

Effect of the Leaves of "*Pogostemon heyneanus*" (Kollan Kola) for *Sheetada*"

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Introduction

Sheetada is one of the common *dantha moola roga* in human being.

The main reasons for this disease are the lack of attention on oral hygiene and the malnutrition. According to Ayurveda who have more "*Guru*", "*Ruksha*" food for their daily meal are subjected to *mukha roga*.

Many drugs for this disorder had been recommended both in Ayurveda and Modern Medical Systems yet these drugs are not freely available; nor have they shown remarkable effectiveness. Thus research on the effect of "*Pogostemon heyneanus*" used by the traditional physicians will be of great significance. (Jayaweera - 1981)

Following criteria also had been considered for the selection of this plant for this study.

- easy accessibility
- suitability for oral administration

On the basis of these factors, this plant was selected for the study of its effects on *Sheetada*.

Aim and objective

- To assess the effectiveness of the drug for *Sheetada*.

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