

A review on the usage of Hepatoprotective drugs used in folk medicine of Sri Lanka

Perera KPDC¹, Rasingolla SK¹, Gunaratna TANR²

¹Department of Cikitsa, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya

²Department of Dravyaguna, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya

Abstract

Traditional medicine or folk medicine is one of the popular terms of traditional knowledge where philosophical thoughts and cultural origins in our society and also that knowledge often restores the cultural heritage and establishes the uniqueness of a group in a particular society. Generally it is derived from local medicinal plants, minerals, different types of organic matter and spiritual belief. The Asian journal of pharmaceutical and clinical research-2011 has mentioned that about 20 000 deaths occur every year due to liver diseases and Hepatocellular carcinoma is one of the most common tumours in the world and about 250,000 new cases recorded in each year. According to above data we can consider the liver diseases as a worldwide problem. In Ayurveda and also in traditional medicine *Kamala*, *Haleemaka*, *Kumbhakamala*, *Yakrut vidradi*, *Yakrut vruddhi*, *Kalajvara* and *yakrut dalyodara* are considered as main *yakrut rogas*. This review is mainly focused on traditional usage of different plants, minerals, *janthava dravyas* and *anupanas* in folk medicines for hepatic diseases. A total number of 11 traditional books where the medical terms (*Kamala*, *Haleemaka*, *Kumbhakamala*, *Yakrut vidradi*, *Yakrut vruddhi*, *Kalajvara* and *yakrut dalyodara*) were mentioned were used for this study. The frequency of constituent ingredients in the formulae was calculated. Analysis was done by using Excel 2007. According to the results 145 herbal drugs and 09 mineral drugs have been employed in the management of liver diseases. Some of the mostly mentioned herbs were *Harithakee* (*Terminalia chebula* - 18%), *Amalakee* (*Phyllanthus emblica* - 16.9%), *Rasakinda* (*Tinospora cordifolia* - 12.4%), *Mun* (*Vigna radiata* - 10.7%), *Nimba* (*Azadirachta indica*) and *Heenbowitiya* (*Osbeckia octrandia*) -7.3%, and *Kumarika* (*Aloe vera* L. - 6.2%). Hepatoprotective herbal gruels have mentioned 30 times and 18 varieties of *anupanas* were mentioned.