

Therapeutic regimen used by Morawaka physicians' generation for fracture healing

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Abstract

The history of traditional medicine runs beyond the era of great king' Rawana'. Throughout many years, it has developed its own way independently according to the needs of the human being. It is gifted from generation to generation as a great heritage which helps to maintain the health of the nation. The aim of the study was to demonstrate a treatment regimen used by Morawaka generation to treat fractures and to list out the ingredients that used to treat fractures, with their medicinal properties. The data was collected by referring traditional text and from interviews with traditional physicians. Treatment regimen contain three phases, application of *Bulaththela* for first 6 days, oil application together with *Ingurubehetha* for next 6days and oil application together with *Kurundubehetha* for last 6days. Most of the used ingredients were herbal and all these herbal combined with bee honey. The plants used in this therapeutic regimen has some special properties which help to heal the fractures, such as *Thridosha shamaka* and *Kaphavatha shamaka* property , *Vedana sthaspana*, *Shothahara*, *Vrunaropana*, *Rakthashodana*, *Sthambana*, *Balya*, *Shoshagna*, *Lekana*, *Varnya*, and some of them have *Asthisandhanakara* property as *prabhawa*. Most of the drugs have *Katu* (100%), *Thiktha* (71.42%), *Kashaya* (30.76%), taste and *Laghu* (78.57%), *Theekshna* (64.28%), *Snigdha* (42.85%), *Ruksha* (35.71%) properties. Among the all drugs 85% are in *UshnaVeerya*, which have powerful *Vata shamaka* properties. When considering about properties and action this fracture healing regimen of Morawaka tradition is very successful.

Keywords: king Rawana, *Sthambhana*, *Balya*, *Shoshagna*, *Lekhana*

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