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# ETHNOBOTANICAL SURVEY OF MEDICINAL PLANTS IN NILAVELI AREA AT TRINCOMALEE DISTRICT, WHICH PLANTS ARE MENTIONED IN PEDIATRIC MANAGEMENT IN SIDDHA MEDICAL SYSTEM

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## ABSTRACT

Siddha medical system is very old medical system which deal with medicinal plants in surrounding the society and authenticated to medical purpose of all target groups without age limits such as; pediatrics, gynecology, geriatric and patients with diseases. 18 siddhars defined this siddha medicine with natural resources in specific manner and written manuscripts then these old manuscripts transferred to digital copy at present. in this research, selected written text book; Balavagadam mentioned medicinal plants were searched in Nilaveli area at Trincomalee District in Sri Lanka. research Objectives: to enumerate the medicinal plants which were in Balavagadam book, to identify the medicinal plants in Nilaveli area, Trincomalee District, to reveal the medicinal plants which used in pediatrics complaints in siddha medical system. Results were; altogether 140 medicinal plants were identified. in taxonomical classification; Trees were 33 (23%), Shrubs were 21 (15%), Herbs were 31 (22%), Climbers were 31 (22%), Creepers were 19 (13.5%), Parasite Plants were 02 (1%), Aquatic Plants were 03 (2%). The part used in medicinal purpose were; Whole plants were 65%, Roots were 31%, seeds were 24%, flowers were 19%, rhizomes were 15%, Barks were 15%, latex were 9% and resin were 2%. finally conclude as; this research showed as 140 medicinal plants found in Nilaveli area, Trincomalee district which mentioned in Balavagadam text book for management of pediatrics complaints through the

siddha medical system. in future this study will helpful to prepare medicine and will do clinical researches in pediatric drug discovery.

Key words: Pediatric, siddha medicine, medicinal plants, Nilaveli, balavagadam

## INTRODUCTION

Siddha medical system is very old medical system which deal with medicinal plants in surrounding the society and authenticated to medical purpose of all target groups without age limits such as; pediatrics, gynecology, geriatric and patients with diseases. 18 siddhars defined this siddha medicine with natural resources in specific manner and written manuscripts then these old manuscripts transferred to digital copy at present. in this research, selected written Siddha medical text book; Balavagadam mentioned medicinal plants were searched in Nilaveli area at Trincomalee District in Sri Lanka.

## Aim and Objectives

To enumerate the medicinal plants which were in Balavagadam book (siddha medical text book-Pediatrics Medicine).

To identify the medicinal plants in Nilaveli area, Trincomalee District.

To reveal the medicinal plants which used in pediatrics complaints in siddha medical system.

## Materials and Methods

Research Type: Survey study  
Research Area: Nilaveli, Trincomalee,  
Sri Lanka



Nilaveli area: Coordinates: 8o41'0"N  
81o12'0"E

Country: Sri Lanka  
Province: Eastern

It is a coastal resort town and suburb of the Trincomalee District, located 16 kilometers (about 10 miles) northwest of the city of Trincomalee on the country's east coast.

Research samples: Medicinal Plants

Research data collection: field visit  
digital photography

Research data processing: MS Excel  
worksheet

District: Trincomalee

DS Division: Kuchchaveli.

It pronounced "Nilaaveli", "Nilaa" extolls the night's moon-shine over the "veli", a Sri Lankan Tamil language term for land or open – space.



Research analysis: Simple descriptive  
Statistics

Research text book: Pediatrics  
Medicine (Balavaagadam) – in Tamil;  
"Foe;ij kUj;Jtk;" - ghy thflk;. author by Dr.  
K. S. Murugesu muthaliyar, published by  
Department of Indian Medicine &  
homeopathy, Chennai-106, First Edition  
in 1933.

## RESULTS AND OBSERVATIONS

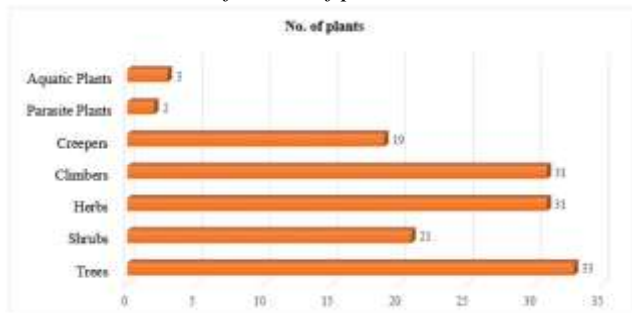
Table1: Medicinal plants seen in research field

No.	Tamil Name	Botanical Name	Taxonomy	Part used	Availability
1	வெற்றிலை	<i>Piper betle</i>	Climber	Leaves	Cultivate
2	காக்கணவன்	<i>Clitoria ternatea</i>	Climber	Leaves, Root, Flower	Common
3	வசம்பு	<i>Acorus calamus</i>	Aquatic	Rhizome	Rare
4	இஞ்சி	<i>Zingiber officinale</i>	Herb	Rhizome	Cultivate
5	அழிஞ்சில்	<i>Alangium salviifolium</i>	Tree	Root, Bark	Rare
6	துளசி	<i>Ocimum sanctum</i>	Herb	Whole	Common
7	நெல்லிக்காய்	<i>Phyllanthus emblica</i>	Tree	Fruit	Common
8	தான்றிக்காய்	<i>Terminalia bellirica</i>	Tree	Fruit	Common
9	திப்பலி	<i>Piper longum</i>	Herb	Fruit	Cultivate

10	நிலவேம்பு	<i>Andrographis paniculata</i>	Herb	Whole	Cultivate
11	ஊசிப்பாலை	<i>Oxystelma esculentum</i>	Climber	Whole	Common
12	மொகமொகக்கை	<i>Melothria maderaspatana/ Cucumis maderaspatana</i>	Climber	Leaves	Common
13	கோரை	<i>Cyperus rotundus</i>	Herb	Tuber	Common
14	புரப்பாகம்	<i>Mollugo cerviana</i>	Herb	Whole	Common
15	அவறி	<i>Indigofera tinctoria</i>	Herb	Leaves, Root	Rare
16	சிறுநாட்டி	<i>Sida cordifolia</i>	Herb	Root	Common
17	கண்டங்கத்தரி	<i>solanum xanthocarpum</i>	Herb	Whole	Common
18	பெருமருந்து	<i>Aristolochia indica</i>	Climber	Leaves, Root	Common
19	பேய்பிரட்டி	<i>Anisomeles malabarica</i>	Shrub	Leaves, Root	Common
20	தும்பை	<i>Momordica dioica</i>	Herb	Whole	Common
21	வட்டுக்கத்தரி	<i>Solanum surattense</i>	Shrub	Root, Fruit	Common
22	வெள்ளறுகு	<i>Enicostemma littorale</i>	Herb	Whole	Common
23	வட்டத்தருயி	<i>Cissampelos pareira</i>	Climber	Root, Leaves	Common
24	ஆமணக்கு	<i>Ricinus comunis</i>	Shrub	Root, Leaves, Seed	Common
25	வட்டத்துத்தி	<i>Abutilon indicum</i>	Shrub	Root, Leaves	Common
26	ஆடாதோடை	<i>Justicia adhatoda</i>	Shrub	Whole	Common
27	சிறு முகட்டை	<i>Rivea ornata</i>	Climber	Leaves	Common
28	அகத்தி	<i>Sesbania grandiflora</i>	Tree	Leaves	Cultivate
29	சிறுநெருஞ்சில்	<i>Tribulus terrestris</i>	Creeper	Whole	Common
30	ஆண்ணெருஞ்சில்	<i>Pedaliu murex</i>	Creeper	Whole	Common
31	குப்பைமேனி	<i>Acalypha indica</i>	Herb	Whole	Common
32	முடக்கொத்தான்	<i>Cardiospermum helicacabum</i>	Climber	Whole	Common
33	பொருதலை	<i>Lippia nodiflora</i>	Creeper	Leaves	Common
34	பேயத்தி	<i>Solanum torvum</i>	Tree	Bark, Leaves	Common
35	முதியார்குந்தல்	<i>Merremia tridentata</i>	Creeper	Whole	Common
36	வெங்காயம்	<i>Allium sepa</i>	Herb	Whole	Cultivate
37	நொச்சி	<i>Vitex negundo</i>	Shrub	Whole	Common
38	நாயுருவி	<i>Achyranthes aspera</i>	Herb	Whole	Common
39	பூமாதுளை	<i>Punica granatum</i>	Shrub	Flower	Cultivate
40	நாய்வேளை	<i>Cleome viscosa</i>	Herb	Leaves, Seed	Common

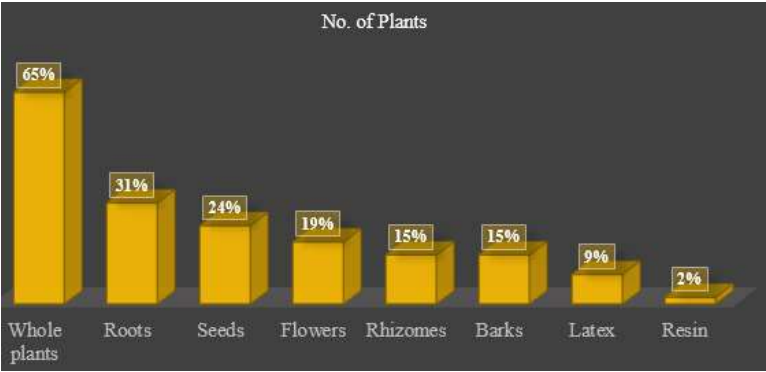
Altogether 140 medicinal plants were identified

Chart 1: Taxonomical classification of plants




In taxonomical classification; Trees were 33 (23%), Shrubs were 21 (15%), Herbs were 31 (22%), Climbers were 31 (22%), Creepers were 19 (13.5%), Parasite Plants were 02 (1%), Aquatic Plants were 03 (2%).

Chart 2: Part used of plants




The part used in medicinal purpose were; Whole plants were 65%, Roots were 31%, seeds were 24%, flowers were 19%, rhizomes were 15%, Barks were 15%, latex were 9% and resin were 2%.

Table 2: Medicinal plants images seen in research field

		
<i>Eclipta prostrata</i>	<i>Vitex trifolia</i>	<i>Cassia auriculata</i>
		
<i>Anisocylus carnosus</i>	<i>Tinospora cordifolia</i>	<i>Cliteria ternata</i>



		
<i>Toddalia asiatica</i>	<i>Pedilium murex</i>	<i>Mimosa pudica</i>
		
<i>Deamia extensa</i>	<i>Piper betle</i>	<i>Pisonea aculata</i>
		
<i>Zyzubus ziziba</i>	<i>Adhathoda vasica</i>	<i>Ficus recemosa</i>

## DISCUSSION

To enumerate the medicinal plants which were in Balavagadam book, to identify the medicinal plants in Nilaveli area, Trincomalee District, to reveal the medicinal plants which used in pediatrics complaints in siddha medical system. Results were; altogether 140 medicinal plants were identified. in taxonomical classification; Trees were 33 (%), Shrubs were 21 (%), Herbs were 31 (%), Climbers were 31 (%), Creepers were 19 (%), Parasite Plants were 02 (%), Aquatic Plants were 03 (%). The part used in medicinal purpose were; Whole plants were 65%, Roots were 31%, seeds were 24%, flowers were 19%, rhizomes were 15%, Barks were 15%, latex were 9% and resin were 2%.

## CONCLUSION

Finally conclude as; this research showed as 140 medicinal plants found in Nilaveli area, Trincomalee district which mentioned in Balavagadam text book for management of pediatrics complaints through the siddha medical system. in future this study will helpful to prepare medicine and will do clinical researches in pediatric drug discovery.

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