

Comparative Study on Effect of *Virechana Karma* (Purgation) with *Ficus hispida* and Decoction of *Thespesia populnea* in *Picharchika* (Eczema)

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Skin diseases have a high prevalence throughout the world. *Picharchika*, is one of the skin diseases mentioned in Ayurveda, characterized by blackish brown eruption associated with itching and exudation, and can be correlated with eczema. Study was undertaken to compare the effectiveness of decoction of stem bark of *Gaesoorya* (*Thespesia populnea*) and *Virechana* with fresh juice of stem bark of *Korathambula* (*Ficus hispida*) and combined therapy in the management of *vickarchika*. 125 patients suffering from *Picharchika* were selected. The patients with pustules, exudation, papules, eruption, and roughness were included in the study. The patients who are suffering from other systemic disorders were excluded. These patients were randomly divided in to 5 groups, named as group V, K, VK, KP and VP. Among them, V, K, VK groups were treated with 60 ml of *Korathambula Virechana*; 120 ml of decoction of *Gaesoorya* twice a day for 30 days and combined therapy respectively. Group KP was treated with decoction for placebo as group K and group VP was treated with placebo for *Virechana* as group V. Statistical significance was evaluated using Anova F Test. Group V,VP, VK and K showed statistically significant reduction in symptoms ($p < 0.001$) among the 5 groups. Also effects of the therapies were evaluated through symptomatic relief. Among them group K and VK showed highly symptomatic relief. It is concluded that decoction *Gaesoorya* and combined therapy (*Virechana* with *Korathambula* and decoction *Gaesoorya*) are effective in the management of *vickarchika* (eczema).

Keywords: *Picharchika*, Eczema, *Virechana Karma*, *Thespesia populnea*, *Ficus hispida*

Ethno Botanical Survey of *Gynemna sylvestre* in Diabetes Mellitus Patients at Kaitiady

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The objective of the study was to investigate the ethno botanical survey of *Gynemna sylvestre* in diabetes mellitus patients at Kaitiady. 80 diabetes patients were identified in the 3 *Grossa Sevaka* (GS) divisions (Kaitiady West, South & Southeast) of Kaitiady. This study was carried out from March to August 2012. Necessary permission was obtained from the MOH Chavakachcheri and GS of each GS divisions. The identified patients were interviewed through questionnaire and conversation by the researchers for data collection. From the beginning of the study the patient's Fasting Blood Sugar (FBS) sample was collected from their clinic records for 3 months through subsequent visits. This study reveals that most of the patients were from Kaitiady Southeast (45%). (57.5%) are men. The age group of 60-69 was (42.5%). (53.75%) had history of diabetes among first degree relatives. The (80%) of the patients had taken *G. sylvestre*. Out of (80%) of the patients (75%) had diet control, Allopathic Medicine & *G. sylvestre*, (5%) had Allopathic Medicine & *G. sylvestre*, (80%) of the patients used *G. sylvestre* as different format. Out of (80%) the patients (40%) were freshly chewing the leaves, (26.25%) had used the leaves as 'varai' or 'surobol', and (13.75%) had used as dry leaves powder. The *G. sylvestre* using patient's FBS (90.63%) was maintained 126-185mg/dl and (9.38%) had 186-250mg/dl. In *G. sylvestre* not used (20%) patients their FBS (75%) was maintained 126-185mg/dl and (25%) had 186-250mg/dl. This study concludes that most of the patients had used *G. sylvestre* to control the diabetes as dietary supplement and as well as the medicine. The usage of *G. sylvestre* plays an important role in the control of diabetes. Therefore, awareness programs about the usage of *G. sylvestre* should be conducted to all sections of the society affected by diabetes.

Keywords: Ethno botanical, *Gynemna sylvestre*, Diabetes mellitus, Kaitiady