

Comprehensive review on medicinal and nutritional uses of *Diyahabarala (Monochoria vaginalis)* in traditional and Ayurvedic medicines in Sri Lanka

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Abstract

Diyahabarala (Monochoria Vaginalis) (Burm.F.) C. Presl., Family: Pontederiaceae) is an attached aquatic annual or perennial herb. In Sinhalese it is also named as “*Diyahabarala*” “*Diyahaburu*” or “*Jabara*”. *Diyahabarala* is used for culinary and medicinal purposes in olden days. However presently its uses are known less and destroy as weed. This review aims to provide a comprehensive overview on medicinal and culinary uses of *Diyahabarala* plant in Sri Lanka. The information is collected from Sri Lankan traditional medical texts, scientific journals and through electronic media. The Ayurveda pharmacological properties of *Diyahabarala* is *Thikta ana Madura in Rasa*; *Laghu, Ruksha* and *Snigdha in Guna*, *Sheetha in Veerya* and *Madura in Vipaka*. The whole plant is used for medicines. Internally *Diyahabarala* is used in treatment of burning sensation of the body, constipation, urethritis, renal calculi, oliguria, Vitamin A deficiencies, gastritis and diabetes. According to Ayurveda it has *Vataanulomana, kapha Pitta Shamaka, Krimigna* and *Vishanashaka* actions. Externally it is used in pastes to prevent excessive bleedings, cleaning and healing of wounds and for oligouria. *Diyahabarala* also used for the preparation of various traditional herbal oils viz. *Neelyadie, Mandamgrahanirajathaila, Yakshabhutathaila, SriNayanamrutathaila, Prameharaktathaila, Pittantakataila, Lokanandataila, Nethrakanthitaila, Gadunashanataila, Ramashtataila* and also in *Pramehashtakvata*. *Diyahabarala* can be prepared as salads, *mellum*, curries, *anama, kanji* and as a soft drink for culinary purposes. It contains carbohydrates, proteins, fat, fiber, Na, K, Mg, Fe, Ca, Zn, Cu and energy value is 240kcal per 100g. In conclusion *Diyahabarala* can be developed as a functional food or nutraceutical in future especially in disease preventive aspects.

Keywords: *Diyahabarala, Monochoria vaginalis*, functional food, nutraceutical

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