

A study of traditional indigenous medicine and ecology

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Abstract

Sri Lankan alternative and complementary medical system is dominated by *ayurveda* and indigenous medicines. The indigenous medicine is basically a descendant from generation to generation which can be confirmed through archaeological evidence from the Anuradhapura kingdom. Indigenous medicine is fully integrated with the environment. It's strength is dependent on the environment. The indigenous medicine is used for different areas such as preventive health, nursing, eye surgery, treatment for snake envenomation, fractures and dislocations. Traditions and cultures of the practitioners are differing from generation to generation. In natural environment, indigenous medicine is the home of art, and Hela-practicing artists have fulfilled their duties with the blessings of the natural environment. The main objective of this study is to find out how various methods of indigenous medicine techniques are used with the context of environment and biodiversity. As the study deals with a study on traditional indigenous medicine and ecology concept, the survey method was utilized. The study revealed that indigenous medicine utilizes the environment to make medicines and nursing. In addition to the plants, it was found that some natural resources such as sunlight, moonlight, moisture, and wind are utilized to prepare drugs. Based on these facts it clearly concludes that the traditional indigenous medicine has a strong direct relationship with all the components of the environment. Moreover, the study revealed that structural changes that took place in recently in the environment had bad impacts on indigenous medicine. Therefore, environmental conservation can be considered as a promising strategy of conserving and promoting of indigenous medicine. Revision and proper implementation of environmental laws focusing the specific issues associated with indigenous medicine are important.

Keywords: *Ancient tribesmen, Ayurveda, Biodiversity, Ecology, Traditional indigenous medicine*

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