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## KNOWLEDGE AND PRACTICES ON *SANDIROGA* TREATMENT METHODS AMONG THE SRI LANKAN TRADITIONAL MEDICAL PRACTITIONERS IN THREE SELECTED PROVINCES OF SRI LANKA

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In Sri Lanka there are specific families: "*Weda Parampara* ", who practice their own treatment methods with the use of specific remedies. They have a long history of use in disease prevention and treatment, particularly for chronic diseases like Joint disorders, *Sandiroga*. The aim of this study was to find out current practices and knowledge on *Sandiroga* among Sri Lankan Traditional Medical Practitioners (SLTMP). Details of the SLTMP were taken from the Traditional Medical Knowledge Conservation project of the Bandaranayake Memorial Ayurveda Research Institute and relevant Provincial Ayurveda Departments. This study included 50 practitioners treating *Sandiroga*. They were interviewed and data were collected by asking both close and open-ended questions by using a validated questionnaire. Study was conducted from January to March 2021 from Uva, Southern and Eastern provinces. Data were taken and analyzed under following items: Traditional pedigree and experience, Main treatment methods of external and internal practices related to use of decoctions, *Paththu* and *Pottani* for joint problems. Male dominant SLTMP (80%) recorded and 24% of them having 40 – 45 years of experience and least recorded as less than 10 years (4%). Decoction (96%), *Pottani* (84%) and *Paththu* (80%) were recorded as most preferable dosage forms and *Vasthi* (12%) was least recorded. Maximum use of the same decoction practiced as 07 days (50%) and most popular decoction was the *Rasnasapthakaya* (40%) and 8% prescribed their own decoctions and 26% prescribed *Maharasnadiya* with the *Yogaraja Guggulu*. 40% applied *Paththu* in morning and 46% replied for no specific time. 26% recorded for 4 hours of *Paththu* retaining time and 28% responded for no specific time and maximum use of the same *Paththu* was 15 days (46%). 40% do 20 minutes fermentation by *pottani* and maximum use of the same *pottani* recorded as 40%. *Ketakelapaththu* (60%) and *Etaatapottani* were the most common *paththu* and *pottani* used among SLTMP and 40% preferred to apply oil first and carried the fermentation before application of the paste. According to this survey SLTMP have their own treatment methods developed through their observation and through their hands-on experience of *Sandiroga*.

**Keywords:** *Sandiroga*, Sri Lankan Traditional Medicine, Sri Lankan Traditional Medical Practitioners