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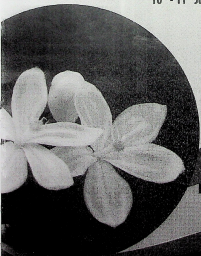
PROCEEDINGS

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LITERATURE REVIEW ON MEDICINES FOR VATA DISEASES IN AUTHENTIC SIDDHA TEXTBOOK OF "PARARAJASEKARAM"

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Vata diseases are most common diseases which are mentioned in siddha text books and classified by 80 types in "Pararajasekaram" oldest Siddha textbook in Sri Lanka. Most of the *vata* diseases are treated successfully by siddha medicines. Herbs, minerals, metals and animal products are used to prepare this preparation. According to the Siddha concept, the *vata* diseases caused by exacerbation of "thanavayukkal" in the body. In the siddha system, medicines classified 32 internal and 32 external medicines. The objectives of study were literature review on analyzing medicines for *vata* diseases and pharmacological activities of these medicines. Data was collected from textbook of "Pararajasekaram" and other text books for four months. According to the research analysis, 90 prepared medicines were identified for the treatment of *vata* diseases. Among these, 58.88% (53) external medicines, 31.11% (28) internal medicines and 10% (9) internal and external medicines. In external medicines, as 71.69% (38) *thailam*, 7.55% (4) *poochechu*, 5.66% (3) *oththu*, 5.66% (3) *sineka poddani*, 3.77% (2) *podu* and *kudineer* for gargling, *kaddu marunthu* and *nasiyam* are 1.88% (1) respectively. In internal medicines as, 32.14% (9) *chooranam*, 28.57% (8) *markkuvai*, 17.86% (5) *thailam*, 7.14% (2) *lehiyam* and *ravayanam*, *nei*, *meluku* and *katham* were 3.57% (1) respectively. In Preparation of *thailam*, mostly used bases are gingelly, neem, castor, pongamia and mahua oils as alone or in combination. 320 ingredients were identified in 90 medicines. Out of 320 ingredients 78.75% (252) were herbs, 14.06% were (45) minerals and 7.18% (23) were animal products. Highest percentage of herbs (over 33.33%) are *Zingiber officinale*, *Piper nigrum*, *Piper longum*, *Vitex negundo*, *Asadrachta indica*, *Allium sativum*, *Acorus calamus*, *Terminalia chebula* and mostly used mineral is rock salt and animal product is *poonakam* for different varieties of prepared medicines. According to the pharmacological activities, mostly used ingredients have carminative, anti-inflammatory, laxative and purgative activities. This study would help in further research and provide documented evidence.

Keywords: Herbs, Minerals, *Pararajasekaram*, *Vata* diseases.