

AN ANALYTICAL STUDY OF *RATHA THAILA* WITH SPECIAL REFERENCE TO THE TRADITIONAL MEDICAL SYSTEM IN SRI LANKA

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Ratha roga or *Ratha gaya* is a very noteworthy disease in childhood especially in neonates. There were many different types of *Ratha rogas* such as, *Ratha gaya*, *Ratha gedi*, *Le ratha*, *Panu ratha*, *Gal ratha*, *Na ratha*, *Duwana panina ratha*, *Wada mal wan ratha*, *Mandam ratha* and so more. All these types were mainly related with *Raktha dhathu* and the location is skin. *Ratha thaila* is one of the main treatments for *Ratha rogas* in ancient traditional practice which is mentioned with different types of recipes. Though it is not a much common practice in present, gathering information about this valuable medicine is a necessity. Therefore, this research was conducted to collect different recipes used in traditional medicine and analyze those different types. Data was collected from texts related to traditional medicine and from the practitioners' inherited traditional knowledge of medicine and analyzed. Twenty-eight types of *Ratha thaila* recipes were found in this research work. They were different from one to another with names, ingredients, preparation methods, indications, and effect on *doshas*. Nomenclature of those recipes were done based on ingredients, disease conditions, according to the effect, duration of the childhood, method of preparation etc. Coconut oil, King coconut oil, Sesame oil, were mainly used as base. *Mrudu paka* was practiced in all the procedures. The mostly used ingredients were *Rath thampala* (*Amaranthus cruentus*), *Rathmal* (*Ixora coccinea*) and *Kappetiya* leaves (*Croton laccifer*). Eleven recipes were found used *Rathmal*, seven recipes were used *Rath thampala* as the main ingredient and five recipes were used *kappetiya* leaves as the main ingredient. Fifteen recipes were mentioned applying on the affected site as the indication method, and twelve recipes were mentioned to apply *thaila* on breast of the mother as the child can ingest while lactating. Some mentioned to use both externally and internally. Such vivid differences of these varieties mentioned above brings evidence to the vast diversity of Sri Lankan traditional medical systems.

Keywords: *Ratha gaya*, *Ratha roga*, *Ratha thaila*