MEDICINAL PLANTS OF SRI LANKA

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and
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Sri Lanka

Sri Lanka is an island which is situated in the Indian Ocean, off the Southern Coast of India, between the Northern latitudes $5^0 55'$ and $9^0 50'$ and Eastern longitutdes $79^0 42'$ and $81^0 52'$.

The island has an area of 65,608 sq.km. The main feature comprises a central mountainous mass whose highest peek exceeds 8,000 feet, surrounded by broad plains.

The climate is tropical. However, the oceanic effect helps to keep the average temperature in the coastal plains at 80^0F, the highest temperature rising only to about 90^0 F and the lowest to 70^0 F approximately.

The island is divided in to two agro-climatic zones, known as the dry zone and the wet zone. The dry zone comprising largely the northern and eastern sector while the wet zone comprising the south western part of the country. The wet zone receives rain from both southwest and northeast monsoons and the dry zone receives rain from only northeast monsoon. The gradual change from wet zone to dry zone allows an intermediate zone to exist. In addition to that two small arid zones can be found at the extreme northwest and southeast part of the island where the climate is very dry.

Medicinal Plants

A plant which has been used for medical purposes at one time or another, and which, although not necessarily a product or available for marketing, is the original material of herbal medicines.

Historically, medicinal plants have been used since ancient times in Sri Lanka. Ramayana reveals that King Ravana represented Sri Lanka at a medical symposium at the base of Himalaya in India during his era. Historiography in Sri Lanka, says that King Ravana is the author of many books on medicines like, Arkaprakasya, Nadivignanaya, Kumarathanthraya and Udishathanthraya.

Dolukanda and Rumassala in Sri Lanka are believed to be fragments of a part of Himalayas that were carried over to the island by the mythical monkey King Hanuman of King Ramayana. Evidence unearthed from prehistoric burial sites speaks of the ancient practices of Ayurveda across Anuradhapura, Polonnaruwa, Madirigiriya and Pomparrippu.

Sri Lanka has a rich assortment of medicinal plants and spices, of which many are endemic to the country and Sri Lankan natural flora has been enriched by the age old Lankan tradition of cultivating medicinal plants. This publication contains Sinhala name Scientific name and English name of selected medicinal plants. In addition to that Ayurvedic / Indigestions medicinal usage of each plant also included.

Local name: **Adhathoda**

Scientific name: *Justicia adhathoda L.*

Family : Aanthaceae

English name: Malabar Nut

Plant type: A shrub

Medicinal usage: Treatment for Asthma
Tuberculosis, Coughs, Catarrh, Tonsillitis and Fevers etc.

Adathoda

Justicia adhathoda L.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Anoda**

Scientific name: *Annona cherimola*

Family : Annonaceae

English name: Custard-apple

Plant type: A tree

Medicinal usage: Treatment for Hemorrhoids and Sciatica etc.

Anoda

Annona cherimola

Locality Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Andu**

Scientific name: *Eryngium foetidum*

Family : Apiaceae

English name: Long coriander

Plant type: A herb

Medicinal usage: Treatment for Snake bites, Skin Diseases, Mucosal diseases, Diabetes mellitus, Epilepsy Convulsions, Spasms and Stomach disorders etc.

Andu

Eryngium foetidum L.

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Ankenda**

Scientific name: *Acronychia pedunculata*

Family : Rutaceae

English name: Claw flowered laurel

Plant type: A small tree

Medicinal usage: Treatment for Ulcers, Bruises, Skin diseases, Oedeama, Gastric pains and Fractures etc.

Ankenda

Acronychia pedunculata

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Aniththa**

Scientific name: *Rhinacanthus nasutus (L.) Kurz*

Family : Acanthaceae

English name: snake jasmine

Plant type: A perineal herb

Medicinal usage: Treatment for Scabies, Worm diseases and Pruritus etc.

Aniththa

Rhinacanthus nasutus (L.) Kurz

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Annasi**

Scientific name: *Ananas comosus*

Family : Bromeliaceae

English name: Pineapple

Plant type: A herb

Medicinal usage: Treatment for Constipation, Abdominal pains and poor appetite etc.

Annasi
Ananas comosus
Locality: Colombugama, Nivithigala, Ratnapura, Sri Lanka

Local name: **Araliya**

Scientific name: *Plumeria obtusa*

Family : Apocynaceae

English name: Temple tree

Plant type: A tree

Medicinal usage: Treatment for Bacterial infections
Viral Infections, Fungal Infections

Araliya

Plumeria obtusa

Locality : Bollegala, Kelaniya, Sri lanka

Locality : Katubedda,Moratuwa, Sri Lanka

Local name: **Aralu**

Scientific name: *Terminalia chebula Retz.*

Family : Combretaceae

English name: Chebulic Myrobalan

Plant type: A tree

Medicinal usage: Treatment for abdominal disorders, digestive disorders , Cold, Coughs, Catarrh and worm diseases etc.

Aralu

Terminalia chebula Retz.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Ashoka**

Scientific name: *Saraca ascosa (Roxb.) de Willd.*

Family : Fabaceae

English name: Ashoka

Plant type: A small tree

Medicinal usage: Treatment for Menorrhagia, Diarrhea and Dysentery etc.

Ashoka

Saraca ascosa (Roxb.) de Willd.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Aththikka**

Scientific name: *Ficus racemosa L.*

Family : Moraceae

English name: Cluster tree

Plant type: A tree

Medicinal usage: Treatment for Wounds, Swellings, Skin diseases and Diabetes mellitus etc.

Aththikka

Ficus racemosa L.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Balu dan**

Scientific name: *Ardisia elliptica*

Family : Myrsinaceae

English name: Shoebutton ardisia

Plant type: A shrub

Medicinal usage: Treatment for snakebites and Herpes etc.

Balu dan

Ardisia elliptica Thunb.

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Bandura**

Scientific name: *Nepenthes distillatoria*

Family : Nepenthaceae

English name: Pitcher plant

Plant type: A perennial herb

Medicinal usage: Treatment for Oedema of the Foot, Cough and Abscess etc.

Bandura
Nepenthes distillatoria
Locality : Kalawana,Ratnapura, Sri Lanka

Local name: **Bakmee**

Scientific name: *Nauclea orientalis (L.) L*

Family : Rubiaceae

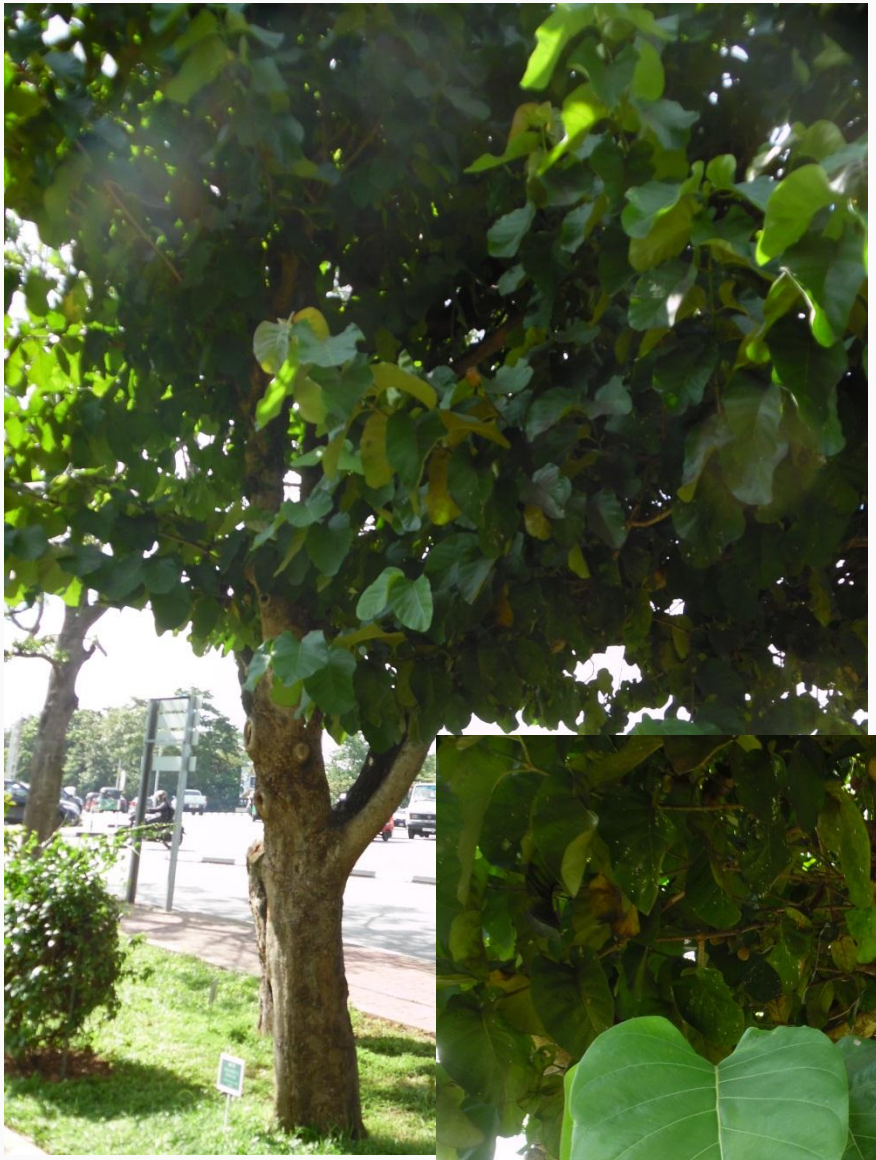
English name:

Plant type: A large tree

Medicinal usage: Treatment for Tumours, Swellings, Snake bites and Oral diseases etc.

Bakmee

Nauclea orientalis (L.) L.



Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Batakirilla**

Scientific name: *Erythroxylum moonii Hochr.*

Family : Erythroxylaceae

English name:

Plant type: A shrub

Medicinal usage: Treatment for Worm infestations and Dysentery etc.

Batakirilla

Erythroxylum moonii Hochr.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Batu**

Scientific name: *Solanum melongena*

Family : Ela batu

English name: Egg plant

Plant type: A herb

Medicinal usage: Treatment for Oedeama, Pains, Heart diseases, Asthma, Coughs, Piles, Fevers and Tonsillitis etc.

Batu/Elabatu
Solanum melongena
Locality : Polonnaruwa,, Sri Lanka

Local name: **Belathana**

Scientific name: *Eleusine indica*

Family : Poaceae

English name:

Plant type: A perineal grass

Medicinal usage: Treatment for Liver complaints, Sprains, Dislocations, Dysentery, Diarrhea and Convulsions etc.

Belathana
Eleusine indica
Locality : Kudapokuna, Welikanda, Sri Lanka

Local name: **Beli**

Scientific name: *Aegle marmelos*

Family : Rutaceae

English name: Bael fruit

Plant type: A tree

Medicinal usage: Treatment for Dysentery, Stomachache, Constipation, Nausea and Fevers etc.

Beli

Aegle marmelos

Locality : Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Benduru**

Scientific name: *Drynaria quercifolia*

Family : Polypodiaceae

English name:

Plant type: A rhizomatous herb

Medicinal usage: Treatment for disorders of joints

Benduru

Drynaria quercifoli

Locality: Kitulgala, Ratnapura, Sri Lanka

Local name: **Binthamburu**

Scientific name: *Ipomoea pescaprae*

Family : Convolvulaceae

English name: Goat foot vine, Bayhops

Plant type: A vine

Medicinal usage: Treatment for Rheumatoid arthritis and Skin diseases Bone fractures etc.

Binthamburu

Ipomoea pescaprae

Locality : Chilaw, Sri Lanka

Local name: **Bomee**

Scientific name: *Litsea glutinosa(Lour.) C.B.Robinson*

Family : Lauraceae

English name: Common tallow lauriel

Plant type: A tree

Medicinal usage: Treatment for Diarrhea, Rheumatism and Sprains etc.

Bomee

Litsea glutinosa(Lour.) C.B.Robinson

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Burulla**

Scientific name: *Leea indica*

Family : Leeaceae

English name: Bandicoot berry

Plant type: A small tree

Medicinal usage: Treatment for-
Ring worms, Wounds, Ulcers, General pains, Excessive thirst, Warts, Acute cystitis, Strangury, Diarrhoea Dysentery, Burns, Dental caries, Spleen disorders, Haemorrhoids, Fevers

Burulla

Leea indica (Burm f) Merr.

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Bombu**

Scientific name: *Symplocos cochinchinensis*

Family : Symplocaceae

English name:

Plant type: A shrub

Medicinal usage: Treatment for Fractures and oral diseases etc.

Bombu
Symplocos cochinchinensis
Locality: Colombugama, Nivithigala , Ratnapura, Sri Lanka

Local name: **Bulath**

Scientific name: *Piper betle*

Family : Piperaceae

English name: Betle

Plant type: A vine

Medicinal usage: Treatment for Phlegm, Tonsillitis and Wounds etc.

Bulath

Piper betle

Locality: Colombugama, Nivithigala, Ratnapura, Sri Lanka

Local name: **Bulu**

Scientific name: *Terminalia belirica (Gaeern.) Roxb.*

Family : Combretaceae

English name: Baheda

Plant type: A tree

Medicinal usage: Treatment for Swellings, Digestive system disorders, Diarrhoea, Vomiting, Urinary calculi, Skin diseases, Coughs, Asthma, Nervous system diseases, Dropsy, Piles, and Rheumatism etc.

Bulu

Terminalia belirica (Gaeern.) Roxb.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Cobbae**

Scientific name: *Allophylus cobbe (L.) Rausch*

Family : Sapindaceae

English name: Titberry/Indian Allophylus

Plant type: A bush

Medicinal usage: Treatment for Wounds, Fractures, Swellings and Snake bites etc.

Cobbae

Allophylus cobbe (L.) Rausch

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Daluk**

Scientific name: *Euphorbia antiquorum L*

Family : Euphorbiaceae

English name: Triangular spurge

Plant type: A tree

Medicinal usage: Treatment for Pains, Constipation Swellings, Skin diseases, Hemorrhoids and Diabetes mellitus etc.

Daluk

Euphorbia antiquorum L.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Daspethiya**

Scientific name: *Tagetus patula*

Family : Asteraceae

English name:

Plant type: A plant

Medicinal usage: Treatment for Wounds and Skin diseases etc.

Daspethiya

Tagetus patula L.

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Dehi**

Scientific name: *Citrus aurantifolia*

Family : Rutaceae

English name: Lemon

Plant type: A small tree

Medicinal usage: Treatment for Skin diseases, Coughs Stomachaches, Vomiting and Dandruff etc.

Dehi

Citrus aurantifolia

Local name: **Delum**

Scientific name: *Punica granatum L.*

Family : Punicaceae

English name: Pomegranate

Plant type: A shrub

Medicinal usage: Treatment for-Eye infections, Dysentery Heart diseases, Worms diseases, Coughs Asthma and Cold and Fevers etc.

Delum

Punica granatum L.

Locality : Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Deththa**

Scientific name: *Boehmeria nivea*

Family : Urticaceae

English name: Wild castor

Plant type: A small plant

Medicinal usage: Treatment for Hemorrhoids and Bladder stones etc.

Deththa

Boehmeria nivea (L.) Hook.f & Arn. var nivea (L.) Hook f& Arn.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Duhundhu**

Scientific name: *Celastrus paniculatus Willd.*

Family : Celastraceae

English name: Black oil plant

Plant type: A woody climber

Medicinal usage: Treatment for Paralysis, Beri- Beri and to maintain health of neurons etc.

Duhundu

Celastrus paniculatus Willd.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Ehela**

Scientific name: *Cassia fistula*

Family : Fabaceae

English name: Purgin cassia

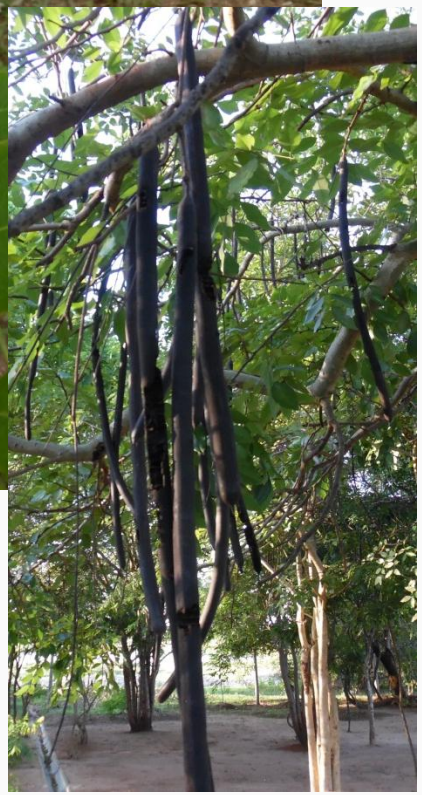
Plant type: A tree

Medicinal usage: Treatment for-Constipation, Nervous system disorders, Oedeama, Rashes, Coughs Burning sensations in the body, Fevers

Ehela

Cassia fistula

Locality : Katubedda, Moratuwa, Sri Lanka



Locality : Kudapokuna, Welikanda, sri Lanka

Local name: **Ela-koboleela**

Scientific name: *Bauhinia acuminata*

Family : Fabaceae

English name: Dwarf white orchid tree

Plant type: A medium sized tree

Medicinal usage: Treatment for Thyroid disorders (Hypothyroidism) Goiter, Tumors, Ulcerations, Skin diseases, Fistula - in – ano, Dyspepsia, Diarrhoea Flatulence, Leprosy, Dysentery, Piles

Ela-Koboleela
Bauhinia acuminata
Locality : Bollegala, Kelaniya , Sri Lanka

Local name: **Ela-Rathmal**

Scientific name: *Knoxia zeylanica L.*

Family : Rubiaceae

English name: Knoxia

Plant type: A shrub

Medicinal usage: Treatment for skin diseases

Ela-Rathmal
Knoxia zeylanica L
Locality : Katubedda, Moratuwa,, Sri Lanka

Local name: **Ekaveriya**

Scientific name: *Rauvolfia serpentina*

Family : *Appocynaceae*

English name: Sarpagandha

Plant type: A herb

Medicinal usage: Treatment for Mental diseases, Insomnia, Hypertension, Tonsillitis, Apoplexy, Abdominal pains and Skin diseases etc.

Ekaveriaya

Rauvolfia serpentina (L.)Benth.ex Kurz

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Endaru**

Scientific name: *Ricinus communis*

Family : Euphorbiaceae

English name: Castor

Plant type: A plant

Medicinal usage: Treatment for Arthritis
Nervous system diseases, Worm diseases, Hemorrhoids, and Dysmenorrhea etc.

Endaru

Ricinus communis

Locality :Pothuarawa road, Malabe, Sri Lanka

Local name: **Etamburu**

Scientific name: *Fagraea ceilanica*

Family : Loganiaceae

English name: Perfume flower tree

Plant type: A small tree or shrub

Medicinal usage: Treatment for fractures

Etamburu

Fagraea ceilanica Thunb

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Eth Demata**

Scientific name: *Gmelina arborea Roxb. var.arborea*

Family : Verbinaceae

English name: Gamhar

Plant type: A medium size tree

Medicinal usage: Treatment for Fever, Ulcers, Swellings, Diabetes mellitus, and Dhiarrea etc.

Eth Demata

Gmelina arborea Roxb. var.arborea

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Eththora**

Scientific name: *Cassia alata*

Family : Fabaceae

English name: Eth thora

Plant type: A shrub

Medicinal usage: Treatment for skin diseases, Constipation and worm diseases etc.

Eththora

Cassia alata

Local name: **Etteriya**

Scientific name: *Murraya paniculata(L.) Jack*

Family : Rutaceae

English name: Etteriya

Plant type: A small tree

Medicinal usage: Treatment for Rheumatoid arthritis, Hypertension, Vertigo and Sciatica etc.

Etteriya

Murraya paniculata(L.) Jack

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Gammiris**

Scientific name: *Piper nigrum*

Family : Piperaceae

English name: Pepper

Plant type: A vine

Medicinal usage: Treatment for Tonsillitis, Poor appetite, Vomiting , Bloating, Coughs, Food poisonings and Worm disinfestations etc.

Peper

Piper nigrum

Locality : SiriPerkum Mawatha, , Sri Lanka

Local name: **Gammalu**

Scientific name: *Pterocarpus marsupium Roxb.*

Family : Fabaceae

English name: Bastard tree

Plant type: A tree

Medicinal usage: control for diabetes

Gammalu

Pterocarpus marsupium Roxb.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Gansuriya**

Scientific name: *Thespesia populnea*

Family : Malvaceae

English name: Tulip tree

Plant type: A small tree

Medicinal usage: Treatment for Piles, Fractures, Ulcers, Boils, Flatulence

Gansuriya

Thespesia populnea (L.)
Soland ex Correa.

Locality : Pelawatta, Battarmulla, Sri Lanka

Local name: **Garunda raja**

Scientific name: *Pedilanthus tithymaloides*

Family : Euphorbiaceae

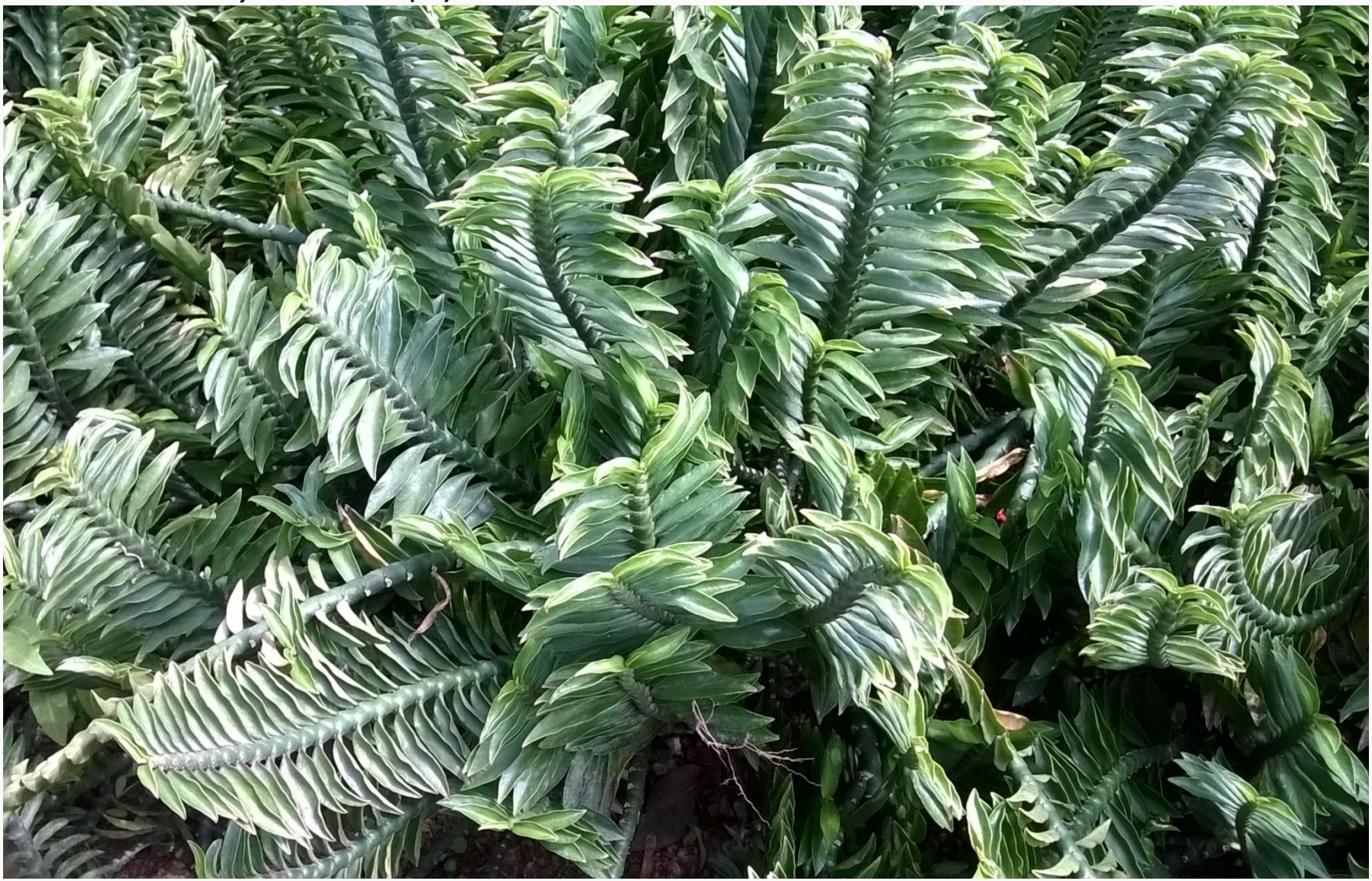
English name:

Plant type: An erect subshrub

Medicinal usage: Treatment for snake bites, Laryngitis, Mouth ulcers, dental caries, Centipede bites, Asthma and Coughs etc.

Garunda raja

Pedilanthus tithymaloides (L.) Poit.



Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Godapara**

Scientific name: *Dillenia retusa*

Family : Dilleniaceae

English name:

Plant type: A tree

Medicinal usage: Treatment for dandruff

Godapara

Dillenia retusa

Locality: Colombugama, Nivithigala
Ratnapura, Sri Lanka

Local name: **Gotukola**

Scientific name: *Centella asiatica*

Family : Apiaceae

English name: Pennywort

Plant type: A vine

Medicinal usage: Eye diseases, ear diseases, Catarrh, Mucosal diseases, Lactation diseases, Epilepsy, Nervous system disorders and Paralysis etc.

Gotukola
Centella asiatica
Locality Siri Perakum Mawatha, Bollegala, Kelaniya , Sri Lanka

Local name: **Heen aniththa**

Scientific name: *Rhinacanthus polonnaruwensis cramer*

Family : Acanthaceae

English name:

Plant type: A plant

Medicinal usage: Treatment for Wounds and Ulcers etc.

Heen aniththa

Rhinacanthus polonnaruwensis cramer

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Heen araththa**

Scientific name: *Alpinia calcarata Roscoe*

Family : Zingiberaceae

English name: Snap ginger

Plant type: A rhizomatous herb

Medicinal usage: Treatment for Rheumatism, Pain Hoarseness of voice and snake bites etc.

Heen araththa

Alpinia calcarata Roscoe

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Heen Binkohomba**

Scientific name: *Andrographis paniculata*

Family : Acanthaceae

English name: King of Bitters

Plant type: A small shrub

Medicinal usage: Treatment for Fevers, Tonsillitis, Skin diseases and Diabetes mellitus etc.

Heen binkohomba
Andrographis paniculata
Locality : SiriPerkum Mawatha, Bollegala, Kelaniya, Sri Lanka

Local name: **Heen bovitiya**

Scientific name: *Osbeckia octandra*

Family : Melastomaceae

English name:

Plant type: A shrub

Medicinal usage: Treatment for diabetes mellitus and Liver disorders etc.

Heen bovitiya
Osbeckia octandra
Locality : Palavi, Puttalam, Sri Lanka

Local name: **Heen-maduruthala**

Scientific name: *Ocimum tenuiflorum*

Family : Lamiaceae

English name: Holy basil

Plant type: A shrubby plant

Medicinal usage: Treatment for Malaria, Catarrh, Bronchitis, Diarrhoea, Gastric disorders
Hepatic infections, Vomiting, Worm infestation
Insect stings, Leech bites, Snake bites and Anorexia etc.

Heen-maduruthala

Ocimum tenuiflorum L.

Locality : Pelawatta, Battarmulla, Sri Lanka

Local name: **Heen Samadara**

Scientific name: *Quassia amara*

Family : Simaroubaceae

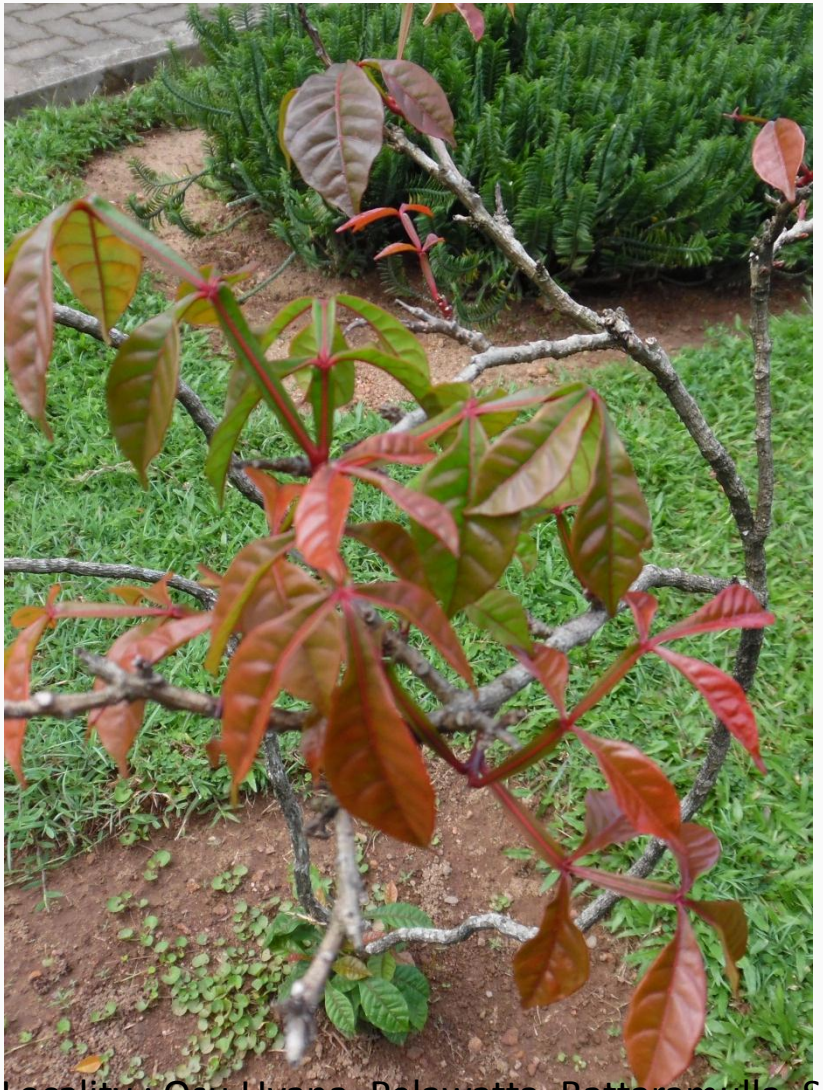
English name:

Plant type: A shrub

Medicinal usage: Treatment for lice, digestive disorders, worms, malaria and diabetes mellitus etc.

Heen samadara

Quassia amara



Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Heeressa palu**

Scientific name: *Cissus quadrangularis*

Family : Vitavceae

English name:

Plant type: A shrub

Medicinal usage: Treatment for Fractures, Ulcers, Wounds and Earaches etc.

Heeressa
Cissus quadrangularis
Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Inguru piyali**

Scientific name: *Kaempferia galanga*

Family : Zingiberaceae
English name: Java galangal, Resurrection lily, Lesser galanga

Plant type: A rhizomatous herb

Medicinal usage: Treatment for Wounds, Dandruff, Coughs, Sore-throats, Oral diseases, Fevers and Swellings etc.

Inguru piyali

Kaempferia galanga L.

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Ittewel**

Scientific name: *Shefflera emarginata*

Family : Araliaceae

English name:

Plant type: A shrub

Medicinal usage: Treatment for fractures and skin diseases etc.

Ittewel

Shefflera emarginata (Moon) Harms

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Kabarossa**

Scientific name: *Simlax zelanica L.*

Family : Smilacaceae

English name: Kumarika

Plant type: A climbing shrub

Medicinal usage: Treatment for Wounds, Abscess and Pains of the joints etc.

Kabarossa

Simlax zelanica L.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Kadupara**

Scientific name: *Emilia exserta*

Family : Asteraceae

English name:

Plant type: A herb

Medicinal usage: Treatment for Injuries, Wounds Ulcers and Scorpion and Insect bites etc.

Kadupara

Emilia exserta

Locality Siri Perakum Mawatha, Bollegala, Kelaniya , Sri Lanka

Local name: **Kaha / Ath kaha / Bim kaha**

Scientific name: *Curcuma longa*

Family : Zingiberaceae

English name: Turmeric

Plant type: A rhizomatous herbs

Medicinal usage: Treatment for Jaundice, Diarrohea, Dysentery, Stomachaches, Wound, Sprains, Snake bites, Diabetes mellitus, Amenorrhoea, Cancers, Colds & Fevers, Catarrh, Rheumatism, and Skin diseases etc.

Kaha / Ath kaha / Bim kaha

Curcuma longa L.

Local name: **Kaha-Pethan**

Scientific name: *Bauhinia tomentosa L.*

Family : Fabaceae

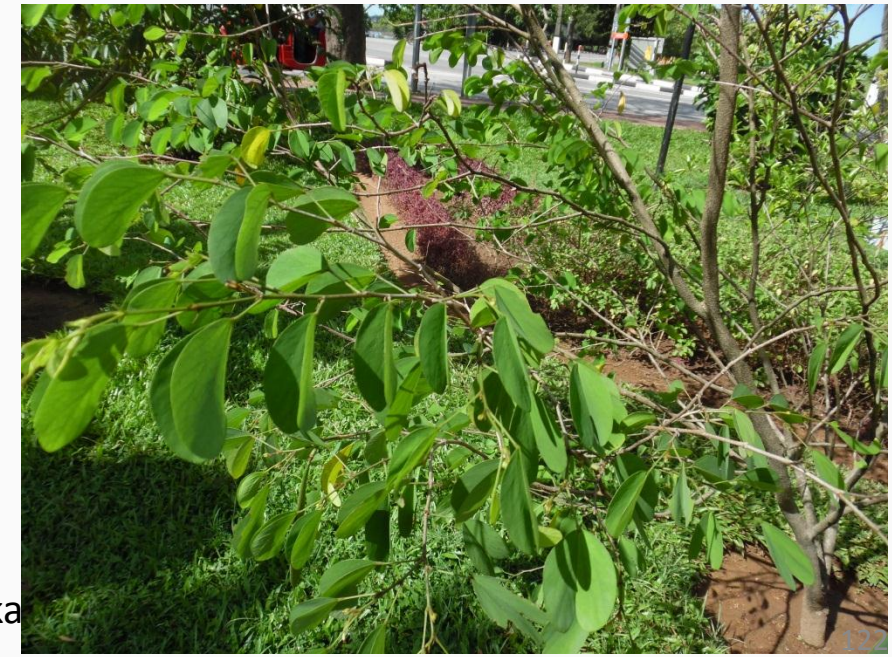
English name: Yellow orchid tree

Plant type: A small tree

Medicinal usage: Treatment for snake bites, Liver diseases, Tumours, and Cancers etc.

Kaha –Pethan

Bauhinia tomentosa L.



Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Kapparawalliya**

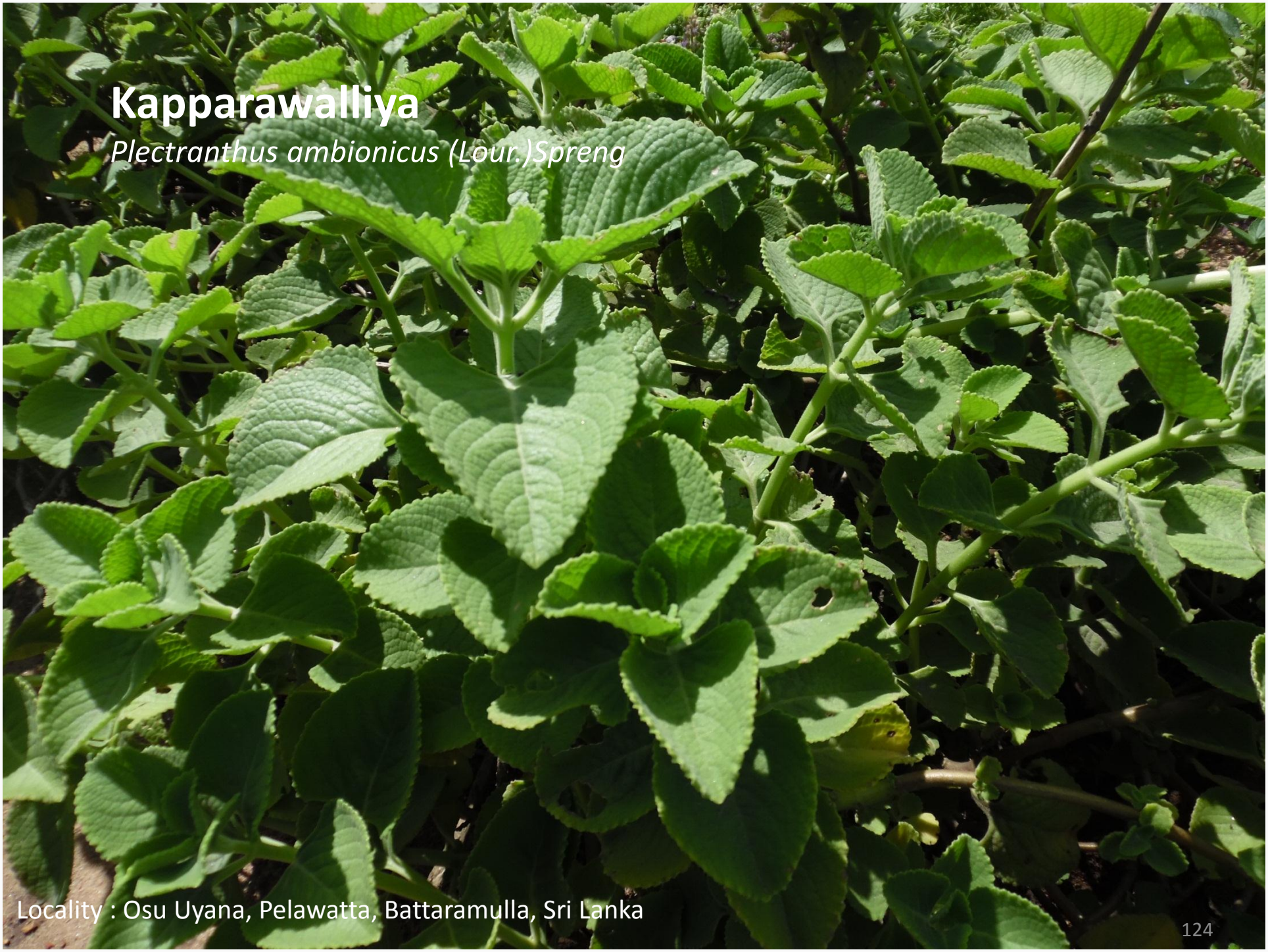
Scientific name: *Plectranthus ambionicus (Lour.)Spreng*

Family : Lamiaceae

English name: Country borage

Plant type: A semi-shrubby perineal plant

Medicinal usage: Treatment for Whooping cough, Laryngitis, Bronchitis,, Chickenpox, Smallpox, Asthma, Pneumonia Coughs, Epilepsy, Liver disorders, Diarrhoea, Dysentery, Flatulence, Pains, Urinary diseases, Vaginal discharge and Worm infestation etc.


Kapparawalliya
Plectranthus ambionicus (Lour.)Spreng
Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Kapuru**

Scientific name: *Chrysanthemum indicum*

Family : Asteraceae

English name: Chrysanthemum

Plant type: A plant

Medicinal usage: Treatment for chest pain, Asthma, Catarrh, cold and fever and headache etc.

Kapuru
Chrysanthemum indicum
Locality : Battarmulla, Sri Lanka

Local name: **Karapincha**

Scientific name: *Murraya koenigii*

Family : Rutaceae

English name: Curry leaf

Plant type: A small tree

Medicinal usage: Treatment for Snake poison, Nausea Coughs, Asthma, Hypercholesterolemia, Fevers Anorexia, Hypertension

Karapincha

Murraya koenigii(L.) Spreng.

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Karawila**

Scientific name: *Momordica charantia L*

Family : Cucurbitaceae

English name: Bitter gourd

Plant type: A vine

Medicinal usage: Treatment for Diabetes mellitus, Wounds and Worm diseases etc.

Karawila
Momordica charantia L
Locality: Colombugama, Nivithigala, Ratnapura, Sri Lanka

Local name: **Kasthuri dehi**

Scientific name: *Triphasia trifolia*

Family : Rutaceae

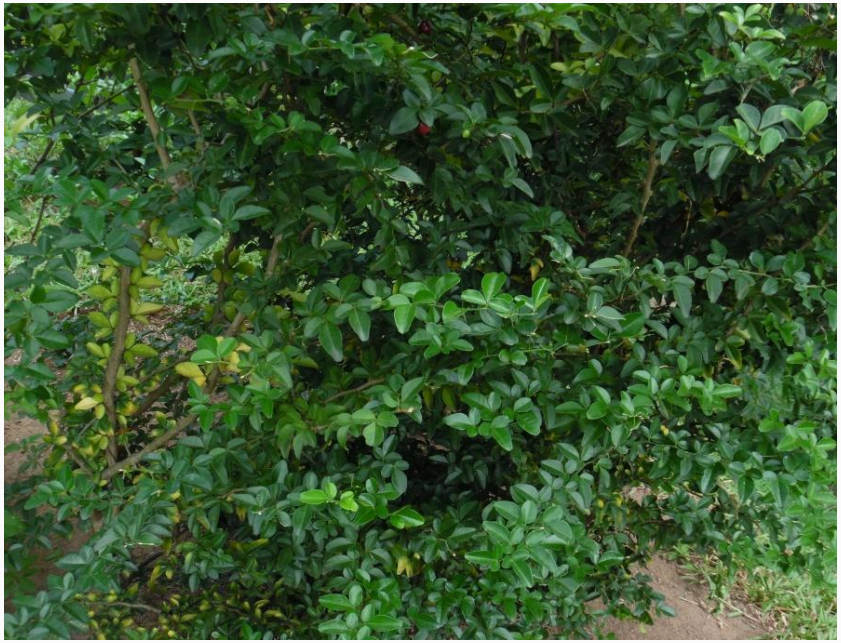
English name: Lime berry

Plant type: A spiny shrub

Medicinal usage: Treatment for Diarrhea, Dysentery, Skin diseases and Stomachaches etc.

Kasthuri dehi

Triphasia trifolia (Burm.f) P.Wils.



Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Katarolu**

Scientific name: *Clitoria ternatea*

Family : Fabaceae

English name: Butterfly pea

Plant type: A vine

Medicinal usage: Treatment for Anasarca, Diseases of bladder and urethra, Ascites, Dyspepsia, Liver disorders, Enlargement of abdominal viscera and Swollen joints etc.

Kataroḷu
Clitoria ternatea
Locality : Palavi, Puttalam, Sri Lanka

Local name: **Kathurupila / Pila**

Scientific name: *Tephrosia purpurea*

Family : Fabaceae

English name: Purple tephrosia

Plant type: A shrub

Medicinal usage: Treatment for oral health

Kathurupila / Pila
Tephrosia purpurea
Locality Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Katu andara**

Scientific name: *Dichrostachys cinerea*

Family : Fabaceae

English name: Sickle bush

Plant type: A tree

Medicinal usage: Treatment for Diarrhoea, Dysentery and Stomachaches etc.

Katu andara
Dichrostachys cinerea
Locality Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Katuanoda**

Scientific name: *Annona muricata*

Family : Annonaceae

English name: Prickly Custard Apple

Plant type: A tree

Medicinal usage: Treatment for Cancers, Hypertension, Constipation and Burning sensations etc.

Katuanoda

Annona muricata

Locality: Colombugama, Nivithigala
Ratnapura, Sri Lanka

Local name: **Katukarandu**

Scientific name: *Barleria cristata*

Family : Acanthaceae

English name: Philippine violet / Bluebell barleria

Plant type: An Undershrub

Medicinal usage: Treatment for Naso-pharyngeal Disorders, Insect stings bites, Swellings and Cancers etc.

Katukarandu

Barleria cristata L

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Katupila**

Scientific name: *Flueggea leucopyrus Willd.*

Family : Euphorbiaceae

English name: Water caltrop

Plant type: A shrub

Medicinal usage: Treatment for Caners, Kidney disorders, Liver and spleen obstructions etc.

Katupila

Flueggea leucopyrus Willd.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Katurumurunga**

Scientific name: *Sesbania grandiflora*

Family : Fabaceae

English name: Hummingbird tree

Plant type: A medium sized tree

Medicinal usage: Treatment for-Oedema, Wounds
Eye diseases, Coughs, Constipation, Fevers, Dysentery
Skin diseases, Leucorrhoea, Candida infections, Epilepsy
Rheumatoid arthritis

Katurumurunga

Sesbania gradiflora (L.) Poir.

Locality :Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Ketakela**

Scientific name: *Bridelia retusa (L.) A.Juss*

Family : Euphorbiaceae

English name: Spinous Kino tree

Plant type: A small tree

Medicinal usage: Treatment for Rheumatism, Contusions and Fractures etc.

Ketakela

Bridelia retusa (L.) A.Juss

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Koboleela**

Scientific name: *Bauhinia variegata*

Family : Fabaceae

English name: Orchid tree

Plant type: A medium sized tree

Medicinal usage: Treatment for Worm diseases, Wounds
Skin diseases, Dysentery, Rectal prolapse,Haemorrhoids
Constipation, Coughs, Hyperthyroidism, Flatulence
Snake poison

Koboleela
Bauhinia variegata
Locality : Colombugama, Nivitigala,Ratnapura,Sri Lanka

Local name: **Kohomba**

Scientific name: *Azadirachta indica*

Family : Meliaceae

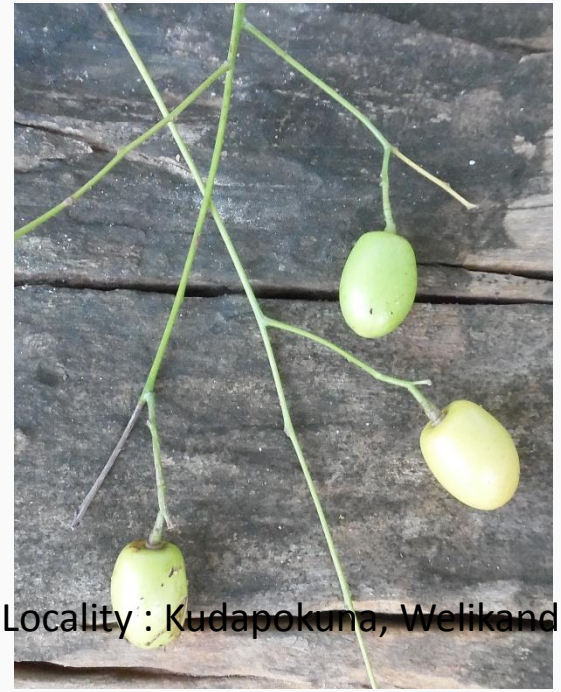
English name: Neem

Plant type: A tree

Medicinal usage: Treatment for Fevers, Skin ailments, Wounds, Coughs, Asthma, Eye diseases, Worms

Kohomba

Azadirachta indica



Locality : Kudapokuna, Welikanda, Sri Lanka

Local name: **Kollankola**

Scientific name: *Pogostemon heyneanus Benth*

Family : Lamiaceae

English name:

Plant type: A small shrub

Medicinal usage: Treatment for Wounds, Spongy gums, Pyorrhoea, Halitosis, Anorexia, Chronic dyspepsia and Abscesses etc.

Kollankola
Pogostemon heyneanus Benth
Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Komarika**

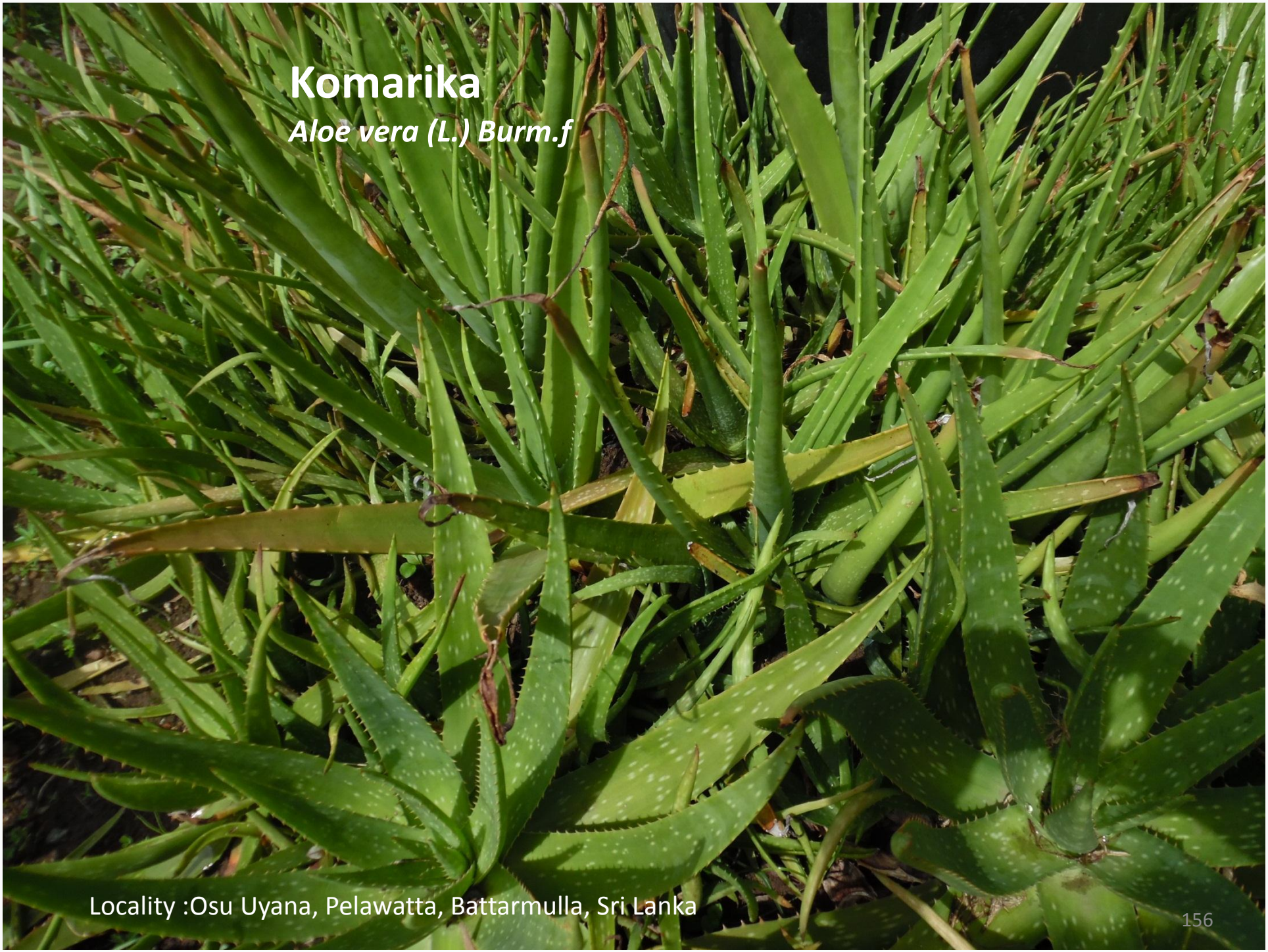
Scientific name: *Aloe vera (L.) Burm.f*

Family : Aloaceae

English name: Aloevera

Plant type: A herb

Medicinal usage: Treatment for Gastritis , Abdominal pains, Burns, Hair and Skin diseases etc.


Komarika
Aloe vera (L.) Burm.f
Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Kothala Himbatu**

Scientific name: *Salacia reticulata*

Family : Hippocrateaceae

English name: salacia, salaretin

Plant type: A large woody climber or scandent shrub

Medicinal usage: Treatment for Diabetes mellitus and Renal stones etc.

Kothala Himbatu

Salacia reticulata Weight.

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Kowakka**

Scientific name: *Coccinia grandis*

Family : Cucurbitaceae

English name: Ivy ground

Plant type: A vine

Medicinal usage: Treatment for; Diabetes mellitus Wounds, Swelling, Liver disorders, Menorrhagia, Leucorrhoea, Cough, Asthma, Skin Diseases and Anemia etc.

Kowakka

Coccinia grandis

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Kiri anguna**

Scientific name: *Wattakaka volubilis (L.f.) Stapf*

Family : Asclepiadaceae

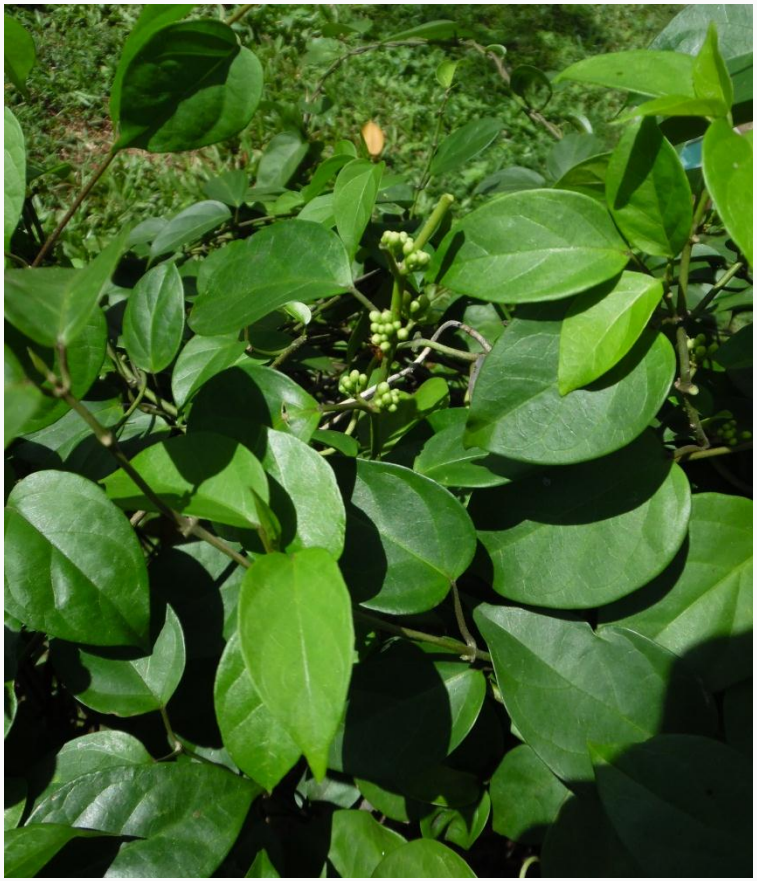
English name: Cotton milk plant

Plant type: A woody vine

Medicinal usage: Treatment for Cought, Asthma and worm diseases etc.

Kiri anguna

Wattakaka volubilis (L.f.) Stapf



Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Kiribadu**

Scientific name: *Ipomoea mauritiana Jacq.*

Family : Convolvulaceae

English name: Giant potato

Plant type: A vine

Medicinal usage: Treatment for Infertility and Impotence etc.

Kiribadu

Ipomea mauritiana Jacq.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Kithul**

Scientific name: *Caryota urens*

Family : Arecaceae

English name: Kithul

Plant type: A tall palm

Medicinal usage: Treatment for Bone fractures

Kithul

Caryota urens

Locality : Katubedda, Moratuwa, Sri Lanka

Local name: **Kuppameniya**

Scientific name: *Acalypha indica*

Family : Euphorbiaceae

English name: Indian copperleaf

Plant type: An annual herb

Medicinal usage: Treatment for Bronchitis, Constipation, Tonsillitis
Asthma and Coughs etc.

Kuppameniya

Acalypha indica

Locality: Pothuarawa Road, Malabe, Sri Lanka

Local name: **Kumburu**

Scientific name: *Caesalpinia bonduc*

Family : Lauraceae

English name: Cinnamom

Plant type: A vine

Medicinal usage: Treatment for Paralysis and Worm diseases etc.

Kumburu
Caesalpinia bonduc
Locality: Colombugama, Nivithigala
Ratnapura, Sri Lanka

Local name: **Kurundu**

Scientific name: *Cinnamomum verum*

Family : Lauraceae

English name: Cinnamom

Plant type: A tree

Medicinal usage: Treatment for Headaches, Stomachaches, Cough, Insect bites etc.

Kurundu

Cinnamomum verum

Locality: Colombugama, Nivithigala
Ratnapura, Sri Lanka

Local name: **Lothsumbul**

Scientific name: *Symplocos racemosa*

Family : Symplocaceae

English name:

Plant type: A small tree or large shrub

Medicinal usage: Treatment for Leucorrhoea, Skin Diseases and Uterine Diseases etc.

Lothsumbul

Symplocos racemosa Roxb.

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Madatiya**

Scientific name: *Adenanthera pavonina L.*

Family : Fabaceae

English name: Red sandal wood

Plant type: A tree

Medicinal usage: Treatment for Chronic rheumatism, Gout, Bowel hemorrhages, Haematuria, Diarrhoea Dysentery, Boils, Cholera, General paralysis, Inflammations

Madatiya

Adenanthera pavonina L.

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Madu**

Scientific name: *Cycas circinalis*

Family : Cycadaceae

English name: cycus

Plant type: A tree

Medicinal usage: Treatment for Hemorrhoid and Chronic constipation etc.

Locality : Chilaw, Sri Lanka

Local name: **Madara**

Scientific name: *Cleistanthus collinum*

Family : Euphornbiaceae

English name:

Plant type: A small tree

Medicinal usage: Treatment for headache

Madara

Cleistanthus collinum (Roxb.) Benth

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Magul karanda**

Scientific name: *Pongamia pinnata(L.) Pierre*

Family : Fabaceae

English name: Indian beach

Plant type: A tree

Medicinal usage: Treatment for Wounds, Swellings, Arthritis and Constipation etc.

Magul karanda

Pongamia pinnata(L.) Pierre

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Maha hathavariya**

Scientific name: *Asparagus falcatus L*.

Family : Asparagaceae

English name: Zierspargel

Plant type: A large, thorny, climbing plant

Medicinal usage: Treatment for Diarrhoea, Dysentery and Kidney Diseases etc.

Maha hathavariya
Asparagus falcatus L.
Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Maila**

Scientific name: *Bauhinia racemosa*

Family : Fabaceae

English name: Burmese Silk Orchid

Plant type: A tree

Medicinal usage: Treatment for skin diseases, caught and fever

Maila

Bauhinia racemosa

Locality : Kudapokuna, Welikanda, Sri Lanka

Local name: **Malitha**

Scientific name: *Woodfordia fruiticosa*

Family : Lythraceae

English name: Fire flame bush

Plant type: A shrub

Medicinal usage: Treatment for Haemorrhoids, Liver and spleen diseases, Nervous system disorders Dysentery, Heart diseases, Snake bites, Lung diseases, Asthma, Apoplexy, Burns and skin diseases etc.

Malitha

Woodfordia fruiticosa (L.) Kurz

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Marathondi**

Scientific name: *Lawsonia inermis L.*

Family : Lythraceae

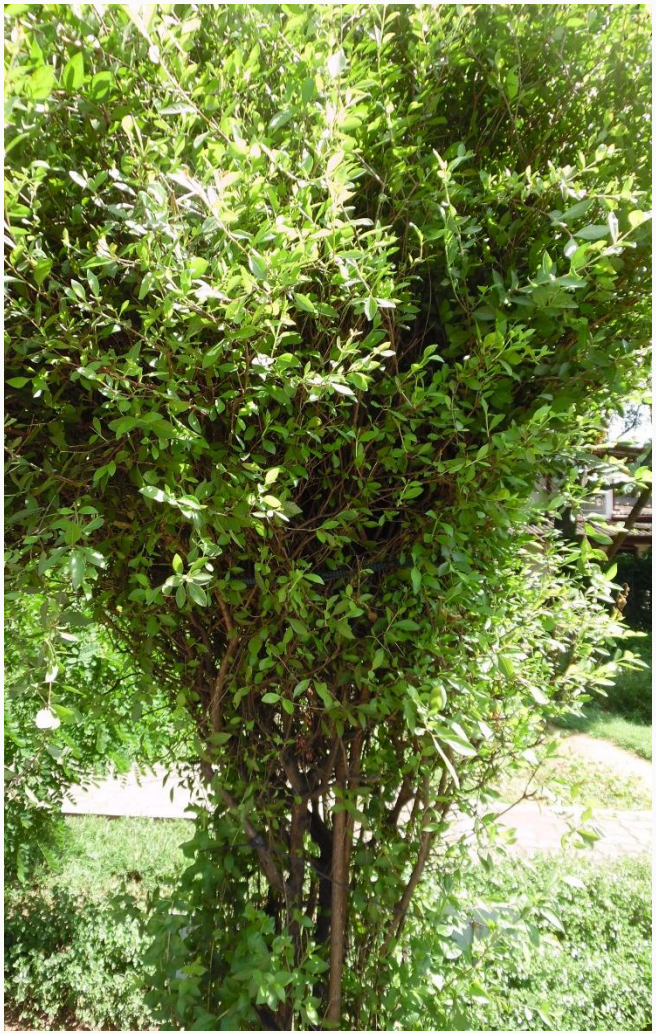
English name: Henna

Plant type: A large shrub

Medicinal usage: Treatment for hair, Headaches and Skin diseases etc.

Marathondi

Lawsonia inermis L.



Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Masbedda**

Scientific name: *Gymnema sylvestre*

Family : Asclepiadaceae

English name: Gurmar

Plant type: A vine

Medicinal usage: Treatment for Diabetes mellitus

Masbedda

Gymnema sylvestre

Locality: Pothuarawa Road, Malabe, Sri Lanka

Local name: **Mee**

Scientific name: *Madhuca longifolia*

Family : Sapotaceae

English name: South Indian mahua

Plant type: A tree

Medicinal usage: Treatment for Fractures, Rheumatism and Snake bites etc.

Mee

Madhuca longifolia (L.) Macbride

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Monaramal**

Scientific name: *Caesalpinia pulcherrima*

Family : Fabaceae

English name: Peacock flower

Plant type: A shrub/ A small tree

Medicinal usage: Treatment For Cold and Fever, Coughs Jaundice, Bloating, Diarrhea, Dysentery and Bronchitis etc.

Monaramal

Caesalpinia pulcherrima

Locality :Palavi, Puttalama, Sri Lanka

Local name: **Mudilla**

Scientific name: *Barringtonia asiatica*

Family : Lecythidaceae

English name: Sea poison tree

Plant type: A tree

Medicinal usage: Treatment for wounds Burns, Rheumatism, Worm Infections and Tuberculosis

Mudilla

Barringtonia asiatica

Local name: **Munamal**

Scientific name: *Mimusops elengi L.*

Family : Sapotaceae

English name: Bullet-woodtree

Plant type: A tree

Medicinal usage: Treatment for Dental disorders, Mouth ulcers and Headaches etc.

Munamul

Mimusops elengi L.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Na**

Scientific name: *Mesua ferra*

Family : Clusiaceae

English name: Nag Kesar

Plant type: A large tree

Medicinal usage: Treatment for: Cracked feet
Diarrohea, Eczema and Worm infections etc.

Na

Mesua ferra

Locality : Katubedda, Moratuwa, Sri Lanka

Local name: **Nelli**

Scientific name: *Phyllanthus emblica*

Family : Euphorbiaceae

English name: Goose berry

Plant type: a tree

Medicinal usage: Treatment for Diabetes mellitus, Burning sensation, Skin diseases, Abdominal diseases Headaches, Hemorrhoids, Coughs, Asthma and Tuberculosis etc.

Nelli

Phyllanthus emblica

Locality : Kudapokuna, Welikanda, Sri Lanka

Local name: **Nelum**

Scientific name: *Nelumbo nucifera*

Family : Nelumbonaceae

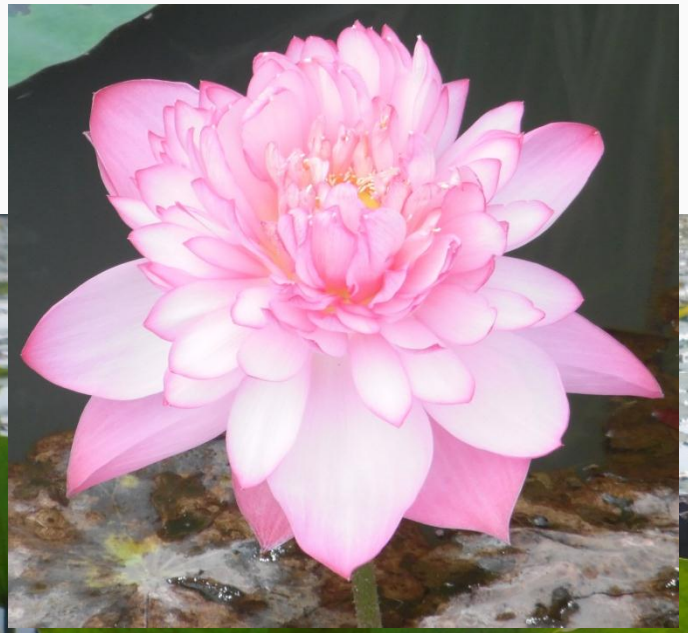
English name: Lotus

Plant type: An aquatic herb

Medicinal usage: Treatment for Bleeding piles, Snake bites,Diarrhoea, Cholera, Fevers, Liver disorders Coughs, Dysentery, Skin diseases, Leprosy

Nelum

Nelumbo spp



Locality : Battarmulla, Sri Lanka

Nelum
Nelumbo spp
Locality : Battarmulla, Sri Lanka

Local name: **Neeramulliya / Ekiriya**

Scientific name: *Hygrophila schulli*

Family : Acanthaceae

English name: Marsh Barbel

Plant type: A herb

Medicinal usage: Treatment for Jaundice, Kidney stones, and Hepatic diseases etc.

Neeramulliya / Ekiriya
Hygrophila schulli
Locality Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Nidikumba**

Scientific name: *Mimosa pudica*

Family : Fabaceae

English name: sleeping grass

Plant type: A creeping herb

Medicinal usage: Treatment for Dysentery, Diarrhea
Bronchitis, Ulcers , Wounds,, Convulsions
Bladder stones, Urinary diseases and Swellings etc.

Nidikumba
Mimosa pudica
Locality : Palavi, Puttalam, Sri Lanka

Local name: **Nika**

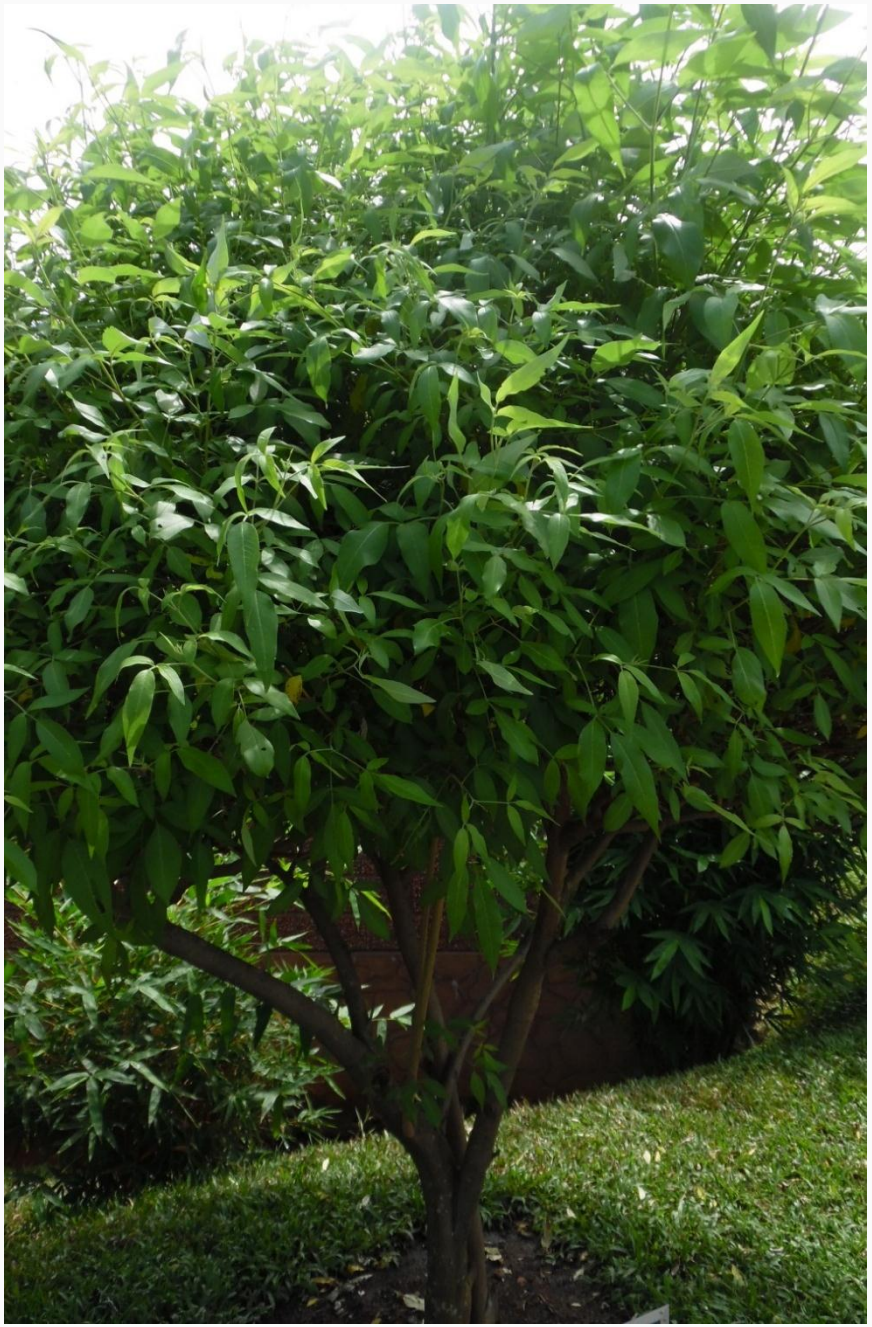
Scientific name: *Vitex negundo L.*

Family : Verbinaceae

English name: Chinese chaste tree

Plant type: A shrub

Medicinal usage: Treatment for Wounds, Swellings, Bloating, Inflammation, Pains, Rheumatism, Headaches, Catarrh, Coughs, Asthma, Fevers, Snake bites, Coma and Skin diseases etc.



Nika

Vitex negundo L.

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Niyanda**

Scientific name: *Sansevieria zeylanica*

Family : Dracaenaceae

English name: Bowstring hemp

Plant type: A herb

Medicinal usage: Treatment for snake bites

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Niyangala**

Scientific name: *Gloriosa superba*

Family : Colchicaceae

English name: Glory lily

Plant type: A semi-woody, herbaceous climber

Medicinal usage: Treatment for Leprosy ,Ulcers, Inflammations and Abdominal Pains etc.

Niyangala
Gloriosa superba
Locality : Udawattha Road, Malabe, Sri Lanka

Local name: **Ruk-anguna**

Scientific name: *Alangium salviifolium*

Family : Alangiaceae

English name: Sage Leaved Alangium

Plant type: A small bushy tree

Medicinal usage: Treatment for Rheumatic pains, Piles Skin Diseases, Pyrexia, Cobra –bite poisoning

Ruk-anguna

Alangium salviifolium (L.f.) Wang.
ssp. salvifolium (L.f.) wang.

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Olu**

Scientific name: *Nymphaea pubescens*

Family : Nymphaeaceae

English name: Water lily

Plant type: An aquatic rhizomatous herb

Medicinal usage: Treatment for Dyspepsia, Diarrhoea Piles, Urinary tract disorders, Nephritis ,Diabetes mellitus Snake bites, Body heat conditions, Insomnia, Jaundice, Haemorrhoids, Coughs, Anorexia and Vomiting etc.

Olu
Nymphaea pubescens
Locality :Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Savendara**

Scientific name: *Vetiveria zizanioides(L.*

Family : Poaceae

English name: Khas-khas /Vetiver grass

Plant type: A perennial bunchgrass

Medicinal usage: Treatment for Dyspepsia, Diarrhoea, Coughs, Hair diseases and Skin diseases etc.

Savendara
Vetiveria zizanioides(L.)Nash
Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Ranawara**

Scientific name: *Cassia auriculata*

Family : Fabaceae

English name:

Plant type: A tree

Medicinal usage: Treatment for-Skin diseases, Excessive bleeding, Excessive thirst, Dysentery, Diabetes mellitus

Ranawara

Cassia auriculata

Locality : Katubedda, Moratuwa, Sri Lanka

Local name: **Paththe gas**

Scientific name: *Homalocladium platiycladum*

Family : Polygonaceae

English name:

Plant type: A leafy bush

Medicinal usage: Treatment for snake bites

Paththe gas

Homalocladium platiycladum

Locality : Pelawatta, Battarmulla, Sri Lanka

Local name: **Iramusu**

Scientific name: *Hemidesmus indicus*

Family : Periplocaceae

English name: Indian sarsparilla

Plant type: A herb

Medicinal usage: Treatment for Skin diseases, Coughs, and Asthma etc.

Iramusu
Hemidesmus indicus
Locality : Pelawatta, Battarmulla, Sri Lanka

Local name: **Rath goraka**

Scientific name: *Garcinia quaesita*

Family : Clusiaceae

English name: Red mango

Plant type: A tree

Medicinal usage: Treatment for Hypertensions, Heart diseases, Wounds, Fractures, Abdominal pains, Nausea, Vomiting, Swellings, and Nervous system diseases etc.

Rath goraka

Garcinia quaesita Pierre

Local name: **Rammanissa**

Scientific name: *Cleome viscosa*

Family : Capparaceae

English name: Asian spider flower

Plant type: An annual herb

Medicinal usage: Treatment for Gout, Pulmonary diseases, Stomach ailments, Oedema, Dropsy

Rammanissa

Cleome viscosa

Local name: **Sarana**

Scientific name: *Trianthema portulacastrum*

Family : Aizoaceae

English name: Land caltrops

Plant type: An annual herb

Medicinal usage: Treatment for anemia, blood diseases and Constipation etc.

Sarana
Trianthema portulacastrum
Locality : Colombugama, Nivithigala, Ratnapura, Sri Lanka

Local name: **Wal bebila**

Scientific name: *Sida cordifolia*

Family : Malvaceae

English name: Country mallow

Plant type: A small plant

Medicinal usage: Treatment for high weight, High fat and urinary track diseases etc.

Wal bebila
Sida cordifolia
Locality : Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Rathu wadamal, Sapaththu mal**

Scientific name: *Hibiscus rosa-sinensis*

Family : Malvaceae

English name: Rose mallow, Hibiscus,

Plant type: A shrub

Medicinal usage: Treatment for Constipation and Anemia etc.

Rathu wada mal

Hibiscus rosa-sinensis

Locality : Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Siyambala**

Scientific name: *Tamarindus indica*

Family : FABACEAE

English name: Tamarind

Plant type: A large tree

Medicinal usage: Treatment for Excessive thirst, Burning Sensation, Fever, Haemorrhoids, Oral Diseases, Rectal Prolepses, Constipation,Dysuria, Leucorrhoea and Vomitting, Muscle stiffness etc.

Siyambala
Tamarindus indica
Locality : Kudapokuna, Welikanda, Sri Lanka

Local name: **Pitawakka**

Scientific name: *Phyllanthus amarus*

Family : Euphorbiaceae

English name: Niruri

Plant type: A herb

Medicinal usage: Treatment for Wounds, Gonorrhea, Dysentery, Scabies and worm diseases etc.

Pitawakka
Phyllanthus amarus
Locality : Kudapokuna, Welikanda, Sri Lanka

Local name: **Thebu**

Scientific name: *Costus speciosus (Koenig) Smith*

Family : Zingeberaceae

English name: Canereed

Plant type: A rhizomatous herbs

Medicinal usage: Treatment for High blood pressure, diabetes mellitus, Catarrhal fever, Hemorrhoids, Coughs and heart diseases.

Thebu

Costus speciosus

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Ruk**

Scientific name: *Horsfieldia iryaghedhi*

Family : Myristicaceae

English name:

Plant type: A tree

Medicinal usage: Treatment for Dysentery

Ruk

Horsfieldia iryaghedhi

Local name: **Thelembu**

Scientific name:

Family : Sterculiaceae

English name: Bastard poon tree

Plant type: a tree

Medicinal usage: Treatment for Wounds and Ulcers etc.

Thelembu

Sterculia foetida

Locality : Katubedda, Moratuwa, Sri Lanka

Local name: **Pihimbia**

Scientific name: *Filicium decipiens*

Family : Sapindaceae

English name:

Plant type: A tree

Medicinal usage: Treatment for Fractures

Pihimbia

Filicium decipiens

Locality : Katubedda, Moratuwa, Sri Lanka

Local name: **Wellangiriya**

Scientific name: *Capparis moonii Weight*

Family : Capparaceae

English name: Large caper

Plant type: A climber

Medicinal usage: Treatment for Bronchitis and Tonsillitis etc.

Wellangiriya

Capparis moonii Weight

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Samadara**

Scientific name: *Quassia indica*

Family : Simbrobaceae

English name:

Plant type: A small tree

Medicinal usage: Treatment for Fever, Swellings and Skin diseases etc.

Samadara

Quassia indica (Gaertn.)Noot

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Lihiniya**

Scientific name: *Helicteres isora L.*

Family : Sterculiaceae

English name: East Indian screw tree

Plant type: A small tree

Medicinal usage: Treatment for Dysentery, Diarrhea and Diabetes mellitus etc.

Lihiniya

Helicteres isora L.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Wishakumba**

Scientific name: *Jatropha podagrica Hook*

Family : Euphorbiaceae

English name: Australian bottle plant

Plant type: A small shrub

Medicinal usage: Treatment for Snake bites

Wisakumba
Jatropha podagrica Hook
Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Pera**

Scientific name: *Psidium guajava*

Family : Myrtaceae

English name:

Plant type: A small tree or shrub

Medicinal usage: Treatment for Diarrhoea, Dysentery Intestinal bleeding and Pulmonary disorders.

Pera

Psidium guajava

Locality : Kudapokuna, Welikanda, Sri Lanka

Local name: **Radaliya**

Scientific name: *Cannarus monocarpus L*

Family : Connaraceae

English name:

Plant type: A shrub

Medicinal usage: Treatment for Stomachaches, Boils, Ulcers and Swellings.

Radaliya

Cannarus monocarpus L.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Peni thora**

Scientific name: *Cassia occidentalis*

Family : Fabaceae

English name: Coffee sena

Plant type: A herb

Medicinal usage: Treatment for Rheumatism, Inflammations, Snake bites and liver diseases etc.

Peni thora
Cassia occidentalis
Locality Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Pada wel**

Scientific name: *Passiflora foetida*

Family : Passifloraceae

English name: Wild water melon

Plant type: A climber

Medicinal usage: Treatment for Pulmonary disorders and Venereal diseases etc.

Pada Wel

Passiflora foetida

Locality Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Yakinaran**

Scientific name: *Atlantia ceylanica (Arn.) Oliver*

Family : Rutaceae

English name:

Plant type: A shrub

Medicinal usage: Treatment for Stomachaches, Fevers and Coughs etc.

Yakinaran

Atlantia ceylanica (Arn.) Oliver

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Rathhandun**

Scientific name: *Pterocarpus santalinus L.f.*

Family : Fabaceae

English name: Red sandal wood

Plant type: A tree

Medicinal usage: Treatment for Swellings, Boils, Skin diseases, Inflammations and warm diseases etc.

Rathhandun

Pterocarpus santalinus L.f.

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Rathmal**

Scientific name: *Ixora coccinea L.*

Family : Rubiaceae

English name: Jungle gernnium

Plant type: A small shrub or a small plant

Medicinal usage: Treatment for Skin diseases and eye diseases etc.

Rathmal
Ixora coccinea L.
Locality : Katubedda, Moratuwa, Sri Lanka

Local name: **Wilandawenna**

Scientific name: *Leucas biflora*

Family : Lamiaceae

English name:

Plant type: A herb

Medicinal usage: Treatment for Vomiting

Wilandawenna

Leucas biflora

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Ranwan-katukandu**

Scientific name: *Barleria lupulina Lindl*

Family : Acanthaceae

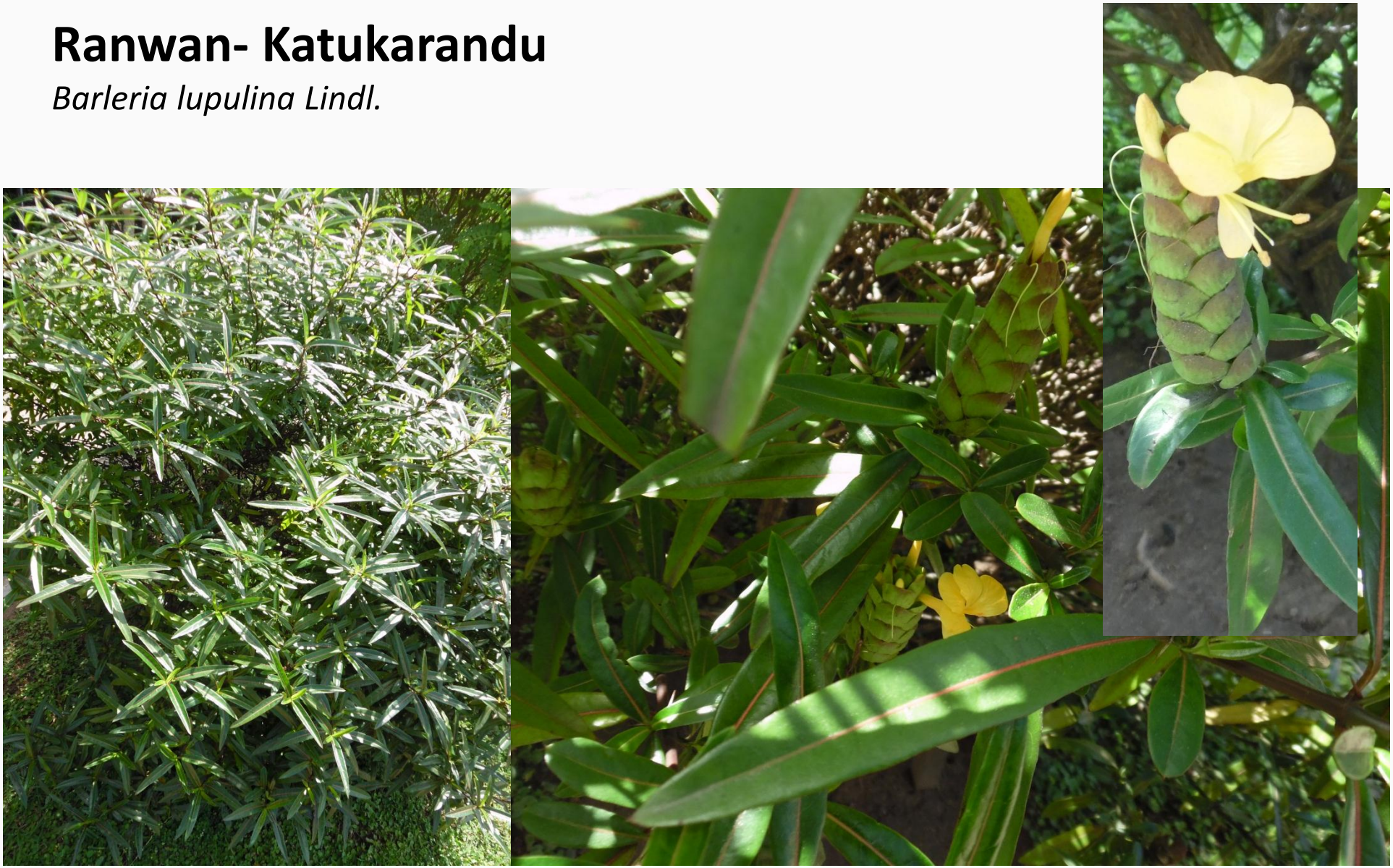
English name: Hophead Philippine violet

Plant type: A shrub

Medicinal usage: Treatment for Wounds

Ranwan- Katukarandu

Barleria lupulina Lindl.



Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Rampe**

Scientific name: *Pandanus amaryllifolius*

Family : Pandanaceae

English name: Leaf

Plant type: A shrub

Medicinal usage: Treatment for Vomiting, Flatulence
Dyspepsia

Rampe

Pandanus amaryllifolius

Local name: **Sepadilla**

Scientific name: *Manilkara zapota*

Family : Sapotaceae

English name: Chiko

Plant type: A tree

Medicinal usage: Treatment for diarrhea and pulmonary complaints etc.

Sepadilla

Manilkara zapota

Locality : BMICH, Bavudhaloka Mawatha, Colombo 07, Sri Lanka

Local name: **Thala**

Scientific name: *Sesamum indicum*

Family : Pedaliaceae

English name: Sesame

Plant type: An erect branching herb

Medicinal usage: Treatment for Mouth ulcers, Burns, Cystitis, wounds and Strangury etc.

Locality Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Polpala**

Scientific name: *Aerva javanica*

Family : Amaranthaceae

English name: Kapok bush

Plant type: A perineal herb

Medicinal usage: Treatment for Bladder stones and Urinary infections etc.

Polpala
Aerva javanica
Locality Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Siriwedi babila**

Scientific name: *Hibiscus micranthus*

Family : Malvaceae

English name: Tiny flower hibiscus

Plant type: A herb

Medicinal usage: Treatment for Venomous stings, bites, Kidney Diseases and Stomochache etc.

Siriwedi babila
Hibiscus micranthus
Locality Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Thumaba Karawila**

Scientific name: *Momordica dioica*

Family : Cucurbitaceae

English name: Ban karela

Plant type: A vine

Medicinal usage: Treatment for Diabetes mellitus, Liver disorders and Urinary stones etc.

Thumba Karawila
Momordica dioica
Locality Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Olinda**

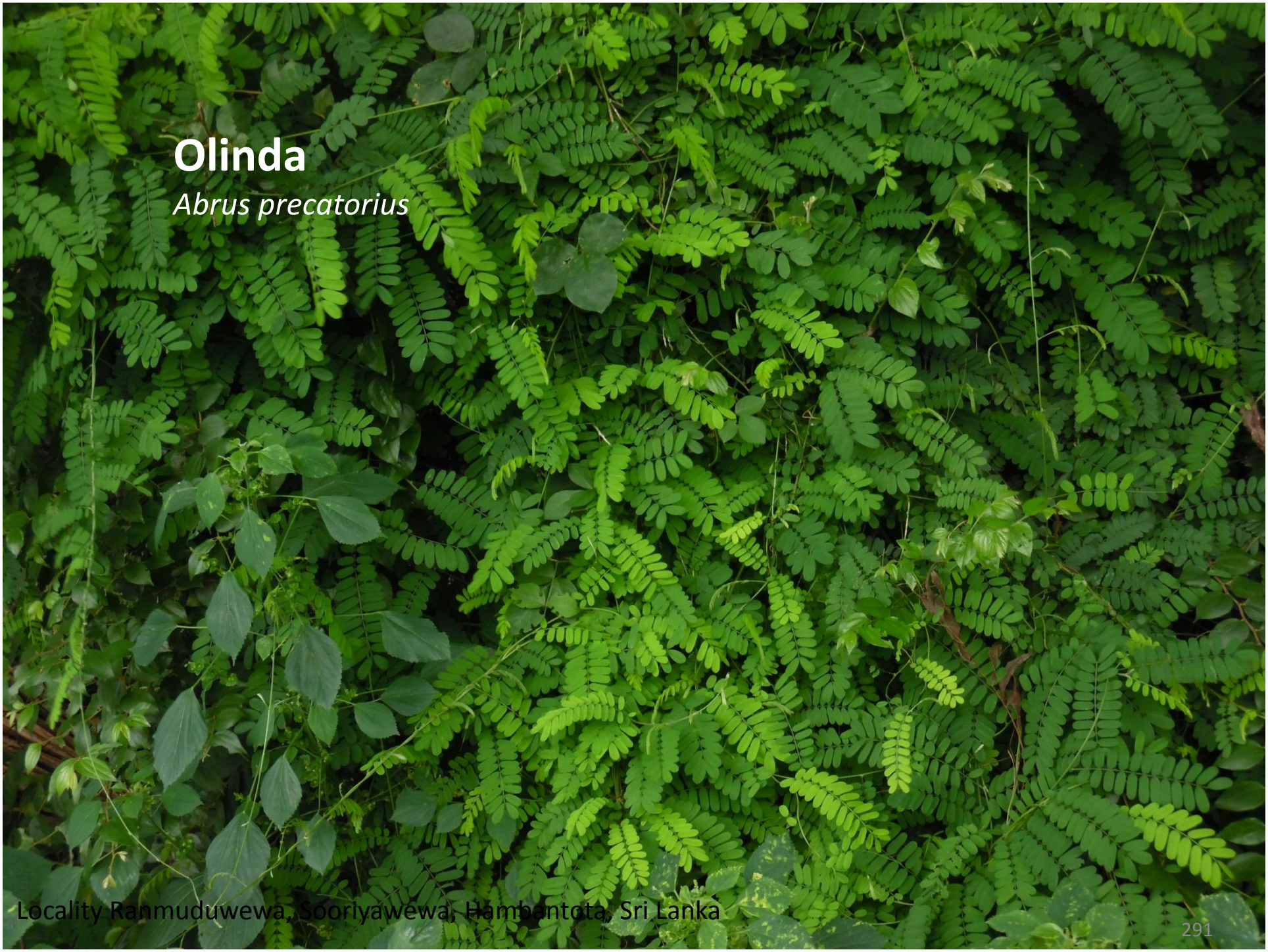
Scientific name: *Abrus precatorius*

Family : Fabaceae

English name: Indian liquerice

Plant type: A vine

Medicinal usage: Treatment for Headaches and Skin diseases etc.


Olinda
Abrus precatorius
Locality Ranmuduwewa, Sooriyawewa, Hambantota, Sri Lanka

Local name: **Puppula**

Scientific name: *Vernonia zeylanica*

Family : Asteraceae

English name: Pupula

Plant type: A shrub

Medicinal usage: Treatment for poisoning

Puppula

Vernonia zeylanica

Locality Kudapokuna, welikanda, Sri Lanka

Local name: **Nawahandhi**

Scientific name: *Rhipsalis baccifera*

Family : Cactaceae

English name:

Plant type: A shrub

Medicinal usage: Treatment for fractures and snakebites etc.

Nawahandhi

Rhipsalis baccifera

Locality: Pothuarawa Road, Malabe, Sri Lanka

Local name: **Nivithi**

Scientific name: *Basella alba*

Family : Basellaceae

English name: Malabar spinach

Plant type: A herb

Medicinal usage: Treatment for Abscesses, Ulcers and Swellings etc.

Nivithi

Scientific name: *Basella alba*

Local name: **Suriyakantha**

Scientific name: *Hailanthus annuus*

Family : Asteraceae

English name: Sunfower

Plant type: A plant

Medicinal usage: Treatment for high fever, snake and insect bites

Suriyakantha

Helianthus annus

Locality : Battarmulla, Sri Lanka

Local name: **Samanpichcha**

Scientific name: *Jasminum officinale*

Family : Oleaceae

English name: Jasmine

Plant type: A vigorous, twining climber

Medicinal usage: Treatment for Eye diseases, Skin diseases, and Scorpion sting

Saman pichcha

Jasminum officinale

Local name: **Sudu Handun**

Scientific name: *Santalum album*

Family : Santalaceae

English name: Sandalwood

Plant type: A shrub

Medicinal usage: Treatment for Inflammations, Wounds, Skin Diseases and Diarrhea etc.

Sudu Handun

Santalum album

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Samadana**

Scientific name: *Blepharis integrifolia*

Family : Acanthaceae

English name:

Plant type: A herb

Medicinal usage: Treatment Fractures, Snake bites and Wounds etc.

Samadana

Blepharis integrifolia (L.f.) E. Meyer ex Krasuss

Locality : Osu Uyana, Pelawatta, Battaramulla, Sri Lanka

Local name: **Sudu wellangiriya**

Scientific name: *Capparis moonii*

Family : Capparaceae

English name: Large caper

Plant type: A shrub

Medicinal usage: Treatment for Bronchitis, Tumours and Tonsillitis etc.

Sudu wellangiriya

Capparis moonii Wight

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Thal**

Scientific name: *Borassus flabellifer*

Family : Arecaceae

English name: Palmyrah

Plant type: A tall tree

Medicinal usage: Treatment for “Raktha vata” conditions

Thal
Borassus flabellifer
Locality : Polonnaruwa, Sri Lanka

Local name: **Thimbiri**

Scientific name: *Diospyros malabarica*

Family : Ebenaceae

English name: Gaub

Plant type: A tree

Medicinal usage: Treatment for Wounds, Sore throat, Diarrhoea, Dysentery

Thimbiri

Diospyros malabarica (Desr.) Kostel.

Locality : Pelawatta, Battarmulla, Sri Lanka

Local name: **Thippili**

Scientific name: *Piper longum L*

Family : Piperaceae

English name: Long pepper

Plant type: A perennial herb

Medicinal usage: Treatment for Bronchitis, Fever, Cough, Catarrh, Asthma a Spleenomegaly, Hemorrhoids, and Piles etc.

Thippili

Piper longum L.

Locality :Osu Uyana, Pelawatta, Battarmulla, Sri Lanka

Local name: **Tholabo**

Scientific name: *Crinum asiaticum*

Family : Amaryllidaceae

English name: Grand crinum lily

Plant type: A bulb forming plant

Medicinal usage: Earaches, Sprains, Inflamed joints
Whitlow, Acute bronchitis, Pneumonia, Fevers
Lumbago, Headaches, Swellings

Tholabo

Crimum asiaticum

Locality : Pelawatta, Battarmulla, Sri Lanka

Local name: **Thibbatu**

Scientific name: *Solanum torvum*

Family : Solanaceae

English name: Plate brush

Plant type: A shrub

Medicinal usage: Treatment for Pains, inflamations, Naso pharyngeal infections, Fever, Coughs, Diarrhea, Dysentery and Urinary diseases etc.

Thibbatu

Solanum melongena

Local name: **UK**

Scientific name: *Saccharum officinarum*

Family : Sugar cane

English name: Sugar cane

Plant type: A tall grass

Medicinal usage: Treatment for febrile disorders

UK

Saccharum officinarum

Locality: Colombugama, Nivithigala
Ratnapura, Sri Lanka

Local name: **Wal koththamalli**

Scientific name: *Oldenlandia herbacea*

Family : Rubiaceae

English name:

Plant type: A herb

Medicinal usage: Treatment for Diabetes mellitus, Ear diseases,Eye diseases, Liver diseases and Vomiting etc.

Wal kottamalli

Oldenlandia herbacea

Locality : Kudapokuna, Welikanda, Sri Lanka

Local name: **Wel kohila**

Scientific name: *Syngonium angustatum*

Family : Araceae

English name: Arrrowhead plant

Plant type: A climber

Medicinal usage: Treatment for eye diseases and Haemorrhoids etc.

Wel kohila

Scientific name: *Syngonium angustatum*

Local name: **Wetakeiya**

Scientific name: *Pandanus kaida*

Family : Pandanaceae

English name:

Plant type: A large shrub

Medicinal usage: Treatment for Wounds, Skin diseases, Ear diseases, Headaches, Paints, Rheumatoid arthritis and Diabetes mellitus etc.

Wetakeiya

Pandanus kaida

Locality : Chilaw, Sri Lanka

Local name: **Wara**

Scientific name: *Calotropis procera*

Family : Asclepiadaceae

English name: Rubber bush

Plant type: A shrub

Medicinal usage: Treatment for Rheumatism Mucosal Diseases, Skin diseases, Cutaneous parasitic Infections, Nasopharyngeal diseases, Lactation disorders, Kidney diseases and Pulmonary ailments etc.

Wara
Calotropis procera
Locality : Palavi, Puttalam, Sri Lanka

Local name: **Yakada-wel**

Scientific name: *Artobotrys hexapetalus (L.f.) Bhan.*

Family : Annonaeae

English name: Climbing Ilang Ilang

Plant type: A climber

Medicinal usage: Treatment for inflammations

Yakadawel

Artobotrys hexapetalus (L.f.) Bhan.

Locality : Pelawatta, Battarmulla, Sri Lanka

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