



## ***EVALUATION OF THE SIZE DISTRIBUTION OF PILLS (Deshiya Guli) BASED ON Vatikāprakaranaya - A LITERATURE STUDY***

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*Vatikāprakaranaya* is the most famous text book among traditional medical practitioners in Sri Lanka for their pharmaceutical preparations which are mostly having native formulas. Various types of pills (*Guli*) and pastes (*Kalka*) are mentioned in this text. They were prepared according to the methods prescribed differently for each formula. The size of the pill is an important part of the traditional medicine and it varies according to the ingredients in the formula while the number of pills prescribed for a dosage is depending on the condition of the disease. This study was carried out to evaluate the size distribution of the pills mentioned in *Vatikāprakaranaya* and demonstrated the singularities of the pills. The primary source used for this study is *Vatikāprakaranaya* published in 1948 which describes 309 pills (*Guli*), 23 pastes (*Kalka*) and 1 powder (*choorna*) with 5293 verses. 309 preparations of pills were reviewed out of the total number (333) of preparations in *Vatikāprakaranaya*. Out of the total number of reviewed preparations include 35 different sizes of pills as *mun eta*, *Imbhul eta*, *gammiris eta*, *Olinda eta* among which the most used size is *mun eta* that had been applied in 88 preparations. Size of *Imbhul eta* was mentioned in 83 formulas, *Gammiris eta* was mentioned in 43 formulas and 19 pill sizes were exclusive. Size of pearl (*Muthu*) also had been used as a size of pill other than seeds of herbs. In some preparations different size of pills had been prepared from one formula. The highest number of sizes used in one formula is 07 as recorded in *Jēwaka ankusha Guliya* and second highest (3) is in three formulas named as *Ranahansa raja guliya*, *Kola ashtangaya* and *Maha kola ashtangaya* while the third highest (2) is in five preparations. Some pills were divided into the normal dosage (*pathya pangu*) and purgative dosage (*vireka pangu*) respectively as recorded in 17 preparations. The pills preparations found in popular indigenous medical literature as in *Vatikāprakaranaya* are diversified in size that can be used for multi-ailments and potential research area to be disclosed in future.

**Keywords:** *Size distribution, Vatikāprakaranaya, Deshiya Guli*