A Comparative Clinical Study to Identify the Most Effective Oil for *Pichu* on *Garbhasha Bransa* (Uterine Prolapse)

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According to Ayurveda, there are three different conditions exactly corresponding to prolapsed, namely *Mahā Yoni, Prasansini* and *Phalini* for which Ayurveda recommends a special form of treatment called *Pichu*, a thick swab or cotton pad (Tampon) which is clean and sterilized, dipped in the medicated oil and kept within the vagina for a period of six hours. In this study *Pichu* treatment was performed on twenty patients of 2nd degree prolapse who were selected from the gynecology clinic at Gampaha Wickramarachchi Ayurveda Teaching Hospital based on a predetermined selection criteria. On completion of a vaginal examination for confirmation of disease, the test group was divided into 2 sub groups; A & B. Group A patients were treated with *Suddha bala oil* soaked *Pichu* while Group B patients were administered with *arayana oil* soaked *Pichu*. A decoction of traditional formula (*Fluggea leucopyrus, Zingiber officinale, Pongamia pinnata, Cyperus rotundus*, etc.) was used as internal medicine for both groups. They were advised on their daily routines and continuous daily *kegel* exercises. After a period of three months, in group A, four patients were completely recovered while six others showed reduction of 2nd degree prolapse into 1st degree prolapse. In group B, two patients completely recovered and seven others showed a decline of 2nd degree prolapse to 1st degree prolapse. This directly suggests considerably satisfactory results of the above therapy for 2nd degree uterine prolapse with both types of oil. In conclusion, it is possible to identify *Suddha bala oil* as more effective than *Narayana oil*.

Key Words: Uterine prolapse, Kegel exercises, Pichu

A Review on Medicinal Uses of Flowers

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Flowers are among the most beautiful things in nature. They are used for worshiping, decoration, perfumeries and also in medicine. However no known scientific study has been conducted to collect the scattered knowledge on medicinal uses of flowers. Hence the present study was undertaken. Data was gathered from Sri Lankan traditional and Ayurvedic physicians and authentic books. According to the present study, 220 plants belonging to 60 families are used in medicines. Most of them belong to the families of Fabaceae, Liliaceae, Compositae and Euphorbiaceae. The flowers, *Nelumbo nucifera, Borassus flabellifer* and *Woodfordia fruticosa* are often used in medicine. Flowers are administered internally and externally in various forms such as paste, powder, decoction, syrup, juice, herbal wine (*Arishta* and *Asava*) and oils in treatment. These flowers are commonly used to treat disorders in cardio vascular, respiratory, gastro intestinal, integumentary, haemopoetic, genito-urinary, nervous, loco motor and endocrine systems. Ailments in head, ears and eyes are treated with various flowers. Some flowers are used to manage emergencies like burns. They are also beneficial for enhancing lactation. Further, some of them are used in spiritual treatment for psychological disorders. *W. fruticosa* is used in drug industry in preparation of *Arishta* and *Asava* to enhance fermentation. Analgesics, anti pyretic and anti-inflammatory properties of some flowers are proven through scientific research. It is concluded that flowers are widely used and highly beneficial in treatment of various diseases. Hence medicinal flowers are a gift of Mother Nature for health.

Keywords: Flowers, Medicinal uses, Fabaceae, Liliaceae, Compositae, Euphorbiaceae

78