

A Clinical Study of the Effect of *Neelyadi Oil* and *Bomi Kola Melluma* in the Management of Sprain (*Ulukku*)

H.M.H.L. Karunarathna¹, J. Lokuge², M.W.S.J. Kumari³

¹Department of Ayurveda, North Central Province, Sri Lanka

²Department of Ayurveda, Southern Province, Sri Lanka

³Faculty of Indigenous Medicine, University of Colombo, Sri Lanka

Kedum Bindum Cikitsa (Orthopedic treatments) has a special place in our traditional medicine that is peculiar to Sri Lanka. The present study was aimed to assess the effect of *Neelyadi oil* and *Bomi kola melluma* in the treatment of Sprain (*Ulukku*), mainly used by the Arangala Tradition. This study was carried out as a literature review and a randomized clinical study. *Ulukku* is a disease condition considered under *Kedum bindum chikitsa*. It closely resembles a sprain in modern medicine. Prior to conducting the clinical study, ethical and administrative clearances were obtained. Fifteen patients diagnosed as *Ulukku* were chosen from Out Patients Department of Rural Ayurveda Hospital, Siripura. They were treated with *Neelyadi oil* and *Bomi kola melluma* for two weeks. Data were collected by using an interviewer administered Clinical Performa and analyzed by using SPSS software. The clinical study revealed that most of the patients were female (60%). The majority of patients were in the age group of 18- 30 years (33%); 66.67% patients were married. All patients were presented with sudden onset of symptoms (100%). Ankle joint was the most affected area (60%). Every patient experienced pain, tenderness, edema, and restricted joint movements (100%). According to data analysis, *Neelyadi oil* and *Bomi kola melluma* significantly (p values 0.01- 0.001) reduced all clinical features of *Ulukku* (Sprain). All patients got varying degrees of relief with 53.33% being completely cured. 33.33% of the patients showed excellent improvement and 13.33% showed good improvement.

Keywords: *Neelyadi Oil, Bomi Kola Melluma, Ulukku*