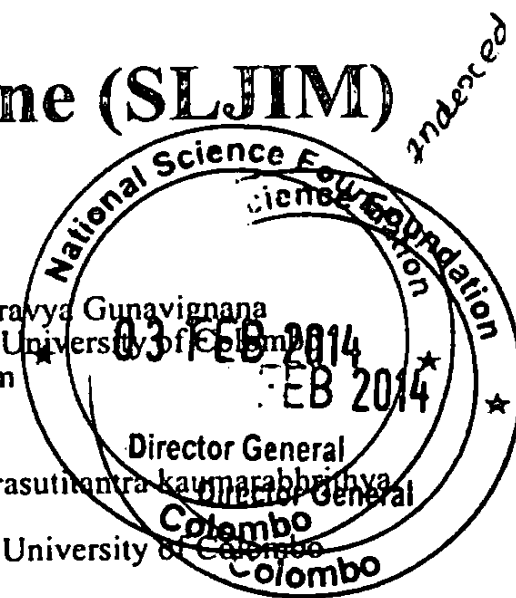




# Sri Lanka Journal of Indigenous Medicine (SLJIM)

Volume 03 Number 01 Page 147 – 185 June 2013



## EDITORIAL BOARD

### EDITOR-IN-CHIEF

**Prof. A P G Amarasinghe PhD**

Professor, Department of Prasutitantra, Kaumarabhritha Institute of Indigenous Medicine, University of Colombo  
Email: drgamarasinghe@gmail.com

## ASSOCIATE EDITORS

**Dr. H A S Ariyawansa PhD**

Senior Lecturer, Department of Nidana Chikitsa  
Institute of Indigenous Medicine, University of Colombo  
Email: drhasariyawansa@gmail.com

**Dr. R S Jayawardhana MD Ay**

Senior Lecturer, Department of Basic Principles  
Institute of Indigenous Medicine, University of Colombo  
Email: oparud@yahoo.com

**Dr. K C Perera MDAy**

Senior Lecturer, Department of Swasthavritta & Agadatantra  
Institute of Indigenous Medicine, University of Colombo  
Email: docchandi@yahoo.com

**Dr. M W S J Kumari MD Ayu**

Senior Lecturer, Department of Basic Principles  
Institute of Indigenous Medicine, University of Colombo  
Email: drjanakanthi@yahoo.com

**Dr. A H M Mawjood PhD**

Senior Lecturer, Department of Dravya Gunavignana (Unani)  
Institute of Indigenous Medicine, University of Colombo  
Email: mawjood@iim.cmb.ac.lk

**Dr. P R Waratenne MD Ay**

Senior Lecturer, Department of Allied Sciences  
Institute of Indigenous Medicine, University of Colombo  
Email: drwaratenne@gmail.com

**Dr. D P A Dissanayaka MPhil**

Senior Lecturer, Department of Shalya Shalakyā  
Institute of Indigenous Medicine, University of Colombo  
Email: drdpadissanayakedpa@yahoo.com

**Dr. K R Weerasekara MPhil**

Senior Lecturer, Department of Nidana Chikitsa  
Institute of Indigenous Medicine, University of Colombo  
Email: kumuduweerasekara@yahoo.com

## EDITORIAL BOARD MEMBERS

**Dr. L P A Karunathilaka PhD**

Senior Lecturer, Department of Shalya Shalakyā  
Institute of Indigenous Medicine, University of Colombo  
Email : abayasiri@live.com

**Dr. B M Nageeb PhD**

Senior Lecturer, Department of Dravya Gunavignana (Unani)  
Institute of Indigenous Medicine, University of Colombo  
Email : bmnageeb@yahoo.com

**Dr. S D Hapuarachchi MD.Ay**

Senior Lecturer, Department of Dravya Gunavignana  
Institute of Indigenous Medicine, University of Colombo  
Email: drangeeb@gmail.com

**Dr. K B Jayawardhana PhD**

Senior Lecturer, Department of Basic Principles  
Institute of Indigenous Medicine, University of Colombo  
Email: kbjayawardhana@gmail.com

**Dr P K Perera PhD**

Senior Lecturer, Department of Dravya Gunavignana  
Institute of Indigenous Medicine, University of Colombo  
Email: drkamalperera@yahoo.com

**Dr. Faslul Hag MPhil**

Senior Lecturer, Department of Prasutitantra-kaumarabhritha  
(Unani)  
Institute of Indigenous Medicine, University of Colombo  
Email: drfaslulhaq@gmail.com

## LANGUAGE EDITOR

**Mr. R H M Piyasena MA**

Former Director, Institute of Indigenous Medicine,  
University of Colombo  
E mail: rhmpysn@yahoo.com

## ADVISORY BOARD

**Prof. S G Ranasinghe PhD**

Former Director  
Institute of Indigenous Medicine, University of Colombo

**Prof. W D Rathnasooriya PhD, DSc**

Senior Professor, Department of Zoology  
Faculty of Science, University of Colombo.  
Email: wdr@zoology.cmb.ac.lk

**Prof. Jayantha Welihinda PhD**

Professor, Department of Bio Chemistry  
Former Director, Institute of Indigenous Medicine,  
Email: jwelihinda@gmail.com

**Dr. Praneeth Abesundara PhD**

Senior Lecturer, Department of Sociology  
University of Sri Jayewardenepura.  
Email: nishadapraneeth@gmail.com

**Prof. Ikhlas Khan PhD**

Director of FDA Programme  
National Centre for Natural Product Research (NCNPR)  
Editor, Planta Medica  
Oxford, University of Mississippi, USA  
Email: ikhan@olemiss.edu

**Prof. Manjari Dwivedi PhD**

Professor & Former Dean, Faculty of Ayurveda  
Banaras Hindu University, Varanasi, India  
Email: manjari5@yahoo.com

**Prof. M S Bhagel PhD**

Professor & Director, Institute of Postgraduate Training  
& Research in Ayurveda  
Chief Editor, AYU  
Gujarat Ayurved University, Jamnagar, India  
Email : directoripgt@ayurveduniversity.com

**Prof. Abhimanyu Kumar PhD**

Professor & Head, Department of Bala Roga  
Managing Editor, Journal of Ayurveda  
National Institute of Ayurveda, Jaipur, India  
Email: ak\_ayu@yahoo.co.in

**Prof. M Shahu PhD**

Professor & Former Head, Department of Shalya Shalakyā  
Faculty of Medicine  
Banaras Hindu University, Varanasi, India  
Email: m.shahuvns@satyamnet.in

**Prof. R R Dwivedi PhD**

Prof. & Head, Department of basic Principles  
Editor, AYU  
Institute of Postgraduate Training & Research in Ayurveda  
Gujarat Ayurved University, Jamnagar, India  
Email : dwivedi53@rediffmail.com

# Sri Lanka Journal of Indigenous Medicine (SLJIM)

Volume 03 Number 01 Page 147 – 185 June 2013

*Published by*

**Institute of Indigenous Medicine**

University of Colombo

Rajagiriya

Sri Lanka

Tel : +94 11 2694308

Fax : +94 11 2697175

Website : www.iim.cmb.ac.lk

Email : slijm@iim.cmb.ac.lk

*Printed by*

**Rayan Printers**

481, Paropakara Mawatha,

Sri Lanka.

Tel : +94 712 089675

E-mail : softtop@rocketmail.com

## Subscription details

Single issue: Rs. 300/= (Local)

Rs. 350/= (Local Institutions)

\$25 (Foreigners)

\$30 (Foreign Institutions)

## Method of Payment

Cheque / Bank draft/ Money order / Cash

Payable to Director, Institute of Indigenous Medicine,  
Rajagiriya, Sri Lanka.

## Cover story

The cover page depicts a climbing medicinal plant Rasakinda or Guduchi. *Tinospora cordifolia* (willd.) Miers. (Menispermaceae); Sinhala: Rasakinda; Tamil: Sindilkodi; Sanskrit: Guduchi/Amrita; Hindi: Guruchi; English: Gulancha tinospora.

It is a large, glabrous twiner with terete stem with long filiform, fleshy, aerial roots. The stem has a loose grayish bark when mature. The leaves are simple, alternate, long petioled and possess a characteristic heart shape, giving the name *cordifolia* to the plant. Flowers are green, unisexual, in dioecious spikes. The fruits are ovoid, glossy, red drupes, containing curved seeds. The stem, leaves and the root are used medicinally.

It has a long history of use in Sri Lanka Ayurveda. It has been used to treat convalescence from severe illness, liver disease, arthritis, urinary problems, eye diseases, cancer, anaemia, diabetes, and diarrhoea. It is said to help remove toxins from the body, and on this basis is often added to herbal formulas claimed to improve general health.

Tinosporin, tinoporic acid, tinosporol, tinosoracide, cordifolicides A,B,C,D, and E, cordioside, and cordiol have been isolated phytochemicals from the plant. It has been proved that *T.cordifolia* has antiallergic, anticancer, antioxidant, antiulcer, antistress, immunomodulatory, hepatoprotective, and hypoglycemic activities.

The original research paper on page 174 describes the quality control evaluation of solidified aqueous extract of *T.cordifolia*.

Source: Williamson, E.M., *Major herbs of Ayurveda*, Churchill Livingstone, United Kingdom. 2002.

**Photography** : Mr. G.S.K. Perera

## Contents

### Original Papers

- Effects of combined Unani formulations in allergic rhinitis (Nazla Haar) with special reference to the eosinophils in nasal smear 147  
*A H Ayshah Fazeenah . Mohd. Aleemuddin Quamri, B N Renuka*
- Preliminary phytochemical screening of the medicinal plant *Adenantha pavonina* and its morphological variation 152  
*AP Anoma Jayasiri, S P Senanayaka, P Paranagama, A P G Amarasinghe.*
- A study on the correlation between Body Mass Index of overweight/obese, Total Physical Activity and Cardiovascular risk factors with special reference to dyslipidaemia in adult women 157  
*MI Manuha, NZ Iqbal, BM Nageeb, P Paranagama*
- Evaluation of Growth performance and saponin composition in *Bacopa monnieiri* cultivated under hydroponics 163  
*G D Krishantha, H K L K Gunasekera, K M S Weerasinghe, K W D S Prasangika K S S Sugathadasa*
- Arthropod fauna and diseases associated with the medicinal crop, Ashwagandha [*Withanina somnifera* (L) Dunal] grown in Jaffna, Sri Lanka 170  
*Suvanthini Shanmugaratnam, Shyama Thurairatnam, Gunasingham Mikunthan*
- Quality control evaluation of *Guduchi Ghana* [solidified aqueous extract of *Tinospora cordifolia* (Willd.) Miers] – an herbal formulation 174  
*Rohit Sharma, Hetal Amin, Galib, PK Prajapati*

### Short Communication

- A comparative analysis of *Coscinium fenestratum* powder in Sri Lanka herbal market 180  
*Pathirage Kamal Perera, Jeevani Dahanayake*

- Guidelines for authors** 183