

**A REVIEW STUDY ON MANAHSHILA CONTAINING MEDICINAL PREPARATIONS
MENTIONED IN “THALPATHE PILIYAM” AND AYURVEDA PHARMACOPOEIA IN
SRI LANKA**

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Manahshila, known as arsenic disulfide or realgar, is widely utilized in Ayurveda and Sri Lankan traditional medicine. Although it contains toxic arsenic, proper detoxification (*Shodhana*) enhances its therapeutic potential. This study examines *Manahshila*-based formulations documented in the *Talpathe Piliyam* and Ayurveda Pharmacopoeia in Sri Lanka. It explores their applications across various branches of traditional medicine, detailing their system-specific indications, dosage forms, and therapeutic methods. Additionally, the study evaluates the composition of these formulations, focusing on the proportion of *Manahshila* and its combination with other ingredients as recorded in *Talpathe Piliyam* and Ayurveda Pharmacopoeia in Sri Lanka. Furthermore, it highlights the *Shodhana* techniques described in classical texts and research findings on the safety and efficacy of purified *Manahshila*. Data comprising 527 *Manahshila* containing formulations were obtained from TP and APSL. Then they were tabulated and analyzed. *Sarvanga wedakama* (general medicine) had the highest representation (67.36%) in usage of these. Four formulations were noted in *Pashu Ayurveda* (veterinary medicine). Of the remaining 523 formulations, the respiratory system was the most targeted (23.52%). *Guli* (pills) emerged as the most prevalent dosage form, appearing in 198 formulations. 280 formulations were administered via the oral route and 310 formulations comprised herbal and mineral combinations. Notably, 191 formulations contained less than 5% *Manahshila*. The necessity of subjecting *Manahshila* to *Shodhana* before therapeutic use is reinforced by both traditional texts and modern research, ensuring its safety and effectiveness. This study provides evidence of the usage of *Manahshila* in Sri Lanka as a broad-spectrum curative medicine, highlighting its safety and efficacy.

Keywords: Ayurveda pharmacopoeia in Sri Lanka, *Manhshila*, Sri Lankan traditional medicine, *Thalpathe Piliyam*