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the world over. Access to appropriate healthcare is increasingly being acknowledged as a human right through international instruments such as the United Nations Human Rights Commission, Millennium Development Goals (MDGs) and the World Health Organization (WHO). In the recent past there has been a growing interest in Traditional medicine/ Complementary and Alternative Medicine and their relevance to public health both in developed and developing countries. Diversity, flexibility, easy accessibility, broad continuing acceptance in developing countries and increasing popularity in developed countries, relative low cost, low levels of technological input, relative low side effects and growing economic importance are some of the positive features of traditional medicine. In Unani system of Medicine, we are treating different diseases with the drugs mentioned in classical Unani text successfully and need more hard work where still we have no remedial measurement. As we are living in an era of super speciality, therefore to sustain and make our system more acceptable we shall have to explore the available options. Apart from the other challenges for the Unani system of Medicine, the paediatrics formulation is one of them. Some of the patients who visited Moalajat OPDs in various Unani hospitals also belong to paediatrics' age group then we face different issues while prescribing the medicines in this age group like form, dose and route of the drug. In this background, the article is an overview of various areas of working in Paediatrics health care and major contemporary challenges for integration of Unani system of Medicine into public health.

Keywords: Unani Medicine; Paediatric Care; Public Health

TWST-214

Sri Lankan Traditional Herbal gruel (Kola Kanda) as a Food cum Medicine

Fahamiya N^{*}, Shiffa MSM, Farzana MUZN
Institute of Indigenous Medicine, University of Colombo,
Rajagiriya, Sri Lanka
**Email: nfahamiya@gmail.com*

Sri Lanka has a rich heritage of traditional, cultural and medicinal values. There are many types of Kanda, available in Sri Lankan traditional system of medicine. Kanda means gruel. Kola Kanda is a special traditional Sri Lankan food made of fresh juice of herbal green leaves, coconut milk and red or white rice which is used as balanced, nutritious morning meal and remedy for many diseases. Data were gathered by written sources, manuscripts, and personal communications by interviewing of traditional practitioner of Sri Lanka and through Web. The aim of

this paper is to disseminate this valuable knowledge for the entire world. There are number of herbs which are used to prepare herbal gruel. The name was given for gruel according to the herb. Sometimes two or more herbs are mixed together to prepare herbal gruel. In addition to that, sometimes juices of bark, stem and rhizomes are used according to medicinal purpose intended. Commonly used plants for the preparation of Kola Kanda are *Centella asiatica*, *Murraya koenigii*, *Asparagus recemosus*, *Aerva Lanata*, *Cardiosprum halicacabum*, *Alternanthera sessilis*, *Hemidesmus indicus*, *Cassia auriculata*, *Sesbania grandiflora* etc. This Kola Kanda has various medicinal values, such as, useful for stomach disorders, blood disorders, catarrh, anaemia, burning sensation of urine, diabetes mellitus, loss of appetite, hypertension, hyperlipidaemia, kidney disorders, hepatic disorders, haemorrhoids, worm infestations, etc. Hence, Kola Kanda can be used as nutritious morning meal and medicinally important herbal gruel which can be easily prepared. This paper will discuss the different methods of herbal gruel preparation and their application in different kind of diseases.

Keywords: Herbal gruel, Kola Kanda, Sri Lanka

TWST-215

Importance of Child Rearing Practices in Unani Medicine

Umme Kulsoom^{1*}, Muhib Jahan²

¹P.G Scholar, ²Lecturer, Department of Preventive and Social Medicine, NIUM, Bengaluru

** Email: kulsoom.amu@gmail.com*

The child comes into the world as a tender and delicate creature. He needs someone to nourish him with diligence and love and protect him from all harm. In a child's life, parents are the people who provide him maximum protection. Child rearing refers to bringing –up of children by parents or parent substitute. A fundamental understanding of the child rearing practices and the development of an affectionate, accepting attitude are more significant in child's own personality and for being socially acceptable. Child rearing practices plays a significant role in giving final shape to the child's physical fitness, emotional stability, learning skills and cognitive urge. Successful child rearing is essential for the child's overall development and realization of self esteem. Children who receive good parenting are happy and fulfilled and have the best chance of realizing their potential and talents while lack of responsiveness may have negative impact on children. The importance of child rearing is also described by Unani physicians, as children should be supervised regarding their behaviour because properly balanced behaviour is conducive to both