigrum Allium sativum Crateava religiosa Rock salt	SD BL SB	
47.	"	Mimusops elengi Calatropis gigantea Sphaearanthus indicus Cyperus rotundus Pterocarpus santalinus Asperangus adsendens Piper nigrum Zingiber officinale Piper longum Rock salt	RT LF RT FR RH FR	6 kalans of each.
48.	"	Moringa oleifera	LF, SB, RT, FL	
49.	"	Zingiber officinale Piper nigrum Brassica nigra Acorus calamus Allium sativum Sesamum indicum	RT SD SD RT BL Oil	

50.	"	Vitex nigundo Leucas zeylanica Toddalia asiatica Piper nigrum ° Allium sativum Cinamomum zeylanicum	LF FL SD BL SB	Take equal parts, give in gingly oil.
51.	"	Sida op. Achyranthes aspera Capsicum annum Oryza sativa Phaseolus radiatus Rock salt Sesamum indicus s	LF, RT SD SD SD SD	
52.	"	Citrus sinensis Plectranthus ambionicus Aegle marmelon Premna serratifolia Stereospermum suaveolense Gmelina arborea Sida sp.	LF LF RT RT RT	Take equal parts, decoction to be given in gingelly oil.
53.	"	Citrus aurantium Citrus sinensis Citrus sp. Atlantia zeylanica Atlantia missionis Caesalpinia bonduc Gynandropis gynandra Gossypium herbaceum	RT RT RT RT	
54.	"	Zingiber officinale Piper nigrum Brassica nigra Acorus calamus Allium sativum Cassia alata Citrus aurantium Coleus abionicus Aerua lanata Cassia auriculata Hemidesmus indicum Asperagus adscendens Swertia chirata Aegle marmelos	RT SD SD RT BL LF LF WP LF	Take equal parts and prepare decoction.
55.	"	Heteropogen contortous Acorus calamus Allium sativum	WP RH BL	
56.	"	Adhatoda vasika Allium sativum Piper nigrum Zingiber officinale	LF BL SD RT	Give in Zingiber officinale juice.

57.	"	Coleus ambionicus Cissus quadrangularis Ficus religiosa Orinum asiaticum Zingiber officinale	WP LF RT	
58.	"	Piper nigrum Brassica nigra Accrue calamis Allium sativum	SD SD RT BL	Take equal parts and mix.
59.	"	Clitoria ternatea Ipomea asarifolia Jatropha glandulifera Pogostemon heyneanus	WP WP RT LF	
60.	"	Caesalpinia bonduc Mimusops elengi Azadirachta indica Croton tiglium	SD SD LF SD	Give in Azadiraccata indica and Abrus preparatorius juice.
61.	"	Murraya koenegii Spilanthus paniculata Piper chavya Hemidesmus indicus Pterocarpus santalinuum Aegle marmeleas Atlantia missionis	LF RT RT WD FR RT	
62.	"	Azadirachta indica Mimusope elengi Caryota urens Salt	SB SB SB, BL	Take hand full each and grind in sugar cane leaf juice.
63.	"	Alteranthera sessilis Vitex nigundo Croton lanciferus Vernonia zeylanica Citrus aurantifolia Ocimum basiliosus Desmodium trifolium	LF LF RT LF LF LF LF	Take hand full & grind in water in which Sesbania grandiflora is boiled.
64.	"	Caesalpinia bonduc Toddalia asiatica Vitex nigundo Calatropic gigantea Crataevanurvala Zingiber officinale Piper nigrum Brassica nigra Acorus calamus Allium sativum	RT RT RT RT RT RT SD RT BL	Give in gingelly and caster oil. take equal parts.
65."	"	Amaranthes viridis Tinospora cordifolia Allium sativum	RT RT BL	Grind in sugar cane juice and drench.

66.	"	Hemidesmes indicus Atlantia missionis Aegle marmelos Vitex nigundo	WP	
67.	"	Embelia ribes Cinamomum zeylanicum Piper nigrum Piper longum Zingiber officinale Terminalia chebula	SD LF SD SD RH FR	Take equal parts.
68.	"	Cuminum cyminum Nigella sativa Aoacia catechu Alternanthera sessilis Salt	SD	
69.	"	Piper nigrum Piper longum Zingiber officinale Terminalia chebula Piper chavya Asperagus adscendens	SD SD SD FR LF	
70.	"	Terminalia chebula Zingiber officinale Myristica fragance Piper chavya Terminalia bellerica Glycyrrhiza glabra Phyllanthus emblica Basella alba Lantana cam ara	FR LF SD RT FR RT FR	Take equal parts.
71.	"	Cuminum cyminum Nigella sativa Leucas zeylanica Glyourrhiza glabra Terminalia chebula	SD SD RT FR	Take equal parts and give in Erith rina indica FR juice.
72.	"	Operculina terpepethum Premna serratifolia Cardiospernum halicacabum Sida op. Amaranthus op. Asperagus racemosa Acalypha indica Trychosanthes op. Olitoria op.		
73.	"	Leucas zeylanica Gynandropsis gynadra Curcuma longa Zingiber officinale Moringa oleifera Vitex nigundo	WP WP RT RT SB LF	Take equal,parts. Extract juice and

		Desmodium trifolium	LF	nebulize with gingelly oil.
		Piper nigrum	SD	
		Allium sativum	BL	
74.	"	Evodia lunuankenda	LF	Grind in to a paste and anoint in gingelly, margosa, mustard oil.
		Adenanthera pavoniva	LF, SB	
		Erythrina indica		
		Cassia tora		
		Parmignya monophylla	LF, RT	
		Alpinia galanga	RT	
		Zingiber zerumbat		
		Curouma longa	RT	
		Zingiber officinale	RT	
		Piper nigrum	SD	
75.	"	Vitex nigundo	LF	Extract in warm water and nebulize in gingelly oil.
		Leucas zeylanica	LF	
		Citrus aurantium	FR	
		Allium ascalonicum	BL	
		Zingiber officinale	RT	
76.	"	Zingiber officinale	RT	Extract in warm water and nebulize in gingelly oil.
		Piper nigrum	SD	
		Brassica nigra	SD	
		Accrus calamus	RT	
		Allium sativum	BL	
77.	"	Pongamia glabra	RB	Take euqal parts & give the juice in Margosa oil.
		Zingiber officinale	RT	
		Piper nigrum	SD	
		Brassica nigra	SD	
		Acorus calamus	RT	
		Allium sativum	BL	
78.	"	Leucas zeylanica	WP	Take equal parts & nebulize in Vitex nigundo juice.
		Allium ascalonious	BL	
		Piper betel	LF	
		Moringa oleifera	SB	
		Piper nigrum	SD	
		Vitex nigundo		
79.	"	Piper longum	SD	Crush all above add coconut milk, cows milk and extract the oil which is used as ear drop or nebulizer,
		Canarium zeylanicum	RS	
		Vitis vinifera	FR	
		Litsea longifolia		
		Cleome viscosa	WP	
		Achyranthes aspera	RT	
		Abrus precatorius	RT	
		Aristolachia indica		
		Cocos nucifera	FR	
		Cow milk		
80.	"	Gossypium herbaceum	LF	Grind in salt water and drench 1 bottle.
		Myristica fragrans	RI	
		Guminum eyminum	SD	
		Allium sativum	BL	

81.	"	Caryota wrens Embelia ribes Phyllanthus chebula Cinmomum zeylanicum	RT, SB SD FR LF	Grind in betel LF juice and drench 1 bottle.
82.	"	Trigonella foenum greacum Acacia catechu Alternanthera sessilis	CD RS WP	Grind in ginger juice and drench 1 bottle.
83.	"	Bombax malabaricum Feronica elephantum Trachyspermum ami Operculina turpenthum Sida op. Papaver somniferum	RS RS SD LF RS	Take equal parts make a paste and give in water ex tract of Gossypium herbaceum.
84.	"	Sida sp. Ginamomum zeylanicum Achyranthes aspera Piper nigrum Rock salt Oryza sativa Phaseolus radiatus	LF, RT SD SD SD SD	
85.	"	Cocoa nucifera Ipomea mauritiana Withania somnifera Aristolachia indica	FL RT RT RT	Take equal parts, give as decoction.
86.	"	Trigonella foenum greacum Zingiber officinale Piper nigrum Piper longum Ocimum basilicum Toddalia asistica	SD RT SD LF LF SD	Take equal parts and give in warm water.
87.	"	Artocarpus integrifolia Feronia elephantum Moss Litsea longifolia Vernonia cinera	SB RS FL LF	Take equal parts.
88.	"	Zingiber officinale Piper nigrum Piper longum Piper cubeba Piper petel Scindapus sp. Pedalium murex Psidium gujavra	FL, RT SD FR SD FR SD SD SD	Take equal parts & grind into a paste with Dregea volubilis (LF juice) and give in Bombex malabarium (SD) decoction. 9 kalans.
89.	"	Canabis sativa Clerodendron infortunatus Cyperus rotundus Lagenandra lancifolia Jaggery	LF LF RT WP	Take equal parts & give in Evodia lunuankenda LF juice.
90.	"	Vitex nigundo	LF	

		Citrus aurantium	LF	Take equal parts & make into paste and give in Sesbania grandiflora LF decoction.
		Vernonia zeylanica	LF	
		Alteranthera sessilis	WP	
		Croton lacoifetus		
		Desmodium trifolium		
		Ocimum sanctum	FL	
91.	"	Brassica nigra	SD	Take equal parts.
		Picrorhiza kuroca		
		Terminalia chebula	SD	
		Zingiber officinale	RT	
		Piper chavya	RT	
		Asperagus racemosus	LF	
92.	"	Anamirta cocculus	RT	Take equal parts & extract with coconut milk & apply as poultice.
		Cassia tora	SD	
		Avarrhoa carambola	FL	
		Gmelina asiatica	FR	
		Feronia elephantum	FR	
		Trichosanthes cucumerina	LF	
93.	"	Amaranthes panmiculatus	RT	Grind in sugar cane treacle, drench.
		Tinospera cordifolia	RT	
		Eslipta alba	RT	
		Allium sativum	BL	
		Santalinum album	WD	
94.	"	Lagenaria vulgaris		Take in equal parts and extract with orange juice and apply topically.
		Piper nigrum	SD	
		Mimosa pudica	FR, LF	
		Sphaeranthus indicuni	RT	
		Curcuma zedoaria	RT	
		Curcuma longa	RT, LF	
95.	"	Sulphur		Take equal parts & grind in Elipta alba juice and drench.
		Eugenia caryophyllata	FL	
		Terminalia chebula	FR	
		Phyllanthes emblica	FR	
		Arsenic salt		
96.	"	Tragia involucrata	RT	Boil in coconut milk and extract the oil.
		Jatropha glandulifera	RT	
		Solanum indicum	RT	
		Similax zeylanica	RT	
		Allium sativum	BL	
		Trachyspermum ami	SD	
		Rock salt		
97.	"	Ficus glomarata	LF, SB	Make the decoction
		Sida sp.	WP	
		Cocos nucifera	FL	
		Cissus quadrangularis	WP	
		Coleus ambionicus	WP	
		Garcinia morella	FR	
		Tamarindus indica	FR	
		Zingiber officinale	RT	
		Piper nigrum	SD	
		Brassica nigra	SD	

		Acorus calamus	RT	and drench.
		Allium sativum	BL	
98.	"	Leucas zeylanica	WP	Take juice and
		Zingiber officinale	RT	nebulize.
99.	"	Artocarpus integrifolia	LF, SB	
		Ficus glomarata	LF, SB	
		Zizyphus oenophilia		
		Leucas zeylanica	WP	
		Muses sp.	RT	
		Zingiber officinale	RT	
		Piper nigrum	SD	
		Acorus calamus	RT	Prepare the decoc-
		Brassica nigra	SD	tion and drench.
		Allium sativum	BL	
100.	"	Azadirachta indices	SB	
		Pongamia glabra	SB	
		Tamarindus indices	LF	
		Ricinus communis	RT	
		Oroxylum indicum	SB	
		Zingiber officinale	RH	
		Curcuma zedoaria	RH	
		Sesamum indicum	Oil	1 bottle
		Cisaus quadrangularis	WP	give in gingelly oil.
101.	Polonna- ruwa	Canabis sativa	LF	Take 12 kalans each
		Terminalia chebula	FR	& prepare decoction
		rachyspermum ami	SD	in rice water and
		Dioscorea sp.	RT	give in bees honey.

GASTRO-INTESTINAL DISORDERS (Cont'd)
(DIARRHOEA)

<u>No.</u>	<u>District</u>	<u>Medicinal Plants</u>	<u>Part of Medicinal Plant</u>	<u>Prescription</u>
1.	Hambantota	Musa sp. Cocos nucifera Carmon microphyla Plectranthus zeylanicas Aegle marmelos Cyperus rotundus	RH FL LF, SB LF RT RH	2 kelans each
2.	Gampaha	Musa sp. Portulaca oleracea Terminalia arjuna Ficus glomarata Cocos nucifera	RT LF SB SB FL	Take equal parts, decoction.
3.	"	Amaranthes virdis Tinospora cordifolia Santalinum album Abrus precatorius	WP WD LF	Take equal parts, decoction.
4.	"	Desmodium trifolium Carmona microphyla Cocos nucifera Coleus ambionicus Allium ascalonicum	WP LF FL, FR WP BL	Take equal parts & prepare decoction.
5.	Galle Salt	Cocos nucifera	FL	
6.	Kalutara	Zingiber officinale Desmodium triflorum Aegle marmelos Amaranthes paniculatus Achyranthus aspera Aegle mermelos	RH WP RT RT RT FR	Chop and boil. Reduce to 4 cups and then mix gingelly oil.
7.	Kandy	Sida sp. Basella alba Zingiber officinale	RT LF RH	
8.	"	Lannea coromandalia Terminalia chebula Butter milk	SB FR	3 kalans each given as decoction.
9.	"	Heteropogen contortus Cocos-nucifera Amaranthes verdis	FR RT	Take equal parts and given as decoction
10.	Kandy	Allium sativum Zingiber officinale	BL RH	2 kalans each give

		Brassica nigra	SD	in a Azadirachta indica oil.
		Piper nigrum	SD	
		Ferula asafootida	SD	
11.	"	Aegle marmelos	SD	
		Setaria italics	SD	
12.	"	Ficus glomarata	SB	
		Cocos nucifera	FL	
		Cows milk		
13.	"	Vernonia cinera	WP	
		Achyranthes aspera	RT	
		Citrus aurantifolia	JU	12 kalans each.
14.	"	Ficus glomarata	SB	
		Syzigium jambolana	SB	
		Cocos nucifera	FL	Prepare decoction.
15.	"	Murray koenegil	LF	
		Cuminum cyminum	SD	
		Foeniculam vulgare	SD	
		Nigella sativa	SD	
		Setaria italics	SD	
16.		Kegalle Acacia catchu	LF	
		Apium graveolens	SD	
		Myristica fragrans	SD	
		Eugenia caryophyllata	FR	
		Tamarindus indica	LF	
		Abrus precatorius	LF	
		Calatropis gigantea	LF	
		Pogestemom heyneanus		
		Leucas zeylanica	SD	
		Citrus sp.	FR	
		Cymbepogan nardus	WP	Take equal parts.
17.	"	Cocos nucifera	FR	
		Cyperus rotundus	RH	Take equal parts.
18.	"	Acorus calamus	RH	Take equal parts.
		Allium ascalonicum	BL	grind into paste,
		Citrus aurantifolia	SD	make pills & give
		in Margosa oil.		
19.	Kurunegala	Aegle marmelos	LF, SB	Extract with boiling
		water & give with		
		Setaria italics	SB.	
		Calatropis gigantea	WP	Take equal parts,
		extract juice & give		
		in gingelly oil.		
20.	Kurunegala	Ixora cocoinea	SB	
		Ficus glomarata	SB	
		Aegle marmelos	RT	

		Coelus ambionicus	WP	
21.	"	Achyranthes aspera Plectranthus zeylanicas Asparagus racemosus Ixora cocoinea Desmodium triflorum Mangifera indica Cocoa nucifera Citrus aurantium	LF LF LF LF., SB LF, SB SB. FL JU	
22.	"	Terminalia chebula Terminalia bellerica Phyllanthus emblica Zizyphus oenoplia Atlantia zeylanica Ficus glomarata Musa sp.	FR FR FR LF, SB SB, LF LF, SB	
23.	"	Cocoa nucifera Cuminum cyminum Nigella sativa Holarrhena antidysenterica Trachyspermum ami	FR SD SD SD SD	
24.	"	Zingiber officinale Piper nigrum Allium sativum Nigella sativa	RH SD BL SD	Make a pill & given as a decoction.
25.	"	Moringa oleifera give with lime juice.	RT	Extract the juice &
26.	"	Sida cordifolia Sida sp. Phyllanthus reticulata Cyperus rotundusRH	WP WP	Give in gingelly oil.
27.	"	Ixora coccinia Ficus glomerata Aegle marmelos Coleus ambionicus	SB SB SB WP	Decoction give in gingelly oil.
28.	"	Coleus ambionicus Aegle marmeloe Ficus bengalensis Ficus religiosa Ficus glomarata	WP WP SB SB SB	Take equal parts boil in rice water and give with gingelly oil.
29.	"	Carrica papaya Cocoa nucifera	LF FR	Give in gingelly oil.
30.	Kurunegala	Ficus glomerata Mangifera indica Colcus ambionioua Zizphyus oenoplia Garcinia morella	SB SB WP SB	Extract and give in gingelly oil.

31.	"	Wrightis antidysenterica Tinospora cordifolia Cocos nucifera	LF LF FR	Extract the juice and drench after boiling.
32.	"	Premna zerratifolia Trichosanthes palmats Abrus precatorius	LF LF LF	Extract the juice & give in human milk
33.	Matale	Coelus ambionicus Allium asalonicum carmona microphylla Cocos nucifera	BL FL	Take equal parts grind and give in gingelly oil.
34.	"	Polonnaruwa Barrintonia sp. Allium sativum Moringa oleifera	SB BL SB	12 kalans each Stem, extract and give in butter milk
35.	Ratma[ira]	Abris precatorius Acorus calamus Allium asoalonicum Glycyrrhiza glabra Nigella sativa Trachyspormum ami	LF RT BL RT SD SD	Extract juice and give in Castor oil.
36.	"	ocos nucifera Phyllanthus emcelica	FL FR	Grind and give with butter milk.
37.	"	Cocos nucifera Trichosanthes cucumerina Abutillon indicum	FR LF	Take equal parts give in butter milk or gingelly oil.

GASTRO-INTESTINAL DISORDER (Cont'd)
(INDIGESTION)

No.	District	Medicinal Plant	Part of Hedi- Cinal Plant	Prescription
1.	Gampaha	Gossypium herbaceum Vitex nigundo Citrus aurantifolia Caesalpinia bonduc Nigella sativa	LF LF LF LF LF	Take equal parts, grind with hot water, and drench in coconut water.
2.	"	Allium sativum Moringa oleifera Acorus calamus Citrus aurantium	LF SB RH JU	Take equal parts, grind in Citrus aurantium (FR) juice and make into pills.
3.	"	Piper betel Acalypha indica Zingiber officinale Moringa oleifera Asperagus racemosus	LF LF RT SB LF	Take equal parts, grind in lime juice and make pills.
4.	Kalutara	Zingiber officinale Acorus calamus	RH RH	3 table spoons juice.
5.	Kandy	Hydrocotyla asistica Allium sativum	WP BL	
6.	"	Azadirachta indica Corriandar sativum Acorus calamus Nigella sativa Cuminum cyminum Foeniculum vulgare	LF SD RH SD SD SD	Take equal parts and drench with a gingelly oil.
7.	"	Elettaria cardamomum Ananas cosmus Elettaria cardamomum powder.	FR	Decoction of Ananas cosmus mixed with
8.	"	Pogostemom heyneanus Zingiber officinale Cyperus rotundus Allium sativum Murraya koenegii	RH RH BL LF	Handfull. Extract the juice. Decoction.

9.	Kegalle	Leucas zeylanica Piper nigrum Brassica nigra Acorus calamus Allium sativum Canabis sativa	LF SD SD RT BL LF	Take equal parts and roast, powder or make pills with Margosa oil.
10.	Kegalle	Vitex nigundo Azadirachte indica Atlantia missionia Toddalia asiatica Caesalpinia bonduc Citrus sinensis Acorus calamus Brassica nigra Piper nigrum Allium sativum Zingiber officinale	LF LF LF LF RH SD SD BL RH	Take equal parts, extract juice, boil and drench.
11.	Kurune- gala	Moringa oleifera Zingiber officinale Allium sativum Vitex nigundo Azadirachta indica	RT RH BL LF SB	Grind in lime juice and make pills.
12.	"	Dregea volubilis Curd Butter milk		1 bottle.
13.	"	Tragia involucrata Jatropha glandulifera Cissus quadrangularis Rejoua dichotoma Solanum indicum Asperagus racemosus Smilax zeylanica	RT RT RT RT RT RT RT	Take equal parts, extract the juice, mix condiment powder, give in gingelly oil.

GASTRO-INTESTINAL DISORDER (Cont'd)
(CONSTIPATION)

No.	District	Medicinal Plant	Part of Medicinal Plant	Prescription
1.	Gampaha parts and	Bassia longifolia	SD	Take equal nebulize.
		Allium sativum	BL	
		Piper nigrum	SD	
		Moringa oleifera	RB	
2.	Kegalle	Tinospora sp.	LF	
3.	Polonna- decoction ruwa	Melaleuca leucodendron	SB	Prepare and drench
		Piper nigrum	RT	
		Glycyrrhiza glabra	RT	
		Croton tiglium		

GASTRO-INTESTINAL DISORDER (Cont'd)
(COLIC)

No.	District	Medicinal Plant	Part of Medicinal Plant	Prescription
1.	Gampaha	Zingiber officinale Allium sativum Citrus aurantifolia	RT BL LF, SB	Take equal parts and prepare decoction.
2.	"	Acalypha indica Allium sativum Garonia morella Salt	LF BL	Take equal parts, grind in Citrus aurantifolia and give with crushed Bombax malararium.
3.	"	Lantana camara Moringa oleifera Murraya koenigii Cyperus rotundus Piper nigrum Myristica fragrans Nigella sativa Cuminum cyminum Trachyspermum ammi	LF SB LF RT SD SD SD SD SD	Take equal parts, extract the juice, boil with water and give in gingelly oil.
4.	"	Erithrina indica	WB	
5.	"	Alteranthera sessilie Curd Salt common Butter milk	WP	
6.	Kurunegala	Gossipium herbaceum Piper betel Trigonella foenum greacum Zingiber officinale Cuminum cyminum Foeniculum vulgare Nigella sativa	LF LF SD RH SD SD SD	2 kalans each.
7.	"	Aegle marmelos Premna serratifolis Citrus sp. Nigella sativum Cosoinium fenestratus Zingiber officinale Piper nigrum Brassica nigra Acorus calamus Allium sativum	LF, SD, RT LF, SD, RT RT SD ST RT SD SD RT BL	Take equal parts, give the decoction in gingelly oil.
8.		Atlantis missionis	RT	

		Caesalpinia bonduc	RT		
		Toddalia asiatica	RT		
		Glycosmis pentaphylla	RT		
		Plectranthes zeylanicus	RT		
		Vetiveria zizanioides	RT		
		Citrus sp.			
		Nigella sativum	SD	Decoction to be given in gingelly oil.	
		Cosinium fenestratum	ST		
		Zingiber officinale	RT		
		Piper nigrum	SD		
		Brassica nigra	SD		
		Allium sativum	BL		
9.	"	Ocimum basilicum	LF		Crush, steam, extract and give in gingelly oil.
		Gynandropsis gynandra	LF		
		Citrus aurantifolia	LF		
		Citrus sinensis	LF		
		Glycosmis pentaphylla	LF		
		Zingiber officinale	RT		
		Piper nigrum	SD		
		Brassica nigra	SD		
		Allium sativum	BL		
10.	Kurunge- gala	Atlantia missionis	LF		
		Caesalpinia bonduc	LF		
		Toddalia zeylanica			
		Citrus aurantium			
		Citrus sinensis	RT		
		Citrus sp.			
		Nigella sativum	SD		
		Cosinium fenestratum	ST		
		Zingiber officinale	RT		
		Piper nigrum	SD		
11.	Matale	Brassica nigra	SD	Take equal parts, boil in water and apply topically.	
		Tephrosia purpurea	LF		
		Ixora coccinea	FL		
12.	"	Solanum indicum	RT	Take equal parts, make a decoction and drench.	
		Coconut milk			
13.	Polon naruwa	Vitex nigundo	RT	3 kalans each, prepare the decoction and give in Margosa oil.	
		Pawatta indica	RT		
		Ricinus communis	RT		
		Cassia tora	RT		
		Solanum surattense	RT		
		Plectranthes zeylanica	WP		
		Coleus amboinensis	WP		
		Cocos nucifera	FR		
		Cassia fistula	FL		
		Vetiveria zizanioides			
		Trichoganthus dioica			
14.	"	Nigella sativum	SD		
		Elatteria cardamomum	SD		
		Acorus calamus	RT		

		Brassica nigra	SD	
		Eugenia caryophyllata	FL	
		Piper nigrum	SD	
		Allium sativum	BL	
		Zingiber officinale	RG	
15.	"	Ferula asafoetida RS Azadirachta indica	SB	2 kalans each, prepare pill in Margosa oil and Give with above decoction.
16.	Ratnapura	Coleus ambionious Cida sp.	WP WP	Take equal parts, pre pare decoction and~give in gingelly oil.
17.	"	Tragia invoierata Jatropha glandulifera Solanum indicum Similax zeylanica Allium sativum Trachyspermum ami Rock salt	RT RT RT RT BL SD	Extract juice with Tribulus terestic juice and reduce with coconut milk.
18.	"	Cida sp. Basella alba	RP	Grind and give in Zingiber officiale juice.
19.		Canabis sativum Zingiber officinale Allium sativum Moringa oleifera Ferula asafoetida Citrus aurantifolia	LF RT BL SB RS FR	Grind and make pills.

GASTRO-INTESTINAL DISORDER (Cont'd)
(HELMINTHIASIS)

No.	District	Medicinal Plant	Part of ltedi- cinal Plant	Prescription
1.	Galls	Azadirachta indica	LF	Juice of leaves.
2.	Gampaha	Acorus calamus Hydrocotyle asiatica Embelia ribes Allium sativum Aristolachia indica	RH WP SD BL LF	Take equal parts, prepare decoction and give with gingelly oil.
3.	"	Erythrine indica Nicotiana tabaccum	LF LF	Take equal parts and extract juice. Carbon soot Lime
4.	"	Trachyspermum ami Hydrocotyle asiatica Allium ascalonicum	SD LF BL	Take equal parts, boil, macerate & drench whole.
5.	Ralutara	Acorus calamus Myristica fragrans Eugenia caryophyllata Trachyspermum ami Allium satiw m Casealpinia bonduc Piper longum Ferula asafoetida Rock salt Citrus aurantium	LF FR FL SD BL SD RS JU	Take 2 kalans, grind and mix with orange juice 1/2 cup.
6.	"	Gmelina asiatica Ananas cosmus Elateria cerdomomum	JU FR SD	Boil with juice of Potestomom and Citrus aurantifalia juice 1/2 cup.
7.	"	Embelia ribes Trachyspermum ami Hydrocotyle javanica Allium ascalonicum Ceasalpinia bonduc	SD SD, RH BL SD	10 g. each & 4 cups of juice reduced to 2 cups.
8.	Randy	Zingiber officinale Allium sativum Nigella sativum Ouminum oyminum Embelia ribes Helarrhena antydymenterica Trachysperum ami Geasalpinia bonduc	RH BL SD SD SD SD SD SD	

		Enteda scandens	SD	
		Quercus tinctoria		
		Colous embionious	WP	
		Canabis sativa	SD	
		Myristica fragrans	SD	2 kalans each.
9.	Kandy	Citrus aurentifolia		
		Erythrina indica	SD	
		Papaver somiferum		
		Citrus sinonsis	SD	
		Allium sativum	BL	
		Moringa oleifera	SB	
		Citrus sp.	FR	
		Acorus calamus	RH	
		Elettaria cardamomum	SD	
		Trachyspermum ami	SD	
		Piper longum		
		Zingiber officinale	RH	
		Piper nigrum	SD	
		Eugonia caryophyllata		
		Ariotolochia Indica	RT	
10.	"	Pongamia glabra		
		Caesalpinia bonduc	SD	
		Cannabis sativa	LF	
		Brassica nigra	SD	
		Ferula asafoetida	RS	
		Cyperus rotundus	SD	
		Carum carvi	SD	
11.	Kurune-gala	Citrus aurantium	LF	
		Citrus sinensis	LF	
		Asadirachta indica	LF	
		Momordica charantia	LF	
		Copper sulphate		1 kalan each give in decoction.
		Cannabis sativa	LF	
12.	"	Citrus aurantium	LF	
		Ceasalpinia bonduc	LF	
		Citrus sinoonsis	LF	
		Citrus sp.	LF	
		Atlantia missionis	LF	
		Cannabis sativum	LF	
13.	"	Acorus calamus		
14.	"	Citrus aurantium	LF	
		Citrus sinonsis	LF	
		Citrus sp.	LF	
		Atlantia zeylanica	LF	
		Carica papaya	LF	
		Azadirachta indica	LF	
15.	"	Abrus precatorius	LF	
		Azadirachta indica	LF	

		Indigefera enneophylla	LF	
16.	"	Adhatoda vasika Vitex nigundo Azadirachta indica Acorus calamus Caesalpinia bonduc Anisomelos indica Acalypha indica Abrus precatorius Myristica fragrans Lagenandra lancifolia	LF LF LF RH, LF LF LF LF LF SD WP	Prepare in Citrus sinensis juice.
17.	"	Azadirachta indica Kaemforia galanga Gyrinops walla Cannabis sativa Pterocarpus santalinus	LF RH LF LF WD	Give in Azadirachta indica juice.
18.	"	Azadirachta indica Caesalpinia bonduc Citrus aurantifolia Cavica papaya Aristolachia indica Panious antidotale	LF LF LF LF LF	Take equal parts and grind in Azadirachta indica LF juice.
19.	"	Papaver somniferum Ananas cosmus Moringa oleifera	RS FR RT	
20.	"	Cocos nucifera Sugar Ananas cosmus Elattaria cardamomum Azadirachta indica	FR FR SD Oil	Take equal parts and prepare decoction.
21.	"	Aristolachia indica Caesalpinia bonduc Paramignya monophylla Azadirachta indica	LF, RT LF, RT RT	Take equal parts, prepare decoction and give with Azadirachta indica oil.
22.	"	Allium sativum Ferula asafoetida Papaver somniferum Azadirachta indica	BL RS RS	Grind in Azadirachta indica oil.
23.	"	Acorus calamus Carica papaya Caesalpinia bonduc Azadirachta indica	WP LF LF LF	Take equal parts and give in Margosa oil.
24.	"	Azadirachta indica Cocos nucifera Moringa oleifera Allium ascalonious Papaver somniferum	LF FR LF BL	Give in Margosa oil.

25.	"	Aristolachia indica Abrus procatorius Gmelina asiatica	LF LF FR	Give with Jaggery.
26.	"	Azadirachta indica Zingiber officinale Piper nigrum Brassica nigra Acorus calamus Allium sativum Ferula asafoetida	LF RT SD SD RT BL RS	Crush and extract juice and give with Ferula asafoetida and Margosa oil.
27.	"	Pawatta indica Plectranthes zeylanicus Cyperus rotundus Hemidessus indicus Allium sativum	RT LF RT RT BL	Take equal parts.
28.	"	Caesalpinia bonduc Burnt sea shell Zingiber officinale Piper longum Nelumbiam sp. Nymphaea stellate Moringa oleifera Adhatoda vasika	SD RH SD RT	
29.	Kegalle	Pepever somniformum Caesalpinia bonduc Acorus calamus	SD SD RT	Take equal parts.
30.	"	Caesalpinia bonduc Acorus calamus Brassica nigra Citrus aurantifolia Allium ascalonicum Trachyspermum ami Azadirachta indica	LF RH SD LF BL SD LF	
31.	"	Azadirachta indica Cocos nucifera	LF FR	
32.	"	Brassia longifolia Mosua farea Gymnema sylvestris Caesalpinia bonduc	SD SD SD SD	
33.	"	Citrus murantifolia Citrus sinensis Atlantia zeylanica Azadirachta indica Vitex nigundo Caesalpinia bonduc Gyrinops walla	FR LF LF LF LF LF LF	Take equal parts, grind in Cannabis nativa and Gmelina asiatica (LF) juice and give.

		Canabis sativa	LF	
		Mormodica charantia	LF	
		Burnt copper sulphate		
34.	"	Trachyspermum ami	SD	Take equal parts, boil and extract juice.
		Hydrocotyle asiatica	LF	
		Allium ascalonioum	BL	
35.	"	Caesalpinia bonduc	SD	Take equal parts, make decoction and drench.
		Burnt shel		
		Zingiber officinale	RH	
		Piper longum	SD	
		Nelumbium op.	RT	
		Nymphaea lotus	RT	
		Moringa oleifera	RT	
		Pawatta indica		
		Pleotranthes zeylanious	RT	
		HemidoBmuM indicus	RT	
		Allium sativum	BL	
		Acorus calamus	RH	
36.	Matale	Dragea volubilis	LF	Take handfull each, grind and give in Margosa oil.
		Tephresia purpurea	LF	
		Aristolachia indica	LF	
37.	"	Carbon soot		Take equal parts, grind and give in rice water.
		Nicotiana tabacum		
		Gardinia morella FR		
		Citrus aurantium	FR	
38.	"	Cyperus rotundus	RT	Give in gingelly oil.
		Acorus calamus	RT	
		Canabis sativa	LF	
		Papaver somnifera	RS	
		Aristolachia indica		
		Hemidesmum indicus		
		Allium sativum	BL	
		Carica op.		
		Caesalpinia bonduc	SD	
39.	Polonna-ruwa	Caesalpinia bonduc	SD	20 g. each, grind in lime juice and give in Margosa oil.
		Trachyspermum ami	SD	
		Babelia ribes -	SD	
		Bugenia caryophyllata	FL	
		Canabis sativa	LF	
		Papaver somniferum	RS	
		Nigella sativa	SD	
		Pongamia glabra	SD	
		Terminalia chebula	FR	
		Acorus calamus	RT	
		Myristica fragrans	SD, Aril	
40.	"	Brythrina indica	LF	Take equal parts, make pill and give with jaggery.
		Hydocotyle asiatica	WP	
		Canabis sativa	LF	
		Allium ascalonicum	BL	

41.	"	Trachyspermum ami Veronea zeylanica Brythrina indica Azadirachta indica Vernomia zeylanica Allium sativum Acorns Calamus Jaggery	SD LF LF LF LF BL RH FR	Take 7 kalans each, prepare pill and give with jaggery
42.	Ratnapura	Hydrocotyle asiatica Drugea volubilis	LF	Take equal parts, tract juice and drench.
43.	"	Citrus aurantifolia Citrus auratium Atlantia zeylanica Azadirachta indica Vitex nigundo Caesalpinia bonduc Cannabis sativum Mormodica charantia	LF LF LF LF LF LF LF LF	Make pills and give in Gmelina asiatica (FR) juice and Castor oil.

GASTRO-INTESTINAL DISORDER (Cont'd)
(IMPACTION)

<u>No.</u>	<u>District</u>	<u>Medicinal Plant</u>	<u>Part of Medi- cinal Plant</u>	<u>Prescription</u>
1.	Kandy	Nusa sp. Piper nigrum Cissus quadrangularis Nigella sativa Trachyspermum ammi Ferula asafoetida RS Samecarpus- anacardium	SD SD SD SD	

GASTRO-INTESTINAL DISORDER (Cont'd)
(INAPPETENCE)

No.	District	Medicinal Plant	Part of Medicinal Plant	Prescription
1.	Gampaha	Zingiber officinale Tamarindus indica Acorns calamus Piper nigrum Allium sativum Moringa oleifera	RH LF RH SD BL SB	Take equal parts and extract juice and give in gingelly oil.
2.	"	Curcuma longa Azadirachta indica	LF LF	
3.	Kandy	Acorns calamus Zingiber officinale Allium sativum Ferula asafoetida	RT RT BL RS	Grind with salt and drench.
4.	"	Zingiber officinale Allium sativum Acorns CalamuS Zingiber zerumbet Atlantia zeylanica	RT BL PH RH SB	
5.	Kegalle	Coleus ambionicus	WP	Grind, extract juice and give with gingelly oil.
6.	"	Brythrina indica Allium sativum Zingiber officinale Adhatoda vasika	SB BL RH SB	Take equal parts and extract juice and drench.
7.	Kurunegala	Vitex nigundo Grataeva nurvala Coleus ambionicus	LF LF WP	
8.	"	Alpinia galanga Moringa oleifera Azadirachta indica Cleome viscosa	RT SB RT	Take equal parts and prepare decoction.
9.	"	Curculigo chiodes Phyllanthus embelica Cocos nucifera Allium sativum Piper nigrum	RT SB FR BL SD	Grind and give in cow ghee.

RESPIRATORY DISORDERS (Cont'd)
(THROAT CONDITIONS)

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No.	District	Medicinal Plants	Part of Medicinal Plant	Prescription
1.	Kegalle	Copper sulphate Alum Dragea volubilis Rauwolfia serpentina Cuminum cyminum Nigella sativa Bassia longifolia Allium sativum Embelia ribes	RT SD SD WE BL SD	Take equal parts, grind in betel leaf and lime juice, apply on the tongue.
2.	Kurunegala	Leucas zeylanica Allium sativum Acorus calamus Piper nigrum	LF BL RH SD	
3.	"	Citrus surantifolia Allium ascalonicum Leucas zeylanica	JU BL LF	Take equal parts j~ and nebulize.
4.	"	Zingiber officinale Piper nigrum Brassica nigra Acorus calamus Allium sativum Coleus ambionious Citrus aurantifolia Aristolochia indica Pothos scandens Fiscus religiosa	RH SD SD RT BL WP LF, SB LF LF LF	
5.	"	Acalypha indica Salt water Coconut oil	WP Oil	
6.	"	Ficus recemosa Lannea coromandalia Ficus hispida Zingiber officinale Piper nigrum Brassica nigra Allium sativum Acorus calamus	LF, SB SB RT SD SD BL RH	Take equal parts and prepare decoction.
7.	"	Crataeva nurvala Allium sativum Acorus calamus	BL	Give in Cardio spermum halicacabum

		Nigella sativum	SD	juice.
		Cardiospermum halicacabum		
g,	"	Allium sativum	BL	
		Zingiber officinale	RH	
		Cuminum cyminum	SD	
		Acorus calamus	RT	Give with Margosa
		Azadirachta indica	LF	oil.
9.	Polonnaruwa	Potassium carbonate		
		Rock salt		
		Sonchal salt		
		Potassium nitrate		
		Sodium chloride		
		Nigella sativa	SD	
		Acorus calamus	RH	
		Piper nigrum	SD	
		Brassica nigra	SD	Take equal parts.
		Allium sativum	BL	
		Citrus aurantium		

RESPIRATORY DISORDERS (Cont'd)
(NASAL DISCHARGES)

No.	District	Medicinal Plant	Part of Medicinal Plan	Prescription
1.	Kurunegala	Punica granatum Aristolochia indica Cissus quadrangularis Coleus ambionicus Plectranthus ambionious Zingiber officinale Acorus calamus Brassica nigra Piper nigrum Allium sativum	LF LF WP RT RT SD SD BL	Take equal parts and prepare decoction.
2.	"	Randia dumetorum Zingiber officinale Allium sativum Acorus calamus	 RT BL RT	
3.	"	Punica granatum Aristolochia indica Cissus quadrangularis Coleus ambionicus Plectranthus ambionious Zingiber officinale Acorus calamus Brassica nigra Piper nigrum Allium sativum	LF LF WP RT RT SD SD BL	Take equal parts and prepare decoction.
4.	"	Randia dumetorum Zingiber officinale Allium sativum Acorus calamus	 RT BL RT	

RESPIRATORY DISORDERS (Cont'd)
(EXPECTORATION)

No.	District	Medicinal Plant	Part of Medi- cinal plant	Prescription
1.	Kurunegala	Garcinia morella Acorus calamus Annas cosmua Citrus aurantifolia	FR RH FR JU	2 kalans each, rub the throat.
2,	"	Garcinia morella Acorus calamus Annas cosmus Citrus aurantifolia	FR RH FR JU	2 kalans each, rub the throat.

III. REPRODUCTIVE DISORDERS
(INFERTILITY)

No.	District	Medicinal Plant	Part of Medi- cinal Plant	Prescription
1.	Kurunegala	Batura alba	FL, SD	Take euqal parts, grind to a paste and dissolve in juice of *.
		Clitoria ternata	RT	
		Cyperus rotundas	RT	
		Acorus calamus	FR	
		Terminalia chebula	FR	
		Cocos nucifera	FR	
		Uraia pictacium		
		*Zingiber officinale	RH	
		*Piper nigrum	FR	
		*Piper longum	FR	
2.	Ratnapura	Caesalpinia Bonduc	RT	Take equal parts and make a paste.
		Conch shell ash		
		Cuminum cyminum	SD	
		Cinamomum zeylanicum	SB	
		Piper longum	SD	
		Nelumbium sp.	RT	
		Moringa oleifera	RT	

REPRODUCTIVE DISORDERS (Cont'd)
(DYSTOKIA/DIFFICULT PARTURITION)

No.	District	Medicinal Plant	Part of Medicinal Plant	Prescription
1.	Kalutara	Vitex nigundo	LF	Take equal parts and make decoction.
		Feronia elephantum	RT	
		Moringa oleifera	RT	
		Zingiber officinale	RT	
		Acorus calamus	RT	
		Allium sativum	BL	
		Brassica nigra	SD	
2.	Kandy	Azadirachta indica	LF	
		Allium sativum	BL	
3.	Kegalle	Salt	JU	
		Zingiber officinale Arrack - 40% ethanol		
4.	Kurunegala	Nymphaea stellata	RT	
		Cissampelos pareira	RT	
		Nelumbo nucifera '	RT	
		Aponogeton crispus	RT	
		Vitex nigundo	LF	
		Gossypium herbaceum	RT	
		Cassia tora	LF	
		Aegle marmelos	RT	
5,	"	Aegle marmelos	RT	Take equal parts and make decoction and drench with Castor oil.
		Sida sp	RT	
		Citrus aurantifolia	RT	
		Citrus aurantium	RT	
		Citrus sp.	RT	
		Atlantia missionis	RT	
		Atlantia zeylanica	RT	
6.	"	Saccharum arundinaceum	RT	Prepare decoction.
		Tephrosia purpurea	RT	
		Randia dumetorum	RT	
		Anisomelos indica	RT	
		Sesbania grandifloram		
		Zingiber officinale	RT	
		Capsicum annum	RT	
Allium sativum				

REPRODUCTIVE DISORDERS (Cont'd)
(RETAINED PLACENTA)

No.	District	Medicinal Plant	Part of Medi- cinal Plant	Prescription
1.	Gampaha	Sacharam arundinaceum Zingiber officinale Moringa ~oleifera Allium sativum	RT SB BL	Take equal parts, extract juice with hot water and give in lime juice.
2.	Kalutara	Sacharum arundinaceum Nigella sativum Cuminum cyminum Allium sativum Ferula asafoetida Brassica nigra Cocos nucifera	LF SD SD BL RS SD FR	Take equal parts, mix and give with coconut milk.
3.	Kandy	Tinospora cordifolia Gossypium kherbaceum Salt Rcinus communis Azadirachta indica	LF LF Oil Oil	Take equal parts and give with coconut milk.
4.	"	Cassia auriculara Zingiber officinale Salt	LF RH	
5.	Kegalle	Piper betel Capsicum Vernonia zeylanica Calatropis gigantea	LF SD SB	Take equal parts.
6.	Kurune- gala	Gloriosa superba Human skull Brassica nigra	RT Powder LF	ake equal parts and prepare paste in gingelly oil
7.	"	Bamcusa sp. Ananas cosmus Gossypium herbaceum Cocos nucifera	Shoot FR LF Water	Take equal parts and extract juice with coconut milk.
8.	"	Bambusa Sp. Sacharum arundinaceum Ananas cosmos	Shoot LF FR	Take equal parts
9.	"	Alauclea orientalia Zizypus oenoplia Feronia elephantum Dolichos biflorus Acorus calamus	SB SB SD WP	Given as a decoction.

10.	"	Coleus ambionicus Abrus precatorius Gossypium herbaceum	WP WP	Take equal parts.
11.	"	Aegle marmelos Sida sp. Moringa oleifera Oroxylum indicum Azadirachta indica Crateava nurvala Zingiber officinale Brassica nigra Piper nigrum Acorus'calamus Allium sativum	RT RT RT RT RT RT RH SD SD RT BL	Take equal parts, extract. in rice water and give in gingelly oil and Margosa oil.
12.	Matale	Calatropis gigantea Toddalia asiatica Azadirachta indica Paramignya monophylla Capparis horrida Ocimum bacillcum Moringa oleifera Terminalia bellerica Phyllanthes emblica Zingiber officinale Allium sativum Brassica nigra Acorus calamus	SD SB RT FR FR RH BL SD RT	Take 4 kalans each prepare decoction and give in gingelly oil.
13.	Polonna- ruwa	Gossypium herbaceum Saccharum arundihacea Ananas cosmus	WP LF LF	Take equal parts and extract juice and give-in gingelly oil.
14.	Ratnapura	Abrus precatorius Ananas cosmus Tinospora cordifolia Ocimum sp.	LF FR LF LF	Take equal parts and give with castor oil.

REPRODUCTIVE DISORDERS (Cont'd)
(PROLAPSE OF UTERUS)

No.	District	Medcinal Plant	Part of Medi- cinal Plant	Prescription
1.	Kandy	Adhatoda vasika Garcinia morella	WP FR	Decoction
2.	Kegalle	ingiber officinale Arrack 40% Ethanol	JU	

IV. URINARY DISEASES
(URINE RETENTION)

No.	District	Medicinal Plant	Part of Medicinal Plant	Prescription.
1.	Galls	Desmodium triflorium Capsicum annum Sesamum indicum	WP FR Oil	
2.	Kegalle	Piper nigrum Cannabis sativa Salt Rock salt	SD SD water.	Given in coconut
3.	"	Tinospora cordifolia Cocos nucifera	LF JU	Take equal parts.
4.	"	Achyranthes aspera Cows milk	LF	
5.	Kurunegala	Vernonia zeylanica Evodia lunuankenda Curcuma zedoaria Cocos nucifera	LF SB RT Water	Take equal parts.
6.	"	Vitex nigundo Acalypha indica Zingiber officinale Piper nigrum	LF LF RH SD	Take equal parts, extract in warm water and give in gingelly oil.

URINARY DISEASES (Cont'd)
(HAEMATURIA)

No.	District	Medicinal Plant	Part of Medicinal Plant	Prescription
1.	Kandy	Sida sp. Cow milk	RT	
2.	Kegalle	Abutilon indicum Curcuma longa	LF RH	Give in butter milk.
3.	Kurunegala	Dolichos biflorus Allium sativum Santalinum album Bacopa monniera Sesamum indicum Ferula asafoetida	SD BL WD WP Oil RS	
4.	"	Phyllanthus embilica Ficus glomerata	LF SB	Give in coconut water.
5.	Polonnaruwa	Cordia dichotoma Ipomea prescarse Elatteria cardomomum phaseolus mungo Basella alba	LF SD	Grind, boil and drench in coconut: d water.

**V. EXTERNAL DISEASE CONDITIONS
(WOUND)**

No.	District	Medicinal Plant	Part of Medicinal Plant	Prescription
1.	Galle	Trigonella fenum greacum Carbon soot Garcinia morella Soil from black ant hill Vinegar	SD FR	Boil with vinegar and apply.
2.	Gampaha	Strychnos nux-vomica	SB	Make powder, mix with coconut oil and apply on wound.
3.		Trijoua dichotona Osebeckia octrandra Canna indica Ipomea angustifolia Nigella sativa Cuminum cyminum Copper sulphate	SB LF, SB RT ST, LF SD SD	Take equal parts, prepare decoction, boil in coconut oil and extract.
4.	"	Strychnos nux-vomica	SB	Powder, mix in mar gosa oil and coconut oil and apply.
5.	"	Eruthrina indica Carbon soot Nicotiana tabaccum Chalk	LF	Take equal parts, grind and apply.
6.	"	Strychnos nux-vomica Brick powder Curcuma longis	SB RT	Take equal parts, grind in gingelly oil and apply.
7.	"	Curcuma longis Saesamum indicum Cuminum cyminum Nigella sativa Trachyspermum ami	RT Oil SD SD SD	Take equal parts, boil in gingelly oil and extract.
8.	Hambantots	Allium sativum Zingiber officinale Erythrina indica Piper chaba	BL RH SB LF	
9.	Randy	Gmelina arborea Copper sulphate Moringa tinotoria LF Curcuma longis Sesamum indicus	SB RH Oil	Take equal parts.

10.	Kandy	Terminalia chebula Terminalia bellerica Phyllanthus ambelica. Acorus calamus	FR FR SD RH	2 kalans each.
11.	"	Pterocarpus santalinus Mimosa pudica	WD WP	Take equal parts.
12.		Zingiber officiaale Allium sativum Piper nigrum Citrus aurantifolia Caesalpinia bonduc Canabis sativa	RH BL SD LF LF, SD LF	Take equal parts in gingelly oil and apply.
13.	"	Strychnos nux-vomica Brick powder Sesamum indicum	SB Oil	Give in gingelly oil.
14.	"	Erythrina indica Citrus aurantifolia	LF, SB JU	Handfull.
15.	Kalutara	Canarium zeylanicum Dipterocarpus zeylanicum Pongamia glabra Sansevieria zeylanica Eclipta caryophyllata Curcuma longa Eugenia caryophyllata Myristica fragrans Glycyrrhiza glabra Allium sativum Piper nigrum Cuminum cyminum Foemieulum vulgum	SB SB SB RT FL RH FL RI, SD RT BL SD SD SD	Take all the juice, mix with powder of Allium sativum and mix with gingelly oil.
16.	Kegalle	Strychnos nux-vomica Brick powder		Take equal parts, grind in gingelly oil and apply topically.
17.	"	Moringa oleifera Morinda citrifolia Curcuma longa	 LF RH	Take equal parts and grind in gingelly oil.
18.	"	Curcuma longa Gingelly oil Nigella sativa Cunimum cynimum Trachyspermum ami	RH Oil SD SD SD	Take equal parts, i make a paste and apply.
19.	"	Terminalia chebula Cinamomum camphora Acacia catechu Citrus aurantium	FR JU	Take equal parts, grind in sour orange juice and apply topically.
20.	"	Coscinium fenestratum Bee honey	ST	

		Nelumbium zeylanicum	RT	
		Alstonia scholaris	RT	
		Hemidesmus indicus	WP	
		Carbon soot		
		Pterocarpus santalium	WD	
		Sesamum indicum	Oil	
		Nymphaea stellata	RH	
21.	"	Canarium ceylanicum Copper sulphate	SD	
22.	"	Artocarpus integrifolia Human hair Coconut oil	latex Oil	
23.	"	Strychnos nux-vomica Curcuma longa	SB RT	Take equal parts, roast, powder and apply topically.
24.	"	Brick powder Azadirachta indica	Oil	Take equal parts and make a paste.
25.	"	Curcuma longa Calophyllum inophyllum	RT SD	Take equal parts, grind to powder and apply in Margosa oil.
26.	"	Carbon soot Garcinia morella	FR	Take equal parts and mix with Margosa oil.
27.	"	Erythrina indica Carbon soot Mermodica sp. Tobacco Lime	LF LF LF	
28.	"	Brick powder Strechynos nux-vomica	SD	Fry in gingelly oil.
29.	"	Clerodendron infortunatum Tobacco Carbon soot	LF LF	Take equal parts.
30.	"	Lime Curcuma longa	RH	Take equal parts, pre pare paste and apply.
31.	"	Alstonia scholaris Rejoua dichotoma Curcuma longa Azadirachta indica	SB LF RT Oil	Take equal parts, grind and apply.
32.	Kegalle	Achyranthes aspera Abutilon indicum Curcuma longa Erythrina indica Nicotiana tobaccum	LF RT LF LF	Take equal parts, grind and apply.

33	"	Carica papaya Lime		Grind, extract juice and apply topically.
34.	"	Erythina indica Carbon soot Nicotiana tabaccum	LF	Take equal parts, grind and apply.
35.	Kurune- gala	Rejoua dichotoma Strychnos nux-vomica Curcuma longa Calcium carbonate	SD SB RH	
36.		Zingiber officinale Piper nigrum Brassica nigra Acorus calamus Allium sativum Garcinia morella Carbon soot	RT SD SD RT BL FR	Take equal parts.
37.	"	Canarium zeylanicum Acacia catechu Careya arborea Terminalia chebula Areca catechu	RS extract FR FR	Take equal parts, give in gingelly oil.
38.	"	Pogestemom heyneanus Nicotiana tabaccum Garcinia morella Copper sulphate	LF FR	Take equal parts boil in water, grind and apply paste.

ETERNAL DISEASE CONDITIONS (Cont'd)
(SKIN ERUPTIONS)

No.	District	Medicinal Plant	Part of Medicinal Plant	Prescription
1.	Kurune-gala	Zingiber officinale	RT	Take juice and concentrate over fire. Give as decoction.
		Piper nigrum	SD	
		Acorus calamus	RT	
		Brassica nigra	SD	
		Allium sativum	BL	
		Ferula asafoetida		
		Moringa oleifera	SB	
		Azadirachta indica	SB	
2.	"	Curcuma longa		Take equal parts and apply.
		Mangifera indica	SB	
		Salt		
		Zingiber zerumbet	FL	
3.	"	Curcuma longa		Take equal parts and apply.
		Evodia lunuankenda		
		Wheat flour		

EXTERNAL DISEASE CONDITION
(EYE DISEASES)

No.	District	Medicinal Plant	Part of Medi- cinal Plant	Prescription
1.	Kegalle	Pterocarpus santalium Strychnos potatorum Citrus aurantifolia	WD SD LF	Take equal parts, triturate in lime juice and apply.

EXTERNAL DISEASE CONDITIONS (Coat'd)
(EAR DISEASES)

No.	District	Medicinal Plant	Part of Medi- cinal Plant	Presriptiona
1.	Rulatara	Deer antler Alteranthera sessilis Asparagus adsendens Aristolochia indica Cinamomum zeylanicum Eugenia caryophyllata Piper longum Myristica fragrans Acorus calamus Gynandropis gynandra	Powder LF RT RT SB FL FR SD RH SD	Grind with Musa sp. juice, mix with one bottle of Margosa oil and pour to the site.
2.	Kandy	Toddalia asintica Canabis sativum Dragea volubilis Luffa acutangula Momoridica dioica Cocoa nucifera	RT LF RT RT LF FR	Take equal parts.
3.	"	Elletaria cardamomum Ricinus communis Evodia lanuankenda Ocimum bacilioum Vernonia zeylanion Cocoa nucifera	SD SD SD SD LF FR	Take equal parts.
4.	"	Temminale chebula Azadirachta indica Cocoa nucifera	FR LF FR	Take equal parts.
5.	"	Terminalia chebula Azadirachta indica	SD LF, SB	Take equal parts.
6.	"	Messua farea Ceasalpinia bonduc Zingiber officinale Acorus calamus	FL SD RH RH	Take handfull of each.
7.	Kegalle	Brasaica nigra Acorus calamus Piper nigrum Allium sativum Zingiber officinale	SD RH SD BL RH	Take equal parts, grind and drench with warm water.
8.	"	Anacardium occidentale	FR	Take equal parts.
9.	"	Terminalia chebula	FR	Take equal parts,

		Azadirachta indica Cocoa nucifera	LF FR	grind, extract oil and put in the ear.
10.	"	Benincada hispida Eleusine corakama Stearia italica Cocoa nucifera	JU SD SD FR	
11.	"	Ixora coccinia Citrus aurantium	LF FR	Extract juice and put in the ear.
12.	"	Rauwolfia serpentina	RT	Triturate in lime juice and nebulize.
13.	"	Elattaria cardomomum Ricinus communis Holarrhena antidysenterica Ocimum basilios Diospyros ebenum Barringtonia sp.	SD SD SD FL WD LF	Take equal parts.
14.	"	Leea indica Murraya koenagii Kaempferia galanga Solanum surattense Michelia champaka	FL LF RH SD FL	Take equal parts, grind in Indigofera anneaphylla LF juice and extract with coco nut oil, put in ear.
15.	Rurune- gala	Deer antler powder Alternanthera sessilis Asperagus racemosus Michelia champaka Vetiveria zizanioides Eugenia caryophyllata Piper longum Myristica fragrans Gynandropsis gynandra Allium sativum Musa sp. Azadirachta indica	Powder LF RT RT RT FL SD SD, Aril SD BL FL LF	Take equal parts.
16.	"	Calatropis gigantea Euphorbia antiquorum Clay from ant hill	RT RT	
17.	"	Leea indica Murraya koenagii Kaempferia galanga Michelia champaca Solanum indicum	LF PL FL RT	Take equal parts and grind in Indigofera annophylla (LF) juice and. put into the ear.
18.	"	Azadirachta indica	LF, SB	Take equal parts and extract in coconut milk.
19.	Kurune- gala	Cannabis sativa Dragea volubilie Luffa acutangula	LF RT SD	Take equal parts and extract in coconut milk.

20.	"	Elatteria cardamomum Rcinus communis Evodia lunuankenda Mucuna puriens Diospyros obenum	SD SD SD FL WD	Take equal parts and extract in Lees in dica SB juice.
21.	"	Gmelina asiatica Carmona microphylla Phaseolus mungos	RT, SB SB SD	Take euqal parts.
22.	"	Stag horn Alternanthera sessilis Asperagus racemosus Eugenia caryophyllata Piper longum Myristica fragrans Accrue calamus Gynandropsis gynandra Allium sativum Musa op.	FR SD FR SD SD BL FL	Take equal parts, extract the juice and apply.
23.	"	Terminalia chebula Azadirachta indica Cocos nucifera	FR LF FR	Take equal parts and extract the juice. Then, heat and apply in the ear.
24.	Matale	Curcuma longa Gmelina arborea Carmona microphylla Azadirachta indica Phaseolus mungos Allium ascalonicum Ocimum bacilioum	RT RT, SB LF LF SD BL LF	Take equal parts, extract with coconut oil and apply topically.
25.	"	Embelia ribes Cinamomum zeylanicum Plumbago zeylanica Terminalia chebula	SD LF LF FR	Take equal parts, 8. grind with piper betel (LF) juice, salt water and drench.
26.	"	Dear horn Alternanthera sessilis Asperagus racemosus Cinamomum zeylanica vetiveria zizanoides Croton laciferus Eugenia caryophyllata Piper longum Myristica fragrans Acorus calamus Gynandropsis gynandra Allium sativum Musa op.	LF RT RT RT SD FL SD SD RT BL	Take equal parts grind and heat with Margosa juice and apply in the ear.

EXTERNAL DISEASE CONDITIONS (Cont'd)
a (HOOF DISEASES)

No.	District	Nedicinal Plant	Part of Nedi- cinal Plant	Prescription
1.	Kandy	Careya arborea Terminalia arjuna	SB SB	4 pounds.
2.	"	Copper sulphate Citrus aurantium	JU	Take equal parts.
3.	"	Zingiber zerumbet Piper nigrum - Asperagus adscendens	RH RH WP	Take equal parts.
4.	"	Thespesia populuca Tobacco Eugenia caryophyllata Copper sulphate	LF LF	Boil in water, use for washing.
5.	"	Citrus ap. Copper sulphate	JU	Take equal parts.
6.	"	Veteria acuminata Anacardium occidontale	FR	Take equal parts.
7.	"	Fine clay Citrus sp.	Fr. JU	Take~equal parts.
8.	"	Coleus ambionious		Given in gingelly oil.
9.	"	Garcinia morella	FR	Boil in salt water and apply to hoof.
10.	"	Curcuma longa	RH	Given in Margosa oil.
11.	Kurune- gala	Euphorbia antiquoram Manikara hexandra Calotropis gigantea	WD FR WE	Add CuSO4 and lime juice to set a paste.
12.	"	Feronia elephantum Artocarpus integrifolia Phyllanthes sp. Vateria acuminata Leea indica	RS Latex RS	
13.	"	Cassia fistula Calotropis gigantea Coleus ambionieus Asperagus adsendens Swertia chirata	RT RT WP RT, LF WP	

		Paramignya monophylla	RT	
		Curry powder		
		Nigella sativa	SD	
		Cuminum cyminum	SD	
		Piper longum	SD	
		Ferula asafoetida	RS	
		Terminalia chebula	FR	
		Terminalia bellerica	FR	
		Sesamum indicum	Oil	
		Phyllanthus embelica	FR	Take equal parts and
		Ricinus communis	Oil	give in Selaria
		Zingiber officinale	RT	atalica, aqueous
		Piper nigrum	SD	extract.
		Brassica nigra	SD	
		Acorus calamus	RT	
		Citrus aurantium	FR	
		Allium sativum	BL	
		Citrus sinensis	FR	
14.	Matale	Copper sulphate		Boil and extract
		Alum		apply topically,
		Rock salt		take equal parts.
		Phaseolus diocia	SD	
15.	Ratnapura	Garcinia morella		Take equal parts,
		Terminalia arjuna	SB	grind, boil with
		Ficus bengalensis	LF	water and apply.
		Mangifera indica	SB	
		Curcuma longa	RT	
		Capsicum anum	FR	

EXTERNAL DISEASE CONDITION
DISEASE

No.	District	Medicinal	Plant Part of Medi- <u>cinal Plant</u>	Prescription
1.	Rurune gala	Pothos scandens Bomabax malabaricum Adenathera pavenina Cassia tora Olax zeylanica Curcuma longs	LF, SB T LF, SB LF, SB LF, SB LF, SB	ake equal parts for topical application with castor oil.

**EXTERNAL DISEASE CONDITION
(FRACTURES)**

No.	District	Nedicinal Plant	Part of Medi- cinal Plant	Prescription
1.	Gampaha	Garcinia morella Mangifera indica Oroxylum indicus Curcuma longa	FR, FL, SB FR RH	Take equal parts, extract with coconut milk and apply the oil topically.
2.	"	Bassia longifolia Enteda scandens Asperagus racemosus Adenanthera pavonia Evodia lunuankenda Pongamia glabra	SD SD WP LF, SB LF, SB LF, SB	Take equal parts, grind and use as poultice.
3.	Hamban- tota	Zingiber officinale Allium sativum Moringa oleifera Peucedanum graveolens Papaver somniferum Garcinia morella Soil from ant-hill	RH BL SB SD RS FR	Take equal parts and mix in coconut vinegar.
4.	Kalutara	Canarium zeylanicum Dipterocarpus zeylanicum Pongamia glabra Sansevieria zeylanica Ecipta arecta Curcuma longa Euge.a carryophyllata Myristica fragrans Allium sativum Glycyrrhiza glabra Sesamum indicum	SB SB SB RT LF RH FL RD, SD BL RT Oil	
5.	"	Allium sativum Piper nigrum Cuminum cyminum Foelieulum vulgare	BL SD SD SD	Take about 20 g. each and extract the juice with gingelly oil and apply.
6.	Kegalle	Azadirachta indica Ricinus communis Ficus religiosa Allophyllus cobbe Pterocarpus santalinus Leea indica	oil oil SB SB WD	
7.	"	Artocarpus nobilis	SB	
8.	Kegalle	Heya ovalifolia Cissus quadrangularis	LF	Take equal parts,

-		Euphorbia sp.		make into paste and
9.	Regalle	Curcuma longis	RH	sed as poultice.
		Heya ovalifolia	LF	Take equal parts,
		Aerua lanata	WP	grind in the 2 oils
		Phyllanthus op.		and apply.
		Brassia longifolia.	Oil	
		Cissus quadrangularis		
		Sesamum indicum	SD	
10.	"	Heya ovarifolia	LF	Take equal parts and
		Curcuma longis	RH	make into a paste.
		Allium escalonicum	BL	
		Brick powder		
11.	"	Datura alba	LF, SB	Take equal parts and
		Morinda tinctoria	LF, SB	used as poultice.
		Eleusine indica	WP	
		Curcuma longis	RH	
		Allium escalonicum	BL	
12.	"	Ficus hispida	LF, SB	Take equal parts and
		Eleusine indica	WP	used as poultice.
		Allium ascalonicum	BL	
		Curcuma longis	RH	
13.	"	Hoya ovalifolia		Take equal parts,
		Euphorbia tirucalu		make into paste, heat
		Sarcostemma brunonianum		and use as poultice.
		Bassia longifolia	SB	
		Curcuma longis	RT	
		Ficus religiosa	SB	
14.	"	Butea frandosa		Take equal parts,
		Litsea longifolia		grind to paste and
		Mangifera indica	FR	heat apply topically.
15.		Hoya ovalifolia	LF	Take equal parts,
		Mecarange pettata	SB	grind to paste and
		Curcuma longis	RH	apply.
		Cocoa nucifera	FR	
16.	Rurune-gala	Sambjur antlers		
		Stag antlers		
		Cattle horns		
		Buffaloe horns		
		Elephant tusk		
		Cocoa nucifera	FL	Powder all and use
		Area catechu	FL	externally.
		Ficus up.		
		Curcuma longis	RH	
		Salt		
17.	Rurune-gala	Syzigium caryophyllatum	B	
		Curcuma longis	GH	
		Salt		

**EXTERNAL DISEASE CONDITIONS
(BROKEN HORN)**

No.	District	Medicinal Plant	Part of Medi- cinal Plant	Prescription
1.	Gampaha	Canarium indicum	RS	Dissolve in coconut oil and apply.
2.	"	Spiderweb Lime		mix and apply.
3.	"	Oryza sativa Piper nigrum	SD SD	Powder, mix and blow into eyes.
4.	Hambantota	Ficus hispida	LF	
5.	"	Drymoglossum heterophyllum Cocos nucifera Curcuma longa Salt	FR	Take equal parts and apply.
6.	Kalutara Musa sp.	Bombax malabaricum Cocos nucifera	SD	Take equal parts and apply the juice of the mixtures at the site.
7.	"	Terminalia chebula Pterocarpus santalinus Peucedenum graveolens Carbon soot Papaver somniferum	SD WD SD	10 g. each, powder it and mix with Citrus aurantium juice and apply.
8.	Kandy	Pothos scandens Plumbago zeylanica Cocoina grandis Languas chinensis	LF WP LF RH	Grind to paste and use as poultice.
9.	"	Gmelina asiatica Curcuma longa Elusine indica Cocos nucifera	RH WP FR	Take equal parts and apply.
10.	Kurunegala	Garcinia morella Drymoglossum heterophyllum Cissus quadrangularis Mangifera indica Curcuma longa	FR LF	Take equal parts and apply.
11.	"	Nigella sativa	SD	Take equal parts and

	Cayuota ureus		apply.
	Allium sativum	BL	
	Sesamum indicum	Oil	
12.	Terminalia chebula	FR	
	Phyllanthus embelica	FR	
	Pterocarpus sentallnum	WD	
	Pedaliium murex		
	Premna herbecea	SB	
	Croton laciferus	SB	Take equal parts and
	Peucadenum graveolens		apply.

GLOSSARY OF INDIGENOUS MEDICINAL PLANTS USED IN SRI-LANKA

Note: FL - flower, FR - fruit, LF - leaf, PL - whole plant, RH - rhizome,
RT - root, SB - stem-bark, SD - seed, ST - stem, TU - tuber,

Botanical name	<u>Sinhala</u> Tamil Names	Part used principles	Reported active	Reported action and uses (Bold print: denotes more useful, proved property)
<i>Abrus precatorius</i>	Olinda Gundumani	RT, LF SB	Abrin (toxalbumin)	Emetic, cough, sore throat (LF).
<i>Acacia catechu</i>	Kaippu Veadalam	SB	Catechu-tannic acid, catechin quercetin, gum	Astringent diarrhoea
<i>Acacia chundra</i>	Kihiri/ rat-kihiri	LF, SB	Similar to A. catechu	Diarrhoea, eczema, Aconitonic acid bleeding gums, stoma- titis, pharyngitis
<i>Acacia nilitica</i>	Babbula	SB, LF FR, gum	-	Astringent, demulcent, ulcers, diarrhoea
<i>Acalypha indica</i>	Kuppameniya Kuppaimeni	LF	Acalyphus, acalyphine	Laxative, expectorant emetic, ring worm
<i>Aconitum ferox</i>	Vachanabhi Vishamavi	RT	Napelline, aconitine	Inflammation of throat intestines, joints fever, neuralgia, etc
<i>Aconitum hete</i> <i>Rophyllum</i>	Atiudayan ativadayam	RT	Aconitonic acid	Diarrhoea, dysentery bilious complaints
<i>Acorus calamus</i>	Wads kaha Vachambu	RH	Acorin, cala- mine eugenol, Camphen	Stomachic, carminative emetic, flatulence, colic, dyspepsia.
<i>Achyranthes aspera</i>	Gaskaral hebo/karal hebo. Nayurivi	PL	Alkaline ash with potash (fruit)	Diuretic, laxative local anaesthetic
<i>Adhatoda vasica</i>	Adateda Adhatodai	LF, RT SB, FL	Vasicine adhatodic acid	Cough, expectorant, asthma, bronchitis.

Botanical name	<u>Sinhala</u> Tamil names	Part used	Reported active principles	Reported action and uses (Bold print: denotes more useful, proved property)
<i>Aegle marmelos</i>	Beli Vilvam	LF, RT FR	Poetin, tannin: marmelosin	Dysentary, diarrhoea, anasarca.
<i>Aerua lanata</i>	Pol-pala Poolai	PL	-	Diuretic.
<i>Agalaia rexburghiana</i>	Puwangu Priangu	RT, SB LF, FR	-	Styptic, astringent, diarrhoea, ulcers.
<i>Allium sativum</i>	Sudu lunu Vellaippundu	TU	Velatile oil mucilage	Carminative, diuretic rheumatic, affections.
<i>Aloe vera</i>	Komarika Angani	LF	Alcin, emodin, isobarbaloin	Constipation, dyspep sin, cough, nervous disease, colics burns, scalds.
<i>Alpinia calcarata</i>	Hin aratta Periarattai	RH, FR	Compheridine, galangin, alpi nin vel. essen tial oil, methyl cinnamate, campher	Aromatic stimulant, carminative, expectorant.
<i>Alpinia galanga</i>	Aratta	RH, FR	Compheridine, galangin, alpi nin, vel. essen tial oil, methyl cinnamate, ampher.	Aromatic stimulant, carminative. expectorant.
<i>Alstonia scholaris</i>	Rukattana Vadirasi	SB, LF	Ditamine, echitamine, alstonine.	Febrifuge, astringent, alterative, ulcers bitter tonic, antimalarial.
<i>Alternanthera sessilis</i>	Mucunuwenna Ponnakani	PL	-	Diuretic, cystitis lactagogue.
<i>Anachardium occidentale</i>	Kadju Andima	SB	Cardol, anarcadic acid	Diarrhoea, vermicide, insecticide, purgative, cough.
<i>Ananas cosmus</i>	Annasi Anassappalam	FR, LF	Bromelin	Anthelmintic, aborti facient, purgative, flatulence.

Botanical name	<u>Sinhala</u> Tamil names	Part used	Reported active principles	Reported action and uses (Bold print: denotes more useful, proved property)
Andrographis paniculata	Hin-bin kohomba Nilavemvu	LF, RT	Kalmeghin	Debility, dysentery, dyspepsin, anthel mintic.
Anisomeles indica A. ovata	Yakwanassa Peyaneratti	LF Oil	Volatile oil, alkaloid	Carminative, astrin gent, tonic, antimicrobial.
Annona muricata	Katu anoda Atta	LF, SD -		Irritant, pediculocidal.
Annona reticulataPiti-	anoda Atta	LF, SD FR	Amorphous Alkaloid resin	Vermicial, insectici dal, Pediculocidal, Antibacterial, d
Amomum mastica- torium	-	RH	-	Carminative.
Arogemone mexicana	Rankiri- gokatu Bramadandu	RT, SD FL	Alkaloid, argemone oil	Skin & blood diseases, purgative, diuretic, eczema, ulcers.
Aristolochia indica	Sapsanda Adagam	RT, LF Alkaloid	Aromatic oil	Intermittent fever, dropsy.
Artemisia vulgaris	Walkolundu Mashibattiri	LF, PL	Cineol, aldehyde	Stomachic, anti-spas- modic, anthelmintic.
Asclepias curassavica	Kankumbala	PL	Vincetoxin, asclepine (glucoside)	Purgative, astrin gent, styptic, diarrhoea.
Asperague adscendens	Hatawariya Tannirvittang	RT	Asparagin, muscilage	Diuretic, systitis, rheumatism, tonic, sexual debility, sterility, galactagogue.
Asteracantha longi- folia Hygrophila spinosa	Katu- ikiriya Neremulli	SD, RT	Hygrosterol, muscilage, alkaloid traces. fixed oil.	oedema, dropsy, kidney stones, jaundice, diuretic.
Azadirachta indica	Kohomba Arulundi	LF, SD RT, gum	Margosine	Antiseptic, insecti- cide, skin disease, intestinal worms.

Botanical name	<u>Sinhala</u> Tamil names	Part used	Reported active principles	Reported action and uses (Bold print: denotes more useful, proved property)
Bacopa monniera Herpestis monniera	Lunu-wila Neerbrahmi	LF, PL	Toxic alkaloid (L), resins, brahmine.	Laxative, rheumatism, nervine & cardiac tonic.
Barringtonia ceylanica B. racemosa	Goda- midella -	LF, SD	Saponins, fixed Oil	Dysentery, bleeding from cuts , files, tonsillitis, ovulatory.
Bambusa arundinacea	Katu-una Mangal	LF, ST	Choline, betain nuclease, urease, cyanogenetic glucoside	Diarrhoea in cattle, thread worm.
Bauhinia variegata	Rat- Koboleela Shemman-	SB, RT gum, LF, darai SD	Tannin (B), gum	Alterative, tonic astringent (B), Carmi native (R), laxative (F)
Berberis aristata	Rasandun Mullukala	RT, SB	Berberine, alkaloides	Colic, nervous diseases, blood diseases, co pious discharge from womb, Trachoma virus, amoebiacis, tonic, alterative, sores.
Boerhaavia diffusa	Pitasudupala Mukkaratai	PL, RT	Large quantities of potassium nitrate Punarnavine (alkaloid)	Odema, ascites, kidney ailments, dropsy, jaundice, enlargement of liver, diuretic.
Brassica nigra	Gan-aba Kadagu	LF, SD oil	Myrosin (gluco- sido) volatile oil, fixed oil, brassic acid, sinigrin.	Anti-spasmodic, rheu- matic affections, emetic, rubifacient, (oil) (paste), diges tive condiment.
Brucea javanica	Kaputugedi	SD	Bitter princi- ple allied to quassin.	Anthelmintic, anti dysenteric.
Butea monosperma	Gas-keliya Kali	SD, FL RT, SD	Pyro-catachin, Glucosido	Diarrhoea, dysentery, diabetes, diuretic, astringent, ulcers, anthelmintic.

Botanical name	<u>Sinhala</u> Tamil names	Part used	Reported active principles	Reported action and uses (Bold print: denotes more useful, proved property)
Caesalpinia bonduie	Kumburu wel Gech-chakai	SD, RT SB, LF	Natin, bonducin (non alkaloida- 1 – bitter principle fatty oil (SD)	Dyspepsia, anthelmin- tic, antispasmodic, bitter tonic.
Calophyllum inophyllum	Domba Nagam	SB, oil	oil, resin	Astringent, rubifacient.
Calotropis gigantea	Elawara Arkkam	SB, -RT	Akundarin, calatropin, calosterol, black acid resin.	Skin diseases, ascites, anasarca, cardiac tonic, anti- pasmodic expectorant.
Canarium zeylanicum	Kekuna Pakkilipal	SB	Gum resin	Astringent, antiseptic, gargle for bleeding, ulcers, fistulae, aromatic,
Canna indica	Buthsarana Poovalai	RH	Alkaloid, Fat gam, starch	Poisoning of cattle (TU)
Canscora decussata	Dandupul sakmal	- -		Laxative, alterative, nervine, tonic, insanity, epilepsy.
Cardiospermum halicacobum	Vel-penela Kottavan	PL	Saponin, essential oil	Aprodisiac, tonic, diuretic, carminative, stomachic.
Careya arborea	Kahata Ayma	SB, FL	Tannin, calcium exalate	Astringent, demulcent.
Carum carui	Kaluduru Kekuvirai	SD	Essential oil	Diuretic, anthelmin- tic, flatulence and carminative.
Cassia alata	Et-torn Anjali	LF, FL SD	Chrisopanic acid	Ringworm and other skin diseases, purga- tive, bronchitis, eczema, vermifuge.
Cassia angustifolia C. lanceolata	Nilavari senekela Kattuni-lavarai	LF, SD	Cantharin, glucoside, cal- cium oxalate (L) Anthraquinone, (Jenna) s senna pierin.	Purgative.

Botanical name	Sinhala Tamil names	Part used	Reported active principles	Reported action and uses (Bold print: denotes more useful, proved property)
Cassia auriculata	Ranawara Avarai	RT, SD LF, FL	Tannin	Fever, diabetes, urinary diseases, constipation, laxative, conjunctivitis, (seed) rheumatism.
Cassia fistula	Ehela Appai	SB, RT LF, FR	Vel. oil, astringent matter	Fever, heart diseases, bronchitis, laxative .
Cassia occidentalis	Peni-torn Nattutakari	LF, SD RT	Olein, margarin (s), tannic acid, gum, starch, chrysophanic acid toxalbumin.	Purgative , febrifuge diuretic (R).
Cassia torn	Peti-torn Senavu	LF, SD RT	Glucoside, emodin glucoside	Laxative, constipation, haemorrhoid, anti parasitic, ringworm, eye diseases.
Catharanthus roseus Vines resen -	Minimal	RT, LF FL	Alkaloid, vincistrine	Diabetes, leukaemia
Centranthera indica	Dutu-satuta	PL	-	Diuretic, sore eyes.
Cinnamomum zeylanicum C. cassia	Kurundu Cannalavan Gapattai	SB, LF	Vol. Oil, cinnamic acid, pinene, resin linalol, eugenol	Dyspepsia, flatulence carminative, expectorant.
Cissanpelos pareira	Diyamitta Appatta	LF	Cissampeline peolosin	Expectorant, diuretic, muscle relaxant
Cissus quadrangularis	Heerassa Arugani	LF ST RT	-	Fractures of boner, muscular pain, ulcers and wounds.
Clitoris ternatea	Kata-rolu -	RT SD LF	Tannin, resin fixed oil	Laxative, (R), ascites (S), chronic bronchitis, cystitis, diuretic.
Commiphora mukul Blasmodendron m.	Ratadummala Gukkal	PL, gum	Vol. oil, bitter principle, gum resin	Caries (dental), weak spongy gums, pharyngitis, rheumatism, sexual debility.

Botanical name	<u>Sinhala</u> Tamil names	Part used	Reported active principles	Reported action and uses (Bold print: denotes more useful, proved property)
Coroupita guenensis C. surinamensis	Sal Attam	SD, SB -		Reproductive disorders, infertility.
Crataeva nurvala C. religiosa	Lunuwarana Adicharanam	LF, SB RT	Saponin (SB)	Urinary, bladder stones, stomachic.
Croton tiglium	Jayapala Kattuk- kattai	RT, LF SB, SD oil	Crotonoleic acid, tiglic acid	Purgative, Oil from seeds irritant, applied for rheumatism.
Cuminum cyminum	Suduru Seerugam	SD, FR Oil	Thymene, thymol oil resin, gum	Carminative, astrin- gent, stomachic, lactagogue.
Curcuma zedoaria	Harankaha Kichilikil- hangu	TU, LF	Essential oil, curcumin arabins	Anthelmintic, flatu- lence, dyspepsia, expectorant carminative,, convulsion.
Cyperus rotundus	Kalanduru Kora	TU	Essential oil, alkaloid	Astringent, antiseptic, anorexia, diarrhoea, dysentery.
Cymbopogon nardus	Hin-pengiri lena batu pangiri Kavatampillu	RT, FL	Geraniol, citronellal	Rubifacient, stimulant, carminative, anti spasmodic, diaphoretic, diuretic.
Datura alba	Attana Ayigam	LF, SD RT	Daturine, hyoscine resin, mucilage	Anti-spasmodic, counter irritant, narcotic, anodyne.
Desmodium hetero- , phyllum D. triflorum	Maha-undu- piyaliya Sirupulaadu	LF, RT	-	Dysentery, abdonimal complaints, sores, diuretic.
Diospyros malabarica	Timbiri Kattatti	FR,-SD	Tannins	Wounds, sore throat, oil for diarrhoea and dysentery.
Dolichos biflorus	Kollu Kollu	SD -		Astringent, diuretic, tonic, anthelmintic, stomachic.
Dregea volubilis	Kiri-anguna Kamal	RT, LF	Glucoside, dregein	Emetic, expectorant, boils and abscesses.

Botanical name	<u>Sinhala</u> Tamil names	Part used	Reported active principles	Reported action and uses (Bold print: denotes more useful, proved property)
<i>Drymoglossum heterophyllum</i>	Panampethi	LF	-	Styptic, eczema.
<i>Elettaria cardamomum</i>	Enasal Anji	SD, Oil	Essential oil, fixed oil, cineol free terpineol	Stimulant, carminative, stomachic.
<i>Eleusine indica</i> <i>E. coracana</i>	Belatana Tippa-ragi	SD	Unripe plants contains hydro- cyanic acid	Diaphoretic, anti pyretic, emanagogue.
<i>Embelia ribes</i>	Walangasal Kattukodi	FR, LF RB	Embelin, vidangin	Carminative, stomachic, anthelmintic, skin disease, tape work, abdomi nal dropsy, spleen disorders.
<i>Eucalyptus globulus</i>	Terpantine Karpuramaram	LF, gum	Volatile oil, resin, gum	Counter-irritant, carmina- tive, stimulant.
<i>Eugenia operculata</i>	Batadomba -	SB, RT FR	-	Rheumatism, painful joints
<i>Euphorbia hirta</i> <i>pilurifera</i>	Kepunkiriya Palavi	PL	Gum, resin alkaloid Tannin- oxalates	Cough, dysentery, cardio- vascular depressant.
<i>Erythroxylon coca</i>	- -	LF	Cocaine	Carminative, sialogogue, local anasthetic.
<i>Erythroxylum moonii</i>	Bata- kirilla Chirychemannati	LF	Alkaloid	Anthelmintic, (round worm) boils and local anasthetic.
<i>Feronia elephantum</i>	Divul Kapittam	FR, LF SB, gum	Essential oil, fruit pulp ci- tric acid, mucilage	Astringent Carminative.
<i>Feronia limonia</i>	Divul Kabittam	LF, RT FR, SB	Citric acid (F) essential oil (L)	Diarrhoea, dysentery.

Botanical name	<u>Sinhala</u> Tamil names	Part used	Reported active principles	Reported action and uses (Bold print: denotes more useful, proved property)
<i>Ferula asafoetida</i>	Perumkayam Perungayam	SD, LF resin	Organic, sulphur compound, vol. oil resin, ferulic acid valerainic, malic acetic, formic acid.	Flatulent colic, anti- spasmodic, carminative.
<i>Ficus racemosa</i> <i>F. glomerata</i>	Attikka Adam	SB, FR LF, RT	-	Urinary disease, piles bilious ailments, diabetes.
<i>Ficus religiosa</i>	Bo-gaha Achuvattam	LF, ST FR, SB	Tannin (SB) wax	Astringent (SB) laxative (FR).
<i>Foeniculum vulgare</i>	Maha-duru Shombu	SD	Essential Oil	Flatulence. carminative, diuretic.
<i>Garcinia morella</i>	Kana-goraka Fravalginni	Rind gum	Gum-resin	Astringent, antiseptic, purgative.
<i>Gardenia latifolia</i> <i>G. fummifera</i>	Galiss Dikamali	LP resin	Two resins (gar- dininine & dikenalin)	Pulmonary fever, deep sores (LF), Anthelmintic.
<i>Gemlina arborea</i>	Et-demata Arisa	LF, RT	Resin oil, alkaloid	Maggot repellent, lacta- gogus, oestrogenic, bitter tonic (PT), demulcent.
<i>Gisekia</i>	Etirilla pala Manaliekirae	FL, SD	Tannin, like principles (SD)	Aperitive, aromatic.
<i>Gloriosa superba</i>	Niyangala Akkinichilan	TU	Gloriosine (al- kaloid) resin tannin, superbine	Oxytotic, retained pla- centa, alterative, cholagogue.
<i>Glycyrrhiza glabra</i>	Welmi Admaduram	RT	Glycyrrhizin, tannin, gum muscilage	Laxative, diuretic, bronchitis expectorant, demulcent.
<i>Gymnema sylvestre</i>	Bin-nuga muwa- kiriwel	LF, RT SB	Resin gymnemic acid, hypo gly- caemic calcium salts.	Emetic, expectorant astringent, diuretic, stomachic, tonic.

Botanical name	<u>Sinhala</u> Tamil names	Part used	Reported active principles	Reported action and uses (Bold print: denotes more useful, proved property)
Gynocardia odorata	Taliennoe	SD, oil	Gynocardic acid, hydrocyanic acid	Leprosy, other skin disease, scrofula, rheumatism, bactericidal.
Hedyotis auricularia	Geta-kola -	LF, PL	Alkaloid, glucoside	Dysentery, high blood pressure.
Hedyotis fruticosa	Weraniya -	LF	Alkaloid	Bladder stones, worms in buffalo calves.
Helecteres isora	Liniya Vadampiri	SB, FR RT	Tannins, sub- stances, demulsent	colic, flatulence, diarrhoea, dysentery.
Heliotropium indicum	Et-setiya Dimbiya	LF, FL RT	Alkaloid, tannin organic acid	Boils and sores, gum boils, pimples, sore throat, abortifacient, ring worm, rheumatism, bronchitis, cough.
Memidesmus indicus	Iramusu Arakkam	RT, PL	Vol. oil, hemidesmine coumarin	Alternative, tonic, demulcent, inflammation of urinary passages, blood tumours, cough.
Hibiscus abelmoschus	Kapukinissa Kasturivendai	LF, RT SD	Gum, albumin- fixed oil (SD) resin	Stimulant, carminative, demulcent, stomachic, antispasmodic.
Holarrhena antidysentexca	Kiriwalla kelinda Erukkalaipalai	SB	Connessine, helarrhenine	Fever, diarrhoea, anti bacterial, dysentery, amoebiasis.
Hibiscus rosa- sinensis	Wada-mal Arattam	LF, FL RT	-	Boils, swellings, fever, cough, bronchitis.
Holarrhena mitis	Kirimawara kelinda	SB	-	Fever, dysentery, anti-periodic.
Horsfieldis irriyaghedi	Ruk gaha -	FL, FR	-	Dysentery, cough.

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Hydrocotyle asiatica	Hin- gotukola Babassa	PL, FR RT	Vellarin (white) crystalline, sub- stances from leaves gum, sugar, tannin, nervine tonic.	Alterative, tonic, diuretic.
Indigofera tinctoria	- Neelum	PL, juice	Indican glucoside	Stimulant alterative, antiseptic, astringent.
Hydrocotyle javanica	Maha-gotu kola Velari	PL, LF	Use as substi- tute for A. asiatica	alterative, tonic, indigestion, dysentery local stimulant, nervine tonic.
Hyoscyamus niger	Korasani Kurasani- yoman	LF, SD	Hyoscyamine, hyoscine scopolamine	Astringent to bowels, expectorant, anodyne, urinary sedative.
Justicia betonica	Sudu-puwak	LF	-	Poultice, boils.
Justicia sp.	Kalu-weraniya	LF	-	Poultice, boils.
Kalanchoe laciniata	Akkapana Malakalli	RT, LF	Cream of tatar, calcium oxalate	Styptic, astringent, antiseptic.
Leptadenia reticulata	Palai Palaikodi	PL	Tocopherols, phytosterols, stigmsterol, beta sitosterol, gama sitosterol.	Galactagogue reproduc- tive disorders, habitual abortion, infertility.
Litsea glutinosa L. sabifera	Bombi, bomi Ama	SB, LF RT	Tallow like oil with lauroteta- nine + olefin (SD) alkaloid (LF)	Demulcent, astringent, sprains, bruises, rheumatism (oil).
Lobelia nicotianifolia	Wal-dun- kola Katluppugaiyilai	PL	Lobeline	Anti-spasmodic, anthelmintic.
Mallotus phillippinesis	Hamparan- della Avam	LF, SB SD, RT	Resin (rotile- rin) (kamala)	Anthelmintic (tape worm), cathartic

Botanical name	<u>Sinhala</u> Tamil names	Part used	Reported active principles proved property)	Reported action and uses (Bold print: denotes more useful,
Melaleuca leucadendron	Loth-sum bul Kajapute	LF, SB oil	Alkaloid, lotui- rine, cajuputoil loturudine	Rheumatism, mosquito repellent, stimulant, tonic flatulence, colic, rubifacient.
Melai azedarach	Mahanimba Malaivenbu	RT, SB FL, LF	Bitter resinous principle, tannin (SB) (RT)	Leprosy, ulcers, astri gent, rheumatism, antiseptic, anthelmintic (RTB).
Mentha arvensis	Odutalan Pudina	LF, FL PL	Menthol, menthene	Stomachic, diuretic, stimulant, jaundice, vomiting, antispasmo dic, carminative.
Mesua ferrea	Na Irul	SB, FL SB	Tannin, resin, oleo-resin	Astringent, cough, expectorant, uterine haemorrhage, ambroca tion for rheumatism, bronchitis, pneumonia.
'Mimosa pudica	Hin-nidi- kumba Kasirorttam	LF, RT .	Tannin (RT)	Alterative, and blood purifier, antiseptic (juice) aphrodisiac (RT) and anti-spasmodic, resolvant.
Morinda citrifolia	Ahu Manjatbafattai	RT, FL LF	Morindine (glucoside)	Cathartic, astringent, wounds.
Moringa oleifera	Murunga Achuram	SB, RT FL, LF SD, gum	Alkaloid, resin phytosterol	Counter irritant, as- tringent, rubifacient, antispasmodic.
Mucuna pruriens	Wanduru-me Amudari	RT, SD	(Glyceride) oleic acid, resin, tannin, free fatty acid	Diuretic, ailments of nervous system, increase sexual power (aphro disiac) anthelmintic, (round worm), nervine tonic.
Munromia pumila	Binkohomba	PL	-	Febrifuge, alterative, bitter tonic, used as substitute for swertia chirata.

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Mussandra forndosa Vellaiyilla	Mussanda	LF, RT	Saponin, gluco- side, resin, Mucilage	Alterative, diuretic, demulcent, cough, cold, catarrh.
Myristica fragrans	Sadikka wasaasi	SD rind	Vol. Oil myristin, macene	Carminative, stomachic, nausea, vomition, Adipalam loose, bowels, stimu lant, flatulence, antiperistaltic.
Nelumbium speciosum	Nelum Tamarai	PL	Resin, Tannin nelumbine	Demulcent, astringent diuretic
Nigella sativa	Kaluduru Kekkuvirai	SD	Carvone, cymene, essential oil	Carainative, anthe miatic, cholagogue, galactagogue.
Ocimum bacilicum	Suwanda- Thala Timutpatchi	RT, LF FL, SD	Essential oil, mucilage terpene	Carminative, stimulant, diaphoretic, expecto rant, anti-inflamma- tory, anti-bacterial.
Ocium sanctum	Maduruthala Alangai	LF, RT SD	Essential oil, mucilage Terpene	Carminative, stimulant, diaphoretic, expecto rant, anti-inflamma tory, anti-bacterial.
Ophiorhiza mungos	Dat-ketiya Kirippundu	SB, RT	Amorphous alka loid, resin, starch fat.	Bitter tonic, stomachic.
Oroxylum indicum	Totilla Arandai	LF, SB RT, FR	Oroxylon	Rheumatic fever, diarrhoea, emollient.
Paedaria foetida	Apasu-madu	LF, RT	Alpha & beta paederine, ssential vol. oil two alka loids.	Rheumatism, diarrhoea, dysentery (LF) astrin gent (LF), Local anaes thetic for toothache
Papaver somniferum	Abin abini	FR dry juice	Morphine, narco- ting, cryptopin, laudanine, codeine	Dysentery with vomit ing, urinary & intes tine ailments, peri tonitis, habit-forming sedative.

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Paramignya monophylla	Wellangiriya Katillinsechan	RT, LF	Calcium oxalate (RT)	Aaematuria in cattle (RT), Alterative - tonic.
Pavetta indica	Pavatta Araniya	LF, RT	Bitter glucoside alkaloid, tannin	Visceral obstructions, dropsy, rheumatism, liver problems.
Pedaliium murex	Et-nerenchi Anainerunji	LF, ST FR	Mucilaginous, alkaloid, resin	Demulcent, diuretic aphrodisiac, sperma torrhoea, promotes lochial discharge.
Peucedanum graveolens	Sata-kuppa Sagakuppifirai	SD	Anethine, phiel- landrine carvol	Carminative. antispasmodic.
Phyllanthus emblica	Nelli Amalagam	FR, FL SD, RT	-	Astringent, diuretic, inflammation of eye, colic indigestion, dyspepsia.
Phyllanthus .	Welkayila Abirangi	SD, ST LF, FR .	Tannic acid, gum crystalline, principle	Astringent diuretic, diuretic.
Phyllanthus	Rat-pitawakka pitawakka Rilanelli	RT	Phyllanthia	Dysentery, bibious disorders.
Piper cubeba	Walga-miris Val-milaku	SD cubes	Vol. oil, cubelin, oleo- resin	Stimulant, carminative, diuretic, bladder sil ments bronchitis, antiseptic.
Piper longum	Tippili Argadi	FR, RT	Resin, vol. oil, piperine	Bronchitis, fever, cough, improves appe tite, carminative, expectorant.
Piper nigrum	Gammiris Aguttam	FR, LF	Piperine, chavicin	Stomachic, carminative, dyspepsia, flatulence cough, fever, vo miting, rubifacient.

Botanical name	<u>Sahala</u> Tamil names	art used	Reported active principles	Reported action and uses (Bold print: denotes more useful, proved property)
Pistacia integerrima Rhus succedenia	Kakula- sangu Rakkata-shringi	-	Essential oil, tannin excre- tions by insects (aphisj on leaves.	Expectorant, tonic, cholagogue, astringent.
Plantago erosa P. major I P. asiatica	Isapagol shappu- kolvirai	LF, SD	Albumen, pectin, sugar, glucoside acubin	Diuretic, astringent haemorrhoids, dysen- tery, demulcent.
Plectranthus zeylanicas	Iriweriya -	LF,-PL	Essential oil	Aromatic, diarrhoea, cholagogue, astringent, stomachic.
Plumbago zeylanica	Elanetul sudunitul Akkini	RT	Plumbagin	Dyspepsia, flatulence, anasarca, diarrhoea, skin diseases, nervine tonic, abortifacient.
Plumera acuminata	Araliya Ilattari	SB, LF RB	-	Purgative, carminative, diuretic, dropsy, itch, boils, vermifuge swellings.
Pogostemon heyneanus P. palchouli	Gan-kollan kola -	LF, RT	Oil	Insect repellent, diuretic, carminative.
Pothos scandens -	Pota-wel	ST, LF ST		Wound, ulcers, chola gogue, diuretic dia- phoretic.
Pterocarpus marsupium	Gammalu Asanam	SB, LF	Tannin, kino- tannic acid.	Astringent in diarrhoea.
Punica granatum	Delum Kalumal	RT, SB FR	Punico-tannic acid, pelletie- eye rine	Aathelmintic, catarrh, diseases, astringent.
Quercus lucitamica Q. infectoria	Masakka Machakai	ST, SB	Gallo-tannic acid	Skin diseases, °astrin gent, diarrhoea, stomatitis, styptic.
Randia dumetorium	Kukuruman Marakalam	FR, SB	-	Paste in rheumatism, anodyne, astringent, emetic, bronchitis.

Botanical name	Sinhala Tamil names	Part used	Reported active principles	Reported action and uses (Bold print: denotes more useful, proved property)
<i>Rauvolfia serpentina</i>	Ekeweriya Sovannamilbori	RT, LF	Alkaloid, ajma line, serpentine phytosterol oleic acid.	Increase uterine con traction (parturition), transquilizer, Hypotaasive.
<i>Ricinus communis</i>	Tel-erandu Aimugi	LF, RT	Fixed oil, resin (albuminoid)	Purgative
<i>Rubia cordifolia</i>	Mandama- diniwel welmadata Manifitti	RT, LF	Resin, gum, sugar purpurine glucoside-manjis tine, alizarin, xanthin	Astringent, diuretic.
<i>Ruta graveolens</i> Aruvadam	Aruda	SD, LF oil	Glucosiderutin, essential oil	Antiseptic, stimulant, abortifacient.
<i>Saraca.indica</i>	Diyaratam- Bala asoka Asogam	SB, FL	Tannin, catechin (b)	Astringent, and uterin sedative.
<i>Saussurea lappa</i>	Godamahanel suwanda-kottang Kottam	RT	Alkaloid. saussarine (not very active) essential oil glucoside, tannins, inulin.	Carminative, antisept ic, diuretic, expectorant.
<i>Semecarpus</i> <i>Anacardium</i>	Senkottang Shenokottai	SD, gum oil	Anacardol, cardol	Anti-cancer, antiseptic.
<i>Sida cordifolia</i>	Wel-bevila hin-anoda Paniyartutti	LF, RT SD	Alkaloid fatty oil, phytosterol, mucins resins	Stomachic bitter to nic, demulscen t, diuretic. aphrodisian (SD).
<i>Sindapsua</i> <i>officinalis</i>	Etwagapul Attippali	FR	Alkaloid, gum Ash	Stimulant, tonic, carminative.
<i>Solanum ferox</i>	Malabatu Ana-chudai	LF	Solanine	Wounds, poultice, improves appetite.
<i>Solanum indicum</i>	Tibbatu Kari-mulli	LF, FR RT'	Alkaloids-sola nine, solanine wax fatty aids	.Astringent, cardiac tonic, dry cough, difficult parturition, flatulence.

Botanical name	<u>Sinhala</u> Tamil names	Part used	Reported active principles	Reported action and uses (Bold print: denotes more useful, proved property)
Solanum nigrum	Kalukanberiya Manattakkali	-	Solanine, saponin, solanidine (alkaloid)	Alterative, sedative, diaphoretic.
Solanum surattense	Ela batu Vaddu	LF, PL	-	Pulmonary disease, rheumatism.
Solanum trilobatum	Wel-tibbatu Thuthulai	PL	-	Asthma, bronchitis, difficult parturition. ,
Strychnos nux-vomica	Goda-kaduru Yetti	LF, SB RT, SD	Alkaloid (strychnine), brucine, vomicine, glucoside-loganine (FR pulp) (adulteration of non strychnine containing seeds of S. Blanda)	Bitter tonic, nerve tonic.
Strychnos potatorum	Ingini Tattamaram	SD	Brucine	Conjunctivitis, emetic, antidyenteric.
Swertia chirata	Binkohomba Nila-vemba	PL	Bitter principle-ophalic acid glucoside chiratin, resin gum.	Tonic, stomachic, febrifuge, anthelmintic.
Syzygium cumini	Mahadan Nagum	SD, FR LF	Glucoside (jamboline), kino like gum (B) essential oil.	Astringent, stomachic, diuretic, antidiabetic.
Tectona grandis	Saka Kalindi	SD, FL SD	Tannin, tectoquinine	Dyspepsia, astringent, diuretic, growth of hair.
Tephrosia purpuria Galega purpurla	Katupila Kolinji	PL	Gum, resin queresetin	Cholagogue, diuretic, tonic febrifuge.
Terminalia arjuna	Kumbuk Attumarudu	SB, LF	Tannin, calcium salts	Ulcers, astringent, bilious affections.
Terminalia bellorica	Bulu Akkam	FR (dry)	Gallotannic acid, resin	Dropsy, diarrhoea, fever, diuretic, demulcent, purgative.

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Terminalia chebula	Rasakinda Amridavalli	ST, RT	Berberine, bitter substances.	Fever, rheumatism, blood purifier, anti-inflammatory.
Toddalia asiatica T. acculeata	Kudu miris Kattumilagu	RT, SB	Essential oil, berberine, resin bitter principle (RT)	Stimulant, tonic.
Trachyspermum roxburghinum	Asamodagam Ashamtagam	SD	-	Flatulence, dyspepsia, carminative, antispasmodic.
Trichosanthes cucumerina	Dummella Pudel	PL	-	Febrifuge. laxative.
Trichosanthes palmata	Titta-hondala Ankorattai	FR	Trichosanthin (F)	Boils, ulcer.
Trigonella foenum greacum	Uluhal Vendayam	SD, FL	Essential oil	Carminative, dyspepsia, rheumatism.
Tylophera flava	Mudu- binnuga Kagittam	LF, RT	Tylophorine	Dysentery, Asthma, neuralgia, expectorant.
Vernonia anthel- mintica	Sanninayam Puvemkurundal	SD, LF- PL	-	Fever, convulsion, dy pepsia, condiment for horses, febrifuge, diuretic, anthelmintic.
Vitex nigundo	Nika Nirkkundi	LF, SB PL	Essential oil Alkaloid resin	Aromatic, astringent, anti-inflammatory, alterative, anti parasitic, antimicro bial.
Withania coagulans	Amukkara Amukkara	RT, ST LF	Phyto-sterols, somniaferin (alkaloid)	Tonic, alterative, sedative, coagulant.
Withania somnifera	Amukkara Achuwagandi	RT, FR LF	Alkaloid, somni- ferine, reducing sugar, phytos- terol, ipuranol.	Alterative, nervine, sedative, tonic.

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Wrightia anti dysenterica	Wal-idda sudu-idda	PL	-	Dysentery, amoebiasis, diarrhoea, anthelmintic.
Holarrhena anti dysenterica.				
Zanthoxylum tetrasprum Z. hamiltonianum	Katukeena -	RT, FR	Alkaloid, aromatic oil	Astringent, dypepsia, diarrhoea rheumatism, sudorific.
Zingiber officinale	Inguru Shukhu	RH	Camphene, phellandarene, Zingiberine cineol, eol. oil	Aromatic, carminative, stimulant, rubifaciat.
Zingiber zerumbet	Wal-inguru	RH	Similar as Z. officinale	Rheumatism, carmina tive, cough, pulmonary. ailments, bitter tonic.