

**ABSTRACT**

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**A clinical study on the efficacy of *Triphal-Kihiri*, a traditional formula, on the management of chronic wounds**

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Approximately 3.6 million people are suffering from open wounds in the world today. Also it has become a growing challenge to the medical world. When the situation is like this, there are many formulations in Sri Lankan traditional medicine for management of chronic wounds. *Triphal-Kihiri* (Sinhala Yogarathnakaraya, 1997) is one of such formula recommended for chronic wound management. The aim of this clinical study was to determine the efficacy of *Triphal-Kihiri* paste on the management of chronic wounds. General objective was to determine the ability of this paste to heal chronic wounds and the specific objective was to determine its action using pharmacodynamics of *Triphal-Kihiri* formula. Hypothesizing that *Triphal-Kihiri* formula possesses the ability to stimulate the healing process of chronic wounds. A clinical study was carried out selecting 30 patients with chronic wounds on the lower limb, on a random basis. The study was carried out for a period of 8 weeks. Length and width of the wounds were considered as an objective measure. Data were collected once a week. Pharmacodynamic properties of the ingredients, showed high incidence of *kashaya rasa, lagu* and *ruksha guna, thridoshahara*. After 8 weeks, 80% of the wounds were improved with 40% total recoveries. Based on the results, it was concluded that the *Triphal-Kihiri* paste was successful in stimulation of healing of chronic wounds in the sample group.

**Key words:** *Triphal-Kihiri*, Wound, Sri Lankan traditional medicine, Ayurveda

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