

## **Ethno medicinal plants used in the treatment of bone fractures: a study conducted in Matale district**

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### **Abstract**

Traditional medicine is a valuable system continuously developed over generations by the local people in different parts of Sri Lanka. Documenting the traditional knowledge is very important for its conservation and sustainable utilization as this traditional knowledge is gradually disappearing. Ethno medicine which provides information about the plants used in traditional system is very important for its survival for long period. Bone fracture is a medical condition where the continuity of bone is broken. The way of link in fractured bone and positioning the dislocations using herbal plants is a unique art the knowledge of which passed down from generation to generation by different *Kedum Bidum* traditions. The present study focused on the ethno medicinal plants used in the treatment of bone fractures in *Matale* district. The data were collected from traditional medical practitioners, elderly people of different communities in the district and affected people through discussions. A questionnaire was used to gather data. Investigations revealed that 102 plant varieties are commonly used in treatment of fractures such as *Mellum*, *Pattu*, *Alepa*, *Thel kiri*, *Behet peni*, *Tewili* and *Thel*. Among 102 plant varieties 62 were herbal trees, 25 shrubs and 15 were climbers. Those plants show *Asti sandhana*, *Vedana shamaka*, *Shotahara* and *Kshata ropana* actions. Majority of the preparations are made from leaves, barks, roots and rhizome. Most of plant varieties are easily available in this region and some are facing extinction. Further investigations should be carried out to ensure conservation of these plant varieties.

**Key words:** Ethno medicinal plant, fractures, *Kedum bidum* tradition

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