

**A COMPREHENSIVE ANALYSIS OF DRUG FORMULAS, INGREDIENTS, AND
METHOD OF PREPARATION OF *MAHA TUVALA TAILAYA***

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Maha tuvala tailaya is an Indigenous polyherbal externally applied oil formula traditionally used by Indigenous physicians for treating acute and chronic wounds, orthopaedic conditions, and animal-inflicted injuries. This study aims to conduct a comprehensive analysis of the drug formulas, ingredients, and methods of preparation of *Maha tuvala tailaya* as documented in literary sources. A systematic literature review was undertaken, focusing on primary sources such as the Caraka Samhita, Sushruta Samhita, and Aṣṭāṅga Hṛdaya, with more emphasis on *Sneha shatakaya*, *Taila panca shatakaya*, *Talpate Piliyam*, and modern authoritative texts like *Svadeshiya Bhaisajya Vishvakoshaya*. Texts were selected based on historical authenticity and relevance. Data extraction involved identifying specific ingredients, formulation details, and preparation methods for *Maha tuvala tailaya*. The results revealed that out of the ingredients used from selected 4 different formulas, 17 were the same for all formulas, and the base liquid was used as grated pulp milk of *Cocos nucifera* (L.) species. The main plant parts used are bark, leaves, endosperm, seed, pericarp, flower, arillus, bulbil, and stem exudate. The plant *Reru* was identified as *Premna tomentosa* Willd. (Lamiaceae) and *Hakuru illa* as *Callicarpa tomentosa* (L.) L. (Lamiaceae), verified through the Ayurveda Pharmacopoeia of Sri Lanka, Indigenous literature, and human resources. The preparation method for the selected formulas was consistent, utilizing different ratios of coconut milk, and followed moderate processing or *Madhyama paka* quality. Additionally, this study underscores the importance of classical texts in guiding the formulation and promotion of traditional formulas for common use.

Keywords: *Maha tuvala tailaya* polyherbal oil, indigenous medicine, Ayurveda, systematic literature review