

Literature Review on *Hibiscus rosasinensis* Linn (*pokuruwada*) Plant

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Abstract

Hibiscus rosasinensis Linn is a species in Malvaceae family. In Sri Lanka traditional medicines it can be introduced as '*Pokuruwada*' and '*Wada*' which is well known two sub species of *Hibiscus* (*Sinhala* : *Sapattu mal*, *Wada mal* *Sanskrit*: *Japakusuma*, *Japa*) an ever green shrub or small trees growing 1m – 2m height which is widely grown as an ornamental plant throughout the tropic and subtropics. Numerous varieties, cultivars and hybrids are available, with flower color ranging and both single and double sets of petals. The red colored species is mostly using for medicinal purpose. Most of traditional medical practitioners use as a key ingredient for vitiated blood disorders (skin diseases), *Ratpit* diseases, Bleeding piles and *pradara rogas*. The purpose of this study was to research on synonyms, ecology, sub species, vegetative characters, properties and qualities, *pancha padarata*, chemical composition, medical uses and *vishishta yogas* (Special preparation) of the plant. Information which is included in *Ayurveda nighantu* classics, botanical description regarding the plants and Classic based on medicinal plants which were written in India have referred in **90 days**. According to the findings of this study, the plant is having Madura taste, *Snigdha* and *Laghu properties*, *katu vipaka*. *Shita weerya* , *sagrahi*, *keshya*, *daha prashamana*, *dathu wardhaka* ,*visha Ghana*, and *krimighna* qualities in practically it is use in *paradara roga* bleeding piles , Amenorrhea and Dysmenorrhea, *Indralupata*, Hair loss ,*krimi* ,*prameha*, and *puyameha*, conditions the plant is well known with *tridosha shāmaka* and *rakta prashamana* properties. In further findings, the plants can be used as a single ingredient in medicinal purpose. According to this study *pokuru wada* can be used as a key ingredient of medicinal preparation against many disorders, and studying the efficacy can be introduced as a responsibility of traditional and Ayurveda medical practitioners in modern era.

Key words: *hibiscus*, *pokuruwada*, Medicinal, Species, Properties.

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