

# A Literary Review on Traditional Medical Systems for Bone Fractures in Sri Lanka

<sup>1</sup>G.V.P. Samaranyake and <sup>2</sup>A.A.J. Pushpakumara,  
<sup>1</sup>Temporary Lecturer, <sup>2</sup>Senior Lecturer,

<sup>1,2</sup>Department of Shalyashalakya, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka

**Abstract:** Sri Lanka developed its own Medical System based on a series of prescriptions handed down from generation to generation over a period of 3000 years. Indigenous Medicine of Sri Lanka also called "*Deshiya Chikitsa*" was originated before 8000-10000 years ago. The first Sri Lankan published medical book is "*Arka Prakashaya*" by King *Rawana*. There are several ancestries in Sri Lanka which are continuing their special field of "*Deshiya Chikitsa*". Bone fractures are categorized under a special field of "*Kadum Bindum*" in Traditional Medical System. Sri Lanka has its own special science of medical treatments since the ancient times which employs indigenous and rare herbs. Fractures are considered as a sickness, which disturb people's day to day lives. Therefore most of the time people tend to find fast and reliable ways and means to cure them if they have any bone fracture or any related injuries. In an ancient Ola leaf book there were many traditional formulas. There is no any data base or compilation of traditional medicinal formulas in our hand. Therefore that kind of study is an important need of era. There after we could encourage society to cultivate and protect those medicinal valuable plants and herbs for their good health. Therefore I referred the Traditional Indigenous ancient Ola leaf which used in *Horivila* Tradition of Indigenous practice of medicine in Sri Lanka. This research intends to carry out a literary review on Sri Lankan traditional medical system for Bone Fractures. With the aim of providing valuable message to the public regarding the management of bone fracture. There were 70 different medical plants were recognized in the selected 30 prescriptions.

**Keywords:** *Deshiya Chikitsa, Arka Prakashaya, Kadum Bindum, Horivila Tradition, bone fracture*

## I. INTRODUCTION

Sri Lanka developed its own Medical System based on series of prescriptions handed down from generation to generation over a period of 3000 years. Indigenous Medicine of Sri Lanka also called "*Deshiya Chikitsa*" was originated before 8000-10000 years ago. The first published medical book is "*Arka Prakashaya*" by King *Rawana*. We can find other books like "*Kumara Tantra*", "*Uddisa Tantra*" from history.

The history of Sri Lanka records a lot of information in how to King took up the erection and maintenance of hospitals as their chief duty. King *Pandukabhaya* (232 BC) constructed hospitals. King *Duttu Gemunu* (161 BC) has built hospitals at 18 different places and maintained them with state coffers. King *Buddhadasa* (498-426 AD) was an eminent physician built hospitals for the sick people and animals. He is also credited with the compilation of "*Sararthasamgrahaya*" a compendium of all existing handbooks composed in Sanskrit.

Fields of Indigenous Medicine:

There are several ancestries in Sri Lanka which are continuing their special field of "*Deshiya Chikitsa*" Eg:

"*Kedum Bindum Wedakama*"- Orthopaedics

"*Deum Pilissum Wedakama*"- Burns

"*Gedi Wana Pilika Wedakama*"- Boils, Wounds, Cancer

"*Unmada Wedakama*"- Psychiatric

"*Visha Wedakama*"- Toxicology

"*As wedakama*"- Ophthalmology

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In an ancient Ola-Leaf book there were many traditional formulas. There is no any data base or compilation of traditional medicinal formulas in our hand. Therefore this kind of study is an important need of era. There after we could encourage society to cultivate and protect those medicinal valuable plants and herbs for their good health.

Therefore I referred the Traditional Indigenous ancient Ola-leaf which used in *Horivila* Tradition of Indigenous practice of medicine in Sri Lanka. This research intends to carry out a literary review on Sri Lankan traditional medical system for Bone Fractures, with the aim of providing valuable message to the public regarding the management of bone fracture.

Most of the time the first choice for the treatment of fractures is limited to the western method. However it is widely believed that Ayurveda or indigenous methods have more ability to cure a fracture faster than western method without aftereffects. Therefore in depth analyzing of these methods would help to find out the actual position of indigenous method against western methods and can be used for the treatment of fractures of people and that would lead to speedy curability and would help to take back to their professions within a short period of time and that will help to improve the productivity of the organization.

### A. Traditional Concept of Bone Fracture

Many countries in the world have number of traditional medical practices which have developed with the evolution of human societies. During the past 2500 years of history of Sri Lanka, there is evidence to prove the existence of developed traditional medicine and skillful doctors who involved in more advanced treatments. More over this was considered as the respectable profession and evidence can be found that king s and upper class family members practiced this as a profession at number of occasions in the history.

Robert Knox (England) 1890, in his historical books of Ceylon has mentioned that as "All women in Sri Lanka are doctors, Sri Lankan people can treat for fractures; they can treat a fractures