Effectiveness of VR Choorna in the Management of Oligospermia

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Approximately 15-20\% of all cohabiting couples are subfertile. In 50\% of these cases, it is the male factor that is responsible for the subfertility. It is a common problem affecting one in six couples worldwide. Semen quality is a measure of the ability of semen to accomplish fertilization. Decreased sperm concentration less than 20 million/ml is known as oligospermia. There are compounds of Ayurvedic preparations that have been widely used in the management of oligospermia. In the study it is assumed that \textit{VR Choorna} is effective in the management of oligospermia. \textit{VR Choorna} is an herbal preparation, administered to 32 healthy patients with oligospermia were selected by full clinical examination at infertility clinic at Gampaha Wickramarachchi Ayurveda Teaching Hospital. All patients (25 – 45 years) had been treated with \textit{VR Choorna} 5 g dissolved in water twice a day for a period of 4 months and examined for physical changes monthly. Seminal Fluid Analysis reports of all patients were taken before and after the treatment and the data were analyzed by using SPSS16 software. After 4 months sperm concentration was more than 20 million/ml and it has been increased significantly (p<0.05). Any adverse effect had not been reported during the period of treatment and follow up. Therefore, this study has shown that \textit{VR Choorna} is effective in the management of oligospermia.

\textbf{Keywords:} \textit{VR Choorna}, Oligospermia, Seminal Fluid Analysis

A Study on the Identification of Special Therapeutic Methods and Dosage Forms Used in Traditional Akshi Vedakama (Ophthalmic Treatment)

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Traditional medicine is a collection of knowledge, skills and practices based on the theories, beliefs and experiences indigenous to different cultures. It is used in the maintenance of health as well as in the treatment of physical and mental illnesses. From the beginning of mankind people are prone to trial out plant, mineral and animal origin substances in the environment to cure diseases. These proven treatments came down from generation to generation and were preserved as effective treatments. Sri Lanka has its own Traditional medicinal system known as Deshiya Chikitsa. Due to the close relationship with India, our traditional system was mixed with Ayurveda which is one of the traditional medical systems of India. Thus it further developed with other medical systems such as Siddha and Unani medicine. There are many indigenous medicinal traditions in Sri Lanka. Kadum Bindum Vedakama (Orthopedic treatments), Unmada Vedakama (Psychiatry), Sarpavisha Vedakama (Snake bite treatment), Gedivana Vedakama (Treatments for tumors and ulcers), Akshi vedakama (Ophthalmic treatment) are some examples. The main objective of this study is to identify the different therapeutic measures and dosage forms used in traditional Akshi vedakama (Ophthalmic treatment). The data was collected by referencing indigenous texts and documents pertaining to traditional treatments and dosage forms. The study revealed many therapeutic measures and dosage forms which included indigenous herbs, herbo-minerals and animal products as their active ingredients. Also it was discovered that there were 12 types of treatment methods and 15 dosage forms which were used both internally and externally. Hence, through this literary research it is evident that our ancient systems of medicine are enriched with diverse array of treatments and dosage forms for ophthalmic treatment.

\textbf{Keywords:} Special Therapeutic Methods, Dosage Forms, Traditional Akshi Vedakama