

A Literature Review of *Bhaskaralavana churna* for *Ajeeranam* in Indigenous Medicine

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The Sri Lankan Indigenous Medicine is a mixture of the Ayurveda, Siddha, Unani and Desheeya Chikitsa. *Bhaskaralavanachurna* is one of the internal medicine which is the herbo mineral preparation. *Bhaskaralavanachurna* is one of the most important drugs in Ayurvedha Government Hospitals in Sri Lanka. Therefore we selected this drug to literature review related it's ingredients for "*Ajeeranam*". This study was done at Unit of Siddha Medicine, University of Jaffna from October 2019 to January 2020. Data for the literature review were collected from relevant books, peer review journals and websites. It consists scientific names, habitat, family, vernacular names, parts used, organoleptic characters, phytochemical, pharmacological actions for the ingredients of this drug. From this review, this *Churna* has 18 ingredients, 14(77.7%) were medicinal plants and 04(22.2%) were minerals. Based on morphology 7(50%) plants were herbs. From these plants 3 (21.42%) of the species were found in Piperaceae family, 11(78%) were cultivated in Ceylon, 5 species (35.75%) were used as fruits and 3 (21.42%) were used as seeds. These plants contain pungent taste [10 (45%)], Salty[4 (18%)], bitter[3 (14%)], astringent[2 (9%)], sweet[2 (9%)] and sour[1 (5%); hot potency [14 (78%)], cold potency[3 (17%)] and hot and cold[1 (5%); pungent efficacy[16 (89%)] and sweet [2 (11%); pharmacological actions such as carminative [14 (77.7%)], stomachic[12 (66.6%)], stimulant [7 (38.8%)] and astringent [3 (16.6%)]. Phytochemicals such as volatile oil [8 (57.14%)] and starch [4 (28%)] were highly found in these medicinal plants. 100% Na, 50% Mg, 25% Ca, and 25% Cl were found in these minerals. This literature review provides useful documented evidence related it's ingredients for *Ajeeranam*. There is need further laboratory study and toxicity study about this drug in future.

KeyWords: *Bhaskara Lavana churna*, herbomineral, *Ajeeranam*, Indigenous Medicine.