

A review on formulae used for *Rankirikatagama* in Sri Lankan traditional medicine

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Abstract

Indigenous system of medicine in Sri Lanka has many specialized branches according to different traditional family lines. *Balaroga* is one such division that specializes in neonatal nutrition, treatment for abnormalities of breast milk, diseases arising from unpurified breast milk and *Graha Dosha*. There are many methods mentioned in the indigenous system of medicine to ensure healthy growth and development of a child. There are many rituals and practices to be performed immediately after the birth of a child until the child reaches all the landmarks of growth and development. “*Rankirikatagama*” is a special custom performed on neonates. In Ayurveda, it is known as “*Swarnaprāshana*”. Traditional Ayurveda method of *Swarnaprashana*, as the name suggests, uses gold together with ghee. This combination is administrated expecting immunity enhancement and improving intellect. *Thalpate Piliyam* series mentions a formula used in Traditional system of medicine for *Rankiri Katagama*. This formula consists of *Viyali kaha* (*Curcuma longa* Linn.) *Vada kaha* (*Acorus calamus* Linn.), *Aralu* (*Terminalia chebula*), *Iluk kola* (*Imperata arundinacea*), *Iramusu* (*Hemidesmus indicus*), *Bamithiriya* (*Baccopa monniera* Linn.), Bee's honey and ghee. A study was carried out to determine the reasonability of using the above formula expecting the outcomes of *rankirikatagama*. The overall properties of the formula were analyzed according to the properties of their ingredients. The formula was found to have 29.41% *madhura* and *tikta* as the predominant *Rasa*, 57% *Snigdha guna*, 70% *Madura vipaka*. According to the medicinal values of the ingredients, the formula had memory and intellect enhancing properties. Moreover, the formula was found to be antiseptic, beneficial for the skin and immunity enhancing. The ingredients contained antioxidants and other nutrients. The study revealed that this formula has properties similar to that of Ayurvedic combination used for *swarnaprāshana*, hence it can be given to neonates expecting similar effect.

Key words: *Rankirikatagama*, *Swarnaprāshana*, *Bala roga*, Indigenous Medicine

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