

Literature Review on Therapeutic Value of Basna According to Sri Lankan Text Deshiya Chikitsa Samgrahaya

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Sri Lanka has its own indigenous scheme of traditional medicine which is called 'deshiya chikitsa'. Basna is a group of formulae unique to deshiya chikitsa. They acquire their effectiveness as a 'medicine' after going through specific processing techniques such as fermentation, boiling with water or any other specific decoction, mixing with special herbal preparation etc. The main objective of the present review was to summarize the knowledge available in the traditional literature related to technological details and the medical applications of Basna in a scientific way. The common indications were grahani roga (improper digestion), pandu (anemia), kamala (jaundice), udara roga (abdominal disorders), arochaka (anorexia) and unmada (mental disorders) etc. Based on the indication, different techniques are used for the preparation of Basna which transforms the relevant therapeutic properties of the active ingredients in to a soluble form which make them more bioavailable. The data revealed that 15% of basna is used for grahani roga and 80% for pandu and kamala. For grahani roga, deepana (appetizer) and pachana (digestant) dravyas (ingredients) are mixed with ghee (without heat or fermentation) and small dose is continued for 14 days in early mornings (small dose - long time period). For Pandu roga, mainly deepana, pachana dravyas along with yabora, juice of citrus fruits and honey are fermented with buried clay pot near the heat places and used as large doses 3 times per day for 3 days (large dose - short time period). It can be concluded that "Basna' have been used by the traditional medical practitioners for a long time by preparing them through unique processing techniques based on the indication, to treat a diverse group of ailments.

Keywords: Deshiya chikitsa, Basna, Pandu, Grahani roga