

## Medico - surgical management of *Naaga Patala* according to Sri Lankan traditional medicine

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### Abstract

Even 6000 years ago, Sri Lanka had a well-established traditional medicine system since the time of ancient kings. Traditional medicine is a valuable system continuously developed since that era. According to traditional knowledge of *Wataddara* family, *Naaga patala* is similar to *Arma* types which are *Mansaja* and *Snayu*. *Arma* is a disease having exact similar entities to pterygium. The prevalence of pterygium was found to be 10.2 % in the world. The objective of this study was the identification of *Wataddara* traditional treatment protocol on management of *Naaga Patala*. 30 cases were randomly selected whose age ranged between 35 and 65 years. The subjects of Keloid growth in eye, malignant hypertension, cardiac disorders and other complicating diseases were excluded. First line of treatment was done for 21 days before surgery. *Ghee*, *Tripala*, *Ridee Ashchotana* 2-3 drops were gradually added to the patient's eye at ten O' clock in the morning. Each type was used for 7 days. Surgical procedure was applied as a second line of treatment. Surgery was performed by using stems of *Hibiscuss rosa - sinesis*. Stems were kept for 10 minutes in *Haridradi* liquid solution for sterilization. About 0.01 gm of *Saindavadi choorna* was added to the patient's eye. After 15 minutes, incision of *Arma* began. Ghee and breast milk were mixed in to 1:2 ratio and 2-3 drops were added to the eye and it was closed with a piece of sterile gauze which contained Ghee preparation. Irritated eye was cured within three days after prescribing medicines such as *Tripala Guduchyadi Kashaya*, *Kumari Chandana Widalaka* with bee honey as a third line of treatment. According to the results, this traditional treatment protocol has a beneficial therapeutic effect on management of *Naaga Patala*.

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