

Minerals and Opium Contents in *Rasaushadha* Mentioned in *Vatika Prakaranaya*

Hewavithana T¹, Tissera MHA¹

¹Department of Drayyaguna, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala, Sri Lanka

Vatika Prakaranaya is one of the most popular ancient medicinal books among Sri Lankan indigenous physicians. Although there are four different printed publications and olla leaves, the edition of Sadris Alwis Illapperuma's is used widely. This is in two parts and contains 146 recipes of pills and 69 of pastes, which are used for this study. Although Rasa drugs have been very effective from ancient times; in the treatment, it is used in very small dosage forms. Currently there are various issues on the usage. This study will help to find out the amount used and the usage of Rasa drugs during the period of *Vatika Prakaranaya*. Twenty five Rasa drugs, that minerals and opium were selected for the study to find out the percentages of the usages in total formulations. Results were provided as the number of selected Rasa drugs present in pills and pastes separately and followed by their percentages. Orpiment (*Harithala*) is the mostly used Rasa drug which is 42.5% in pills and Rock salt (*Sawindawa Lawana*) that is 37.8% in pastes formulations. Sambhar salt (*Romaka lawana*) is the least used drug (6%) in pills and Sulphur (*Gandhaka*), Mercury (*Parada*), Potassium Nitrate (*Wedi Lunu*) and White arsenic (*Gauri Pashana*) (2.7%) are in pastes. Opium is used 25.5% of recipes in *Vatika Prakaranaya* and 16.2% in pastes respectively.

Keywords: *Vatika Prakaranaya*, Opium, Minerals