

**11<sup>TH</sup> INTERNATIONAL CONFERENCE ON AYURVEDA, UNANI,  
SIDDHA AND TRADITIONAL MEDICINE 2025**  
**Session 1 - Poster Presentations**

**Date** – 16.08.2025

**Time** – 1.00 pm- 3.00 pm

**Venue** – Mini auditorium

- **Chairperson** –Prof. PR Waratenne      **Co-chairperson** –Dr.P.K.Wandabona
- **Rapporteur** –Dr. SKACS Senanayake      **Session coordinator** –Dr. SMMD Keerthisinghe
- **Contact details of the session coordinator** – Email – [methmid@gmail.com](mailto:methmid@gmail.com)  
0703921142

	Topic	Authors	Online/Onsite
1	DECODING GUT MICROBIOME DIVERSITY THROUGH <i>PRAKRITI</i> : INSIGHTS FROM AN AYURGENOMICS PERSPECTIVE: A NARRATIVE REVIEW	<u>L.A.W.J. Chathurika</u> C.R. Yadav S. Yadav	Online
2	PHYTOESTROGENS IN TRADITIONAL MEDICINE; INTEGRATING UNANI PERSPECTIVES WITH MODERN SCIENTIFIC EVIDENCE: A REVIEW	<u>S. Khanam</u> S.A. Naaz A.A. Khan	
3	A SURVEY STUDY OF AGE-RELATED MENOPAUSAL SYMPTOMS IN WOMEN ATTENDING THE OUT-PATIENT DEPARTMENT AT BANDARANAYAKE MEMORIAL AYURVEDA RESEARCH INSTITUTE	<u>M.K.G.C.M. Manike</u> H.L.M.G. Sajeewani	
4	EXOLORING THE UNANI TRADITIONAL LIQUID DIETS AS HEALTHY FUNCTIONAL DRINKS	<u>M.A.F. Rislā</u> M.F.M. Suwair M.F.F. Farzana	
5	POTENTIAL OF BITTER TASTE AS A THERAPEUTIC TOOL – INTEGRATING AYURVEDA PRINCIPLES WITH MODERN PHARMACOLOGY	<u>K.N.A. Dharmasena</u> N.D. Kodithuwakku	
6	THERAPEUTIC EFFECT OF YOGA IN THE MANAGEMENT OF HYPERTENSION: A CASE SERIES	<u>S.N.L. Narathota</u> Y.S.G. Wimalasiri	
7	A STUDY ON PREVELANCE AND INFLUENCING FACTORS FOR JUNK FOOD CONSUMPTION AMONG PRE SCHOOL CHILDREN IN LABUDUWA DIVISION	<u>R.A.C. Lakmali</u> O.T.M.R.K.S. Kalawana L.D.R. De Silva	
8	REVIEW ON <i>VELLAI VENKAYA KULIKAI</i> IN SIDDHA MEDICINE	<u>A. Mayoori</u> A. Sanjayan R.S.J.E. Benat V. Sathiyaseelan N. Nithiakumar	
9	UNANI APPROACHES TO THE MANAGEMENT OF HYPERTENSION ( <i>ZAGHT UD DAM QAWT</i> ): A SYSTEMIC REVIEW	<u>M.J.H.P. Sabra</u> M.M.M. Nifras A.M. Muthalib	

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10	LITERARY STUDY OF THE EXTERNAL TREATMENT MODALITIES ON <i>DUSHTA VRANA</i> IN PRACTICE	<u>D.A.A.A.D. Arachchi</u> D.A.R. Sakunthala	
11	A REVIEW ON INGREDIENTS OF SIDDHA FORMULA <i>CHANDRA KANTHA CHOORNA</i> FOR <i>KARPPAVAAAYU</i>	<u>K. Vijayakumar</u> S. Sathish	Online
12	AYURVEDA DIETARY AND HERBAL INTERVENTIONS ON GUT MICROBIOME MODULATION IN METABOLIC DISORDERS: A SYSTEMATIC REVIEW	<u>K.G.D. Kothalawala</u> P.A.N.G. Perera	
13	UNANI FORMULATIONS AND THEIR ANTICANCER POTENTIAL: A COMPREHENSIVE REVIEW	<u>H.A.A. Masha</u> M.C.N. Razana A.M. Muthalib	
14	COGNITIVE ENHANCEMENT POTENTIAL OF <i>Benincasa hispida</i> ( <i>KUSHMANDA</i> ) IN AUTISM SPECTRUM DISORDER: A SYSTEMATIC REVIEW INTEGRATING AYURVEDIC PRINCIPLES AND MODERN SCIENTIFIC PERSPECTIVES	<u>P.A.M.B. Dayananda</u> N.D. Kodithuwakku	
15	CLINICAL STUDY ON INTEGRATED TREATMENT APPROACH RELATED WITH AYURVEDA IN MANAGEMENT OF ACNE	<u>P.W.R. Wajralekha</u> H.A.R.P. Perera	
16	EVALUATE THE ROLE OF AYURVEDA MANAGEMENT IN <i>YUVANA PIDAKA</i> WITH SPECIAL REFERENCE TO ACNE VULGARIS: A CASE STUDY	<u>S.M.M.W. Kumari</u> R.L.Y.U. Rathnayake	
17	NUTRITIONAL VALUES AND MEDICINAL APPLICATIONS OF <i>SHARBAT-E-SAZOORI</i> : A REVIEW	M.N.F. Rizniya M.S.M. Nasmeer M.R.M. Rifaee <u>M.M.F. Thasneem</u>	
18	A COMPREHENSIVE REVIEW ON DIFFERENT <i>SHODHANA</i> PROCESSES OF <i>GANDHAKA</i> (SULFUR) AND DIFFERENT <i>GANDHAKA</i> PREPARATIONS MENTIONED IN <i>RASA SHASTHRA</i>	<u>J.P.D.S. Jayasinghe</u> J.M. Dahanayake	

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**Session 2 - Poster Presentations**

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**Time** – 1.00 pm- 3.00 pm

**Venue** – IT

- **Chairperson** – Prof. SP Molligoda
  - **Rapporteur** – Dr. FN Jamaldeen
  - **Contact details of the session coordinator** – Email – [chanshidilanka@gmail.com](mailto:chanshidilanka@gmail.com)  
0702042713
- Co-chairperson** – Dr. ND Kodithuwakku  
**Session coordinator** – Dr. PACD Veerasiri

	Topic	Authors	Online/Onsite
1	LITERATURE REVIEW ON <i>THRAAKSHAATHI CHOORANAM</i> IN SIDDHA MEDICINE	<u>N. Subramaniam</u> R.S.J.E. Benat S. Sathish K. Soundarajan	Online
2	A LITERATURE REVIEW ON <i>SULUGULU YAVAGU</i> : A HISTORICAL PERSPECTIVE	<u>P.S.R. Perera</u> K.P.K.R. Karunagoda	
3	<i>Lagenaria siceraria</i> (BOTTLE GOURD) AS A FUNCTIONAL FOOD: A SYSTEMATIC REVIEW OF ITS NUTRITIONAL COMPOSITION, BIOACTIVE CONSTITUENTS, AND THERAPEUTIC POTENTIAL	<u>F.A. Jamaldeen</u> N.D. Kodithuwakku A.P.A. Jayasiri	Online
4	PHYTOPHARMACOLOGICAL REVIEW ON THE INGREDIENTS OF <i>MUDAKKU CHOORANAM</i> : A POLYHERBAL MEDICINAL POWDER	<u>T. Divarjitha</u> T. Mithursan M. Rajeetha	
5	ASSESSMENT OF MEDICINAL PLANT DIVERSITY AND PHARMACOLOGICAL POTENTIAL IN SINNAURANI, BATTICALOA, SRI LANKA	<u>N. Saruja</u> S. Karunya S. Sivagajendran V. Sathiyaseelan	Online
6	A STUDY ON THE ASSOCIATION OF FOOD HABITS AND CHILDHOOD OBESITY AGES 6-14 SCHOOL CHILDREN IN SUDHARMA COLLEGE, MAGALLE, GALLE IN SOUTHERN PROVINCE	<u>A.D.W.I.G. Yatawara</u> I.A.M. Leena M.W.S.J. Kumari	
7	NARRATIVE REVIEW OF THE EFFECTIVENESS OF <i>SHANKAPRAKSHALANA</i> FOR <i>RASAYANA</i> THERAPY	<u>S.G. Punchihewa</u>	Online
8	AYURVEDIC MANAGEMENT OF OLIGO-ASTHENOSPERMIA LEADING TO MALE INFERTILITY: A CASE STUDY	U.L.H.A.K. Uswaththa <u>M.N.T.N Ravihari</u> H.P. Wakkumbura H.A.R.P. Perera M.G.D. Eranjana W.A.S. Tharangani	
9	AYURVEDA AND TRADITIONAL TREATMENT REGIME FOR <i>GREEVA SANDHIGATHAVATA</i> : A CASE REPORT	<u>D.K.P.P. Dissanayake</u> R.D.H. Kulathunga	
10	MANAGEMENT OF POST VIRAL ARTHRALGIA CAUSED BY CHICKUNGUNYA ( <i>SANDHIGATA SANNIPATIKA JVARA</i> ) USING <i>DASHANGALEPAYA</i> AS A TOPICAL APPLICATION: A CASE STUDY	<u>M.V.R.S.S. Ariyaratne</u> U.D.S. Sewwandi A.I. Adikaram	
11	EFFECT OF NASYA KARMA WITH AYURVEDA TREATMENT REGIMEN IN THE MANAGEMENT	<u>T. Rajapakse</u> R.H.S.K. De Silva	

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	OF <i>AVABHAHUKA</i> WITH SPECIAL REFERENCE TO FROZEN SHOULDER: CASE SERIES STUDY		
12	EFFICACY OF SRI LANKAN AYURVEDA TREATMENT ON CASES WITH RECURRENT ADNEXAL SIMPLE CYST WITH ENDOMETRIOSIS: CASE STUDY	<u>B.S. Samarawickrama</u> Y.A.U.D. Karunaratne K.P.K.R. Karunagoda	
13	ETHNOBOTANICAL SURVEY AND CONSERVATION ASSESSMENT OF MEDICINAL PLANTS IN PANNAGAM, JAFFNA, SRI LANKA	<u>S. Karunya</u> N. Saruja S. Sivagajendran V. Sathiyaseelan	Online
14	COMPREHENSIVE REVIEW OF <i>SHATAVARI</i> ( <i>Asparagus racemosus</i> ) BASED CLASSICAL PREPERATIONS IN SRI LANKAN AYURVEDA: A PHARMACOPOEIAL SURVEY	<u>A.G.G. Sandunika</u> M.G.R.K. Manohara J.M. Dahanayake	
15	EFFECTIVENESS OF <i>SATAVAR</i> ( <i>Asparagus racemosus</i> ) IN THE MANAGEMENT OF POSTMENOPAUSAL SYMPTOMS: A SYSTEMATIC REVIEW	<u>M.N.F. Naazneen</u> A.M. Muthalib	
16	DEVELOPMENT AND STANDARDIZATION OF AYURVEDA NATURAL HAIR PACK FOR HAIR GROWTH AND SCALP HEALTH	<u>L. Prakatheeswaran</u> P.K. Perera J.M. Dahanayake	
17	<i>HIJAMA</i> THERAPY; A NON-PHARMACOLOGICAL INTERVENTION IN HEALTH PROMOTION AND THERAPEUTIC MANAGEMENT AS ADJUVANT THERAPY: A REVIEW	M.H.M. Nazeem <u>M.J.H.P. Sabra</u> M.I. Manuha	
18	ROLE OF <i>IMLY</i> ( <i>Tamarindus indica</i> ) AND <i>ZANJABEEL</i> ( <i>Zingiber officinale</i> ) IN THE MANAGEMENT OF <i>SHAQEEQA</i> (MIGRAINE): A COMPREHENSIVE REVIEW	<u>M.S.F. Sapra</u> E.M.G.K.N. Begum	