

A Study on the use of Traditional Medicines of the Villager's Regarding the Cure of Diseases (Reference from Hakmana area in Matara District)

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Introduction

Sinhala medicine is an intangible heritage that exists as a cultural heritage that preserves Sri Lankan identity (Wickramathilaka, 2001). The intangible heritage of Sinhala medicine, preserved through their knowledge for many years, cannot be touched and is embedded in the individual's mental and physical abilities (Kariyawasam, 2002). Even though Sinhala medicine was developed for the benefit of humankind, changes in Sinhala medicine have occurred over time (Dharmasiri, 1998). Due to the deterioration of ambition and the attitude of commercialization, the special qualities of Sinhala Medical are not considered professional. The purpose of this research is to investigate the value of using traditional medicine and handicrafts as a disease-cure system. The Matara district in the southern province was home to many people skilled in medicine, as well as yantras, mantras, gurukam, and sacrificial offerings. Local Sinhala medicine is also prominent among them. As a result, the study area was Hakmana Divisional Secretariat Division of Matara District. The research problem is "On which occasions is Sinhala traditional medicine used in the Hakmana area?"

Methodology

This investigation employed two research methods. They, Examine the literatures and Field study. In Examine Literatures, Secondary sources were given special consideration as Secondary sources included a variety of books. Relevant medical generations in the Hakmana area were met in the field study, and data were obtained for this purpose. As a result, data was gathered through in-depth interviews with twenty-five individuals. And depending on the occasion, cross-cutting questions were posed. For this purpose, a Semi-structured questionnaire was used. The available information was initially classified and analyzed using the thematic analysis method.

Results and discussion

In general, regardless of country, people have provided medical services for emergencies that arise in their daily lives. Medicine has been prioritized as a critical component of maintaining one's life (Wickramaratna, 2001).

The Sinhala Traditional medicines can be used for earache at the same time that it occurs.

- In an eggshell, heat sesame oil with a bread screen and pour two or three drops into the ear on low heat.
- Remove the leaves of this pod and place a few drops of the juice in your ear.
- "Nikadalu" is ground with ale water, combined with a drop of salt water, and then poured into the ear.
- The leaves of "Heen bovitia" are chopped and boiled in a pan, and the juice is mixed with honey and poured into the ear.

- When an animal, such as a beetle, enters the ear, grind mosquito leaves, lime leaves, and skin with cold water and pour a few drops of the puree into the ear.
- Place a piece of garlic in hot ashes and place it in your ear while it is still warm.
- Spread cinnamon oil on a loose piece of cotton and insert it into the ear.
- Put a few drops of honey in your ear.
- In everyday life, treatment methods such as pouring a drop of boiled and squeezed juice into the ear have been used.

The treatment methods for any disease affecting the eye are another important organ of the body. They do,

- Pouring a drop of breast milk into the eye several times when something gets into the eye
- Washing the face with boiled pomegranate leaves
- Washing the face with boiled jasmine leaves
- Washing the eyes with boiled tamarind leaves
- Washing the eyes with boiled rasakinda leaves
- Due to the heat in the body, as a treatment method for the swelling, burn tamarind seeds, wash with salt water, rub around the swelling, and apply the foam of the rice cooker on the swelling.

For dental diseases such as tooth decay, mouthwash with boiled jasmine leaves, mouthwash with boiled betel root, mouthwash with boiled kumbuk bark, guava leaves, and bark with boiled water are mainly used as treatment methods.

According to information the first thing puberty women in this area use when taking a bath is a medicine pot in which very valuable medicines have been boiled. It was revealed that these villagers believed that taking a bath in this medicinal water would remove any errors in the auspiciousness during the time of puberty. As a result, it appears that Sinhala Traditional medicines are used to suppress invisible forces as well as visible diseases.

A study Was conducted in this research on the use of traditional medicines in Sri Lanka in today's world, where Western medicine is popular. Traditional medicine is part of our country's intangible heritage. Furthermore, the importance of traditional medicine can be considered exceptional due to its simplicity and unity, as well as the majority of plants and herbs used in medicinal care. Finally, it can be said that, even in modern times, the people of the Hakmana area have a strong belief in the traditional medical system.

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