

**Uniqueness of *Puravaliyam* remedies with special reference to authentic traditional texts**

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**Abstract**

A wide range of distinctive treatment procedures have been used in the management of eye disorders in Sri Lankan traditional medicine. Among them, traditional *Puravaliyam* is a procedure where the medicated paste is applied externally around the closed eye except eye lids which is similar to Ayurvedic *Bidalaka*. The study aimed at identifying the materials, preparing methods and indications of various *Puravaliyam* formulas which are used in traditional medicine. A literary survey was carried out and the data were collected from authentic traditional medical texts such as, *Yogarnavaya*, *Prayogarithnawali*, *Varayogasaraya* and authentic Ayurvedic texts including *Ashtanga Hradaya Samhita*, *Sharangadara Samhita*. According to the data collected, 17 *Bidalaka* formulas were found from Ayurvedic texts and 101 *puravaliyam* formulas were found from traditional texts. Among the *puravaliyam* formulas, only one formula was mentioned in Ayurvedic texts. Although *puravaliyam* formulas had been recommended for 30 eye disorders such as *Timira*, *Kacha* and *Patala* etc., there were only four eye disorders mentioned in Ayurvedic texts as indications of *Bidalaka*. There were 51 plant materials such as *Strychnous potatorum*, *Tamarindus indica*, 4 minerals like mercury, borax and 5 animal materials such as testicles of *Vivera zivetta*(*Urule sattam*), Cuttle fish bone which were not mentioned in *Bidalaka* remedies. The study revealed that there were 12 endemic plants mentioned in these formulas. The research also revealed that there were specific preparation methods which are not found in Ayurvedic *Bidalaka*, including the preparation of drugs on the heated blade of a hoe, tiding drugs inside a *pottali* and boiled under the hot ashes. Distinctive liquids were used as grinding agents of medications such as breast milk, lime juice etc. The present study contributes to identify specialty of drugs, preparation methods and indications of traditional *Puravaliyam*. It can be concluded that there were many traditional *Puravaliyam* remedies with specific features which need to be preserved.

**Keywords:** Authentic traditional texts, *Puravaliyam*, *Bidalaka*

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