

**A Literary Review on Traditional Medical Systems for Boils, Wounds & Cancer in Sri Lanka**Samaranayake G. V. P.<sup>1\*</sup>, Pushpakumara A. A. J.<sup>2</sup><sup>1</sup>Temporary Lecturer, <sup>2</sup>Senior lecturer,<sup>1,2</sup>Department of Shalyashalakya

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E-Mail Id: [prabashi185@gmail.com](mailto:prabashi185@gmail.com)**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 called "*Deshiya Chikitsa*" was originated before 8000-10000 years ago. There are several ancestries in Sri Lanka which are continuing their special field of "*Deshiya Chikitsa*" even today. Sri Lanka has its own special science of medical treatments since the ancient times which employs indigenous and rare herbs and substances derived from plants. These medications can be used internally and externally as treatment for number of illness as well as to prevent lethal disease like cancer. Herbs offer great potential to stimulate the healing process and can even destroyed cancer cells. The research is looking in to whether some herbs or plants treatment used in traditional medicine could help to prevent or treat cancer and also improving the quality of life of all cancer patients. There is very little published information on the herbal remedies used by traditional medical systems. With the assistance of that reports and ancient Ola leaf books, certain persons who have suffered from various varieties of cancer have revealed that. In Traditional medical books and an ancient Ola leaf books, there were no direct definition for cancer. In indigenous texts cancer described in many forms as with signs and symptoms. For examples, "*Ala palaa gaduwa*", "*Ata palaa gaduwa*", "*Ila palaa gaduwa*"ect. 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 we are planning to refer the traditional indigenous medical texts to collect data on medicinal valuable remedies and details of cancer. This research intends to carry out a literary review on traditional medical systems for cancer. With the aim of provide valuable message to the public regarding the prevention of cancer.

**Keywords:** Ola Leaf, *Deshiya Chikitsa*, Cancer.**1. Introduction**

Indigenous Medicine of Sri Lanka also called "*Deshiya Chikitsa*" was originated before 8000-10000 years ago. There are several ancestries in Sri Lanka which are continuing their special field of "*Deshiya Chikitsa*" even today. Ex;

"*Kedum Bindum Wedakama*" - Orthopedics

"*Deum Pilissum Wedakama*" - Burns

"Gedi Wana Pilika Wedakama" -	Boils, Wounds, Cancer
"Unmada Wedakama" -	Psychiatry
"Visha Wedakama" -	Toxicology
"As Wedakama" -	Ophthalmology

Sri Lanka has its own special science of medical treatments since the ancient times which employs indigenous and rare herbs and substances derived from plants. These medications can be used internally and externally as treatment for a number of illnesses as well as to prevent lethal diseases like cancer.

Incidence of cancer all over the world is on the high. Recent advances in prevention and treatment of cancer have made phenomenal progress. However, certain side effects of chemotherapy and radiotherapy limit the benefits. Therefore, everyone is looking for a definitive cure for cancer in herbs. Herbs offer great potential to stimulate the healing process and can even destroy cancer cells. The authentic texts of traditional medical systems mentioned a variety of herbal-based preparation and lifestyle modification procedures for the prevention of cancer.

The narrow therapeutic indices and varied side effects of currently approved drugs present major hurdles in increasing the number of literature evidence. It indicates that complementary and alternative medicine used in treatment-related symptom control and alleviation of side effects plays an important role in increasing survival rate and quality of life in cancer patients. This review focuses on the use of herbal medicines in palliative care and as adjuvants in the treatment of cancer. Palliative care is an important aspect of cancer therapy that centers on the relief of pain and other symptoms related to cancer and its treatments. It aims to improve the patient's quality of life and can be administered along with curative treatment.

This review focuses on the use of herbal medicine treatments, either as single herbs or combinations in palliative care. In traditional medical systems, herbal medicines are used often to treat the symptoms associated with cancer and the side effects of cancer treatment. Herbal formulations used include mixtures of herbal compounds constituted as decoctions, *pattus*, oils, etc., which are purported to possess anticancer properties. Research is looking into whether some herbs or plants used in traditional medicine could help to prevent or treat cancer and also improve the quality of life of all cancer patients. There is no data base or compilation of traditional medicinal formulas in our hand. Therefore, that kind of study is an important need of the era.

**Traditional Concept of Cancer**

	Type of Cancer	Clinical Features
1.	<i>Amakara Gaduwa</i>	It can be found at the opposite side of the palm, cramp fingers, burning sensation, can be found <i>puruk</i> in end of fingers.

2.	<i>Atapala Gaduwa</i>	It can found in flanks, tumor growth in ribs of the flanks, body pain, severe fever, can found 4' in axilla.
3.	<i>Atapola Gaduwa</i>	It can found within first toe, edema in whole foot, severe fever.
4.	<i>Irappu Gaduwa</i>	It can found occipital area, body ache and ear pain, go through the back side.
5.	<i>Kandamala Gaduwa</i>	Tumor growth in mastoid, tight jaws and tearing, tonsilitis
6.	<i>Kondara Gaduwa</i>	It can found 3' below the scapula, there are 4 <i>puruk</i> , size become <i>batu pala</i> .
7.	<i>Ikili Gaduwa</i>	It can found in side of the lower abdomen and groin, severe pain.
8.	<i>Mansa Gaduwa</i>	It can found heel, like a <i>kotta pala</i> , death after 3 years
9.	<i>Nalal Gaduwa</i>	It can found between two brows, like a <i>batu</i> seed, redness of the day, tearing
10.	<i>Viyal Gaduwa</i>	It can found groin and thighs, redness, fever and tumors persist 3 days.
11.	<i>Beli Bandane</i>	It can found cervical region.
12.	<i>Garawal Bandane</i>	Sore throat, dryness of the head, productive cough, headache.
13.	<i>Humbas Bandane</i>	It can found in cheeks, edema in all around the head and lips, blindness after one week.
14.	<i>Kalal Bandane</i>	It can found 2' below the lower abdomen, urinary retention, tiredness, nausea, hic-cup.
15.	<i>Sanni Bandane</i>	It can found in lips, edema in lips, burning sensation in lumbar region, body pain and mild fever.
16.	<i>Kanaka Visadiya</i>	Edema in below the ear and sore throat, two tumors growth both side of throat, death within 60 hours.
17.	<i>Pokuru Visadiya</i>	It can found tumors in whole over the body, 64 tumors become together, pain in body, after death.

18.	<i>Sanni Visadiya</i>	Stiffness in thorax, and growth tumors, fever, burning sensation with body pain, delusion, madness.
19.	<i>Dantha Pilika</i>	It can found on gingiva on jaw, like a villus of paddy, Ulceration of the teeth after one week.
20.	<i>Haku Pilika</i>	It can found in jaw, mouth divided in to two parts, death after 3 months.
21.	<i>Katu Pilika</i>	It can found 10 fingers in hand together, severe burning sensation, difficult to hand moving after one week.
22.	<i>Mas Pilika</i>	It can found in calf muscles, tremor and crepitation, uncontrolled, joint stiffness.
23.	<i>Nahadandu Pilika</i>	It can found on Nasal Bridge, like a <i>mun</i> seed, Ulceration of the nasal bridge, and become polyps.
24.	<i>Pa Pilika</i>	It can found in sole, cold and clammy day by day, after long time soles will be crack.
25.	<i>Pathul Paliyawa</i>	It can found in sole, edema in affected sole, burning sensation, accumulate pus and becomes polyps.
26.	<i>Sem Pilika</i>	It can found in chest, become redness the body, tight the tumor like seeds.
27.	<i>Kiri Viyal</i>	It can found in axillary region except 2', abdominal pain
28.	<i>Rathpulliya</i>	It can found instep, edema in top of the sole edema in both side of the foot, severe burning sensation.
29.	<i>Kalal Rate</i>	It can found top of the thighs, flatting day by day, suppuration after 3 months.
30.	<i>Laramal Udaraya</i>	Severe edema in both cheeks, edema in all around the head, death after 2 weeks.
31.	<i>Karas patthuwa</i>	It can found tho0rax, fever.
32.	<i>Nabhishronithaya</i>	It can found tumor in over umbilicus.

33.	<i>Sanni Wisappuwa</i>	It can found 4 tumors in upper and lower limbs, edema in both hands and palm, madness, tremor in the body.
34.	<i>Urabahuwa</i>	It can found tip of the shoulder, limb were difficult to moving and fever, death after 3 months.

## 2. Collection of Data

The ant cancerous formulas were selected from some Sri Lankan Traditional Medical Texts, Manuscripts and Ola Leaves in the Library of the BMARI Navinna. (*Bandaranayake Memorial Ayurveda Research Institute*)

Selected Traditional Medicinal Texts are:

- *Pilika Uppattiya hewath Gedi Weda Potha* (The hand Book of *Udunuwara Ganhate Basnayake Nilame*)
- *Wana weda Potha (II)*
- *Kandamala Aushada Samgrahawa Saha Balayanta Ratha Wedakama*
- *Ath Weda Potha* (The hand Book of *Potuvila Indra Jothyabhidhana Thero*)
- *Unawatune Ath Weda Potha*
- *Ehelepola Adikaramge Ath Weda Potha*
- *Yogasekaraya Hewath Kumaraushada Samgrahawa*
- *Sinhala waidya Vidya (Wana Pilika Visa Vidhi)*
- *Sabaragamuwe Wattoru Weda Potha*
- *Waidyaka Hasthasaraya Hewath Sinhale Ath Weda Potha*
- *Waryogasaraya*

Selected Conservational Ola Leaves are:

- Ola Leaf Manuscript, *Gedi wana Pilika-169*
- Ola Leaf Manuscript, *Gedi wana Pilika-61*
- Ola Leaf Manuscript, *Gedi wana Pilika-51*
- Ola Leaf Manuscript, *Gedi wana Pilika-161*
- Ola Leaf Manuscript, *Gedi wana Pilika-39*
- Ola Leaf Manuscript, *Gedi wana Pilika-01*
- Ola Leaf Manuscript, *Gedi wana Pilika-59*

One hundred twenty (120) prescriptions recommended for type of cancers in decoction form, *alepa, pattu, mellum, thavili, choorna, kenda, kayan, thaila* were collected from conservational Ola leaves. Ninety Three (93) prescriptions recommended for type of cancers in decoction form, *alepa, pattu, mellum, thavili, choorna, kenda, kayan, thaila* were collected from authentic traditional classics.

According to the Traditional classics and Ola leaves forty (40) definitions of cancer types can be found.

**Comparison between Traditional Medical System and Modern Medicine**

<b>Traditional Medical System</b>	<b>Modern Medicine</b>
<i>Atapala Gaduwa</i>	Bone Cancer
<i>Dantha Pilike</i>	Alveolar Abscess
<i>Garawal Bandane</i>	Tumors of Pharynx or Larynx
<i>Haku Pilikaya</i>	Parotid cancer Squamous cell carcinoma of the mastoid Mastoid Bone Cancer
<i>Ikili Gaduwa</i>	Psoas Abscess
<i>Ilapeliyawa</i>	Lung Abscess
<i>Irippu Gaduwa</i>	Cerebellar Abscess
<i>Kalal Bandane</i>	Cystic Abscess
<i>Kalal Rathe</i>	Appendicular Abscess
<i>Kanda Mala Gaduwa</i>	Tumors of Pharynx or Larynx
<i>Karamal Udare</i>	Parotid Gland Abscess
<i>Kati Visadi Gaduwa</i>	Spinal Medulla Abscess
<i>Kihili Bandane</i>	Axillary Abscess
<i>Kondara Gaduwa</i>	Spine Cancer
<i>Kusa Pilike</i>	Stomach Cancer Celioma
<i>Mansha Gaduwa</i>	Melanoma
<i>Nahadandu Pilikaya</i>	Neo Plastic Nasal Polyps

	Rhinosceroma
<i>Pokuru Visadi</i>	Carbuncles

### 3. Discussion

According to Sri Lankan Medicine Traditional Medical Text and Ola Leaf Manuscripts, 37 types of cancers under 5 categories found as *Bandana*, *Gadu*, *Pilika*, *Visadi* and Others. When the categories of cancers are considered, the majority of cancer categories have shown under *Gadu*. There are 120 prescriptions were found in Ola Leaf Manuscripts and 92 prescriptions were found in Traditional Texts. Many prescriptions anonyms and do not carry any name of the recipe. The language in the prescriptions was in colloquial Sinhalese language and some were named after Sanskrit. This has firmly shown the relation pin between Traditional System of Medicine and Ayurveda. Most of the formula included in ingredients, methods of preparation, dose and vehicle to be used and recommended diseases. They contained many herbs easily available and simply accessible in Sri Lanka. Some prescriptions contained *Rasa Aushada* and *Parthiwa Aushada* too. *Anupana* mentioned in most of the recipes are sugar, honey, ghee, cold water, hot water. Accessory materials mentioned in most of the recipes are Gingerly Oil, Caster Oil, and Salt.

### 4. Conclusion

Cancer is categorized in a "*Gedi wana Pilika*" of Traditional Medical System. In that Traditional Medical System we can identified *Gadu*, *Bandana*, *Viyal*, *Visadi*, *Visappu*, *Pilike*, which are used common words for cancer.

Analysis of,

- Clinical Cause
- Sign and Symptoms
- Sites
- Treatments

According to above conditions we can identify correlations of that conditions may be abscess, boils, tumors and neoplasm.

For a example, The condition of "*Haku Pilike*", the patient will die within three months. In case of "*Mansa Gaduwa*" the patient will die after 3 years. According to above data we can identify 3 groups.

1. Diseases that can be named as clear malignancy which includes "*Mansa Gaduwa*"
2. Diseases that can be considered as cancer such as incurable ulcers
3. Some of diseases with possibility of malignancy.

67 different medicinal plants were recognized in the selected 212 prescriptions and When the *Rasa Panchaka* is considered the majority of drugs has shown *Tikta*, *Katuka*, and *Kaashaya Rasas* as predominant *Rasa*. Most of the drugs

were bearing *Laghu*, *Thikshna*, and *Ruksha Guna*, *Ushna Virya* and *Katuka Vipaka* which pacify the vitiated *Kapha Dosh*a and consequently reducing the *Medas Vruddi*.

Plant materials found in higher order were given below.

- *Brassica juncea*
- *Elettaria cardomomum*
- *Piper nigrum*
- *Garcinia canboga*
- *Zingerber officinalae*
- *Curcuma longa*
- *Nigella sativum*
- *Syzygium aromaticum*
- *Coriandrum sativum*
- *Cinnamomum zeylanicum*
- *Nalmiristacae fragrons*
- *Cuminum cyminum*
- *Allium sativum*
- *Tamarindus indica*

Normally all above drugs were considered as "Spices"

## 5. References

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