



DEPARTMENT OF AYURVEDA  
MINISTRY OF HEALTH  
SRI LANKA



UNIVERSITY OF  
**KELANIYA** | Faculty of  
Graduate Studies

# 2<sup>nd</sup> International Research Symposium on Traditional Medicine

“One Health for Sustainable and Healthy Living of  
Humans, Animals, and Ecosystems”



## CONFERENCE PROGRAM

Organized by

The Faculty of Graduate Studies, University of Kelaniya

In collaboration with

The Department of Ayurveda, Ministry of Health, Sri Lanka

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Proceedings of the 2<sup>nd</sup> International Research Symposium on Traditional Medicine -  
(AyurEx Colombo 2024)

***"One health for sustainable and healthy living of humans, animals, and ecosystems"***

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**Welcome to**

**The 2<sup>nd</sup> International Research Symposium on**

**Traditional Medicine**

**AyurEx Colombo - 2024**

**Organized by**

**The Faculty of Graduate Studies**

**University of Kelaniya**

**in collaboration with**

**The Department of Ayurveda, Ministry of Health, Sri Lanka**

## **A Special Note about the Program Book:**

The University of Kelaniya is the first university to adopt green practices in Sri Lanka successfully. We are moving towards a ‘paperless’ university. In keeping with the concept, we have decided to offer only the essential information that participants would require in print form. The rest of the information is offered online. Beginning in 2016, an online conference management platform was used to organize the conference, which allowed for more efficient planning and improved data management during registration and review.

## **The Symposium Program Book:**

This includes a detailed schedule of events, session details including date, time and venues.

## **Abstract Volume:**

The Abstract Volume is accessible online in PDF format, providing comprehensive author information alongside the abstracts.

Symposium-related information can be found through the AyurEx website. To access the AyurEx webpage, please scan the QR code provided below.



## **Message from the Minister of Education**



I am pleased to send my good wishes for the 2nd International Research Symposium on Traditional Medicine, to be held during May 3-5, 2024, at the UCFM Tower, Faculty of Medicine, University of Colombo.

Global trends in education demand new knowledge, skills, values and attitudes to be acquired by citizens to lead productive healthy lives and make informed decisions in their work roles. Health has become a global concern in many dimensions of human activity. This symposium, organized around the theme, "One health for all through traditional medicine" would be helpful to promote a multidisciplinary collaboration for a healthier world for all, covering all aspects of health care for humans, animals, and the environment.

The Ministry of Health, and the Department of Ayurveda of the Government of Sri Lanka, in collaboration with the Faculty of Graduate Studies, and the University of Kelaniya, have initiated to dedicate a platform to share knowledge and skills relating to multi-disciplinary research on the traditional medical sector.

I express my sincere gratitude to the Minister of Health, the State Minister of Indigenous Medicine, and the Department of Ayurveda for giving leadership to this international event. I also thank the Vice-Chancellor, the University of Kelaniya, the Faculty of the Graduate Studies, and the eminent speakers and academics who are making contributions to this symposium.

I wish this symposium all success!

**Hon. (Dr.) A. D. Susil Premajayantha (M. P.)**

Minister of Education

Leader of House, Sri Lanka Parliament

## **Message from the Minister of Health**



It is an immense privilege that as the Minister of Health for the Ministry of Health, Sri Lanka, provide guidance and leadership for the 2nd International Research Symposium on Traditional Medicine which will be held on the 3rd 4th, and 5th of May 2024 at UCFM Tower, Faculty of Medicine, University of Colombo.

The Government of Sri Lanka is committed to ensuring Universal Health Coverage to all its citizens. The Cabinet of Ministers approved the Policy on Healthcare Delivery for Universal Health Coverage in 2018, which could be considered the foundation for preserving Universal Health Coverage in the country. This would also pave the way towards achieving Sustainable Development Goals.

The Ministry of Health, Indigenous Medicine sector and the Department of Ayurveda are committed towards successful operationalization of the policy, which focuses on reorganizing and strengthening the primary healthcare delivery system and exploring new frontiers in the field of traditional medical systems through evidence-based research.

This symposium is a platform established by the Ministry of Health, and the Department of Ayurveda of the Government of Sri Lanka, in collaboration with the faculty of Graduate studies, the University of Kelaniya to propagate the traditional medical system globally in its true sense. This global platform provides ever evolving scientific exchange between modern science and traditional medicinal systems.

The impact of an international research symposium encompasses the areas of evidence-based multidisciplinary research, innovations, biodiversity, ecosystem and one health approach through traditional medicine to the global outreach for the benefit of society and mankind.

I extend my sincere appreciation state minister of the indigenous sector, the Department of Ayurveda, the faculty of Graduate studies, the University of Kelaniya, and the organizing committees for their tremendous support in making this event a success.

**Hon. (Dr.) Ramesh Pathirana**

Minister of Health

Sri Lanka

## **Message from the state minister of Indigenous Medicine**



It is with great pleasure and immense honor that I stand before you as the state minister of Indigenous Medicine, to address the inauguration of the AyurEx 2024, the 2nd International Research Symposium on Traditional Medicine, organized by the Ministry of Health, the Department of Ayurveda of Sri Lanka, in collaboration with the Faculty of Graduate Studies, University of Kelaniya.

Once Director General of the World Health Organization (WHO) emphasized that, the countries around the world should work towards unlocking the power of traditional medicine and provide evidence and action-based suggestions that can be interpreted into a global strategy.

In order to achieve the vision of preserving Universal Health Coverage in the country, The Sri Lankan government dedicated and adopted the Policy on Healthcare Delivery for Universal Health Coverage in year 2018, paving the road for reach the Sustainable Development Goals.

This international forum organized and conducted by the Ministry of Health and Department of Ayurveda, in collaboration with the University of Kelaniya, will facilitate well accomplished researchers, academicians, Traditional Medical practitioners and Herbal drug manufacturers regarding the research-based studies.

Furthermore, this event will Motivate, reform and enhance the primary healthcare delivery system, and seek new horizons in the field of traditional medical system.

I would like to express my sincere gratitude to University of Kelaniya, Ministry of Health and Department of Ayurveda and all the supporters who have generously contributed and who have worked tirelessly to make this event possible.

While collaborating in this symposium. Together, we can turn knowledge into action and pave the way for a better tomorrow

Thank you, and may this symposium be a resounding success

**Hon. Mr. Sisira Jayakody**

Minister of State for Indigenous Medicine

Sri Lanka



## **Message from the Secretary of the Ministry of Health**



It is with great pleasure and immense pride that as the Secretary of the Ministry of Health to make a remarkable message to the 2nd International Research Symposium on Traditional Medicine which will be held on the 3rd 4th, and 5th of May 2024 at UCFM Tower, Faculty of Medicine, University of Colombo.

The Ministry of Health, and the Department of Ayurveda of the Government of Sri Lanka, in collaboration with the faculty of Graduate studies, the University of Kelaniya, have initiated to dedicate the global platform to share knowledge and skills to multidimensional, multi-disciplinary, inclusive, and culturally appropriate evidence base research related to the traditional medical sector.

The World Health Organization (WHO) urged that countries around the world work towards unlocking the power of traditional medicine and provide evidence and action-based suggestions that can be interpreted into a global strategy. Consequently, this momentous event was taken as an initiative to generate a global forum committed to the concept of “traditional medical systems for one health.”

I express my deepest appreciation to the keynote speaker, eminent speakers, presenters, and panellists who have offered to devote their time and expertise to make this event a resounding success. Your contributions would be instrumental in shaping the discourse and expanding our horizons.

I'd also like to extend my gratitude to the Department of Ayurveda, the university of Kelaniya, the organizing committees and all the individuals who have worked tirelessly behind the scenes to ensure the smooth execution of this event.

This international symposium provides a wealth of diverse experiences, perspectives, and immense knowledge. Each of you holds a unique piece of the puzzle that can help us find groundbreaking solutions regarding the global concept of one's health.

Hence, we embark on a journey to explore new horizons and discover the depths of the concept one health, regarding Traditional Medical Systems.

### **Dr. P.G. Mahipala**

Secretary of the Ministry of Health  
Sri Lanka



## **Message from the Commissioner General of Ayurveda, Sri Lanka**



As the commissioner General of Ayurveda, it gives me immense pleasure to host the 2nd International Research Symposium on Traditional Medicine, on the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> of May 2024 at UCFM Tower, Faculty of Medicine, University of Colombo.

International Research Symposium -AyurEx Colombo- 2024 is poised to be the most prominent and comprehensive event organized and dedicated to traditional medicine, providing a unique platform for stakeholders, experts, research, and practitioners from across the globe to converge, collaborate, and explore the vast potential of traditional medical practices.

The Ministry of Health, and the Department of Ayurveda of the Government of Sri Lanka, in collaboration with the faculty of Graduate studies, University of Kelaniya, have initiated to dedicate the global platform to share expertise, knowledge, and skills to cutting-edge research interventions and inventions on Traditional Medicine.

Traditional Medicine (TM) to today's emerging health challenges, it is time to exchange expertise, knowledge, and skills among academics, scientists, practitioners, entrepreneurs, and researchers through cutting-edge research interventions and innovations.

The Director General of the World Health Organization (WHO) highlighted “unlocking the power of traditional medicine and providing evidence and action-based suggestions that could be interpreted into a global strategy.” Accordingly, this initiative created an international forum focused on the “traditional medical systems for one health”. Moreover, this international conference provides a scientific platform to eminent researchers, academicians, physicians, traditional and medical practitioners, manufacturers, and exporters of Ayurveda for evidence-based research.

I express my thanks to the Minister of Health, Hon. Ramesh Pathirana, State Minister of Indigenous Medicine, Hon. Sisira Jayakody, Secretary, Ministry of Health Dr. P.G Maheepala, the Vice Chancellor, University of Kelaniya, the Dean of the faculty of graduate studies, and everyone who has been instrumental in Organizing this symposium from all members to the Patrons, Advisors, and the Organizing Committee, for offering in their hearts and soul for the grand success. I am grateful to the presenters and the participants for their thought-provoking contributions. I extend our very best wishes to you wherever you may be.

Last but not least, our sponsor, Lever Ayush and partners, we are grateful for your support, which is to be powered us to bring this event to fruition. Your commitment to the advancement of knowledge and innovation is deeply appreciated.

As we embark on this intellectual journey together, let us keep an open mind, and engage in constructive dialogues, while collaborating in this symposium. Together, we can turn knowledge into action and pave the way for a better tomorrow.

Thank you, and may this symposium be a resounding success!

**Dr. Dammika Abeygunawardena**  
Commissioner General of Ayurveda  
Sri Lanka

## **Message from the Guest of Honour**

### **Vice-Chancellor, University of Kelaniya**



It is with great pleasure and honour that I extend my warmest greetings to all those involved in the 2<sup>nd</sup> International Research Symposium on Traditional Medicine - *AyurEx Colombo 2024*. First and foremost, I wish to commend the organizers for their dedication and hard work in bringing together experts, eminent and young researchers, and practitioners from around the globe to explore and celebrate the rich heritage of traditional medicine in Sri Lanka.

The theme for the *AyurEx Colombo 2024* “*One Health for sustainable and healthy living of humans, animals, and ecosystems*” has been selected to cover diverse avenues to reap the maximum benefit. Careful review of the abstracts that are to be presented under 12 subthemes, amounting to nearly 300 individual presentations, speaks to the gravity, depth and breadth of research being conducted in this field. The symposium’s focus on topics such as Vrikshayurveda, Satvarurveda, metabolic disorders, traditional practices in food and nutrition, and the impact of traditional medicine on health and wellness reflects the multifaceted nature of traditional medicine’s role in contemporary healthcare.

As a practitioner of Western Medicine, I am well aware of the fact that many of the pharmaceutical products that we use today are derived from nature and traditional knowledge, including landmark drugs such as aspirin and artemisinin. It was the effective use of traditional knowledge that enabled scientists to achieve their breakthrough discoveries and bring these drugs into widespread use. Several such examples highlight the importance of digging into our hidden treasures so that we can tap into their full potential and bring them to market with proper scientific insights.

I wish all the participants and the organizers of *AyurEx Colombo 2024* fruitful deliberations and a very successful meeting!

### **Senior Professor Nilanthi Renuka de Silva**

Vice-Chancellor  
University of Kelaniya  
Sri Lanka

## **Message from the symposium Co-Chair and Dean, Faculty of Graduate Studies**



About 80% of population in Africa and 40% of population in many other parts of the world use traditional medicine to help meet their health care needs. Increased side effects, high cost, microbial resistance and lack of curative effects for some chronic diseases are major concerns of synthetic drugs. Traditional medicines are known to be ‘clinically proven’ for non-toxicity or less toxicity and effectiveness by the generations-long use of them. However, the modern world is curious, and mere reference to classical texts or generations-long use may not be sufficient as evidence of safety and efficacy of traditional medicine. Therefore, scientific evidence-based research is vital for wider global recognition and acceptance of traditional medicine.

I believe that this symposium will be a platform for traditional medical practitioners, western medical practitioners, students, researchers and scientists to interact and draw strategies to initiate regional and global-level research in quality control, safety, efficacy, disease diagnosis and many other aspects of traditional medicine.

Wishing you a fruitful experience,

**Senior Professor N. A. K. P. J. Seneviratne**

Symposium Co-Chair & Dean  
Faculty of Graduate Studies  
University of Kelaniya  
Sri Lanka

## **Message from the Symposium Chair**



It is with great pride and immense pleasure that I extend this message for the 2nd International Research Symposium on Traditional Medicine, AyurEx Colombo 2024, centred around the theme of 'One Health for sustainable and healthy living of humans, animals, and ecosystems.' We warmly welcome all participants to Colombo from 3<sup>rd</sup> May to 5<sup>th</sup> May 2024. This symposium, organized in collaboration with the Department of Ayurveda, aims to promote the 'One Health' approach to achieve optimal health and sustainability for humans, animals, and ecosystems by leveraging traditional medicine for the fulfilment of Sustainable Development Goals.

The University of Kelaniya stands as a beacon of innovative research, giving top priority to translating recent advances in herbal medicine into practical applications. The symposium's objectives are sharply focused, not only fostering networking among stakeholders but also facilitating knowledge sharing and technology transfer to enhance value addition in traditional medicine products. Emphasizing the bridge between research and market application through rigorous research and quality control measures, the university's diverse research activities will further enrich its contributions.

The symposium will delve into various subthemes such as Vrikshayurveda and Satvarurveda with a holistic approach, Metabolic disorders in humans and animals, Zoonotic diseases and traditional medicine, Pharmacology, Pharmaceutics, and Clinical trials, along with Preventive and Curative measures for health issues. Additionally, discussions will range from advanced medical & surgical practices in traditional medicine to Eco-Tourism, Yoga, and Wellness, and High-tech innovations in traditional healthcare systems. Topics including Toxic effects, Sustainable Cultivation, organic farming, conservation of medicinal plants, antimicrobial resistance, environmental contamination, climate change, biodiversity, and habitat loss will also be explored. AyurEx Colombo 2024 serves as a platform for acquiring new knowledge, enhancing advanced research skills, strengthening networking with early career researchers, and fostering Private-Public Partnerships (PPP).

With an anticipated participation of around 400 authors and attendees, including esteemed keynote and plenary speakers from Sri Lanka and India, the event promises a diverse array of insights and discussions. We are delighted to extend a warm welcome to all distinguished guests and well-wishers of AyurEx Colombo 2024. The tireless efforts of the organizing committees underscore the collaborative spirit behind the symposium's success. I express my sincere gratitude for the support and guidance provided by the Vice Chancellor of the University of Kelaniya, Senior Professor Nilanthi de Silva, Dean of the Faculty of Graduate Studies, Senior Professor Kapila Seneviratne, and Commissioner General of the Department of Ayurveda, Dr. Dammika Abeygunawardana. We owe a debt of gratitude to the organizing committee, as well as all academic and non-academic staff, for their unwavering support and dedication to the success of the symposium.

We wish everyone a fruitful and enriching experience at AyurEx Colombo 2024, filled with valuable knowledge and meaningful interactions.

**Senior Professor P A Paranagama**

Symposium Chair

Chair of Chemistry

University of Kelaniya, Sri Lanka

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## **About AyurEx Colombo - 2024**

The 2<sup>nd</sup> International Research Symposium on Traditional Medicine (AyurEx Colombo - 2024) organized by the Faculty of Graduate Studies, University of Kelaniya, Sri Lanka, in collaboration with the Department of Ayurveda, Ministry of Health, Sri Lanka is a beacon of academic and professional excellence in the field of traditional medicine. The symposium aims to bring together scholars, researchers, and practitioners in the field of traditional medicine to exchange knowledge, discuss research findings, and explore new avenues for collaboration and advancement in the field.

The conference for this year will consist of ten plenary sessions, followed by a keynote address by **Prof. Vaidya Rabinarayan Acharya, Director General, Central Council for Research in Ayurvedic Sciences (CCRAS), India.**

### **Sub Themes**

1. Vrikshayurveda (ancient science of plant life & plant care) and Satvarurveda (veterinary medicine) with a holistic approach
2. Metabolic disorders in human and animal
3. Traditional practices on food, nutrition and food safety
4. Zoonotic disease and traditional medicine
5. Pharmacology, pharmaceuticals and clinical trials
6. Preventive and curative measures of health issues
7. Advanced medical & surgical practices in traditional medicine
8. Eco-Tourism, yoga, and wellness
9. High-tech innovations in traditional healthcare systems
10. Toxic effects on humans, animals and ecosystems
11. Antimicrobial resistance, environmental contamination, climate change, biodiversity, and habitat loss
12. Sustainable cultivation, organic farming, conservation, and propagation of medicinal plants

## Schedule of the Plenary Sessions

Plenary Speaker	Affiliations	Title	Time	Venue	Date
<b>Prof. Ms. Tanuja Nesari</b>	M.D. and Ph.D. in Ayurvedic Pharmacology (Dravyaguna vidnyan) from Gujarat Ayurved University, Jamnagar. Director, All India Institute of Ayurveda, New Delhi, India	Bridging Traditional Wisdom with Modern Science - In context of Ayurveda Research Methodologies	09.30 am - 09.50 am	Hall Number 01	04 <sup>th</sup> of May 2024
<b>Prof. Iraj Ratnayake</b>	Professor in the Department of Tourism Management, Sabaragamuwa University of Sri Lanka	Equity and Inclusion: Reforming the Future of Wellness	09.30 am - 09.50 am	Hall Number 03	04 <sup>th</sup> of May 2024
<b>Dr. Dinum Perera</b>	Faculty of Technology, Rajarata University, Sri Lanka	Sowing wellness: cultivating halophytes as a paradigm shift in medicinal crop production	10.20 am - 10.40 am	Hall Number 01	04 <sup>th</sup> of May 2024
<b>Dr. Geetha Krishna</b>	Unit Head, Evidence and Learning, WHO Global Treatment Center, Jamnagar, India	WHO initiatives for traditional medicine	10.20 am - 10.40 am	Hall Number 03	4 <sup>th</sup> of May 2024
<b>Dr. Manoj Nesari</b>	PhD in Policy Research. MD, internal medicine (Kayachikitsa), Advisor, Ayurveda, Ministry of AYUSH, Govt. of India	Recent developments in control of Zoonotic diseases and promotion of Veterinary Health through Ayurveda	01.00 pm - 01.20 pm	Hall Number 03	04 <sup>th</sup> of May 2024
<b>Vidya Jyothi Prof. Vajira Dissanayake</b>	Professor of Medicine, Dean, Faculty of Medicine, University of Colombo	Integrating Traditional Knowledge into Modern Healthcare Systems to enhance Health and Wellbeing	09.30 am – 09.50 am	Hall Number 01	05 <sup>th</sup> of May 2024
<b>Prof. Ayanthi Navarthne</b>	Senior Professor, Department of Chemistry, University of Peradeniya	Toxic effects of pesticides and fertilizer on human, animal and ecosystem as a whole	09.30 am – 09.50 am	Hall Number 03	05 <sup>th</sup> of May 2024
<b>Senior lecturer Dr. (Ms) M.W.S.J. Kumari</b>	Faculty of Indigenous Medicine, University of Colombo	Vrikshayurveda and Satvarurveda for one health approach	10.20 am – 10.40 am	Hall Number 01	05 <sup>th</sup> of May 2024
<b>Dr. Mukesh Chawda</b>	Shree Dhootapapeshwar Limited, Mumbai, India	Addressing Unmet needs in Knee Osteoarthritis Management through Traditional Medicines	10.20 am - 10.40 am	Hall Number 03	05 <sup>th</sup> of May 2024



## **Symposium Committee**

### **Convener**

Senior Professor Nilanthi Renuka de Silva  
Vice-Chancellor  
University of Kelaniya, Sri Lanka

### **Symposium Chair**

Senior Professor P.A. Paranagama  
Chair of Chemistry, Department of Chemistry  
Faculty of Science  
University of Kelaniya, Sri Lanka

### **Symposium Co-Chair**

Senior Professor Kapila Seneviratne  
Dean, Faculty of Graduate Studies  
University of Kelaniya, Sri Lanka

### **Symposium Co-organizer**

Dr. Dammika Abeygunawardena  
Commissioner General of Ayurveda  
Department of Ayurveda, Sri Lanka

### **Editor in Chief**

Prof. N. Jayathilaka  
Department of Chemistry, Faculty of Science  
University of Kelaniya, Sri Lanka

### **Symposium Academic Coordinators**

Prof. P. A. S. R. Wickramarachchi : Department of Chemistry, Faculty of Science,  
University of Kelaniya, Sri Lanka  
Prof. Renuka N. Attanayake : Department of Chemistry, Faculty of Science,  
University of Kelaniya, Sri Lanka  
Prof. W. A. P. J. Premaratne : Department of Chemistry, Faculty of Science,  
University of Kelaniya, Sri Lanka

### **Coordinator from the Department of Ayurveda**

Dr. S.K.P. Tharanga : Assistant technical commissioner, Department  
of Ayurveda, Ministry of Health, Sri Lanka.

### **Secretary from the Department of Ayurveda**

Dr. Sajeewani Perera : Consultant, Department of Ayurveda,  
Ministry of Health, Sri Lanka

### **Symposium Secretary**

Mr. K. B. S. L. Wijeratne  
Deputy Registrar, Faculty of Graduate Studies

### **Symposium Joint Secretary**

Ms. D.S.R.E.S. Gunawardhana

## **Sessions Chairs**

Prof. Iraj Rathnayake  
Prof. Jeewantha Premarathne  
Prof. K. P. P. Peiris  
Prof. N. A. K. P. J. Seneviratne  
Prof. N. Jayathilaka  
Prof. R. H. D. Kanthi Kulathunga  
Prof. Renuka N Attanayake  
Prof. S. Herapathdeniya

Prof. S. M. S. Samarakoon  
Prof. Thanuja Nesari  
Dr. Geetha Krishnan  
Dr. H. L. M. G. Sajeewanie  
Dr. M. W. S. J. Kumari  
Dr. Manoj Nesari  
Dr. Surangi Gamage  
Dr. Thelma Abeysinghe

## **Sessions Co-Chairs**

Prof. M. S. M. Shiffa  
Prof. S. Molligoda  
Prof. Sajeewa Herapathdeniya  
Prof. Suranga Wickramarachchi  
Dr. A. Manoraj  
Dr. Dhanushka Karunaratne  
Dr. Dinum Perera

Dr. E. D. T. P. Gunarathna  
Dr. M. Chawda  
Dr. M. S. Sajeewani Perera  
Dr. Namal Jayawardena  
Dr. T. A. N. R. Gunaratna  
Dr. Sribalaratnam Kisholorjan  
Dr. Thelma Abeysinghe

## **Poster Session Judges**

Prof. Jeewantha Premarathne  
Prof. R. H. D. Kanthi Kulathunga  
Prof. Renuka N Attanayake  
Prof. S. M. S. Samarakoon  
Prof. S. Molligoda  
Prof. Sajeewa Herapathdeniya  
Dr. A. Manoraj  
Dr. Anoma Jayasiri  
Dr. Anoma Samarawickrama  
Dr. Geetha Krishnan

Dr. H. L. M. G. Sajeewanie  
Dr. M. Chawda  
Dr. M. S. Sajeewani Perera  
Dr. M. W. S. J. Kumari  
Dr. Priyanganie Gunaratne  
Dr. Renuka Pereis  
Dr. Sribalaratnam Kisholorjan  
Dr. Surangi Gamage  
Dr. T. A. N. R. Gunaratna

## **Panel of Reviewers**

Prof. H. G. S. P. Hewageegana

Prof. K. P. P. Peiris

Prof. M. Inul Manuha

Prof. M. S. M. Shiffa

Prof. N. A. K. P. J. Seneviratne

Prof. N. Fahamiya

Prof. N. Jayathilaka

Prof. P. A. Paranagama

Prof. P. A. S. R. Wickramarachchi

Prof. P. R. Waratenne

Prof. R. H. D. Kanthi Kulathunga

Prof. Renuka N. Attanayake

Prof. S. Herapathdeniya

Prof. S. M. S. Samarakoon

Prof. S. P. Molligoda

Prof. W. M. S. S. K. Kulatunga

Dr. A. G. Samarawickrama

Dr. A. H. A. Fazeenah

Dr. A. I. Kuruppu

Dr. A. Manoraj

Dr. A. P. Anoma Jayasiri

Dr. Anoma Samarawickrama

Dr. Dimuthumalie de Silva

Dr. Dinum Perera

Dr. E. D. T. P. Gunarathna

Dr. K. K. V. S. Peshala

Dr. K. R. Weerasekera

Dr. M. W. S. J. Kumari

Dr. O. T. M. R. K. S. B. Kalawana

Dr. P. K. Vendabona

Dr. R. L. Y. U. Rathnayake

Dr. S. G. Kisholorjan

Dr. S. S. Perera

Dr. T. A. N. R. Gunaratna'

Dr. U.R.S R.K. Senarathne

Dr. W. A. S. S. Weerakoon

Dr. W. A. S. S. Weerakoon

Dr. W. K. B. D. S. Fernando

Dr. Y. S. G. Wimalasiri

## **Instructions for Oral and Poster Presentations**

All halls will be equipped with a laptop and a projector/smart board. The operating system will be Windows 11 Professional, and available software will be Microsoft Office 365 (including MS Word, MS PowerPoint, MS Excel), Adobe Acrobat, Windows Media Player, and VLC media player).

### **Oral and Poster Presentation Sessions**

Oral presentations will be 10 minutes in duration, with an additional 5 minutes allocated for questions and answers. Presenters are requested to submit the Microsoft PowerPoint slides prior to the given deadline.

**For easy reference, a unique code has been assigned to each presentation:**

Abstract ID

- The letter string in the first position refers to the title of the symposium - AyurEx.
- Second position “24” refers to the year “2024”.
- The number in the third position refers to the number of the abstract.

Example:

AE/24/127

## **The Symposium Venue**

### **UCFM TOWER**

Faculty of Medicine

University of Colombo

Sri Lanka

Address: No.25, P.O. Box. 271, Kynsey Road, Colombo – 08, Sri Lanka.

Map: [UCFM Tower Google Map](#)

## **The Faculty of Graduate Studies (FGS)**

The Faculty of Graduate Studies coordinates with all the Boards of study in the university in offering research degrees, degrees with only coursework or coursework and research. All the postgraduate degree programs offered by the FGS conform to the relevant Sri Lanka Qualification Framework (SLQF) guidelines. The FGS specifies requirements for postgraduate admission and establishes and regulates standards with respect to the quality of postgraduate teaching and research. The FGS also promotes intra-faculty, inter-faculty, inter-university and international collaborations in postgraduate teaching and research. The quality of postgraduate research projects of the students is strictly monitored by a proposal presentation, biannual progress reports, and progress presentations. The Faculty of Graduate Studies consists of Boards of Study established based on the subject areas.

### **Boards of Study of the Faculty of Graduate Studies:**

- Board of Study in Commerce and Business Management
- Board of Study in Computing
- Board of Study in Digital Learning
- Board of Study in Humanities
- Board of Study in Medical Sciences
- Board of Study in Multidisciplinary Studies
- Board of Study in Science
- Board of Study in Social Sciences
- Board of Study in Technology

### **International Collaborations:**

The Faculty of Graduate Studies offers the following programs in foreign countries.

- MBA, MPhil and PhD programs in Bangladesh
- Master of Business Studies Program in China
- Master of Arts in Buddhist Studies Program in Malaysia

## **Program Overview**

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<b>Inauguration Ceremony – 3<sup>rd</sup> May 2024</b>	
1.00 pm – 1.50 pm	<b>Pre-symposium registration</b>
1.50 pm – 2.00 pm	<b>Arrival of guests</b>
2.00 pm – 2.05 pm	<b>Lightening of the traditional oil lamp</b>
2.05 pm – 2.10 pm	<b>Ayurveda song</b>
2.10 pm – 2.15 pm	<b>Welcome Address</b> Prof. Priyani Paranagama Symposium Chair
2.15 pm – 2.20 pm	<b>Address by the Dean, Faculty of Graduate Studies</b> Prof. N. A. K. P. J. Seneviratne Symposium Co-Chair
2.20 pm – 2.25 pm	<b>Address by the Guest of Honor</b> Prof. Nilanthi de Silva Vice-Chancellor, University of Kelaniya, Sri Lanka
2.25 pm – 2.30 pm	<b>Address by the Secretary of the Ministry of Health</b> Dr. Palitha Gunarathna Mahipala
2.30 pm – 2.35 pm	<b>Address by the State Minister of Indigenous Medicine</b> Hon. Mr. Sisira Jayakody
2.35 pm – 2.40 pm	<b>Address by the Minister of Health</b> Hon. (Dr.) Ramesh Pathirana
2.40 pm – 2.45 pm	<b>Welcome Dance</b>
2.45 pm – 2.50 pm	<b>Address by the Chief Guest</b> Hon. Minister (Dr.) Susil Premajayantha, Ministry of Education, Sri Lanka
2.50 pm – 3.10 pm	<b>Keynote Address</b> Prof. Vaidya Rabinarayan Acharya Director General, Central Council for Research in Ayurvedic Sciences (CCRAS), India
3.10 pm – 3.15 pm	<b>Vote of Thanks</b> Dr. Dammika Abeygunawardena - Commissioner General of Ayurveda, Department of Ayurveda, Navinna, Maharagama, Sri Lanka.
3.15 pm – 3.30 pm	<b>University Anthem</b>
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4 <sup>th</sup> May 2024	<b>Parallel Sessions &amp; Plenary Sessions</b>
5 <sup>th</sup> May 2024	<b>Parallel Sessions &amp; Plenary Sessions</b>

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## Valedictory Ceremony Agenda

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### Valedictory Ceremony – 5<sup>th</sup> May 2024

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3.00 pm – 3.10 pm **Welcome Address by the Dean, Faculty of Graduate Studies**  
Prof. N. A. K. P. J. Seneviratne  
Symposium Co-Chair

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3.10 pm – 3.15 pm **Address by the Chief Guest**  
Prof. Vidya Jyothi Vajira H. W. Dissanayake  
Dean of the Faculty of Medicine, University of Colombo, Sri Lanka

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### Panel Discussion

**Chairperson Prof. (Dr.) Tanuja Nesari**  
M.D. and Ph.D. in Ayurvedic Pharmacology  
(Dravyaguna vidnyan) from Gujarat Ayurved  
University, Jamnagar, Director, All India Institute of  
Ayurveda (AIIA)

**Dr. Geetha Krishnan**  
Unit Head, Evidence and Learning, WHO Global Treatment Centre,  
Jamnagar

**Dr. Manoj Nesari**  
PhD in Policy Research. MD, Internal Medicine (Kayachikitsa),  
Advisor, Ayurveda, Ministry of AYUSH, Govt. of India

3.15 pm – 4.00 pm

**Dr. Dammika Abeygunawardena**  
Commissioner General of Ayurveda, Department of Ayurveda,  
Navinna, Maharagama, Sri Lanka

**Prof. Priyani Peiris**  
Professor in Shalakya,  
B.A.M.S.(Hons.)(CMB),M.S.(Ay.)Shalakya(BHU-India),  
PhD (Ayu.)-Shalakya- (GAU – India)

**Prof. Samantha Samarakoon**  
Director of Postgraduate Institute of Indigenous Medicine

**Dr. Saumya Kumari**  
Faculty of Indigenous Medicine, University of Colombo, Sri Lanka

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4.00 pm – 4.15 pm **Announcement of best presenters**

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4.15 pm – 4.20 pm **Vote of Thanks**  
Prof. Priyani Paranagama  
Symposium Chair

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## Program Schedule

4<sup>th</sup> May 2024

UCFM Tower – Hall 1

Session A (8.00 – 09.30)

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair &amp; Repertoire</b> <b>Dr. Manoj Nesari</b>	8.00 – 8.15	AE/24/226	<u>S. N. T. Kumara</u> , K. P. S. S. Pathirana, D. Perera, R. N. Attanayake and P. A. Paranagama	Bioassay guided isolation of phytochemicals from shoot extracts of <i>Suaeda maritima</i> in Sri Lanka as a source of potential therapeutic agents
	8.15 – 8.30	AE/24/206	<u>U.L.I.G Siriwardhana</u> , D. Perera, R.N Attanayake and P.A Paranagama	Biochemical profile and in-vitro biological activities of extracts from <i>Halophyte Halosarcia indica</i>
<b>Session Co-Chair</b> <b>Prof. S. Herapathdenia</b>	8.30 – 8.45	AE/24/42	<u>I.F. Sanooshiya</u> , Nazeem Fahamiya, Mohamed Shiffa	Temperature Standardization in the Preparation of Unani Herbo-mineral Formulation - <i>Kushta e Marjan Sada</i>
	8.45 – 9.00	AE/24/44	<u>K.P.D.C. Perera</u> , K.A.L.S. Kurupparachchi, B.G.M. Rajakaruna, J.A.S. Jayakody	Evaluating the effectiveness of specific Ayurveda formulae in the management of <i>Svithra roga</i> WSR to Leukoderma – A case series
<b>Session Coordinator/s</b> <b>Mr. Dilan Chamuditha</b>	9.00 – 9.15	AE/24/45	<u>J. Perera</u> , M. Niriella, N. Chandraratne, S. Jayasinghe, C. Goonaratna	A phase 1 clinical trial in healthy human volunteers to determine the safety of a polyherbal formulation Link Livecare for liver health
	9.15 – 9.30	AE/24/67	<u>J.A. Niroscha</u> , I.A.M. Leena, O.T.M.R.K.S.B Kalawana	A review on medicinal value of <i>Amaranthus viridis</i>

	<b>9.30 – 9.50</b>	<b>Plenary Sessions</b> <b>Hall 1 - Prof. Thanuja Nesari - Bridging Traditional Wisdom with Modern Science - In context of Ayurveda Research Methodologies</b> <b>Hall 3 - Prof. Iraj Rathnayake - Equity and Inclusion: Reforming the Future of Wellness</b>
	<b>9.50 – 10.20</b>	<b>TEA</b>
	<b>10.20 – 10.40</b>	<b>Plenary Sessions</b> <b>Hall 1 - Prof. Geetha Krishna - WHO initiatives for traditional medicine</b> <b>Hall 3 - Dr. Dinum Perera - Sowing wellness: cultivating halophytes as a paradigm shift in medicinal crop production</b>

**4<sup>th</sup> May 2024**  
**UCFM Tower – Hall 1**  
**Session B (10.40 – 12.10)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair &amp; Repertoire</b>	10.40 – 10.55	AE/24/87	<u>W.M.R.L. Chathuranga</u> , S.K.M.K. Herapathdeniya, D.M. Nallaperuma	Studying bee honey in different areas of Sri Lanka
	10.55 – 11.10	AE/24/94	<u>R.T. Dasunika</u> , S.K.M.K. Herapathdeniya, D.M. Nallaperuma	Preparation of face cream for uvanapidaka viz -a - viz acne with special reference to <i>Manjishthadi</i> oil
<b>Prof. Nimanthi Jayathilaka</b>	11.10 – 11.25	AE/24/96	<u>C.P.K. Chandrathilake</u> , Madara Jayanetti and Charitha Thambiliyagodage	Determination of <i>in vitro</i> enzyme inhibition, antioxidant activity, antibacterial efficacy, phytochemical analysis of <i>Atalantia ceylanica</i> (arn)
	11.25 – 11.40	AE/24/117	A.S. Kadu, A. Sharma and <u>R. K.N. Priyangika</u>	Assessment of hepatoprotective activity of <i>Bilwadi Agada</i> : A retrospective human study
<b>Session Co-Chair</b>	11.40 – 11.55	AE/24/119	<u>H. N. M. Perera</u> , T. T. M. Peiris, and W. G. B. P. Dharmasena	The secondary metabolite biosynthesis gene clusters of <i>Mikania micrantha</i> : an <i>in-silico</i> approach to validate its bioactive properties
	11.55 – 13.00			LUNCH
<b>Dr. Thelma Abeysinghe</b>				
<b>Session Coordinator/s</b>				
<b>Mr. Dilan Chamuditha</b>				
<b>Ms. Lasini Amunugama</b>				

4<sup>th</sup> May 2024

UCFM Tower – Hall 1  
 Session C (13.00 – 14.50)

Moderator	Time	Abstract ID	Authors	Title
				<b>Plenary Sessions</b>
<b>Session Chair &amp; Repertoire</b>	13.00 – 13.20	<b>Hall 3 - Prof. Manoj Nesari - Recent developments in control of Zoonotic diseases and promotion of Veterinary Health through Ayurveda</b>		
<b>Prof. Nimanthi Jayathilaka</b>	13.20 – 13.35	AE/24/120	<u>K.P.D.C Perera</u> , and R.D.H Kulatunga	Therapeutic efficacy of selected Ayurveda formulae in liver diseases WSR to non-alcoholic fatty liver disease (NAFLD): A case series
<b>Session Co-Chair</b>	13.35 – 13.50	AE/24/123	<u>M.G.D.D.V. Chamara</u> , S.K.M.K. Herapathdeniya, D.M. Nallaperuma	Pharmaceutical and analytical study of <i>Narikelakhanda</i>
<b>Prof. Suranga Wickramarachchi</b>	13.50 – 14.05	AE/24/163	<u>M.J.H.P. Sabra</u> , M.S.F. Sapra	Kundur ( <i>Boswellia serrata</i> ) in the management of inflammatory disorders: A comprehensive review
<b>Session Coordinator/s</b>	14.05 – 14.20	AE/24/164	<u>A.G.N. Nirmali</u> , K.W. Gunawardana, N. Kumarasinghe, N. Salim, and A.I. Kuruppu	Assessment of Phytochemical Content, and <i>in-vitro</i> Antioxidant and Anti-inflammatory Activity of an Arishta Formula
<b>Mr. Dilan Chamuditha</b>	14.20 – 14.35	AE/24/182	<u>S.U. Kankanamge</u> , W.J.A.B.N. Jayasuriya, H.M.D.R. Herath and R.N. Pathirana	Solid state characterization of Lotus seed starches modified by pregelatinization and acetylation: potential as excipients
<b>Ms. Lasini Amunugama</b>	14.35 – 14.50	AE/24/21	<u>U.R.S.R.K. Senarathne</u> , S.A.J.C. Samaranyake, R. Shingadia	Critical review on <i>Pancha Lavana</i> : Five varieties of salt used in Ayurveda pharmaceutical preparations
	15.05 – 15.30			<b>TEA</b>

**4<sup>th</sup> May 2024**  
**UCFM Tower – Hall 1**  
**Session D (15.30 – 17.30)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chairs &amp; Repertoire</b>	15.30 – 15.45	AE/24/207	<u>K.L.A.Y. Chathurammi</u> , A. Manoraj, T.K. Nawarathne, R.K. Jayarathne	Comparative microbiological and physico-chemical study on <i>Dhatri churna</i> available in the local market – towards standardization
	15.45 – 16.00	AE/24/216	<u>M.I.J. Jayakody</u> , E. D. T. P. Gunarathne, and R. D. H. Kulatunga	Evidence Based Management of <i>Janu Sandhigatavata</i> through <i>Kolakulaththadi Upanaha Sweda</i> : Case Series
<b>Session Co-Chair</b>	16.00 – 16.15	AE/24/223	<u>M. L. D. C. Jayawantha</u> , Lankani Hettigoda, Tharindya Dinethri Mudalige, and P. A. Paranagama	Evaluating the chemical profile and urease inhibition activity of Siddhalepa Asamodagam Spirit obtained from seeds of <i>Trachyspermum roxburghianum</i>
	16.15 – 16.30	AE/24/225	<u>P.D.M. Wijewickrama</u> , C.D. Jayasinghe, G.N. jayawardena and R. Senthilnithy	A computation investigation of the anti-viral potential of phytochemicals isolated from Sri Lankan medicinal plants against dengue virus
<b>Session Coordinator/s</b>	16.30 – 16.45	AE/24/20	<u>M.I.L.F. Abdha</u> , Nazeem Fahamiya, Mohamed Shiffa	Preliminary physico-chemical evaluation of <i>Kushta e Marjan Sada</i> prepared by classical and modern methods
	16.45 – 17.00	AE/24/243	<u>M.I.F. Asma</u> , M.N.F. Rizniya	Nutritional and phytochemical properties of <i>Sharbat-e-Tamar Hindi</i> : An Unani functional beverage
<b>Ms. Lasini Amunugama</b>	17.00 – 17.15	AE/24/15	<u>Y.P.N. Silva</u> , H.P.S. Jayapala, S.R. Pemadasa, P.S. Jayasinghe and Sun Young Lim	loe, <i>Sargassum crassifolium</i> in Jaffna Coastal water, Sri Lanka
	17.15 – 17.30	AE/24/24	<u>S.P.H.S. Pathiraja</u> , H.P.M. Dabare and D.D.T.I. Karunarathne	Acceptance of hemodialysis among CKD patients
	17.30 – 17.45	AE/24/224	<u>S.K.P. Waidyarathna</u> , and S.M.S. Samarakoon	A clinical study on <i>Pippali</i> with <i>Amurta Choorna</i> in the management of <i>Panduroga</i> (Iron deficiency anemia)

**4<sup>th</sup> May 2024**  
**UCFM Tower – Hall 2**  
**Session A (8.00 – 09.30)**

Moderator	Time	Abstract ID	Authors	Title
SS Session Chairs and Repertoire	8.00 – 8.15	AE/24/03	P.K.U. Perera	Transforming Habarana and the Surrounding area as a Destination for Wellness Tourism
	8.15 – 8.30	AE/24/04	L.V.M.G. Vithana (Online)	The potentials and challenges of promoting eco-tourism concept as a new revival of tourism industry in Sri Lanka
Prof. Iraj Rathnayake	8.30 – 8.45	AE/24/287	M.G.W.R. Kumari	Exploring the Therapeutic Potential of Yoga for Women's Health: A Review
	8.45 – 9.00	AE/24/132	W.M.J. Karunaratne and A. G.Samarawickrama	Clinical study on Effectiveness of combined Mindfulness and Meditation on Insomnia
Session Co-Chair Dr. Dhanushka Karunaratne	9.00 – 9.15	AE/24/271	S.G. Punchihewa, W.M.S.S.K. Kulatunga	Role of <i>Rakthamokshana</i> in the Management of Skin Rash: A case study
	9.30 – 9.50	<b>Plenary Sessions</b> <b>Hall 1 – Prof. Thanuja Nesari - Bridging Traditional Wisdom with Modern Science - In context of Ayurveda Research Methodologies</b> <b>Hall 3 – Prof. Iraj Rathnayake - Equity and Inclusion: Reforming the Future of Wellness</b>		
Session Coordinator/s Mr. Haritha Lawan	9.50 – 10.20	TEA		
Mr. Thilina Silva	10.20 - 10.40	<b>Plenary Sessions</b> <b>Hall 1 - Prof. Geetha Krishna - WHO initiatives for traditional medicine</b> <b>Hall 3 - Dr. Dinum Perera - Sowing wellness: cultivating halophytes as a paradigm shift in medicinal crop production</b>		

**4<sup>th</sup> May 2024**  
**UCFM Tower – Hall 2**  
**Session B (10.40 – 12.10)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chairs and Repertoire</b>  <b>Prof. Iraj Rathnayake</b>  <b>Session Co-Chair</b>  <b>Dr. Dhanushka Karunaratne</b>  <b>Session Coordinator/s</b>  <b>Mr. Haritha Lawan</b>  <b>Mr. Thilina Silva</b>	10.40 – 10.55	AE/24/54	<u>S.A.D.P.S. Suraweera</u> , P.B.S.N. Kumara, B.L.P.C. Balasooriya, and C.H.C.P. Jayaweera	Exploring botanic garden tourism as a catalyst for urban wellbeing
	10.55 – 11.10	AE/24/60	<u>W.M.D.N. Warnasooriya</u> , P.K.U. Perera, W.M.A.H. Bandara, A.M.D.B. Nawarathna, and J.P.R.C. Ranasinghe	Empowering Women Through Eco-Tourism: Insights from Sinharaja Rainforest, Sri Lanka
	11.10 – 11.25	AE/24/63	<u>G.R.N.I. Bandara</u> , P.K.U. Perera, W.M.A.H. Bandara, A.M.D.B. Nawarathna, and J.P.R.C. Ranasinghe	Overcoming Challenges for Sustainable Eco-Tourism: Evidences from Southern Province, Sri Lanka
	11.25 – 11.40	AE/24/64	<u>K.D.S.A.H. Karandeniya</u> , P.K.U. Perera, W.M.A.H. Bandara, A.M.D.B. Nawarathna, and J.P.R.C. Ranasinghe	Balancing Conservation and Community Empowerment: An Exploration of Eco-Tourism Dynamics in Sri Lanka's Protected Areas
	11.40 – 11.55	AE/24/72	<u>B.L.P.C. Balasooriya</u> , S.A.D.P.S. Suraweera, and M.G.W.R. Kumari	Exploring high-end wellness Tourism offerings in Sri Lanka for the luxury European market
	12.10 – 13.00		<b>LUNCH</b>	

**4<sup>th</sup> May 2024**  
**UCFM Tower – Hall 2**



### Session C (13.00 – 14.30)

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chairs and Repertoire</b>  <b>Dr. H. L. M. G. Sajeewanie</b>	13.00 – 13.15	AE/24/77	<u>L.A.P.C. Perera</u> , and B.R.M.G.M. Rathnayaka	Investigating the Obstacles to Establishing Dementia-Friendly Health and Wellness Facilities in Sri Lanka
	13.15 – 13.30	AE/24/143	R. Perera, <u>P. Pathiraja</u> , and <u>P.K.U Perera</u>	Identifying and Evaluate Potentials to Develop Eco-Tourism in Monaragala District, Sri Lanka
<b>Session Co-Chair</b>  <b>Dr. A Manoraj</b>	13.30 – 13.45	AE/24/172	<u>I.G.N.P. Dilrkshi</u> , P.K.U Perera	Promoting Muthurajawela Wetland as an Eco Tourism Destination: Challenge and Opportunities
	13.45 – 14.00	AE/24/279	<u>P. Sattrukalsinghe</u> , <u>H.M. A. Lakmal</u> , B. Paranagama, H. Rathwatta, W.Hettiarachchi, A. Liyanaarachchi, and <u>N. Wickramaarachchi</u>	The road less travelled: Exploring the barriers to enhance wellness tourism through ayurveda in Sri Lanka
<b>Session Coordinator/s</b>  <b>Mr. Haritha Lawan</b>  <b>Mr. Thilina Silva</b>	14.00 – 14.15	AE/24/29	<u>Ven B. Nandabodhi</u>	Buddhist Training and Development for Healthy Living of Humans: Self-control
	14.15 – 2.30	AE/24/267	<u>S.G. Punchihewa</u> , W.M.S.S.K. Kulatunga	Narrative literature review on mud therapy on the treatment of Acne vulgaris (Yuvan pidaka)
			<b>TEA</b>	

**4<sup>th</sup> May 2024**  
**UCFM Tower – Hall 2**

## Session D (15.30 – 17.30)

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair &amp; Repertoire</b> <b>Dr. Renuka Pereis</b>	15.30 – 15.45	AE/24/25	<u>T. Yogarasa</u> , H.K.P.P. Kariawasam, and K.G.S.J. Madushanka	Development of boiled palmyra ( <i>Borassus flabellifer</i> L.) tuber flour incorporated cookies
	15.45 – 16.00	AE/24/85	<u>Z.S. Doole</u> , P. Vithiyasini and S. Ushakhanthan	A review on the traditional food <i>kurakkan kali</i> for females at their puberty
<b>Session Co-Chair</b> <b>Dr. M S Sajeewani Perera</b>	16.00 – 16.15	AE/24/92	<u>J. Mathumitha</u> , H. K. P. P. Kariyawasam, and K. G. S. J. Madushanka	Development of sprouted sorghum ( <i>Sorghum bicolor</i> ) flour incorporated biscuits
	16.15 – 16.30	AE/24/108	<u>Ven B. Nandabodhi</u>	Buddhist Teaching on Food, Nutrition and Food Safety for Human Development: A review
<b>Session Coordinator/s</b> <b>Mr. Haritha Lawan</b> <b>Mr. Thilina Silva</b>	16.30 – 16.45	AE/24/122	<u>N.M. Hettiarachchi</u> , D. Dahanayake, and M.S.K. Rabindrakumar	A review on decoding Indigenous Intuitions of <i>Vateria copallifera (Hal)</i> : Rebooting integrated food safety practices
	16.45 – 17.00	AE/24/139	<u>B.C.S. Guruge</u> , C.P. Danthanarayana and W.M.A.H. Bandara	Identify the potential of promoting seaweeds as a food tourism product in Sri Lanka
	17.00 - 17.15	AE/24/199	<u>V.A. Wijesekara</u> , <u>D.M.O.E. Ulapane</u> , H.M.N.S Herath, S.M.D.S. Jayathissa, A.D.K. Nanayakkara, R.K.D. Wijesingha, H.R.M.G.C. Thilakarathne and R.H.G.R. Wathsala	The aged-old practice of smoking fish with wood varieties in Anuradhapura, North Central Province, Sri Lanka
	17.15 – 17.30	AE/24/281	<u>K.M.S.A.K. Dehideniya</u> , V.P. Bulugahapitiya, R.S. Sabaragamuwa, and T.C. Kananke	Testing of selected pharmacological activities of plants extracts of <i>Psidium guajava</i> , <i>Garcinia quaesita</i> , and <i>Cinnamon verom</i> to be used in functional food preparations

**4<sup>th</sup> May 2024**  
**UCFM Tower – Hall 3**  
**Session A (8.00 – 09.30)**

Moderator	Time	Abstract ID	Presenter	Title
<b>Session Chair &amp; Repertoire</b> <b>Prof. Kanthi Kulathunga</b>	8.00 – 8.15	AE/24/236	<u>Ashra M.F</u> and Sapra M.S.F.	Comprehensive review on dietary interventions for management of autoimmune diseases: insights from Unani Medicine
	8.15 – 8.30	AE/24/247	<u>N.P.M. Gunarathna</u> , N.M.C. Nayanakantha and T.D.C.M.K. Wijayasiriwardwna	Formulation & quality identification of soapnut antidandruff shampoo
<b>Session Co-Chair</b> <b>Dr. Priyanganie Gunaratne</b>	8.30 – 8.45	AE/24/05	K.G.N.U. Ranaweera	Combating toxic waste crimes through environmental criminology: a multifaceted approach to safeguarding health and the environment
	8.45 – 9.00	AE/24/86	<u>G.T.P.S. Gulawitage</u> , G.S.T. Silva, M. Greorgy, H.M.T.R. Samarakoon, C.R. De Silva and S.R. Wickramarachchi	Acute and chronic toxicity of chitosan mediated silver nanoparticles on <i>Daphnia</i> sp.
<b>Session Coordinator/s</b> <b>Mr. Anushka Dulanjana</b> <b>Mr. Pasindu Deraniyagala</b>	9.00 – 9.15	AE/24/99	<u>C.D.A.M.S. Priyanganj</u> , Yohan L N Mathota Arachchige and A.T. Kannangara	The presence of Bisphenol A in some food containers used in Sri Lanka
	9.15 – 9.30	AE/24/178	<u>J.S. ANUSARA</u> , and K.I.W.K. SOMARATHNA	A Review on <i>Alasa</i> : A <i>Kshudra-roga</i>
	9.30 – 9.50	<p style="text-align: center;"><b>Plenary Sessions</b></p> <p><b>Hall 1 -Prof. Thanuja Nesari - Bridging Traditional Wisdom with Modern Science-In context of Ayurveda Research Methodologies</b></p> <p><b>Hall 3 - Prof. Iraj Rathnayake - Equity and Inclusion: Reforming the Future of Wellness</b></p>		
	9.50 – 10.20	<b>TEA</b>		
	10.20 – 10.40	<p style="text-align: center;"><b>Plenary Sessions</b></p> <p><b>Hall 1 - Prof. Geetha Krishna - WHO initiatives for traditional medicine</b></p> <p><b>Hall 3- Dr. Dinum Perera - Sowing wellness: cultivating halophytes as a paradigm shift in medicinal crop production</b></p>		

**4<sup>th</sup> May 2024**  
**UCFM Tower- Hall 3**  
**Session B (10.40 – 12.10)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair &amp; Repertoire</b>	10.40 – 10.55	AE/24/280	<u>M.M.F. Hajara</u> , L.M.S.I. Jayasinghe, N.M.C. Nissanka, K.A.A. Dilhari, and M.M. Weerasekera	Synergistic antifungal efficacy of <i>Dillenia retusa</i> and <i>Senna alata</i> combinations against superficial mycoses-causing fungal pathogens
<b>Dr. Thelma Abeysinghe</b>	10.55 – 11.10	AE/24/36	<u>D.M.A.C. Bandara</u> , T.M.S.G. Tennakoon, D.P.A.G.P. Silva, and J. Perera	Growth inhibition of <i>Malassezia</i> species by selected medicinal plant extracts: a potential application for dandruff
<b>Session Co-Chair</b>	11.10 – 11.25	AE/24/88	N.S. Epa, <u>J.A.D. Jayasuriya</u> and P.M.M.P. Fernando	Formulation and characterization of nanosuspension of <i>Camelia sinensis</i> extracts and evaluation of the antimicrobial activity
<b>Prof. S Molligoda</b>	11.25 – 11.40	AE/24/113	<u>W.G.B.P. Dharmasena</u> , L.A.N de Silva, N.H. Madanayake and D.H.H. Munasinghe	Antimicrobial activity of endophytes isolated from <i>Mikania cordata</i> : a scientific explanation to traditional use of the plant
<b>Session Coordinator/s</b>	11.40 – 11.55	AE/24/130	<u>M. F. F. Hafsa</u> , D. Darshana, S. S. Wickramasinghe, S. H. Tennakoon and M. T. Napagoda	Evaluation of the antibacterial activity of <i>Plectranthus zeylanicus</i> and <i>Plectranthus amboinicus</i> against <i>Staphylococcus aureus</i>
<b>Mr. Anushka Dulanjana</b>	11.55 – 12.10	AE/24/159	<u>K.M.R.V. Kapilaratne</u> , and R. Wimalasekara	Exploring the Nutritional Composition and Medicinal Significance of <i>Olax zeylanica</i> and <i>Canthium coromandelicum</i> : A Comparative Analysis
<b>Mr. Pasindu Deraniyagala</b>	12.10 – 13.00	<b>LUNCH</b>		

**4<sup>th</sup> May 2024**  
**UCFM Tower- Hall 3**  
**Session C (13.00 – 14.50)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair and Repertoire</b> <b>Prof. Renuka Attanayake</b>	13.20 – 13.35	AE/24/168	U.L. Naleefa	Harnessing the antimicrobial potential of <i>Zingiber officinale</i> against antimicrobial resistance
	13.35 – 13.50	AE/24/173	K. Raveendiran, M. Dilshan and P.Wijesinghe	Identification of antibiotic resistant bacteria in effluent water of medical and surgical wards in Teaching Hospital Peradeniya, Sri Lanka
<b>Session Co-Chair</b> <b>Dr Dinum Perera</b>	13.50 – 14.05	AE/24/197	S. Shiffana and <u>M.S. Shihana</u>	Antibacterial activity of <i>Azadirachta indica</i> leaves extract: An in-vitro study
	14.05 – 14.20	AE/24/275	<u>K.P.S.S. Pathirana</u> , D. Perera, R.N. Attanayake, and P.A. Paranagama	Therapeutic potential of <i>Suaeda maritima</i> arial and root extracts as novel anti-inflammatory and antibacterial agent
<b>Session Coordinator/s</b> <b>Mr. Anushka Dulanjana</b>	14.20 – 14.35	AE/24/26	Ven B. Nandabodhi Thero	Training Monks and Laymen for Environmental Sustainability: Buddhist Insights
	14.35 – 14.50	AE/24/222	<u>W.A.R.P. Weerasingha</u> , I.A.M. Leena, R.K. Jayaratne, and T.K. Nawarathna	Evaluation of physicochemical properties and microbiological quality of <i>Vidārikandāī chūrna</i> , a polyherbal <i>Ayurveda</i> pediatric preparation
<b>Mr. Pasindu Deraniyagala</b>	15.05 – 15.30		TEA	

**4<sup>th</sup> May 2024**  
**UCFM Tower – Hall 3**  
**Session D (15.30 – 17.30)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair and Repertoire</b> <b>Prof. Renuka Attanayake</b>	15.45 – 16.00	AE/24/28	<u>A.M.S.U.M. Attanayake</u> , H.K.L.K. Gunasekera, and C.S. De Silva	Effect of organic manure in ambient and increased temperature conditions on growth and yield of medicinal plant <i>Ashwagandha (Withania somnifera)</i>
	16.00 – 16.15	AE/24/32	<u>M.G.A.D. Kumari</u> , <sup>c</sup> S. De Silva and T.E. Weerawardena	Effect of straight and compound fertilizers on growth and yield of medicinal plant bush pepper ( <i>piper nigrum L.</i> )
<b>Session Coordinator/s</b> <b>Dr Dinum Perera</b>	16.15 – 16.30	AE/24/34	<u>M.S.A. Banu</u> , A.M.S.U.M. Attanayake, C.S. de Silva and H.K.L.K. Gunasekera	Effect of organic manure and temperature on the growth of Lunuwila ( <i>Bacopa monnieri (L.) Wettst.</i> )
	16.30 – 16.45	AE/24/74	<u>S. Kirusalini</u> , S.Anchanadevi, S.Thanusan and S.Vinujan	Effect of archaea bacterial solution with <i>panchagavya</i> on growth and yield of <i>Lycopersicon esculentum</i>
<b>Session Coordinator/s</b> <b>Mr. Anushka Dulanjana</b>	16.45 – 17.00	AE/24/90	<u>T.M.M.P.S. Bandara</u> and K.G.S. Madhushani	Impact of <i>Mimosa pigra</i> -Derived organic fertilizer on yield parameters of MI-2 chili ( <i>Capsicum annum</i> )
	17.00 - 17.15	AE/24/91	<u>M.R.M.N. Amarasiri</u> and H.P.S. Jayapala	Systematic study of organic liquid fertilizer extracted from seaweeds and wastage of Tobacco
<b>Mr. Pasindu Deraniyagala</b>	17.15 – 17.30	AE/24/210	<u>P.K.D. Sandamini</u> , M.R. Prathibhani, R. Azad, R.A.A.K. Ranawaka, K.D.M.S.V.S. Gunawardhana, G.G. Jayasinghe S. Ranaweera and S. Geekiyanage	Determination of the vegetative growth performance of selected cinnamon ( <i>Cinnamomum verum</i> J. Presl) accessions at three locations of Sri Lanka

**5<sup>th</sup> May 2024**  
**UCFM Tower- Hall 1**  
**Session A (8.00 – 09.30)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair &amp; Repertoire</b> <b>Prof. Sajeewa Herapathdeniya</b>	8.00 – 8.15	AE/24/259	<u>S.M.D.N.P. Senaratna</u> and Y.A.U.D. Karunaratne	Comparative Study on Effect of <i>Agraraja Kwatha</i> and <i>Tripal Gugul Kwatha</i> on <i>Garbhashagata Arbuda</i> (Uterine Fibroid), A Randomized, Single-Blind, Two-Arm, Clinical Trial- Study Protocol
	8.15 – 8.30	AE/24/263	<u>Thiruvancheeswaran Soruban</u>	Evaluation of <i>In-vitro</i> Anti-cataract property of a Siddha Herbomineral formulation " <i>Thettran kuzhambu</i> "
<b>Session Co-Chair</b>	8.30 – 8.45	AE/24/266	<u>K.K.I. Eranga</u> and K.G.C. Dissanayake	Ayurveda management of <i>Sandigata vata</i> with special reference to Osteoarthritis – A Case Study
<b>Dr. Nirasha Gunaratna</b> <b>Session Coordinator/S</b>	9.15 – 9.50	<b>Plenary Sessions</b> <b>Hall 1 - Prof. Vajira Dissanayake - Integrating Traditional Knowledge into Modern Healthcare Systems to Enhance Health and Well Being</b> <b>Hall 3 - Prof. Ayanthi Navaratne - Toxic Effects of Pesticides and Fertilizer on Human, Animal and Ecosystem as a Whole</b>		
<b>Mr. Anushka Dulanjana</b> <b>Ms. Hiruni Gammudal</b>	9.50 – 10.20	TEA		
	10.20 -10.40	<b>Plenary Sessions</b> <b>Hall 1 - Dr. Saumya Kumari - Vrikshayurveda and Satvarurveda for one health approach</b> <b>Hall 3 - Dr. Mukesh Chawda - Addressing Unmet needs in Knee Osteoarthritis Management through Traditional Medicines</b>		

**5<sup>th</sup> May 2024**  
**UCFM Tower – Hall 1**  
**Session B (10.40 – 12.10)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair &amp; Repertoire</b> <b>Prof. Samantha Samarakoon</b>	10.40 – 10.55	AE/24/134	<u>S.N.I. Fernando</u> , P.A. Paranagama, A.P.A. Jayasiri	Evaluation of bioactivities of a polyherbal formula practiced in the indigenous medical system in Sri Lanka
	10.55 – 11.10	AE/24/138	<u>W.K.T. Dushmantha</u> , R.L.Y.U. Rathnayaka and K.R. Halambage	Evaluating the efficacy of Ayurveda management for Galaganda vis-à-vis Goiter: a case study
<b>Session Co-Chair</b> <b>Dr. Namal Jayawardena</b>	11.10 – 11.25	AE/24/144	<u>T. D. Mudalige</u> and L. Hettigoda	Investigation of the effect of Siddhalepa Natural Asamodagam Spirit on Digestive Disorders – A survey
<b>Session Coordinator/S</b> <b>Mr. Anushka Dulanjana</b> <b>Ms. Hiruni Gammudal</b>	11.25 – 11.40	AE/24/150	<u>G. Vijayakumar</u> , V. Murugathas, K. Balendrarajah, V. Arasaratnam, K. Muhunthan and T. Aranraj	Anthropometric indices effect on diabetes & pre-diabetes of polycystic ovarian syndrome women treated at Teaching Hospital Jaffna
	12.10 – 13.00	<b>LUNCH</b>		



**5<sup>th</sup> May 2024**  
**UCFM Tower – Hall 1**  
**Session C (13.00 – 14.30)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair &amp; Repertoire</b>	13.00 – 13.15	AE/24/189	<u>M.N.M. Zakeer</u> , P.A.R.M. Pathiraja, D.A.G. Digoarachchi, N.B.K. Thathsarani, B.A.D.E. Chamara, W.J.A.B.N. Jayasuriya and S. L. A. Gunawardana	Analysis of <i>in vitro</i> hypoglycemic activity of <i>Mangifera zeylanica</i> leaves
<b>Prof. Samantha Samarakoon</b>	13.15 – 13.30	AE/24/233	<u>M.G.H.M. Premarathne</u> , T.R.V. Somapala, <u>D.A.N. Randima</u> , M.R. Aysha, <u>D.R.I. Umanga</u> , U.L.R. De Silva and D.I. Uluwaduge	Effect of <i>Citrus aurantiifolia</i> (Key lime) extract on postprandial glyceemic response of oral glucose solution in healthy individuals
<b>Session Co-Chair</b>	13.30 – 13.45	AE/24/242	<u>S. Isaijarashan</u> , M.H.N. Hudha, M.H.F. Nusfa, DrN.Varnakulendran	Influences of day cycle and lunar phase gravitational effects on birth deliveries in Trincomalee, Sri Lanka
<b>Dr. Namal Jayawardena</b>	13.45 – 14.00	AE/24/246	<u>A.M.D.S. Karunaratna</u> , S. Ekanayake and C.K. Ranawaka	Diabetes mellitus status and hepatic fibrosis & steatosis in metabolic-dysfunction associated fatty liver disease
<b>Session Coordinator/S</b>	14.00 – 14.15	AE/24/284	<u>B.A.S.S. Bamunuarachchi</u> , N. Jayathilaka, and K. N. Seneviratne	<i>In silico</i> study on inhibition of Sodium-glucose cotransporter 1 (SGLT1) by abundant phytochemicals present in Sri Lankan spices
<b>Mr. Anushka Dulanjana</b>	14.15 – 14.30	AE/24/292	<u>R. Piratheepkumar</u> , N.D Amal Wageesha, R. Sivakanesan and S.C Sahayam	HPTLC fingerprint analysis and heavy metal content of Siddha drug - <i>Pun podi</i>
<b>Ms. Hiruni Gammudal</b>	14.30 – 14.45	AE/24/02	<u>Ven. N. Dhammadinna</u>	An introduction to the evolution of Sanskrit-Chinese bilingual dictionaries

**5<sup>th</sup> May 2024**  
**UCFM Tower – Hall 2**  
**Session A (8.00 – 09.30)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair &amp; Repertoire</b>	8.00 – 8.15	AE/24/14	W.M.W.W. Kandegama, M.M. Nipunika, J.M.G.M.T. Karunarathne, <u>R.M.N.D. Rathnayaka</u> , E.K.W.W. Weerarathna	Determination of bioactive compounds and antioxidant capacity of selected herbal decoctions
<b>Prof. Jeewantha Premarathne</b>	8.15 – 8.30	AE/24/16	<u>A.H.A. Fazeenah</u> , M.I. Manuha, G.A. Rajakaruna, B.P. Galhena and P.A. Paranagama.	Evaluation of anti-inflammatory potentiality using 'HRBC' membrane stabilization assay on aqueous and methanol extracts of an Unani Polyherbal Mouthwash
<b>Session Co-Chair</b>	8.30 – 8.45	AE/24/47	<u>K. Sangeerani</u> and V. Anavarathan	Study of <i>Venpoosani</i> ( <i>Benincasa hispida</i> (Thunb.) Cogn.) mature fruit pulp extract on <i>Vellai saaital</i>
<b>Dr. M. Chawda</b>	8.45 – 9.00	AE/24/48	<u>K.D.S.V. Karunanayaka</u> , N.K.P.G. Chandrasena, R.V.C. Madushani and L.B.L. Prabodha	Evaluation of the basic chemical information and sensory properties of some herbal tea products
<b>Session Coordinator/s</b>	9.00 – 9.15	AE/24/78	<u>Dr. S.N.L. Narathota</u> , Dr. W.J. Wickramarachchi, Prof. W.A.L.C. Waliwita	Potentials of <i>Balāsahacharādi kashāya</i> and <i>Dashāngalēpaya</i> in the management of <i>Jānu Sandhigatha vātha</i> (Osteoarthritis of knee joints) - A review
<b>Mr. Haritha Lawan</b>	9.15 – 9.30	AE/24/81	<u>A. W. P. Rasangani</u> , <u>T.D. Mudalige</u> and L. Hettigoda	Investigation of bio activity of Siddhalepa Ayurvedic Cough Syrup
<b>Mr. Thilina Silva</b>	9.30 – 9.50	<b>Plenary Sessions</b> <b>Hall 1 - Prof. Vajira Dissanayake - Integrating Traditional Knowledge into Modern Healthcare Systems to Enhance Health and Well Being</b> <b>Hall 3 - Prof. Ayanthi Navaratne - Toxic Effects of Pesticides and Fertilizer on Human, Animal and Ecosystem as a Whole</b>		
	9.50 – 10.20	<b>TEA</b>		
	10.20 – 10.40	<b>Plenary Sessions</b> <b>Hall 1 - Dr. Saumya Kumari - Vrikshayurveda and Satvarurveda for one health approach</b> <b>Hall 3 - Dr. Mukesh Chawda - Addressing Unmet needs in Knee Osteoarthritis Management through Traditional Medicines</b>		

**5<sup>th</sup> May 2024**  
**UCFM Tower – Hall 2**  
**Session B (10.40 – 12.10)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair &amp; Repertoire</b>	10.40 – 10.55	AE/24/89	<u>S.C. Panawala</u> , C.J. Thambiliyagodage, and K.L.H. Gunathilaka	Comparative study of anti-urolithiatic activity of <i>Cucumis melo</i> and <i>Astercantha longifolia</i> : Herbal therapy for kidney stones
	10.55 – 11.10	AE/24/136	<u>A. M. K. C. J. Costa</u> , J. M. S. Jayasinghe, K. K. Wijesundera, V. Karunaratne and A. P. Attanayake	Evaluation of anti-obesity effect and toxicity assessment of a polyherbal mixture used in Sri Lankan Traditional medicine
<b>Session Co-Chair</b> <b>Dr. S. Kisologan</b>	11.10 – 11.25	AE/24/156	<u>M. Gunarathne</u> and H.P.I.J. Kaldera	Integrating Ayurvedic medicine into sports: a solution to prevent early retirement and reduce injuries among athletes in Sri Lanka
	11.25 – 11.40	AE/24/166	<u>M. S. Shihana</u> and M. L. U. Salma	Effect of dry cupping in the management of knee osteoarthritis: a case report
<b>Session Coordinator/s</b> <b>Mr. Haritha Lawan</b>	11.40 – 11.55	AE/24/171	<u>K.S.A. Perera</u> and H.M.V.A. Samaranada	Evaluating the therapeutic efficacy of traditional Chinese medicine for the management of depression in patients with premenstrual symptoms: A case series study
	11.55 – 12.10	AE/24/175	<u>D. A. U. Chathurangani</u> , D. N. Udukala and M. J. Gunaratna	Antimicrobial activity of ethanol extracts of bark, seed, pulp and peel of <i>Dialium ovoideum</i> Thwaites
<b>Mr. Thilina Silva</b>	12.10 – 13.00		<b>LUNCH</b>	

**5<sup>th</sup> May 2024**  
**UCFM Tower – Hall 2**  
**Session C (13.00 – 14.50)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair &amp; Repertoire</b>	13.00 – 13.20	AE/24/180	<u>M.A.D. Kaumini</u> and H.P.I.J. Kaldera	Integrating Indigenous plant-based medicine and nutrition in managing chronic kidney disease: A comprehensive review
	13.20 – 13.35	AE/24/187	<u>I.G.B.S.D. Jayaweera</u> , K. Vidya Dharshini and M.S.K. Rabindrakumar	Anti-cancer properties of herbal medicinal plants commonly used in Sri Lankan indigenous medicine in cancer treatments
<b>Session Co-Chair</b>	13.35 – 13.50	AE/24/204	<u>H.P.U.V. Jayathilake</u> , M. M. Weerasekera, and W.M.K.M. Ratnayake	Phytochemical composition of aqueous and ethanolic extracts of <i>Ocimum tenuiflorum</i> (holy basil) leaves
	13.50 – 14.05	AE/24/209	<u>M.M.N.D Narangoda</u> , T.P.K Jayasiri, D. B.M Wickramaratne, and H.H.V.K.N De Silva	<i>In-vitro</i> antacid screening of formulated effervescent granules containing aqueous extracts of <i>Aloe barbadensis</i> Miller leaves and <i>Punica granatum</i> peels
<b>Session Coordinator/s</b>	14.05 – 14.20	AE/24/215	<u>W. A. D. L. Weragoda</u> and K. P. P. Peiris	Knowledge, attitudes and practices on oral hygiene among 12 year old national school attendees in <i>Gampaha</i> educational division, Sri Lanka
	14.20 – 14.35	AE/24/231	<u>K. Vidya dharshini</u> , M. Krishnaveni and A. Manoraj	A comparative clinical study on Siddha diagnosis techniques to the diagnosis of <i>Neerizhivu Mathumeham</i> (diabetes mellitus type 2)

5<sup>th</sup> May 2024

UCFM – Hall 3

Session A (8.00 – 09.30)

Symposium Sub Themes 9 - High-tech innovations in traditional healthcare systems

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair and Repertoire</b>	8.00 – 8.15	AE/24/08	<u>A. N. Tissera</u> , G. Somaratne, C. Sandaruwan and W. Lankathilaka	Preserving Garlic's Antifungal Effectiveness through Microencapsulation
	8.15 – 8.30	AE/24/46	<u>D.T.I. Subhasinghe</u> , M. Kandiah and O. Perera	<i>Centella asiatica</i> Silver Nanoparticles: A Revitalized Form of a Traditional Medicinal Herb
<b>Prof. Kapila Senevirathna</b>	8.30 – 8.45	AE/24/68	<u>C. Abeywardana</u> , C. Palliyaguru and P. Rathnayaka	A Comparative Study of the Golden Ratio and the Microcosmic Blessings Theatre in Sri Lanka
	8.45 – 9.00	AE/24/79	<u>R.A. Liyanage</u> and K.H.I.K. Hewavitharana	Development of an instant paspanguwa candy
<b>Session Co-Chair</b>	9.00 – 9.15	AE/24/101	<u>C. Abeywardana</u> , C. Palliyaguru and P. Rathnayaka	A comparative study of the Lucus ratio and human proportions of the medicinal troughs in Sri Lankan Buddhist ritual space
	9.15 – 9.30	AE/24/255	H.K.R. Weerakoon	Digitizing Patient Records in Ayurveda Hospitals: Introducing Barcode Technology for Enhanced Healthcare Delivery
<b>Dr. Thelma Abeysinghe</b>	<b>Plenary Sessions</b>			
	9.30 – 9.50	<b>Hall 1 - Prof. Vajira Dissanayake - Integrating Traditional Knowledge into Modern Healthcare Systems to Enhance Health and Well Being</b> <b>Hall 3 - Prof. Ayanthi Navaratne - Toxic Effects of Pesticides and Fertilizer on Human, Animal and Ecosystem as a Whole</b>		
<b>Session Coordinator/s</b>	9.50 – 10.20	TEA		
	10.20 - 10.40	<b>Plenary Sessions</b> <b>Hall 1 - Dr. Saumya Kumari - Vrikshayurveda and Satvarurveda for one health approach</b> <b>Hall 3 - Dr. Mukesh Chawda - Addressing Unmet needs in Knee Osteoarthritis Management through Traditional Medicines</b>		

**5<sup>th</sup> May 2024**  
**UCFM – Hall 3**  
**Session B (10.40 – 12.10)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair &amp; Repertoire</b>	10.40 – 10.55	AE/24/49	P.A.D.H.J. Gunathilaka, <u>M.A.C.L. Muthukuda</u> , and D.D.M. Arangala	Exploring the therapeutic efficacy of the treatments of <i>Arangala</i> tradition in fracture management: A case study evaluation
	10.55 – 11.10	AE/24/127	<u>L.D.S. Hansitha</u> and R.L.Y.U. Rathnayaka	An observational case study on combined Ayurvedic management of <i>Suryavarta</i> W.S.R. to Frontal Sinusitis
<b>Prof. Priyani Pieris</b>	11.10 – 11.25	AE/24/177	<u>H.K.R. Weerakoon</u>	Assessment of <i>agnikarma therapy</i> for <i>ama vata</i> (rheumatoid arthritis) management in a female cohort: A case study
	11.25 – 11.40	AE/24/239	<u>S.M. Palathiratne</u> , R.M.D.A. Amarasiri, M.A.C.L. Muthukuda	Analytical review of eye-foot axis in Ayurveda and Sri Lankan traditional medicine
<b>Session Co-Chair Dr. A Manoraj</b>	11.40 – 11.55	AE/24/82	<u>S.A.M.T.U Senevirathna</u> , Priyani A. Paranagama and Lankani Hettigoda	Development of an Herbal Mosquito Repellent Incense Stick Using Mosquito Repellent Herbal Plant Material
<b>Session Coordinator/s</b>				
<b>Mr. Nirodha Thilina</b>				
<b>Mr. Imash Siriwardhana</b>	12.10 – 13.00			LUNCH

**5<sup>th</sup> May 2024**  
**UCFM – Hall 3**  
**Session C (13.00 – 14.30)**

Moderator	Time	Abstract ID	Authors	Title
<b>Session Chair &amp; Repertoire</b>	13.20 – 13.35	AE/24/13	<u>P. Senpeetro</u> , C. S. De Silva, G. P. Gunaratne and S. De Silva	Use of cow urine in <i>vrikshayurveda</i> classics to increase the productivity of up-country vegetables in Sri Lanka
<b>Dr. Saumya Kumari</b>	13.35 – 13.50	AE/24/35	<u>A.H.D. Athukorala</u> , <u>C. S. De Silva</u> , R.M.S.M.B. Rathnayaka and S. De Silva	<i>Vrikshayurveda</i> concept of <i>Kunapa jala</i> as a cost-effective organic fertilizer solution for Hydroponics to grow Lettuce ( <i>Grand Rapido</i> )
<b>Session Co-chair</b>	13.50 – 14.05	AE/24/109	Ven B. Nandabodhi Thero	Relevance of Ayurvedic concepts mentioned in <i>Bhesajjakhndhakaya</i> for modern day healthy life
<b>Dr. Nirasha Gunaratna</b>	14.05 – 14.20	AE/24/262	<u>I.S.S.C. Uyangoda</u> , M.L.A.M.S. Munasinghe, I. Wijesekara and T.K. Nawarathne	Exploring the Antioxidant Potential of the Aqueous Extracts of <i>Piper sarmentosum</i> Towards the Development of Novel Functional Candy
<b>Session Coordinator/s</b>	14.20 – 14.35	AE/24/278	T.K. Nawarathna, K.L.A.Y. Chathurammi, <u>W.P.C.S. Weerawaradana</u> , A. Manoraj and R.K. Jayarathne	Comparative quality assessment of different market samples of a Sri Lankan Traditional medicine ' <i>Desandun Kalka</i> '; towards standardization
<b>Mr. Nirodha Thilina</b> <b>Mr. Imash Siriwardhana</b>	14.35 – 14.50	AE/24/95	<u>U.E. Lokuthotahewa</u> , P.A. Paranagama and S.K.M.K. Herapathdeniya	Determination of drug safety of Ramabana Rasaya in the Sri Lankan herbal industry

**4<sup>th</sup> May 2024**

**Poster Presentation – Screen 01**  
**UCFM – Tower**

**Session A**

Moderators	Time	Abstract ID	Title	Authors
<b>Session Judges</b>  <b>Dr. Anoma Jayasiri</b>	9.30 – 9.50	<b>Plenary Sessions</b>		
		<b>Hall 1 - Prof. Thanuja Nesari - Bridging Traditional Wisdom with Modern Science-In context of Ayurveda Research Methodologies</b> <b>Hall 3 - Prof. Iraj Rathnayake - Equity and Inclusion: Reforming the Future of Wellness</b>		
<b>Dr. Surangi Gamage</b>	9.50 – 10.00	AE/24/39	Exploration of phytochemical diversity in leaves and stem extracts of <i>Mimosa pigra</i> L.	<u>W.L.N.S. Alwis</u> and K.G.S. Madhushani
<b>Session Coordinator</b>	10.00 – 10.10	AE/24/102	A Review on medicinal uses of Mangrove <i>Xylocarpus granatum</i> in Sri Lanka	<u>NMGR Hansima</u> , HPS Jayapala and SD Hapuarachchi
<b>Mr. Nilaksha Navod</b>	10.10 – 10.20	AE/24/115	Comparative study of <i>bhashma</i> prepared by using different marine-originated animal materials	<u>A.M.N.D. Senavirathne</u> , S.K.M.K. Herapathdeniya, and D.M. Nallaperuma
	10.20 – 10.40	<b>Plenary Sessions</b>		
		<b>Hall 1 - Prof. Geetha Krishna - WHO initiatives for traditional medicine</b> <b>Hall 3 - Dr. Dinum Perera - Sowing wellness: cultivating halophytes as a paradigm shift in medicinal crop production</b>		



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**Session B**

Moderators	Time	Abstract ID	Title	Authors
<b><u>Session Judges</u></b> <b>Prof. S. Molligoda</b>  <b>Prof. Kanthi Kulathunga</b>  <b><u>Session Coordinator</u></b> <b>Mr. Nilaksha Navod</b>	12.00 – 12.10	AE/24/121	Bioassay-guided fractionation of anti-obesity compounds from <i>Murraya koenigii</i>	<u>D.M.S.W.K. Dissanayake</u> , A.M.K.C.J. Costa and J.M.S. Jayasinghe
	12.10 – 12.20	AE/24/125	Development and analysis of novel herbo-mineral analgesic ointment	<u>M.C. Buultjens</u> , S.K.M.K. Herapathdeniya and D.M. Nallaperuma
	12.20 – 12.30	AE/24/149	Review on therapeutic uses and biological activities of <i>Desmodium triflorum</i> (L).DC	R.A.H.M. Nanduni, H.S. Sakunthala and B.W.A.S. Gunarathna

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**Session C**

Moderators	Time	Abstract ID	Title	Authors
<b><u>Session Judges</u></b>	12.30 – 12.40	AE/24/151	Survey on medicinal uses and biological activities of <i>Pothos scandens L.</i>	<u>P.G.A.D. Perera</u> , H.S. Sakunthala and B.W.A.S.Gunarathna
<b>Dr. Anoma Jayasiri</b> <b>Prof. Suranga Wickramarachchi</b>	12.40 – 12.50	AE/24/152	Antioxidant activity of freeze-dried aqueous extract of <i>Crateva adansonii</i> DC. stem bark decoction using DPPH and FRAP methods	<u>D.M. Nallaperuma</u> and A.P.A. Jayasiri
<b><u>Session Coordinator</u></b> <b>Mr. Nilaksha Navod</b>	12.50 – 13.00	AE/24/155	Role of selected spices in the management of diabetes: A review	<u>M.J.H.P. Sabra</u> , M.M.M. Nifras and A.M. Muthalib

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**Session D**

Moderators	Time	Abstract ID	Title	Authors
			<b>Plenary Sessions</b>	
<b>Session Judges</b>	<b>13.00 – 13.20</b>	<b>Hall 3 – Prof. Manoj Nesari - Recent developments in control of Zoonotic diseases and promotion of Veterinary Health through Ayurveda</b>		
<b>Dr. H.L.M.G. Sajeewanie</b>	15.00 – 15.10	AE/24/188	Preliminary phytochemical screening of <i>Cyperus iria</i> leaves and roots	<u>K.H. Maleesha, S.L.A. Lakshika</u> , M.M.K. Peiris, and T. K. Nawarathna
<b>Dr. Sribalaratnm Kisholorjan</b>	15.10 – 15.20	AE/24/214	Role of Ayurvedic and Traditional Management on Avabhahuka (frozen shoulder): A case study	<u>R.M. Peiris</u> , M.I.J. Jayakody, E.D.T.P. Gunarathna, and R.D.H. Kulathunga
<b>Session Coordinator</b>	15.20 – 15.30	AE/24/217	Role of <i>Vyoshadi Guggulu</i> in <i>Medo Dushti</i> WSR to Dyslipidemia - A case study	K.H.M.S.P.K. Kasthurisinghe and R.D.H. Kulathunga
<b>Mr. Nilaksha Navod</b>	15.30 – 15.40	AE/24/277	Effect of Ayurveda treatment regime for <i>Gridhrasi</i> : A case study	<u>B.G.M. K. Rajakaruna</u> , and N.D.N. Jayawardhane

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**Session A**

Moderators	Time	Abstract ID	Title	Authors
		<b>Plenary Sessions</b>		
<b>Session Judges</b>	9.30 – 9.50	<b>Hall 1 - Prof. Thanuja Nesari - Bridging Traditional Wisdom with Modern Science-In context of Ayurveda Research Methodologies</b> <b>Hall - 3 Prof. Iraj Rathnayake - Equity and Inclusion: Reforming the Future of Wellness</b>		
Dr. H.L.M.G. Sajeewanie	9.50 – 10.00	AE/24/12	A study on contribution of paddy cultivation to food safety and nutrition in the medieval era	<u>W.P.D.C Gunawardhana</u>
Dr. A Manoraj	10.00 – 10.10	AE/24/33	Exploring traditional practices on food, nutrition, and food safety measures in Sri Lankan culture: A multifaceted investigation	<u>R.P.S.T. Rajapaksha</u> and <u>K.A.D.A. Nisansala</u>
<b>Session Coordinator</b>	10.10 – 10.20	AE/24/23	A Review on <i>Elu Peekudu Basna</i> in Sri Lankan Traditional Medicine	S.M.M.W. Kumari, and <u>K.A.I.S. Priyadarshani</u>
Ms. Poornima Jeewanthi	10.20 – 10.40	<b>Plenary Sessions</b> <b>Hall 1 - Prof. Geetha Krishna - WHO initiatives for traditional medicine</b> <b>Hall 3 - Dr. Dinum Perera - Sowing wellness: cultivating halophytes as a paradigm shift in medicinal crop production</b>		

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**Session B**

Moderators	Time	Abstract ID	Title	Authors
<b><u>Session Judges</u></b> <b>Dr. Saumya Kumari</b>	12.00 – 12.10	AE/24/18	Critical analysis on contamination and purification methods of water with reference to Ayurveda and modern sciences: A review	<u>C. S. De Silva</u> , Y. S. G. Wimalasiri, and M. D. P. Ishara
<b>Prof. Sajeewa Herapathdeniya</b>	12.10 – 12.20	AE/24/52	Traditional roots of food preservation: A review of <i>Asamodagam</i> as a natural antifungal agent in mitigating food spoilage	<u>K.M.N.S. Muhandiram</u> and M.S.N. Samaranayake
<b><u>Session Coordinator</u></b> <b>Ms. Poornima Jeewanthi</b>	12.20 – 12.30	AE/24/66	Reviving traditional food safety measures: A review of <i>Asamodagam</i> plant extracts against foodborne pathogens	<u>H.C.V. Kularathna</u> and M.S.N. Samaranayake

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**Session C**

Moderators	Time	Abstract ID	Title	Authors
<b><u>Session Judges</u></b> <b>Prof. Kapila Seneviratne</b>	12.30 – 12.40	AE/24/84	A review on the seasonal variation in the consumption of traditional foods	<u>P. Vithiyasini</u> , Z.S. Doole and S. Ushakhanthan
<b>Dr. Nirasha Gunaratne</b>	12.40 – 12.50	AE/24/93	Traditional practices on food in Sri Lanka: A literature study	<u>W.R.M.P.K. Rathnayake</u>
<b><u>Session Coordinator</u></b> <b>Ms. Poornima Jeewanthi</b>	12.50 – 13.00	AE/24/162	Assessing hyperthyroidism awareness among Sri Lankan undergraduates: Ayurvedic dietary support	<u>A.L.H.S. Madumekala</u> and H.P.I.J. Kaldera

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**Session D**

Moderators	Time	Abstract ID	Title	Authors
<b>Plenary Sessions</b>				
<b>Session Judges</b>  <b>Prof. Sajeewa Herapathdeniya</b>	13.00 – 13.20	<b>Hall 3 - Prof. Manoj Nesari - Recent developments in control of Zoonotic diseases and promotion of Veterinary Health through Ayurveda</b>		
	13.20 – 15.00			
<b>Prof. S Molligoda</b>	15.00 – 15.10	AE/24/241	An ayurvedic vegan milk powder as a health drink: a review on nutritional and health aspects	<u>R.M. Peiris</u> , S.R.A.Priyantha, L.Wananasekara
	15.10 – 15.20	AE/24/264	Testing tradition: Investigating variations in Sri Lankan food from the Kandyan era to the present	R.M.D.S. Rathnayake, I.G.P.R. Kulanatha and <u>W.T.N. Alwis</u>
<b>Session Coordinator</b>	15.20 – 15.30	AE/24/107	Preparation and characterization of Lokanatha Rasa – An Ayurveda mercurial preparation	<u>S.K.M.K Herapathdeniya</u> , P.A. Paranagama and J.G.S Ranasinghe
<b>Ms. Poornima Jeewanthi</b>	15.30 – 15.40	AE/24/22	A Review on <i>Matha Vruhati Dalu Anupana</i> in Sri Lankan Traditional Medicine	<u>S.M.M.W. Kumari</u> and K.A.J.S.Priyadarshani

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**Session A**

Moderators	Time	Abstract ID	Title	Authors
<b>Session Judges</b>  Dr. Sribalaratnam Kisholorjan	9.30 – 9.50	<b>Plenary Sessions</b>		
		<b>Hall 1 – Prof. Thanuja Nesari - Bridging Traditional Wisdom with Modern Science-In context of Ayurveda Research Methodologies</b> <b>Hall 3 – Prof. Iraj Rathnayake - Equity and Inclusion: Reforming the Future of Wellness</b>		
Dr. Priyanganie Gunaratne	9.50 – 10.00	AE/24/51	A conceptual study on water purification methods in Ayurveda	<u>KM Jansz</u> , ND Kodithuwakku, and SD Hapuarachchi
	10.00 – 10.10	AE/24/106	Therapeutic application of Mud Therapy in Traditional Medicine: A review	<u>C. S. De Silva</u> , Y. S. G. Wimalasiri and M. D. P. Ishara
<b>Session Coordinator</b>	10.10 – 10.20	AE/24/111	Relationship between social media usage and mental health status among undergraduates in Sri Lanka in selected universities: An empirical study	<u>A.G.G. Sandunika</u> , <u>M.G.R.K. Manohara</u> and W.M.S.S.K. Kulathunga
Ms. Anupama Buddhipala	10.20 – 10.40	<b>Plenary Sessions</b>		
		<b>Hall 1 Prof. Geetha Krishna - WHO initiatives for traditional medicine</b> <b>Hall 3 Dr. Dinum Perera - Sowing wellness: cultivating halophytes as a paradigm shift in medicinal crop production</b>		



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**Session B**

Moderators	Time	Abstract ID	Title	Authors
<b><u>Session Judges</u></b> <b>Prof. Jeewantha Premarathne</b> <b>Dr. Priyanganie Gunaratne</b>  <b><u>Session Coordinator</u></b> <b>Ms .Anupama Buddhipala</b>	12.00 – 12.10	AE/24/183	Role of dietotherapy ( <i>ilaj bil ghiza</i> ) in the management of Diabetes Mellitus ( <i>ziabetus</i> )	<u>U.L. Naleefa</u> and A.M. Muthalib
	12.10 – 12.20	AE/24/205	The efficacy of <i>Rasna Sapthaka Kwatha</i> with <i>Murungadi Lepa</i> local application in the management of <i>Amavata</i> (rheumatoid arthritis): A case study	<u>A.M.M. Paranagama</u> and S.M.S. Samarakoon
	12.20 – 12.30	AE/24/228	Novel clinical grading system for <i>Nasa arsha</i> (nasal polyposis): An overlook to improve interpretability of clinical outcome	<u>L.D.R. De Silva</u> , S.D. Hapuarachchi and K.R.R. Mahanama

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**Session C**

Moderators	Time	Abstract ID	Title	Authors
<b>Session Judges</b>  <b>Dr. Surangi Gamage</b>  <b>Dr. Anoma Samarawickrama</b>  <b>Session Coordinator</b>  <b>Ms. Anupama Buddhipala</b>	12.30 – 12.40	AE/24/232	Study on Alopecia areata- An Ayurvedic perspective	<u>A.M.P. Abeyrathne</u> and R.D.H.Kulathunga
	12.40 – 12.50	AE/24/238	An exploratory study of the traditional methods used by snake venom physicians to identify the snake in Sri Lanka	<u>M.K.N.G Sandungama</u> and F.S Hazari
	12.50 – 13.00	AE/24/248	Study the practicing of <i>Dinacharya</i> (Daily Regime) among the Children and their mothers in Pediatric ward at National Ayurveda Teaching Hospital	<u>A.B Dharmarathana</u> , I.A.M. Leena, and W.M.S.S.K. Kulathunga

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**Session D**

Moderators	Time	Abstract ID	Title	Authors
			<b>Plenary Sessions</b>	
<b>Session Judges</b>	<b>13.00 – 13.20</b>	<b>Hall 3 - Prof. Manoj Nesari - Recent developments in control of Zoonotic diseases and promotion of Veterinary Health through Ayurveda</b>		
<b>Dr. Saumya Kumari</b>	15.00 – 15.10	AE/24/251	A Comprehensive Study of Vitiligo Treatments in Sri Lanka's Primary Medical System	<u>F.S hazari</u> , J. A. D. P. P. Jayakody, D.A.D.A. Daranagama, and N.P. Sunil-Chandra
<b>Dr. M. S. Sajeewani Perera</b>	15.10 – 15.20	AE/24/254	Role of <i>Thathu</i> and <i>Jeeva katpam</i> – (Rejuvenating metals, minerals and animal sources) in Siddha Medicine – A Review	<u>Sharon. C. A.</u> and Janani. S
<b>Session Coordinator</b>				
<b>Ms. Anupama Buddhipala</b>	15.20 – 15.30	AE/24/118	Efficacy of Ayurvedic Intervention in Managing Microfilaria in Domestic Dogs: A case study	<u>G. A. Dissanayake</u> , D. M. P. K. Herath and T. A. N. R. Gunaratna

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**Session A**

Moderators	Time	Abstract ID	Title	Authors
<b>Plenary Sessions</b>				
<b>Session Judges</b> Prof. Kanthi Kulathunga	9.30 – 9.50	<b>Hall 1- Prof. Thanuja Nesari - Bridging Traditional Wisdom with Modern Science - In context of Ayurveda Research Methodologies</b> <b>Hall 3 - Prof. Iraj Rathnayake - Equity and Inclusion: Reforming the Future of Wellness</b>		
Prof. S. Molligoda	9.50 – 10.00	AE/24/30	Buddhist Human Training for Mitigating Toxic Effects	<u>Ven B. Nandabodhi</u>
<b>Session Coordinator</b> Ms. Hiruni Gammudaly	10.00 – 10.10	AE/24/31	Mindfulness-Based Training for Developing Emotional Intelligence and Mitigating Intoxicated States of Mind	<u>Ven B. Nandabodhi</u>
	10.10 – 10.20	AE/24/105	Intoxicant Effects on Human, Animals and Eco Systems: Insights from <i>Kumbha Jataka</i> for Human Health	<u>Ven B. Nandabodhi</u>
<b>Plenary Sessions</b>				
	10.20 – 10.40	<b>Hall 1 – Prof. Geetha Krishna - WHO initiatives for traditional medicine</b> <b>Hall 3 - Dr. Dinum Perera - Sowing wellness: cultivating halophytes as a paradigm shift in medicinal crop production</b>		

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**Session B**

Moderators	Time	Abstract ID	Title	Authors
<b><u>Session Judges</u></b> <b>Prof. Samantha Samarakoon</b>	12.00 – 12.10	AE/24/110	The impact of food colouring and processed meat on cancer aggravation: A Narrative Review	<u>Charuni T.M.I</u>
<b>Prof. Jeewantha Premarathne</b>	12.10 – 12.20	AE/24/137	Toxicity studies of <i>Ficus benghalensis</i> aerial root decoction on two in vivo models	<u>A.K.D.A. Dhanusha</u> , I.B.K. Thomas, C.D. Jayasinghe, and S.H. Tennakoon
<b><u>Session Coordinator</u></b> <b>Ms. Hiruni Gammudaly</b>	12.20 – 12.30	AE/24/291	A preliminary literature review on medicinal orchids of Sri Lanka	<u>AMNV Bandara</u> , <u>KIWK Somarathna</u> , and HM Senadhira

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**Session C**

Moderators	Time	Abstract ID	Title	Authors
<b>Session Judges</b>	12.20 – 12.30	AE/24/141	Innovation in Graduate Ayurveda Doctors	<u>S.M.D.N.P. Senaratna</u> , S.R.S.N. Sudasinghe, and Tuley De Silva
<b>Dr. Renuka Pereis</b> <b>Dr. H.L.M.G. Sajeewanie</b>	12.30 – 12.40	AE/24/282	Analysis of different cinnamon varieties present in local ayurvedic medicinal product Khadirarishta	<u>A.M.S.S. Amarapathi</u> , N.M. Liyanawahunge, G.V.C.P. Lakshman, N.D.A. Wageesha and A.A.P. Keerthi
<b>Session Coordinator</b> <b>Ms. Hiruni Gammudaly</b>	12.40 – 12.50	AE/24/55	Efficacy of the ayurveda treatment regimen in the management of complications due to sotos syndrome – a case study	<u>M.M.F. Shihara</u> , I.A.M.Leena , and O.T.M.R.K.S.B. Kalawana

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**Session D**

Moderators	Time	Abstract ID	Title	Authors
			<b>Plenary Sessions</b>	
<b>Session Judges</b>	<b>13.00 – 13.20</b>	<b>Hall 3 - Prof. Manoj Nesari - Recent developments in control of Zoonotic diseases and promotion of Veterinary Health through Ayurveda</b>		
<b>Prof. Samantha Samarakoon</b>	15.00 – 15.10	AE/24/185	Ayurvedic management of Spastic hemiplegic cerebral palsy due to perinatal insult - a case study	<u>W.H.S.L. Jayarathna</u> , I.A.M. Leena, and OT.MR.K.S.B. Kalawana
<b>Dr. M. Chawda</b>	15.10 – 15.20	AE/24/260	Comparative Study on <i>Pitha</i> diseases with Hereditary Metabolic Disorders	<u>Kirushanth Kirupakaran</u> ; Ann Sharon, Chandrakumar, Anpuchelvy, and Sritharan
<b>Session Coordinator</b>	15.20 – 15.30	AE/24/269	Study of the Prevalence of Obesity at the National Ayurvedic Hospital	<u>B L Edirisinghe</u> and W M S S K Kulathunga
<b>Ms. Hiruni Gammudaly</b>				

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**Session A**

Moderators	Time	Abstract ID	Title	Authors
<b>Plenary Sessions</b>				
<b>Session Judges</b> Dr. M Chawda Dr. Anoma Jayasiri	9.30 – 9.50	<b>Hall 1 - Prof. Vajira Dissanayake - Integrating Traditional Knowledge into Modern Healthcare Systems to Enhance Health and Well Being</b> <b>Hall 3 - Prof. Ayanthi Navaratne - Toxic Effects of Pesticides and Fertilizer on Human, Animal And Ecosystem As a Whole</b>		
<b>Session Coordinator</b> Mr. Nilaksha Navod	9.50 – 10.00	AE/24/219	Determination of Antimicrobial Potential in <i>Denimba Debatu Kaṣāya</i>	<u>T. B. A. Lakmini</u> and T. A. N. R. Gunaratna
	10.00 – 10.10	AE/24/234	Phytochemical screening of <i>Cordia dichotoma</i> (Boraginaceae) bark extracts using Thin Layer Chromatography (TLC)	<u>W.P.C.S. Weerawaradana</u> , W.T.P.S.K. Senerath, and T. K.Nawarathne
	10.10 – 10.20	AE/24/270	Ayurveda Approach to <i>Dashamooladee Gritha</i> in the Management of <i>Janu Sandigata Vata</i> W.S.R. To Knee Joint Osteoarthritis – A Review	<u>W. K Jayarathna</u> , and N.D.N Jayawardana
<b>Plenary Sessions</b>				
	10.20 – 10.40	<b>Hall 1 - Dr. Saumya Kumari - Vrikshayurveda and Satvarurveda for one health approach</b> <b>Hall 3 - Dr. Mukesh Chawda - Addressing Unmet needs in Knee Osteoarthritis Management through Traditional Medicines</b>		



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**Session B**

Moderators	Time	Abstract ID	Title	Authors
<b><u>Session Judges</u></b>				
<b>Dr. Dinum Perera</b>	12.00 – 12.10	AE/24/235	Determination of antibacterial activity of Coriandrum sativum ethanolic extract on <i>Escherichia coli</i> and <i>Staphylococcus aureus</i>	<u>T. S. S. Vithanage</u> and S. Kotalawala
<b>Dr. H.L.M.G. Sajeewanie</b>	12.10 –12.20	AE/24/244	Development and phytochemical analysis of herbal oil pulling formula	<u>HNF Asra</u> , and MNF Rizniya
<b><u>Session Coordinator</u></b>	12.20 –12.30	AE/24/268	<i>Triphala Guduchyadi Churna</i> in the management of <i>Sthulya</i> (Obesity)- A case report	<u>KALS Kuruppuarachchi</u> , and KIWK Somarathna
<b>Mr. Nilaksha Navod</b>	12.30 – 12.40	AE/24/285	A critical review of poly herbal mineral formula " <i>suranvidura pathya panguwa</i> " for cancer (arbuda) treatment	<u>TNWMS Nanayakkara</u> , DMRB Dissanayake, RTC Nelugolla, GKM Senevirathna, MSV Shashiprabha, and LHS Umayangani

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**Session A**

Moderators	Time	Abstract ID	Title	Authors
<b>Plenary Sessions</b>				
<b>Session Judges</b>  <b>Dr. Thelma Abesinghe</b>  <b>Dr. Priyanganie Gunaratne</b>	9.30 – 9.50	<b>Hall 1 – Prof. Vajira Dissanayake - Integrating Traditional Knowledge into Modern Healthcare Systems to Enhance Health and Well Being</b> <b>Hall 3 – Prof. Ayanthi Navaratne - Toxic Effects of Pesticides and Fertilizer on Human, Animal And Ecosystem As a Whole</b>		
<b>Session Coordinator</b>  <b>Ms. Poornima Jeewanthi</b>	9.50 – 10.00	AE/24/142	Evaluation of the efficacy of <i>pathyākshadhātrees</i> <i>kashāya</i> , <i>nirgundi nasya</i> , and <i>trikatuādi kavala</i> on <i>kaphaja shirah shoola</i> – A case study	<u>W.M.L. Madhushan</u> , U.A.M. Madhushyani and R.L.Y.U. Rathnayake
	10.00 – 10.10	AE/24/145	Formulating herbal under-eye cream utilizing selected <i>varnya gana dravya</i> from <i>Charaka Samhita</i>	<u>W.A.B. Kavindi</u> , W.M.L. Madhushan, Y.A.U.D. Karunaratne and S.K.M.K. Herapathdeniya
	10.10 – 10.20	AE/24/157	Exploring the efficacy of external applications for <i>arditha</i> in Ayurvedic and Sri Lankan traditional medicine: A pharmacodynamic analysis	<u>N.P.D.N.N. Perera</u> and N.V.P. Rohini
<b>Plenary Sessions</b>				
	10.20 – 10.40	<b>Hall 1 - Dr. Saumya Kumari - Vrikshayurveda and Satvarurveda for one health approach</b> <b>Hall 3 - Dr. Mukesh Chawda - Addressing Unmet needs in Knee Osteoarthritis Management through Traditional Medicines</b>		

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**Session B**

Moderators	Time	Abstract ID	Title	Authors
<b><u>Session Judges</u></b> Dr. Anoma Jayasiri	12.00 – 12.10	AE/24/169	Evaluating <i>Hibiscus sinensis</i> flower stalk scraping in pterygium management: a sri lankan indigenous medical approach	<u>H.K.R. Weerakoon</u> , and Kelum Manamperi
<b>Dr. M. Chawda</b> <b><u>Session Coordinator</u></b>	12.10 – 12.20	AE/24/179	Study of fracture treatment modalities used by 3 indigenous medical generations in Panamura division	<u>R.L.A. Rumesh Madhushan</u> and O.T.M.R.K.S.B. Kalawana
<b>Ms. Poornima Jeewanthi</b>	12.20 – 12.30	AE/24/65	A review on <i>Persea americana</i> (avocado) seed extracts: Harnessing waste to combat antimicrobial resistance	<u>S.V. Kankanamge</u> and M.S.N. Samaranayake

**5<sup>th</sup> May 2024**  
**Poster Presentation – Screen 02**  
**UCFM – Tower**

**Session C**

Moderators	Time	Abstract ID	Title	Authors
<b><u>Session Judges</u></b> Prof. Sajeewa Herapathdeniya	12.30 – 12.40	AE/24/69	Advances in Penicillin-Producing Fungi and enzymes: A review	<u>K.A.H.D.A.S. Jayasekara</u> , E.J.M.I.K. Jayasundara
Prof. Nimanthi Jayathilke	12.40 – 12.50	AE/24/103	A baseline assessment on the butterfly diversity of University of Vavuniya, Pampaimadu, Sri Lanka	<u>L.B.M.S.N. Chandrarathne</u> , R.M.D.L.B. Rathnayake, and K.G.S. Madhushani
<b><u>Session Coordinator</u></b> Ms. Poornima Jeewanthi	12.50 – 13.00	AE/24/176	Evaluating the efficacy of antimicrobial activity of five herbal oleoresins against acne causing <i>Propionibacterium acne</i>	<u>W.M.E. Lakmali</u> and B.W.G.V.V. Bokanda

**5<sup>th</sup> May 2024**  
**Poster Presentation – Screen 03**  
**UCFM – Tower**

**Session A**

Moderators	Time	Abstract ID	Title	Authors
<b>Session Judges</b>  Dr. Manoj Nesari  Dr. Sribalaratnam Kisholorjan	9.30 – 9.50	<b>Plenary Sessions</b> <b>Hall 1 – Prof. Vajira Dissanayake -Integrating Traditional Knowledge into Modern Healthcare Systems to Enhance Health and Well Being</b> <b>Hall 3 – Prof. Ayanthi Navaratne - Toxic Effects of Pesticides and Fertilizer on Human, Animal and Ecosystem as a Whole</b>		
	9.50 – 10.00	AE/24/56	Preliminary studies of the pharmacological potential of <i>Xylocarpus rumphii</i> : based on Kontalam plants in Wella Dewalya, Sri Lanka	<u>H.T.L. Mendis</u> , S.D. Hapuarachchi and H.P.S. Jayapala
<b>Session Coordinator</b>  Ms. Anupama Buddhipala	10.00 – 10.10	AE/24/184	Comprehensive approach to indigenous knowledge for sustainable medicinal plant conservation	<u>U.L. Naleefa</u> and A.M. Muthalib
	10.20 – 10.40	<b>Plenary Sessions</b> <b>Hall 1 - Dr. Saumya Kumari - Vrikshayurveda and Satvarurveda for one health approach</b> <b>Hall 3 - Dr. Mukesh Chawda - Addressing Unmet needs in Knee Osteoarthritis Management through Traditional Medicines</b>		

**5<sup>th</sup> May 2024**  
**Poster Presentation – Screen 03**  
**UCFM – Tower**

**Session B**

Moderators	Time	Abstract ID	Title	Authors
<b><u>Session Judges</u></b> <b>Prof. Kapila Seneviratne</b>	12.00 – 12.10	AE/24/190	Analysing ayurvedic raw material price fluctuations for sustainable cultivation, conservation and industry sustainability: A decade review	<u>B.W.G.V.V. Bokanda</u> and S.S. Darvin
	12.10 – 12.20	AE/24/212	<i>In vitro</i> shoot and root propagation of <i>Fragaria ananassa</i> for sustainable cultivation	<u>A.K.D. Silva</u> and W.T.P.S.K. Senerath
<b><u>Session Coordinator</u></b> <b>Ms. Anupama Buddhipala</b>	12.20 – 12.30	AE/24/237	The potential of medicinal plant conservation with agroforestry in Sri Lanka to promote sustainable cultivation practices	<u>W.H.H.N. De Soysa</u> and AP Abeyratne

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**Poster Presentation – Screen 03**  
**UCFM – Tower**

**Session C**

Moderators	Time	Abstract ID	Title	Authors
<b>Session Judges</b>  <b>Dr. Saumya Kumari</b>	12.30 – 12.40	AE/24/252	Assessment of rice farmers' knowledge, perception, and constraints towards rice-fish farming in Hambantota district, Sri Lanka	<u>H.K.R.S Kumara</u> , K.S.S Atapaththu, S.S Herath, N.P. Vidanapathirana, and M.M.K.I Marasinghe
	12.40 – 12.50	AE/24/258	Healing and therapeutic landscape designing using medicinal plants- Empirical study of “barberyn waves” ayurveda resort-weligama	<u>T.M.K.P Thennakoon</u> and K.P.N.G Kanuwana
<b>Dr. Anoma Jayasiri</b>  <b>Session Coordinator</b>  <b>Ms. Anupama Buddhipala</b>	12.50 – 13.00	AE/24/160	Exploring the Therapeutic Potential of <i>Psidium guajava</i> Leaves: A Comprehensive Review	<u>R.M.C.D. Rathnayake</u> and M.S.F Sapra

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**Poster Presentation – Screen 04**  
**UCFM – Tower**

**Session A**

Moderators	Time	Abstract ID	Title	Authors
<b>Plenary Sessions</b>				
<b>Session Judges</b> Dr. H.L.M.G. Sajeewanie	9.30 – 9.50	<b>Hall 1 - Prof. Vajira Dissanayake - Integrating Traditional Knowledge into Modern Healthcare Systems to Enhance Health and Well Being</b> <b>Hall 3 - Prof. Ayanthi Navaratne - Toxic Effects of Pesticides and Fertilizer on Human, Animal and Ecosystem As a Whole</b>		
Dr. Renuka Pereis	9.50 – 10.00	AE/24/50	The effectiveness of listening to <i>Girimananda sutta</i> for reducing pain and fears of non-communicable diseases	<u>C. Abeywardana</u> , C. Palliyaguru, P. Rathnayaka and A. Kaluarachchi
<b>Session Coordinator</b>	10.00 – 10.10	AE/24/71	The importance of developing indigenous psychology for the mental well-being of Sri Lankan people: A literature review	<u>K.T.C. Samaraweera</u>
Ms. Lasini Amunugama	10.10 – 10.20	AE/24/80	The potential of yogic intervention for the promotion of holistic health in wellness tourism	<u>Randika Perera</u>
<b>Plenary Sessions</b>				
<b>Hall 1- Dr. Saumya Kumari - Vrikshayurveda and Satvarurveda for one health approach</b> <b>Hall 3 - Dr. Mukesh Chawda - Addressing Unmet needs in Knee Osteoarthritis Management through Traditional Medicines</b>				



**5<sup>th</sup> May 2024**  
**Poster Presentation – Screen 04**  
**UCFM – Tower**

**Session B**

Moderators	Time	Abstract ID	Title	Authors
<b>Session Judges</b>  <b>Dr. Renuka Pereis</b>  <b>Dr. M S Sajeewani Perera</b>	12.00 – 12.10	AE/24/114	The Impact of Yoga Programs on Mental Wellbeing in Sri Lankan Tour Guides: Examining the Mediating Role of Job Engagement	<u>T. Jayasinghe</u> , C. Prabuddha, and D.K.T. Dangalle
	12.10 – 12.20	AE/24/128	Positive psychology and tourists' well-being: A systematic literature review	<u>G.P.K. Perera</u>
	12.20 – 12.30	AE/24/140	Government intervention in Ayurveda Tourism: A Review	<u>S.M.D.N.P. Senaratna</u> and S.R.S.N. Sudasinghe
<b>Session Coordinator</b>  <b>Ms. Lasini Amunugama</b>				

**5<sup>th</sup> May 2024**  
**Poster Presentation – Screen 04**  
**UCFM – Tower**

**Session C**

Moderators	Time	Abstract ID	Title	Authors
<b><u>Session Judges</u></b> <b>Dr. Renuka Pereis</b> <b>Dr. A Manoraj</b>  <b><u>Session Coordinator</u></b> <b>Ms. Lasini Amunugama</b>	12.30 – 12.40	AE/24/250	Comparative analysis of traditional <i>Ayurveda</i> concepts with modern perspectives on health and management of elephants	<u>R.M.T.K. Rathnayake</u> , S.P. Molligoda and R.M.D.A. Amarasiri
	12.40 – 12.50	AE/24/283	Harmonizing Ayurveda wisdom with One Health: A Review	<u>M.A.P.H Silva</u> , R.M.T.K Rathnayake and P.A.S.N Silva

**5<sup>th</sup> May 2024**

**UCFM Tower – Hall 1 (14.30 – 16.00)**

**VALEDICTORY CEREMONY**

**Theme - Evidence-based research for Traditional Medicine**

Time	Program
14.45 – 14.55	Welcome Address by the Dean, Faculty of Graduate Studies Prof. N. A. K. P. J. Seneviratne Symposium Co-Chair
14.55 – 15.05	Address by the Chief Guest Prof. Vidya Jyothi Vajira H. W. Dissanayake Dean of the Faculty of Medicine, University of Colombo, Sri Lanka
15.05 – 15.50	Panel Discussion on "Evidence-based research for Traditional Medicine"  Chairperson – Prof. (Dr.) Tanuja Nesari - M.D. and Ph.D. in Ayurvedic Pharmacology (Dravyaguna vidnyan) from Gujarat Ayurved University, Jamnagar, Director, All India Institute of Ayurveda (AIIA)  Dr. Geetha Krishnan - Unit Head, Evidence and Learning, WHO Global Treatment Center, Jamnagar  Dr. Manoj Nesari - PhD in Policy Research. MD, Internal Medicine (Kayachikitsa), Advisor, Ayurveda, Ministry of AYUSH, Govt. of India,  Dr. Dammika Abeygunawardena - Commissioner General of Ayurveda, Department of Ayurveda, Navinna, Maharagama, Sri Lanka.  Prof. Priyani Peiris - Professor in Shalakya, Gampaha Wickramaarachchi University of Indigenous Medicine  Prof. Samantha Samarakoon – Director of Postgraduate Institute of Indigenous Medicine  Dr. Saumya Kumari – Faculty of Indigenous Medicine, University of Colombo, Sri Lanka
15.50 – 16.10	<i>Announcement of best presenters</i>
16.10 – 16.20	Vote of Thanks Prof. Priyani Paranagama Symposium Chair



## 2<sup>nd</sup> International Research Symposium on Traditional Medicine

“One Health for Sustainable and Healthy Living of  
Humans, Animals, and Ecosystems”

Organized by  
The Faculty of Graduate Studies, University of Kelaniya  
In collaboration with  
The Department of Ayurveda, Ministry of Health, Sri Lanka

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