

## Basic oils used in traditional drug preparations of ancient *Sabaragamuwa*

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### Abstract

*Sabaragamuwa* is a province of Sri Lanka with great historical background of traditional medicine. Ancient medical practitioners of *Sabaragamuwa* had written their pharmaceutical formula (*Sabaragamuwe wedakama*) as texts in Kingdom of Kandy era; for continuity of their traditional knowledge for the future generation. There are many categories of formula; including *guli* (pills), *kalka* (pastes), herbal vines, powders, decoctions, oils & ointments according to those texts. This study was conducted as a literature survey to identify the uses of basic oils in *Sabaragamuwa* traditional pharmaceutical formula; at Pandit G. P. Wickramarachchi Memorial library in Gampaha Wickramarachchi Ayurveda Institute, Yakkala by referencing traditional texts on pharmacy were used in *Sabaragamuwa* province in ancient era. Time duration of this study was 6 months. Selected drug categories were herbal pills, pastes and oil mixtures. Out of 349 formulas uses of Sesame oil (27.22%) was maximum. Uses of ghee were 25.25%. Other than those *Mee* seeds' oil (10.2 %), Margosa seeds' oil (5.75%), Coconut oil (3.72%), King coconut oil (0.85%), Butter oil (1.85% ) and Mustard oil ( 0.28%) were used for the traditional drug preparations of *Sabaragamuwa* province according to the results. Ghee, Sesame oil, Caster oil and Margosa oil were used as key ingredients in traditional oil mixtures of *Sabaragamuwe wedakama*. These oils were used; to triturate ingredients in pills and pastes; as a *pratiwapa* (additional supplements) or *anupana* (vehicles) in decoctions and powders. In addition of those usages above oils were used as base or lubricants of various traditional ointments in *Sabaragamuwe wedakama*.

**Keywords:** *Sabaragamuwe wedakama*, traditional oil mixtures, *guli*, *kalka*, *anupana*

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