

STUDY OF TRADITIONAL NUTRITIONAL SUPPLEMENT *BASNA* WITH SPECIAL REFERENCE TO *RA BASNA*

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Basna is a traditional Sri Lankan nutritional supplement used for addressing various nutritional disorders. Among its forms, *Ra basna* is an alcohol-based preparation with potential therapeutic applications. This study focuses on the traditional formulation, preparation, and analysis of *Ra basna* for the management of anemia because it containing iron, drawing from Ayurvedic principles and modern medical insights. The preparation was formulated using the following ingredients according to Sri Lankan Ayurveda Pharmacopoeia: *Zingiber officinale Roscoe* (1.73%), *Piper nigrum* L. (1.73%), *Cuminum cyminum* L. (0.58%), *Nigella sativa* L. (0.58%), *Apium graveolens* L. (0.58%), *Anethum graveolens* L. (0.58%), *Coriandrum sativum* L. (0.58%), *Cocos nucifera* L. (86.7%), and iron ash (6.9%), all incorporated into the fruit of *Benincasa hispida* (Thunb.) Cogn. *Ra basna* was prepared by filling all the above ingredients in to the Ash gourd fruit and buried under the ground and give heat using *vitex altissima* L. woods over it during one night. The product underwent comprehensive organoleptic, physicochemical, and phytochemical evaluations. It was identified as a brick-red, acidic, thin liquid with a lime-cumin aroma, exhibiting a pH of 5.02, alcohol content of 0.67%, sugar content of 2.5%, and total solids of 7.498%, with low viscosity. Qualitative phytochemical screening confirmed the presence of tannins and saponins, suggesting antioxidant, antimicrobial, and anti-inflammatory properties. HPTLC fingerprinting revealed seven distinct peaks with varying R_f values. The findings indicate that *Ra basna* is a safe and stable formulation with promising nutritional and therapeutic benefits, due to its low alcohol and sugar content it can be recommended for diabetic patients as well and pH level is good for gastric mucosa. Future research will include the assessment of its iron content.

Keywords: *Basna*, Anemia, Nutritional, Traditional, Iron