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Current scenario and the challenges to the traditional medicine in Sri Lanka

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Traditional Medicine is deeply rooted in history and culture of Sri Lankans. It is a part of the traditions of country, employing healing practices hails from generation to generation. A common feature of most systems of traditional medicine is that they take a holistic approach in promoting health, preventing diseases and helping to regularize physical, emotional, mental aspects and living environment. Asians have an ancient heritage of Traditional Medicine with full of rich folklore remedies. Thus, it plays an important role in providing primary health care service to 60% to 70% of the Sri Lankan population. There are enormous treasure of knowledge on traditional medicine embedded in vast number of literatures, particularly in the form of hand written manuscripts such as Ola leaves and Veda Kawi (traditional poem) with Veda Geta (secret code). However, lack of awareness, improper dissemination, inadequate knowledge about the traditional medicine and their principles are major lacuna for the proper exploitation of benefits of this system of medicine. Therefore, evaluation of the rich heritage of the traditional medicine on the basis of literatures with special reference to phytochemical, pharmacological and analytical studies such as microscopy, chromatography of some precious traditional remedies is essential. The objective of this study is to identify scientifically proven, safe and effective traditional remedies and to promote their use among general public with sound scientific basis. Further, this study is to suggest technical guidelines for the preparation of these medicines that would satisfy the established of international standards in the field of herbal medicines. Therefore, this study will not only pave the way for the protection and preservation of treasure of our traditional medicine but also effectively integrate our traditional practice with other system of medicine, in order to provide primary health care services to the nations.

Biography

Nasmeer M S M has completed his MD in Unani Medicine from National Institute of Indigenous Medicine, Bangalore-India and Honors in Bachelor of Unani Medicine and Surgery from Institute of Indigenous Medicine, University of Colombo, Sri Lanka. He has attended several national and international conferences. He is currently working as a Senior Lecturer and also as the Head of the Department of Ilmul Advia (Unani Pharmacology).

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