

## PP 006: An analysis on cinnamon containing formulae in Ayurveda pharmacopeia of Sri Lanka

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Ayurveda Pharmacopoeia of Sri Lanka (APSL) is the legally recognized and officially published authentic source of the Ayurvedic pharmaceutical preparations in Sri Lanka. In APSL more than 500 internal preparations are mentioned with their formula, preparation method and dosage. Global attention on cinnamon is significantly increasing since it has been used in traditional medicine for the last millennia and scientifically proven for its efficacy on various ailments. The aim of this study was to analyze the diversity of proportionate distributions of cinnamon and percentages in each formula prescribed for internal use as mentioned in APSL. Primary data were collected for APSL and scholarly opinions were consulted for analytical study. There are 76 formulae (15%) containing cinnamon recorded out of 500 internally prescribed preparations in APSL. Statistical analysis shows that 15 (24%) of *Cūrna* (max. 390mg and min. 20mg), 11(68%) of *Modaka* (max. 692mg and min. 10mg), 6 (40%) of *Kalka*, (max. 160mg and min. 20mg), 8 (88%) of *Pindī* (max. 625mg and min. 26mg) formulae contain cinnamon as an ingredient. Most of these preparations are prescribed to be taken twice a day and maximum cinnamon content was recorded as 692 mg in single dose of *Abhayādīmodaka*. The percentage of cinnamon in each formula was calculated and the highest (9.09%) was found in *Haridrā Khaṇḍa* which is used for allergic conditions, while the lowest (0.98%) in was found in *Vṛhat YogarājaGuggulu*. The average (68.42%) weight range of cinnamon in dosage forms is between 100mg - 300mg as recorded in 52 formulas. It is suggested that further analysis be conducted on the pharmaceutical utilities and application diversity of the studied sample of 76 cinnamon containing preparations in APSL.

**Keywords:** cinnamon, internal preparations, dosage forms, Ayurveda pharmacopeia

## PP 007: Philological evidence for Sri Lanka as the origin of true cinnamon

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Cinnamon or *Kurundu* tree is reported to have originated in the central hills of Sri Lanka and Ceylon cinnamon is one of the earliest spices known to mankind and is traded around the world. The botanical name *Cinnamomum zeylanicum* Blume refers to the cultivated specific species of cinnamon indigenous to Sri Lanka and that is also called “true cinnamon” of commerce. This study aimed to trace the philological evidences to prove Sri Lankan territory as the country of origin of true cinnamon. The methodology was based on lexicons, ancient literary sources and scholarly publications on the history of cinnamon. *Karuva* and *Karuvapatta* used in Kannada and Tamil languages would have been borrowed from Sinhala word *Kurundu* which is transliterated into