

ROLE OF TRADITIONAL MELLUM (WILTED HERBAL FORMULAE) ON SIRAJA GRANTHI: A CASE STUDY

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Siraja granthi is a clinical condition described in Ayurveda and it can be correlated with varicose veins caused by injury or weakness of the veins valve. "Yatiyana Samarawickrama Weda Parampara" is a medical tradition in Matara District, Southern Province, Sri Lanka, that has successfully treated *Siraja granthi* with its own special herbal Mellum (wilted herbal formula) composed of *Mal pepol mal* (*Carica papaya* L), *Amu kaha* (*Curcuma longa*), *Welpenela* (*Cardiospermum halicacabum*), and *Tila taila* (sesame oil). Hence, an observational study was conducted to evaluate the role of Traditional herbal formulation in the management of *Siraja granthi*. A 67-year-old male patient with *Siraja granthi* with a 20-year history presented to the Out Patient Department, Ayurveda teaching hospital, Borella was purposively enrolled to the study. The treatment was 30 days, and all the signs and symptoms were recorded in a proforma. A Venous Doppler ultrasound test for the right leg was performed before and after the treatments to assess the effect of the treatment. The Venous Clinical Severity Score (VCSS) was used to evaluate the treatment effectiveness. It was observed that 11.7% of varicose veins decreased according to the Venous Doppler Ultrasound Test. It could be attributed to the anti-inflammatory, antioxidant, and anti-coagulant properties of herbal formula along with *Katu*, *Tikta rasa*, *Laghu*, *Ruksha*, *Ushna guna*, *Ushna veerya*, and *Katu vipaka* which are suggested to pacify *Vata dosha* and *Pitta dosha*. These properties may alleviate muscle stiffness, leg heaviness, and pain associated with *Siraja granthi*. It can be concluded that traditional herbal Mellum appears to be effective in managing *Siraja Granthi*. The study provides some preliminary evidence, further research, and scientific validation are necessary to establish the effectiveness and safety of traditional herbal remedies in treating *Siraja granthi*.

Keywords: *Siraja granthi*, Varicose veins, Sri Lankan traditional herbal formula