

A study on different usages of *Vartikawa vati*

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Abstract

Among the books written on Sri Lankan traditional medicine, *Vatika prakaranaya* or *Behet guli kalka pota* is considered to be of utmost importance. In 1879 this book was written by Dr. *Eleperuma Achchige don Sadiris de Alwis Aylapperuma* and up to now it has been edited several times. Traditional *guli* and *kalkas* are included in this book with their ingredients, manufacturing process and various diseases for which they can be used with different *anupanas*. But at the present, mostly used traditional *guli* and *kalka* are prescribed only for limited ailments. If one drug can be used for many diseases by changing *anupana* it is considered as a very valuable drug. Thus this study was based on the different usage of *Vartikawa vati*. *Vatika prakaranaya hewat behet guli kalka pota* - Experimental study (1st part) written by *Ponnamperuma A.* (2004) was used in this study. *Vartikawa vati* is widely used for diseases like indigestion, vomiting and diarrhoea. 15 *anupana kavi* are included which mentioned about 17 diseases such as *sanni*, *jvara*, *udavarta*...etc. 6 types of *sanni* are included. But majority of diseases mentioned in *anupana kavi* are related to gastro intestinal tract. 44 different types of *anupana* are mentioned for 17 diseases; among them 39 for internal usage and 5 for external usage. The specialty of *Vartikawa vati* is that it can be used as an external application for conditions like headache and snakebite. Several *anupanas* are mentioned for each disease. According to this study *Vartikawa vati* can be used for many diseases by changing the *anupana* internally and externally. Clinical practice of these different usages is very important in the management of these diseases.

Key words: *Vartikawa vati*, traditional medicine, *Vatika Prakaranaya*

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