

# 7<sup>th</sup> International Conference on Ayurveda, Unani, Siddha & Traditional Medicine 2021

## Scientific Session - 11<sup>th</sup> June 2021

### Morning Sessions

#### ORAL PRESENTATIONS:

##### Session 1: Ayurveda

- Duration** : 9.00 am to 12.45 pm  
**Chair** : Senior Lecturer Dr. (Mrs.) S.D. Hapuarachchi  
**Co-chair** : Senior Lecturer Dr. P.K. Perera  
**Rapporteur** : Senior Lecturer Dr. (Mrs.) J. M. Dahanayaka  
**Session Coordinator** : Lecturer (Temporary) Dr. NVY Diloopa  
Mr. AK Lahiru Chamara (IT) – [lahiru@iim.cmb.ac.lk](mailto:lahiru@iim.cmb.ac.lk)
- Keynote Speech 01** : Professor YB Tripathi, Ex. Dean, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, India.  
**Time** : 9.00 am to 9.15 am
- Keynote Speech 02** : Associate Professor Piyal Marasingha, Advisor, Uva Provincial Department of Ayurveda, Diyatalava, Sri Lanka.  
**Time** : 09.20 am to 09.35 am

No	Time Allocation	Name	Abstract No.	Title
01	09.40 am	Jayatissa RPGR	ASN2	Ethnobotanical and Ethnopharmacognostical Evaluation of “ <i>Babila</i> ” Used in Indigenous System of Medicine
02	09.52 am	Wimalasekera HN	ASN32	Development of Herbal Fairness Cream
03	10.04 am	Chathurika LAWJ	ASN75	<i>Vayahsthapana Dashakaya</i> - A Review

04	10.16 am	Senivirathna V	ASN82	Development of External Application in User Friendly Manner “ <i>Lakshadi</i> Plaster
05	10.28 am	Gunarathna EDTP	ASN154	Quantification of Phytochemicals in <i>Kaluduru Tippili Leha</i> (Sri Lankan Traditional Herbal Linctus) on Dysarthria After Stroke
06	10.40 am	Swati Goyal	ASN168	A Comprehensive Review on Methods of Drug Standardization and Evaluation
07	10.52 am	Jayaweera KGND	ASN171	Evaluation of Antimicrobial Activity of Polyphenolic Rich Fractions of <i>Moringa Oleifera</i> Against Microbial Strains Causing Oral Infections
08	11.04 am	Akila Chamikara	ASN180	Standardization and <i>in-vitro</i> Analysis of Antioxidant Activity of <i>Sarpagandha Churna</i>
09	11.16 am	Chathurika MGS	ASN188	Antacid Potency of Different Fractions of Aqueous Extract of <i>Desmodium Triflorum</i> Linn
10	11.28 am	Silva PASN	ASN192	Nutritional Composition of Freeze-Dried Powder of <i>Palathrayadi Kwatha</i>
11	11.40 am	Kalawana OTMRKSB	ASN195	Safety and Stability Study of <i>Musta-Triphaladi Avaleha</i> , W.S.R. to its Baseline Microbiological Profile
12	11.52 am	Liyanage RP	ASN206	Nootropic Effect of <i>Brahmi</i> for Senile Dementia
13	12.04 pm	Mihiri Rangika JA	ASN216	Comparative Analysis of Phytochemicals Presents in Seeds of Four Medicinal Plants Used in Control of Diabetic Mellitus
14	12.16 pm	Madushani, KPK	ASN218	Evaluation of the Antioxidant Activity of <i>Typha Angustifolia</i>
<b>Session remarks by Chair &amp; Co- chair – Session end at 12.45 pm</b>				

## ORAL PRESENTATIONS:

### Session 2: Ayurveda

- Duration** : 9.00 am to 12.15 pm  
**Chair** : Senior Lecturer Dr. (Mrs.) P.R. Waratenne  
**Co-chair** : Senior Lecturer Dr. (Mrs.) K.R. Weerasekara  
**Rapporteur** : Senior Lecturer Dr. (Mrs.) W.A.S.S. Weerakoon  
**Session Coordinator** : Lecturer (Temporary) Dr. H.L.N.R. Pradeep  
Mr. G S K Saman Perera (IT) - [saman@iim.cmb.ac.lk](mailto:saman@iim.cmb.ac.lk)
- Keynote Speech** : Professor JS Tripathi, Department of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, India.
- Time** : 9.00 am to 9.15 am

No	Time Allocation	Name	Abstract No	Title
01	09.20 am	Kularathna EOJ	ASN12	Management of Meibomitis through Ayurveda: A Case Study
02	09.32 am	Samaranayake GVP	ASN35	Management of Piriformis Syndrome by <i>Agni Karma</i> – A Case Study
03	09.44 am	Dushanan R	ASN50	In-Silico Studies on the Inhibition of DNA Methyltransferase Enzyme Using (19r)- Epimisiline: A Compound Isolated from Sri Lankan Medicinal Plant
04	09.56 am	Herapathdeniya SKMK	ASN51	A Literature Review on <i>Lokanatha Rasa</i> with Special Reference to Liver and Spleen Disorders
05	10.08 am	Pathirana RND	ASN70	A Review on Methods of <i>Kshara</i> Preparation in Ayurveda
06	10.20 am	Fyzer FR	ASN79	Study on Preventive Measures of Diabetes Mellitus ( <i>Madhumeha</i> ) in the Perspective of Ayurveda and Modern Medical Systems
07	10.32 am	Perera TVRA	ASN120	A Pilot Study on Community Based Integrated Geriatric Health Care Clinic

08	10.44 am	Pathirana LC	ASN125	Improving Therapeutic Efficacy of the Modified Ayurvedic Poultice by Applying Phonophoresis
09	10.56 am	Karunagoda KPKR	ASN166	Clinical Characterization Pattern of Uterine Fibroids Patients Attending to National Ayurveda Teaching Hospital, Sri Lanka
10	11.08 am	Udahapuvida BMMSHK	ASN157	Evaluation of the Clinical Effect of <i>Kasisadi Thaila</i> in the Management of Varicose Vein
11	11.20 am	Wanigasekara DN	ASN199	In-Vitro Antibacterial Potential of <i>Pterocarpus Marsupium</i> (Gammalu) Latex Against Selected Human Pathogenic Bacterial Strains
12	11.32 am	Neeraj Kumar	ASN204	Expository Aspect of <i>Kshar Karma</i> in Acid-Base Imbalance Condition
13	11.44 am	Waidyarathna SKP	ASN225	Review on Nutritional Values of Guda-Haritaki in Management of Panduroga W.S.R. to Iron Deficiency Anemia
14	11.56 am	Fyzer FR	ASN78	Assess the Awareness, Utilization and Compliance of Sri Lankan Ayurveda and Traditional Internal Medications among Young Working Adults Work in Two Work Places in Colombo
15	12.08 pm	Nanayakkara TNWMS	ASN127	An Observational Study on Efficacy of Acupuncture on Tension Headache

**Session remarks by Chair & Co- chair – Session end at 12.15 pm**

## ORAL PRESENTATIONS:

### Session 3: Student Forum I

<b>Duration</b>	:	09.00 am to 01.00 pm
<b>Chair</b>	:	Senior Lecturer Dr. (Mrs.) SP Molligoda
<b>Co-chair</b>	:	Senior Lecturer Dr. MH Faslul Haq
<b>Rapporteur</b>	:	Lecturer Dr. (Mrs.) AA Rizwana
<b>Session Coordinator</b>	:	Lecturer (Temporary) Dr. SPAS Nishan Mr. RMBM Rajaguru (IT) - <a href="mailto:buddika@iim.cmb.ac.lk">buddika@iim.cmb.ac.lk</a>
<b>Keynote Speech</b>	:	Dr. Sukumar Sardeshmuk, Ayurveda Consultant & Trustee – Bharatiya Sanskrit Darshan Trust, Managing Director, Atharva Nature Health Care Pvt. Ltd, Maharashtra, India.
<b>Time</b>	:	9.00 am – 9.15 am
<b>Evaluation Panel</b>	:	Senior Lecturer Dr. (Mrs.) AWS Fowsiya Senior Lecturer Dr. DPA Dissanayaka

No	Time Allocation	Name	Abstract No.	Title
01	09.20 am	Hansitha LDS	ASN11	A Study Protocol for Studying on Environmental, Behavioral and Dietary Risk Factors on <i>Shukrakshaya</i> (Oligospermia): Case Control Study Protocol
02	09.31 am	Wimalasena OPHK	ASN45	An Exploratory Study on <i>Mukharoga</i> W.S.R. to <i>Thalpathepiliyam</i> and the <i>Vrihatraya</i>
03	09.42 am	Ranasinghe SMKS	ASN26	Systematic Review on Yoga Practices in Pregnancy
04	09.53 am	De Alwis RS	ASN28	A Survey Study on Preparation of <i>Neelyadi Thailaya</i> by Sri Lankan Ayurveda Medical Practitioners
05	10.04 am	Jayasuriya HGSV	ASN31	An Observational Case Study of the Effect of <i>Gopalu Guliya</i> with Special Anupana in the Management of <i>Amla Pitta</i>
06	10.15 am	Madhubhashini NG	ASN37	A Critical Review of Effect of Mind Explained by <i>Cakrapāni</i> on <i>Caraka Saṃhitā Nidāna Sthāna</i>

07	10.26 am	Gunathilake AN	ASN40	Evaluation of the Standardization Parameters of an Ayurveda Formulation in New Dosage Form Convenient for Therapeutic Practice
08	10.37 am	Rathnamalala RIBHC	ASN41	Study the Effective Parameters for Standardization and Preparation of <i>Srimath Jayathilaka Rasa</i> by Using <i>Rideethuththan</i> and <i>Zn Bhashma</i>
09	10.48 am	Fathima Shahnaz Juhair	ASN53	Prevalence of <i>Saman-e-Mufrat</i> (Obesity) among Primary School Children in the Sainthamaruthu G.S. Division-11
10	10.59 am	Chathurika Dilrukshi	ASN55	A Systematic Review on Ayurvedic Intervention for <i>Krimi Roga</i> of the Children
11	11.10 am	Perera WKAAT	ASN56	Observational Case Study on the Effectiveness of <i>Varanadi Kashaya</i> in Managing <i>Athisthaulya</i> (Obesity) of an Individual with Metabolic Disorders
12	11.11 am	Vidyarathna KHPM	ASN58	Multidimensional Approach on <i>Lekhaneya Dashakaya</i> Used in <i>Athisthaulya</i> (Over Weight and Obesity) - A Review
13	11.22 am	Palathiratne SM	ASN61	A Conceptual Correlation between <i>Majja Meha</i> and Multiple Myeloma
14	11.33 am	Wijesinghe DM	ASN62	Study of <i>Prakshalana Dravya</i> Mentioned in <i>Caraka Samhita</i> and <i>Sushruta Samhita</i> in the Management of <i>Vrana</i>
15	11.44 am	Dushmantha WKT	ASN64	Pharmacological Review of <i>Ratha Taila</i> for <i>Ratha Roga</i> as an External Application W.S.R. in Infantile Atopic Dermatitis
16	11.55 am	Jansz KM	ASN69	A Comprehensive Review on Food Habits Mentioned in Ayurveda for Prevention of Non-Communicable Diseases
17	12.06 pm	Weerawardene AN	ASN76	A Study on Health Status of Girls Aged 6-7 Years in a Selected Population WSR to Body Mass Index
18	12.17 pm	Hewawasam HS	ASN81	A Conceptual Study on the Concept of <i>Ojas</i> in Ayurveda
19	12.28 pm	Mahanama RGMS	ASN87	A Review on Pharmaceutical Analysis of a Novel Ayurvedic Preparation of <i>Vata</i> Pacifying <i>Pralepa</i> , Conversion into a Herbal Bandage for <i>Siraja Granthi</i> (Varicose Veins)
20.	12.39 pm	Chamurthi KHS	ASN92	Literature Study on Herbs for <i>Ushr-e-Tams</i> in Unani System of Medicine

**Session remarks by Chair & Co- chair – Session end at 1.00 PM**

## ORAL PRESENTATIONS:

### Session 4: Unani and Siddha

- Duration** : 9.00 am to 12.15 pm  
**Chair** : Professor MUZN Farzana  
**Co-chair** : Senior Lecturer Dr. MSM Nasmeer  
Dr. V Selvanathan  
**Rapporteur** : Lecturer Dr. (Mrs.) MCN Razana  
**Session Coordinator** : Dr. JF Fatheena  
Mr. KKPRK Kohombakanda (IT) – [ruwan@iim.cmb.ac.lk](mailto:ruwan@iim.cmb.ac.lk)  
Mr. KGA Ishanka Lakshan (IT) – [isankalak95@gmail.com](mailto:isankalak95@gmail.com)
- Keynote Speech - 01** : Professor FS Sherani, Dean, Faculty of Unani Medicine, Aligarh Muslim University, Aligarh, India  
**Time** : 9.00 am to 9.15 am
- Keynote Speech – 02** : Professor Sivashankar Rangasamy, Nandha Siddha Medical College & Research Centre, Erode, Tamil Nadu, India  
**Time** : 9.20 am to 9.35 am

No	Time Allocation	Name	Abstract No.	Title
01	09.40 am	Nifras MMM	ASN3	Management of Pregnant Women in Covid-19 Pandemic: A Systematic Review in Unani Medicine
02	09.52 am	Muthalib AM	ASN7	<i>Nisyan</i> (Dementia) in the Perspective of Unani System of Medicine
03	10.04 am	Sukantha R	ASN20	Classifications of <i>Maantham</i> – A Literature Study
04	10.16 am	Arthy U	ASN27	Effectiveness of <i>Thippili Chooranum</i> on <i>Soolai Gunmam</i> – A Pilot Clinical Study
05	10.28 am	Thatparan R	ASN84	An Observational Study of Patients Attending to “ <i>Swithra</i> ” Clinic at BMARI

06	10.40 am	Ramani M	ASN131	Potential Role of Selected Siddha Medicines Based on Bronchodilator and Immuno-Modulatory Actions on Long Term Lung Complications of Covid-19 – A Narrative Review
07	10.52 am	Misbahuddin Azhar	ASN135	An Open Label Hepatoprotective Activity of <i>Jawarish Bisbasa</i> in Central Obesity Patients
08	11.04am	Shifra ASF	ASN162	A Review on Pharmacological Properties of <i>Barg e Imly</i> (Leaves of <i>Tamarindus Indica</i> L.) in the Management of <i>Qurooh e Aseerat ul Indamaal</i> (Non-Healing Ulcers)
09	11.16 am	Shanana. MSF	ASN177	A Literary Review on <i>Maane Hamal</i> - An Unani Approach
10	11.28 am	Ayshah Fazeenah AH	ASN178	Therapeutic Effect of Herbal Paste in the Management of <i>Bardah</i> (Chalazion) - A Case Study
11	11.40 am	Prashanthini S	ASN190	Role of <i>Pranayamam</i> and <i>Kabasura Kudineer</i> for the Management of Covid-19 Patients in Early Stage-A Review
12	11.52 am	Shifra ASF	ASN196	Evaluation of Effectiveness of Unani Formulae in the Management of <i>Iltihab e Masalik ul Bawl</i> (Urinary Tract Infection)

**Session remarks by Chair & Co- chair – Session end at 12.15 pm**



## ORAL PRESENTATIONS:

### Session 5: Ayurveda and Traditional

<b>Duration</b>	:	9.00 am to 12.00 noon
<b>Chair</b>	:	Senior Lecturer Dr. (Mrs.) WMSSK Kulatunga
<b>Co-chair</b>	:	Senior Lecturer Dr. SMS Samarakoon
<b>Rapporteur</b>	:	Senior Lecturer Dr. RHSK De Silva
<b>Session Coordinator:</b>		Lecturer (Temporary) Dr. MDP Ishara Mrs. ND Balasooriya (IT) – <a href="mailto:ndbalasooriya@iim.cmb.ac.lk">ndbalasooriya@iim.cmb.ac.lk</a>
<b>Keynote Speech</b>	:	Dr. HM Seenadheera, Former Commissioner of Ayurveda, Central Province
<b>Time</b>	:	09.00 am to 09.15 am

No	Time Allocation	Name	Abstract No.	Title
01	09.20 am	Diddeniya JID	ASN19	An Analytical Study of Formulations Mentioned in “ <i>Vatika Prakaranaya</i> ”
02	09.32 am	Jayarathne AM	ASN42	A Comparative Literature Review on Treatment of <i>Śwāsa</i> in Ayurveda and Traditional Medicine
03	09.44 am	Umayangani LHS	ASN83	Therapeutic Effect of the Indigenous Treatment Modality in the Management of the Neuroblastoma- A Case Report Based on Expression of Cytokines
04	09.56 am	Narathota SNL	ASN100	Quality Assessment of <i>Rathulūnu Tailaya</i> ( <i>Peenas Tailaya</i> ): A Herbal Oil for <i>Peenasa</i> (Allergic Rhinitis)
05	10.08 am	Kaldera HPIJ	ASN109	Ancient Hospitals in Sri Lanka: A Review Based on Sources of Available Evidence
06	10.20 am	Edirisinghe BL	ASN111	Study the Mental Health Status of the Newly Recruited Ayurvedic Doctors in 2021 in Sri Lanka

07	10.32 am	Dissanayake KL	ASN136	Study on Traditional Tools Used for Feeding in <i>Kshirapa</i> Period
08	10.44 am	Koralearachchi HG	ASN224	Anthropological Analysis of <i>Thambula Sevana</i> W.S.R. <i>Paspalawatha</i>
09	10.56 am	Balasooriya ND	ASN142	Mobile Apps Usage of Students at Institute of Indigenous Medicine
10	11.08 am	Pathirana LC	ASN220	Scoping Review on Biomedical Fermentations and Green Nano Technology of <i>Basna</i> Preparations in Sri Lankan Traditional Medicine for Iron Deficiency Anemia
11	11.20 am	Tharundi WADK	ASN116	Medicinal Facts that Revealed from Inscriptions: A Study Based on Inscriptions which belong to Anuradhapura and Polonnaruwa Eras.
12	11.32 am	Amrasiri RMDA	ASN24	Study on Efficacy of Healing Property of <i>Ankendadhi Lepa</i> in Soft Tissue Injuries W. S. R. to Ankle Sprain.

**Session remarks by Chair & Co- chair – Session end at 12.00 noon**

## Evening Sessions

### ORAL PRESENTATIONS:

#### Session 6: Ayurveda

- Duration** : 01.30 pm to 04.30 pm
- Chair** : Senior Lecturer Dr. (Mrs.) IGPR Kulanatha
- Co-chair** : Senior Lecturer Dr. (Mrs.) AG Samarawickrama
- Rapporteur** : Senior Lecturer Dr. NDN Jayawardana
- Session Coordinator** : Lecturer (Temporary) Dr. RMHCK Senavirathna  
Mr. KKPRK Kohombakanda (IT) – [ruwan@iim.cmb.ac.lk](mailto:ruwan@iim.cmb.ac.lk)  
Mr. KGA Ishanka Lakshan (IT) – [isankalak95@gmail.com](mailto:isankalak95@gmail.com)
- Keynote Speech** : Professor Kalpana S. Patel, Head, Department of Kaumarabhritya, I/C Head, Kaya Chikitsa Department, Institute of Teaching & Research in Ayurveda, Gujarat Ayurved University, Jamnagar, India.
- Time** : 1.30 pm to 1.45 pm

No	Time Allocation	Name	Abstract No.	Title
01	01.50 pm	Molligoda SP	ASN59	An Analytical Study of <i>Ratha Taila</i> Special Reference to Traditional Medical System in Sri Lanka
02	02.02 pm	Pradeep HLNR	ASN4	Review of <i>Vishalyaghna Marma</i> as per the Pathological Aspects
03	02.14 pm	Jayakody MIJ	ASN49	Management of <i>Kati Shoola</i> : A Case Study
04	02.26 pm	Senavirathna RMHCK	ASN6	Review on <i>Rasa Aushadha</i> used for Children
05	02.38 pm	Nishan SPAS	ASN16	A Critical Review on Application of Ayurvedic Concepts to the Building Industry
06	02.50 pm	Surangi KG	ASN18	Ayurveda Management of <i>Nakulandya</i> with Special Reference to Retinitis Pigmentosa:

				A Case Report
07	03.02 pm	Hapuarachchi SD	ASN39	<i>Paederia Foetida</i> L. of Sri Lanka: A Preliminary Study of Physico-Chemical, Phytochemical and HPTLC Profiles
08	03.14 pm	Sampath UDITD	ASN65	A Review on <i>Vayasthapana Dashakaya</i> with Special Reference to Anti – Aging Concept (Geriatric Care)
09	03.26 pm	Perera TVRA	ASN119	Falls Risk Management in Elderly Person Attending Integrated Geriatric Health Clinic in Anuradapura: Before and After Study
10	03.38 pm	Kulatunga WMSSK	ASN147	Study Knowledge on Diagnosis and Identify the Prognosis of Traditional Snake Bite Treatments in North Central Province
11	03.50 pm	Weerasingha WARP	ASN187	Review on Relationship between Modern Age Classification and Concept of <i>Vayō Bhēdha</i> in Ayurveda
12	04.02 pm	Liyanage RP	ASN208	Effect of <i>Dhara Karma</i> for Insomnia; A Comparative Pilot Study
13	04.14 pm	Kelum Manamperi	ASN223	A Pilot Study to Evaluate the Efficacy of <i>Kottamalli Venivel Aadi Thambuma</i> in the Management of Premenstrual Syndrome
<b>Session remarks by Chair &amp; Co- chair – Session end at 04.30 pm</b>				

## ORAL PRESENTATIONS:

### Session 7: Student Forum II

- Duration** : 01.30 pm to 05.30 pm  
**Chair** : Senior Lecturer Dr. (Mrs.) AHA Fazeenah  
**Co-chair** : Senior Lecturer Dr. (Mrs.) HGSP Hewageegana  
**Rapporteur** : Senior Lecturer Dr. (Mrs.) IAM Leena  
**Session Coordinator** : Dr. MNF Nafla  
Mrs. ND Balasooriya (IT) – [ndbalasooriya@iim.cmb.ac.lk](mailto:ndbalasooriya@iim.cmb.ac.lk)
- Keynote Speech** : Professor RS Jayawardane, Institute of Indigenous Medicine, University of Colombo. Sri Lanka.  
**Time** : 1.30 pm to 1.45 pm
- Evaluation Panel** : Professor RDH Kulathunga  
Professor Arshiya Sultana

No	Time Allocation	Name	Abstract No.	Title
01	01.50 pm	Samarasekara NMRAG	ASN96	Literally Survey on Collection of Formulae for Muscle Strengthen of the Children from <i>Khanda Vaidya Grantha</i>
02	02.01 pm	Jesintha J	ASN97	An Ethno-Botanical Study of Medicinal Plants Available in T.B. Tennakoon Memorial Ayurveda Base Hospital and Study Centre, North Matale.
03	02.13 pm	Subasinghe MDSS	ASN99	Standardization of <i>Karanjadi Dhuma Varti</i> : Herbal Smoking Stick as a Remedy for <i>Peenasa</i> (Allergic Rhinitis)
04	02.24 pm	Sulaiha, HNY	ASN103	A Study of Traditional Food Patterns in Sri Lanka
05	02.35 pm	Amarawardhana SHG	ASN105	A Review on Convergence and Divergence Towards Ayurveda Medicine
06	02.46 pm	Fathima Rifna	ASN123	Basic Experimental Studies on the Effect on <i>Tadbeer</i> (Detoxification) on Toxic Chemical Constituents of <i>Azaraq</i>

07	02.57 pm	Piumika MS	ASN129	Systematic Review on Ayurveda Management of <i>Tamaka Shwasa</i>
08	03.08 pm	Dilrukshi KDR	ASN130	A Natural Pharmaceutical Product from Peel of <i>Garcinia mangostana</i>
09	03.19 pm	Gunawardhana RMR	ASN134	Physico-Chemical Parameters of Traditional Poly Herbal Formulation; <i>Gopalu Guliya</i> Substituting <i>Andrographis Paniculita</i> for <i>Xylocarpus Rumphii</i>
10	03.30 pm	Farwin MFF	ASN137	Study on the Bio Availability Enhancers Used in Unani Formulations in the Light of Recent Pharmacological Advances
11	03.41 pm	Ruthra S	ASN139	Therapeutic Effect of <i>Thalisapathiri</i> Leaf Powder ( <i>Abies webiana</i> ) in the Management of <i>Swasakaasam</i>
12	03.52 pm	Madhumal WAC	ASN141	A Review on Therapeutic Aspects of <i>Cuscuta reflexa</i> Roxb ( <i>Aftimoon</i> )
13	04.03 pm	Sabra MJHP	ASN145	Survey on Incidence of Breast Cancer Among the Oral Contraceptive Pill Users
14	04.14 pm	Simna KP	ASN153	A Clinical Study on Hair Removal Effect of <i>Baqilla</i> ( <i>Vicia faba</i> Linn)
15	04.25 pm	Abesinghe AASN	ASN155	Standardization and Preparation of New Dosage Form of “ <i>Madapatha Guliya</i> ”; A Traditional Herbo-Mineral Formulation
16	04.36 pm	Thalpehewa TMM	ASN160	Effect of <i>Lekhaniya Dashaka Kashaya Dhara</i> on Uterine Fibroids - A Conceptual Study
17	04.47 pm	Sampath NHMC	ASN161	Study the Immune Modulatory Medicinal Herbs and its Correlation with Ayurveda Concepts
18	04.58 pm	Shaffiya. MMLF	ASN169	Literary Review on <i>Ilaj Bil Ghiza</i> (Dieto Therapy) - A Unani Perspective
19	05.09 pm	Thaxika T	ASN170	Literature Review on <i>Tadabeer-e-Hawamil</i> (Antenatal Care) through Unani System of Medicine

**Session remarks by Chair & Co- chair - Session end at 5.30 pm**

## ORAL PRESENTATIONS:

### Session 8: Student Forum III

- Duration** : 1.30 pm to 5.45 pm  
**Chair** : Professor MSM Shiffa  
**Co-chair** : Senior Lecturer Dr. (Mrs.) KPKR Karunagoda  
**Rapporteur** : Senior Lecturer Dr. ALM Ihsan  
**Session Coordinator** : Dr. MFF Fasmila  
Mr. RMBM Rajaguru (IT) - [buddika@iim.cmb.ac.lk](mailto:buddika@iim.cmb.ac.lk)
- Keynote Speech Time** : Professor SM Arif Zaidi, Dean, School of Unani Medical Education & Research Jamia Hamdard, New Delhi  
1.30 pm – 1.45 pm
- Evaluation Panel** : Asst. Professor Sumbul Rehman  
Senior Lecturer Dr. (Mrs.) PR Waratenne

No	Time Allocation	Name	Abstract No.	Title
01	01.50 pm	Suraweera UM	ASN172	The Literary Study of Ten Selected Decoctions Mentioned in Ayurveda Classics for <i>Śoṭha</i>
02	02.01 pm	De Silva DPPS	ASN174	Review on <i>Lunu Iguru Adi</i> Decoction on Neurological Deficit with Hyponatremia After Stroke ( <i>Pakshaghata</i> )
03	02.13 pm	Lowe WDR	ASN176	Systematic Review on the Effects of <i>Asparagus Racemosus</i> Willd in the Treatment of Gynecological Disorders
04	02.24 pm	Pushpakumara MGTL	ASN179	Feasibility of Edible Food Production of <i>Cassava</i> in Sri Lanka
05	02.35 pm	Poona Nath Chouhan	ASN181	Review on Credible Mode of Action of <i>Agnikarma</i> in Musculoskeletal Pain Disorders
06	02.46 pm	Mafaaz MMM	ASN202	Herbal Skin Care Shower Gel using Bio Enzyme Techniques
07	02.57 pm	Farvin AMH	ASN205	A Review Study on Potentiality of Herbs for <i>Waja-Uz-Zahr</i> (Low Back Pain) in

				Unani System of Medicine
08	03.08 pm	Husna MBF	ASN207	Pharmacological Properties and Medicinal Uses of <i>Jamun (Syzygium Cumini)</i> - A Review
09	03.19 pm	Nafliya MNF	ASN214	Traditional Therapeutic Uses to Modern Pharmacological Activities of <i>Hilteet (Ferula Assafoetida Linn.)</i> – A Review
10	03.30 pm	Rifla KMF	ASN219	Review on Calcium Containing <i>Kushta Jāt</i> - Unani Herbo Mineral Preparations
11	03.41 pm	Ibraheim J	ASN221	A Literary Review on <i>Safoof e Tabashir</i>
12	03.52 pm	Delaksana S	ASN231	Health Information on Covid-19   Unani and Allopathic Medical Perspectives – A Review Article
13	04.03 pm	Perera GRV	ASN239	The Line of Treatment in PCOS (Poly Cystic Ovary Syndrome) in Ayurveda - an Observational Case Series
14	04.14 pm	Keerthisinghe SMMD	ASN242	Comprehensive Review on <i>Basna Kalpana</i> (Nutritional Preparation in Sri Lankan Traditional Medicine) as a Food Supplement for Healthy Living
15	04.25 pm	Sandareka MLAD	ASN246	Study on the Formulations for <i>Kāsa</i> with Special Reference to Sri Lankan Ayurveda Pharmacopoeia
16	04.36 pm	Rajapaksha ST	ASN247	Study on Psychological Influence of <i>Riddi Yagaya Shanthikarama</i> on Subfertility
17	04.47 pm	Wellappili BU	ASN248	Study the Influence of <i>Kumara Samayama Shanthikarma</i> on <i>Garbhastapana</i>
<b>Session remarks by Chair &amp; Co- chair - Session end at 5.45 pm</b>				



## POSTER PRESENTATIONS

### Session 09: Student Poster Forum

- Duration** : 01.30 pm to 5.45 pm  
**Chair** : Professor N Fahamiya  
**Co-chair** : Senior Lecturer Dr. (Mrs.) MNF Rizniya  
 Senior Lecturer Dr. (Mrs.) MRM Wickramasinghe  
**Rapporteur** : Lecture (Mrs.) AR Hasmath  
**Session Coordinator** : Lecturer (Temporary) Dr. EOJ Kularathna  
 Mr. AK Lahiru Chamara (IT) – [lahiru@iim.cmb.ac.lk](mailto:lahiru@iim.cmb.ac.lk)  
**Keynote Speech** : Senior Lecturer MCM Maheez, Institute of Indigenous Medicine, University of Colombo, Sri Lanka  
**Time** : 01.30 pm to 01.45 pm  
**Evaluation Panel** : Asst. Professor Shahid Shah Chaudhary  
 Senior Lecturer Dr. TDN Karunarathne

No	Time Allocation	Name	Abstract No.	Title
01	01.50 pm	Diwakara DMSP	ASN13	An Ethno Medicinal Survey on <i>Rakta Pradara</i> W.S.R. Grace of Ayurveda and Traditional Medicine
02	01.54 pm	Jayamaha JMDRC	ASN21	Review on <i>Stabdhata</i> W. S. R. to <i>Vata Roga</i>
03	01.58 pm	Jayasuriya HGSV	ASN30	Pharmacodynamical Analysis of the <i>Gopalu Guliya</i> with Special <i>Anupana</i> for Evaluate Effect in the Management of <i>Amla Pitta</i>
04	02.02 pm	Liyanage IA	ASN47	A Preliminary Study on <i>Sharavidhi</i>
05	02.06 pm	Amarawardana VIU	ASN57	<i>Varnaka Ghrita</i> for Glowing Skin
06	02.10 pm	Wipulasiri APM	ASN63	Literary Study on <i>Mukha Roga</i> and Etiological Factors Mentioned in Main Ayurveda Texts
07	02.14 pm	Naleefa MNF	ASN71	A Review on Management and Treatment Line for Fracture Healing in Traditional System of Medicine in Sri Lanka
08	02.18 pm	Shalini S	ASN91	Determine Scientific Validity of a Traditional Herbal Formulation Used for GIT Disorders: A Review

09	02.22 pm	Dilmika KHS	ASN104	Survey on Traditional Recipes for “ <i>Aluhan</i> ” and Standardization of “ <i>Aluhan Thaila</i> ”
10	02.26 pm	Mansha MII	ASN107	Classification of <i>Krimi</i> in <i>Vrihathrayie</i> and their Modern Medical Comparison
11	02.30 pm	Dissanayaka JC	ASN118	Application of <i>Kāla Dravya</i> in Ayurvedic and Traditional Medicine
12	02.34 pm	Keerthisinghe SMMD	ASN230	<i>Ajita Agada</i> for Poisoning Conditions
13	02.38 pm	Kaushalya HBD	ASN138	Literary Study on Panchakarma Procedures in Pediatrics, Mentioned in Ayurveda Authentic Texts
14	02.42 pm	Jayasinghe WS	ASN140	Role of <i>Inkibab</i> on <i>Nazla Va Zukam</i> - A Review
15	02.46 pm	Aayisha N	ASN144	Literature Review on Unani Herb <i>Ghikwar</i> Pulp in Common Uses of <i>Jild</i> Conditions
16	02.50 pm	Nusra IT	ASN148	Literature Review on Therapeutic Effect of <i>Anjeer (Ficus carica)</i> in the View of Holy Quran and Prophetic Medicine
17	02.54 pm	Zahra MSF	ASN149	Critical Analysis of <i>Adharaniya Vegadharana</i> – A Review
18	02.58 pm	Isma Aeisha K	ASN151	Evaluate the Efficacy of <i>Ferula asafoetida</i> Resin on Pain of <i>Karppa Vayu</i> (Primary Dysmenorrhea)
19	03.02 pm	Jayawardena KAUG	ASN164	Novel Product and Process Development of Sri Lankan Traditional Medicine: <i>Navarathna</i> Syrup
20	03.06 pm	Sakkika MJF	ASN173	Study on Different Indications of <i>Roghan E Khas</i> among Herbal Practitioners in Western Province
21	03.10 pm	Dushmantha WKT	ASN183	A Critical Review on the Pharmacodynamics Properties of <i>Talisadi Churna</i> and Reformation into Lozenge Form
22	03.14 pm	Jansz KM	ASN229	A Critical Review of <i>Jeevaniya Dashakaya</i> on <i>Rasayana</i> Action and its Pharmacodynamic Properties
23	03.18 pm	Weerawarna BH	ASN243	A Comparative Study on Gum Exudate of <i>Commipora mukul (Guggul)</i> Containing <i>Triphala</i> Decoction and Gum Exudate of <i>Azadyrachta indica</i> (Neem Gum) Containing <i>Triphala Decoction</i>

**Session remarks by Chair & Co- chair – Session end at 03.30 PM**

### Session 10: Poster Presentations

**Duration** : 01.30 pm to 5.45 pm  
**Chair** : Senior Lecturer Dr. (Mrs.) SKMK Herapathdeniya  
**Co-chair** : Senior Lecturer Dr. (Mrs.) J Rumaiza  
**Rapporteur** : Senior Lecturer Dr. (Mrs.) ND Kodithuwakku  
**Session Coordinator** : Dr. MMM Nifras  
Mr. G S K Saman Perera (IT) - [saman@iim.cmb.ac.lk](mailto:saman@iim.cmb.ac.lk)

No	Time Allocation	Name	Abstract No.	Title
01	01.35 pm	Jayatissa RPGR	ASN1	Traditional and Modern Collecting Methods of Raw Material in Herbal Drug Utilization: A Review
02	01.39 pm	Ishara MDP	ASN193	A Review on, ' <i>Disha</i> ' as a <i>Dravya</i> Applied in Ayurveda
03	01.43 pm	Nifras MMM	ASN8	Immunomodulatory Drugs of Unani System of Medicine
04	01.47 pm	Sapra MSF	ASN9	A Review on Antioxidants Property of <i>Psidium guajava</i> Leaves
05	01.51 pm	Diddeniya JID	ASN10	Therapeutic Properties of " <i>Madhu</i> " (Bee's Honey)
06	01.55 pm	Gamage VV	ASN23	Total Phenolics, Flavonoids and Antioxidant Activity of <i>Dhathri Rasayana</i>
07	01.59 pm	Sahabandu IMWG	ASN 29	The Study on the Current Demand of Ayurvedic Herbal Tablets among the Patients Admitted in the Ayurvedic Teaching Hospital
08	02.03 pm	Perera KPDC	ASN33	Fatty Liver - An Ayurvedic Approach
09	02.07 pm	Fernando GOS	ASN34	The Effect of <i>Jalaukavacharana</i> (Leech Application) in the Management of Herpes Zoster – Shingles: A Case Study
10	02.11 pm	Dharmarathna AB	ASN43	Study the Relationship between <i>Prakrithi</i> (Body Constitution) and Mental State

11	02.15 pm	Jayasuriya JADNHD	ASN46	Literature Study on Traditional Formulae for <i>Sanni</i> in <i>Vatika Prakarana</i> WSR to <i>Pakshaghata</i>
12	02.19 pm	Jayakody MIJ	ASN48	Duration of <i>Upanaha Sweda</i> in Practice: A Survey
13	02.23 pm	Deepthika SHK	ASN54	Effect of <i>Mucuna Pruriens</i> on Sperm Parameters – A Systematic Review
14	02.27 pm	Rajapaksha RAJW	ASN74	A Literary Review on Unconventional Traditional Medicinal Preparations in Sri Lanka
15	02.31 pm	Senarathne TCJ	ASN77	Clinical Management of Unstable Angina According to Ayurveda Approach - A Case Study
16	02.35 pm	Senarathne URSRK	ASN90	Comparative Pharmaceutical and Analytical Study of Ayurveda Vs Sri Lankan Traditional Method of <i>Kwatha</i> Decoction
17	02.39 pm	Madhumalika LPC	ASN93	Comparative Study of Clinical Manifestation of <i>Purame</i> with Disorders of Kidney and Urinary System
18	02.43 pm	Silva PASN	ASN94	Turmeric: Wonder Spice for Diabetes Mellitus and its Complications
19	02.47 pm	Paranagama AMM	ASN112	Literature Review of <i>Thandava Roga</i>
20	02.51 pm	Sasrika RMD	ASN115	Effectiveness of <i>Saptamrita Lauha</i> in the Management of <i>Timira</i> (Ametropia) - A Review
21	02.55 pm	Suraweera YDSS	ASN133	Traditional Use of <i>Sulupasmul</i> Decoction: A Review
22	02.59 pm	Shehani Omella ALLES	ASN143	Survey Study on Attitude and Knowledge of Mothers of Their Preschool Children's Nutrition at 117a <i>Meepawala Grama Niladari</i> Division of <i>Bope-Poddala</i> Divisional Secretariat
23	03.03 pm	De Silva RHSK	ASN146	Knowledge and Practices on <i>Sandiroga</i> Treatment Methods among the Sri Lankan Traditional Medical Practitioners in Three Selected Provinces of Sri Lanka
24	03.07 pm	Nilmini RRPS	ASN156	Effect of Indigenous Topical Application in the Management of <i>Palithya</i> (Greying Hair)
25	03.11 pm	Harshani RMT	ASN163	Analysis of Relevance of <i>Aushadasevanakala</i> in Treatment
26	03.15 pm	Fernando	ASN175	Prevalence of <i>Amlapitta</i> in National Ayurveda Teaching Hospital- A Descriptive Study

		WKBDS		
27	03.19 pm	De Silva VMC	ASN191	A Review on Ingredients and Therapeutic Usage of <i>Modaka</i> Preparations to Prevent the Misuse as a Narcotic Preparation
28	03.23 pm	Jesintha J	ASN25	Intern Medical Officers' Research Projects at BMARI: Data Base Creation and Desk Review in the Period of January to March 2020
29	03.27 pm	Ishara MDP	ASN194	Role of <i>Vyadhikshamathva</i> on Emerging Infectious Diseases; A Review
30	03.31 pm	Hettigoda UP	ASN197	A Study on <i>Balaka Raksha Karma</i> among Sri Lankan People
31	03.35 pm	Dilooa NVY	ASN200	An Ayurveda Perspective on the <i>Jvara Roga</i>
32	03.39 pm	Geethapriya RHSM	ASN201	Antibacterial Activity of <i>Pinda Thaila</i> Against the Laboratory Specimen of <i>Staphylococcus Aureus</i>
33	03.43 pm	Panambara PAHR	ASN215	Comparative Study on the Antibacterial Activity of Four Medicinal Plants Leaves
34	03.47 pm	Sripandurangana R	ASN222	Literature Review on Medicines for <i>Vata</i> Diseases in Authentic Siddha Text Book of " <i>Pararajasekaram</i> "
35	03.51 pm	Jayasinghe PKIDE	ASN227	Clinical Evaluation of <i>Sarvavishadhi</i> - Oil on Psoriasis and Eczema
36	03.55 pm	Pradeep HLNR	ASN5	Review of <i>Kothalahimbutu</i> ( <i>Salasia reticulata</i> Wight)
37	03.59 pm	Nishan SPAS	ASN15	A Comprehensive Review on Preventive Measures of Communicable Diseases in Ayurveda
38	04.03 pm	Geethapriya RHSM	ASN203	Effect of Indigenous and Ayurveda Treatment Modalities in the Management of Burns ( <i>Dagdha</i> ): A Case Study
39	04.07 pm	Jayasinghe PKIDE	ASN228	Screening for Antimicrobial Activity of <i>Acronychia pedunculata</i> ( <i>Ankenda</i> ) and <i>Adenantha pavonina</i> ( <i>Madatiya</i> )
40	04.11pm	Abirame S	ASN 108	Review Therapeutic Effect of <i>Kilinjai Mezugu</i> on <i>Pittha Vedippu</i> (Fissures Heel) – Scientific Approach
41	04.15 pm	Nanayakkara TNWMS	ASN128	An Observational Study on Efficacy of the Traditional <i>Pothu Mallum</i> in the Management of Metacarpal Bone Fractures and Sprain on Sternoclavicular Joint

**Session remarks by Chair & Co- chair – Session end at 04.30 pm**