

## A literature review on *Sulugulu Yavagu*: A historical perspective

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*Sulugulu yavagu* preparation is specific due to its historical value, which is merged with religion, culture, and beliefs of Sri Lanka. This preparation is still in use but with limited scientific documentation. Hence, it was decided to collect and compile the historical data, and document it. This study also aims to collect historical evidence on *Sulugulu yavagu* preparation. Data were collected from traditional medical literature, Buddhist literature, and articles on Sri Lankan history which were written in both Sinhala and English. This *Yavagu* preparation has been mentioned in several books, such as *Sadharmalankaraya*, *Swadesheeya Bhaisajja Vishvakoshaya*, *Kandhata Upan Thurulatha*, *Talpate Piliyam*-volume 21, and several Sri Lankan ancient Ola leaves. The name for the preparation “*Sulugulu*”, relates to historical tales in Buddhism. According to the literature, this has been used in the Kurunegala District of the Northwestern Province of Sri Lanka. According to literature, this recipe was used in Sri Lanka by 2<sup>nd</sup> century BC, and two recipes of the preparation were revealed, with minor changes of the ingredients. A total of 11 herbal ingredients are included in the recipe named as *Ekadasha yavagu*. Other than ghee, all others are plant-based ingredients available in the country. The preparation method was almost the same in the recipes found. Data indicate that this dietary preparation contains medicinal value for abdominal pains. The results of this study show *Sulugulu yavagu* is an ancient traditional Sri Lankan preparation with important health benefits.

**Keywords:** *Sulugulu yavagu, Historical value, Recipe*