


I'm not robot  reCAPTCHA

Continue



species of shield fern. *Asteracantha longifolia*, (*Hydrophilia auriculata*, *Hygrophilia spinosa*) Ikiriya, Katu-Ikiriya, Neerammullya, kokia kokilakas nirmulli Diuretic, native remedy for kidney stones, HerbalTeas Typical folk recipes go some what like "The simple herb Neerammullya is ideal for treating prostate problems. If a male nearing the Biblical age of three score and ten finds some tightening whilst urinating, take a handful of Neerammullya in eight cups of water, boil and reduce to one cup, strain and drink, twice a day, until the tightness disappears. Avoid the dried herb found in most outlets. The fresh herb is available in wayside markets. A perennial herb with an ascending rhizome ; stems numerous, 60-120 cm tall, erect, nearly unbranched, somewhat compressed, thickened at nodes and hispid with long hair between the leaves; leaves simple, sessile, whorled.- *Asystasia coromandeliana*, *Asystasia gangetica* (Creeping foxglove, Chinese violet, *Asystasia*) nil-puruk (?) However, see also under *Ruellia* - medday keeral, peyppatchotti Several related species: *A. variabilis* (Nees). *A. chelonoides* Nees Woody perennial, Images *Atlantia monophylla* Val Dehi, Val dehi- *kurundu* There is also a variety known as "Gadaa dehi", with a rough skin, known as Kaffre lime. *Atlantia ceylanica* *A. zeylanica*- *Yakinaran*, yak-naaran - *Atlantia rotundifolia* (Thw.) Tanaka is also listed as *Yakinaran*- *Citrus* collection - *Atropa belladonna* (deadly nightshade) visa-batuvael ? - - This well-known source of atropine alkaloids does NOT seem to have an accepted Sinhala (*Visa batu vael*? - a name touted by a planter but we have found no basis.) or Tamil name. Perhaps only habitats in the up-country dry zone would support this plant. It is known does not seem to be natively known in Sri Lanka. Its poison was used since antiquity as a death potion, or for inducing hallucinations. The plant (small berries on a wine, with flowers very similar to the flower of egg plant) is in the aubergine, tomato and potato family In India it is found mainly in regions like Kashmir. It is known under various names in Northern India : *bantamaku*, sag-anugur, yeburi, girbuti. It is a strong narcotic, sedative, diuretic, hallucinogen. *Austro eupatorium* Inulifolium, *Eupatorium* inulifolium Kunth *Daisy* family *Siam* weed, crofton weed. Image of *Eupatorium* inulifolium *Eupatorium* *Odoratum* from Waellavaya, Ella Sudda, වැස්සු Valsudda Not to be confused with *vathusudda*, *Wathusudda* or *Watusudda* (*Ervatamia divaricata*). - - Family: Asteraceae. *Austro eupatorium* inulifolium is an aggressive species that rapidly colonizes areas cleared for planting new crops, agricultural fields, fallow fields, waste lands and roadsides. This was introduced it to Sumatran rubber plants. It has been introduced to Sri lanka in the 1930s. Write up and Image, *Lalith Gunasekara* Antifungals have been isolated from *E. riparium* by Bandara et al. < valign>top>Averhoa Bilimbi?Tree cucumber *Sinhala*: Bilin The fruit is quite acid and "hangs" in bunches from the trunk itself. Sanskrit: Karmaraka, Karamaranga, Siraalam, Krama, Amlee, Karukha Tamil: Ilumpanubi, Bilimbi, Ayurvedic Physicians recommend it for: pacifying vitiated "vaata", "pitta", indigestion, anorexia, fever, scurvy, vomiting, hepato-splenomegaly, hypercholesterolemia, poison, gingivitis, anemia, hemorrhoids, ringworm and internal hemorrhage. Origin in the Malayan region, perhaps endemic to Sri lanka as well- Tree has small fruit used in chutneys and "Biling Achcharu" etc. Images, write up *Avicennia marina*, *A. officinalis* (Mangrove) *Manda* - *Kanna* - *Azadirachta indica* (Margosa) Family: *Meliaceae* (mahogany family) *Kohomba* It is medicinally and rituallysignificant important in Sri Lankan culture. "Kohomba Kankariya" is a well-known low-country exorcist ritual dance. The Kohomba Kankariya begins with an invocation to the deity of the Kohomba tree, and NOT to the Buddhist 'Tun Sarana' as in most other Sri Lankan exorcism dances. Sinhalese homes make "Milk rice", to be eaten with jaggery, during the Sinhala new year (Bak masa uella). The "Kohomba" leaves are crushed and applied on the body at an "auspicious" time, but not eaten. Pakvakrita, nimbaka, nimba- Images and write up from "Flowers of India vemu, vembu, veppa "Pachchadi" is a "sambol" (savoury spicy mixture) made of the flowers of Margosa, the sour mango, and sweet jaggery. Sweet rice (made with new red rice, jaggery, cashew nuts ghee, and plums) was eaten together with this sambol during Sinhala-Tamil new year (Hindu homes). Some place-names with Kohomba-Aratikohombe (Aladiwembu) Maha-Vaedi-Kohombe (Mavidivembu) Kohombagamathota (Kombanacchi) Kohombaweva (Veppankulam) Kohombavaela (Veppanveli) Read "About Kohomba". Neem extract is an eco-friendly insecticide and pesticide. It is manufactured in India and other S. Asian countries. As far as we are aware, in Sri Lanka, Kohomba extract is manufactured and distributed mainly by the Island Marketing Services (pvt), Nawala, Sri Lanka Azolla pinnata (Mosquito Fern, Duckweed fern, Water fern, Fairy moss) pas-penda, kaerli penda? පිටපි පිටපි සජ්ජ පසුබෝජු Pasubhojya, Plavini - *Azolla filiculoides*, *Azolla caroliniana*, *Azolla anabena* are related species of agricultural importance. It has been used in south asia for a long time in rice-paddy cultivation as a manure (bio-fertilizer). Its manure action is related to its N-producing nodules and symbiosis with green algae (cyanobacterium Anabaena), and in making compost. It is also used as a cattle feed. Images and notes   Efforts to use azolla in Tamil Nadu Regulation of nitrogenase activity by light in the azolla-anabaena symbiosis by S. A. Kulasooriya et al., Peradeniya Botany dept. B Go to the Top Botanical Names, (English) *Sinhala* *Sanskrit* (Pali) Tamil Toponyms, Notes *Baccurea mottleyana* (Rambli) *Gaduguda* - - The plant (Rambli) probably originated in Java - Indonesia. The fruit is eaten raw, consumed as juice or jelly etc. The plant has been studied within a Sri Lankan context by Pushpakumara and H. M. P. Gunasena" under-utilized fruit plants *Pinkirt* of fruit *RE*: The book "A Selection of Fruits of Sri Lanka by J. and T. Fernando 1997" Medicinal: fruit is used in dermatology. *Bacopa monnieri* *Sinhala*: Lunuwila, Lunuwila small herb which grows in wet places, and used as a purge, and in medicinal shampoo. It is claimed to "accumulate toxins like Cd from the soil". It is also supposed to "improve memory" It has been used together with Aralu, Bulu, Nelli in purging the stomach, esp. in rural settings where poor people defecate in the open and also walk barefoot, leading to intestinal infections of hookworm, round worm etc. Lunuwila, Diya avariya etc are included in such vermifuge purges, but are not as effective as modern alternatives. See acute and chronic toxicity of Lunuwilajegai in next column Sanskrit: Brahami B. monnieri has been shown to cause side effects in the gastrointestinal tract i.e., nausea, increased stool frequency and abdominal cramps [Morgan A, Stevens J. Does Bacopa monnieri improve memory performance in older persons? Results of a randomized, placebo-controlled, double-blind trial. *J Altern Complement Med.* 2010;16(7):753&#x2013;9. doi: 10.1089/acm.2009.0342]. Severe liver toxicity has been reported after taking ayurvedic preparations including B. monnieri Teschke R, Bahre R. Severe hepatotoxicity by Indian Ayurvedic herbal products: a structured causality assessment. *Ann Hepatol.* 2009;8(3):258&#x2013;66. Tamil: pirami, piramiyam, carumam The capacity of lunuwila to accumulate metal toxins should be taken into account when it is used as a herbal medicine. That is, it should be grown in pristine clean soil. Place names: Lunuvilaweva (Panemiyankulam); Medicinal: Aperients, Diuretic. As already mentioned, its use as a memory enhancing drug, and as a laxative and vermifuge are known in traditional medicine. However, its acute and chronic toxicity effects also must be considered in the dosage. The traditional practice of using a stomach purge every month is harmful to the instanstial microbiome. The "tripala" laxative (see herbal or "seneko" type laxatives are much safer and provide a mild easing of stomach condions. *Balanocarpus brevipetiolaris* (Thw.) Alston ,br> synonym *Shorea brevipetiolaris* Dunmulla - - Threatened IUCN list. see also *Balanocarpus kintulgallensis* (Kosterm) *Balanophora fungosa* Thippili - *yanai*, thippali - *Baliospermum montanum* Deththa - *Danhti* - *peyamankku* Has been used in indian medicine. e.g., one prescription (clearly toxic in view of modern knowledge) says: Naraachaka rasa.1 Take of mercury, borax and black pepper, one part each, sulphur, ginger and long pepper two parts each, seeds of *Baliospermum montanum* nine parts: powder the ingredients and make into two-grain pills with water. These are given in constipation and tympanitis. (source *Hindu-materia Medica*) *Ballota disticha* Heen Yak-wanassa mint-like plant - *Burman*, Johannes. *Thesaurus zeylanicus*, t. 71 (1737)Image *Bambusa vulgaris* (Bambo) Una, උනු unabambu, උනටුවු Vamsah, Venuh- *Mulmankil* Bambo is a fast-growing, perennial woody grass. It is a part of South Indian culture, with the Bamboo flute figuring early in Sanskrit works. The name "Una" appears in many Sri lankan place names like "Una-Pandura", "Unagala, Unapaana". It is of immense economic importance but it has been extremely under exploited in Sri Lanka. See *Kariyavannam* on bamboo utilization Much can be learnt from the way Bamboo is used in China, Japan and in India. It is used: (i) To prevent soil erosion on hillsides and as a wind barrier(ii)Earth-quake resistant buildings (iii)Wood for furniture, fuel, poles, scaffolding, pulp, paper, composite planks, fabric, curtains, match sticks, incense sticks etc. (iii)Bambo shoots are used as food. (iv)As a "Dendro" bio-fuel since bambo re-grows fast.   India's National bamboo mission The young shoots of the tree are claimed to be u be useful in stomach disorders. Pickled or cooked, they serve as an appetizer. In many parts of India the leaves of the tree are used in the from of decoction to treat diarrhoea, worms etc. Bamboo sticks are used in massage therapy. See also *Bata* lee- *Barleria* L *Sinhala* /Tamil names everal of these woody perennials, shrubs,have not been identified. They are often known as "katu-kurundu". - - Some *Barleria* species: *B. involucrata* Nees, *B. lanceata* (Forssk.)= *B. noctoptora* L., *B. nitida* Nees, *B. nutans* Nees, see below for others. *Barleria buxifolia* (Box-leaved *Barleria*) *katu-nelu*, *katu nelu* *Iskura kattimulla* This plant (Acanthaceae) is mentioned in B. Clough's dictionary *Box-Leaved Barleria* is a shrub 5-6 ft tall, with strong spines under the leaves. Leaves are nearly stalkless, with hairs on both sides scattered, white, short. Spines below the leaves are 6-6 mm long, simple and straight. Flowers arise mostly solitary, purple blue. Bracts are 6-8 mm long, reduced to simple spines. Flower-tube is 1.8-2.5 cm long, slightly widened upwards. Images and notes *Barleria cristata* (Philippine violet | Bluebell *barleria* or Crested Philippine violet) *Godame-riya* - *nilamparam*, *udamulli* Shrub. different parts of *Barleria Cristata* have been used traditionally for the treatment of variety of diseases including anaemia, lipothecia, cough and as a hypoglycemic agent. Roots and leaves were used to reduce swellings in inflammation. Images and details of the plant Today it is used in landscaping because of its attractive blue to white flowers, although it has the risk of becoming a weed. It grows best at heights of 1000 meters. *Barleria lutohina* - *Ranvan Katukarandu* - - - *Barleria prionitis* (-*Porcupine* flower, *Barleria* ) *Katu Kurundu*, *Katukarandu* - *Vajradanti* *Kundan*, *cemmulli*, *Varamulli* - *A* small shrub, -0.6-1 m tall, much branched, branches chikilly, swollen above nodes labrous with sle er, very sharp spines in leaf axils, each with 3-ivariate branches leaves simple. It is claimed to have medicinal properties similar to "Aaadathoda". Images and write up The flower may be deep yellow to very pale yellow or whitish. *Barleria mysorensis* *Roth katu-nelu* - ikkiri, kinkiri, kirimulla *Small dry-zone shrub* *Barringtonia acutangula* - *Ela* *Midella*, *Ela* *Midella*, *Ela* *Midella* - - - *Barringtonia asiatica* *Midella* - - - *Basella* *alba* (Ceylon spinach, Malabar nightshade), c.f., *Brassica* *alba* *Nivithi*, *Nivithi*, *Gam nivithi* *upodika* *venpacali*, *siavappu* *vasalakkirai*, *passali* *Nivithigalla* of the Sabaragamuva province is a base name with "Nivithi". A slender climbing perennial, with succulent stems and leaves, which may be used as a potherb or spinach, for which they are a good substitute. It is often cultivated in the low-country. Propagated by seed sown during the rains, preferably in rows, sticks being provided for support to the vines. - *Bassia latifolia*. *B.* *longifolia*, *Madhuca logifolia* (Honey tree) *Mee*, *Madupa* *Madhupa* *luppai*, *kattu* *luppai* *Ranmeeweva* (*Irana-lilupaikaulum*), *Madhupahena* (*Ilupayadichenai*) *Mee* *pathota* (*Ilupaikadavi*) see *Madhuca longifolia* *Bassia Nerfolia* is "Gang-mee". *Bauhinia malabarica* *Roxby* *mal kaluwara* (?) *maia kaluwara* (?) *Description* and *Pictures* *Ashmanthaka*, *Ashmayukthai*, *Amalpathrah* *Puli-y-atti*,*vatt-atti*, *Malai-y-atti**Perfectione*: *Flora of Tamil Nadu*, VOL. 1, 1983, *Biodiversity Documentation for Kerala* Part 6: *Flowering Plants*, N. Sasidharan, 2004. "Mountain ebony", *Deciduous* *tree*, upto 15 meters high, bark 1-2 cm thick, brown, rough, shallow with vertical and horizontal furrows. Leaves simple, bilobed, alternate;Flowers bisexual. 6-8 mm across, cream coloured, in axillary corymbs *Bauhinia purpurea* *ratu kanchana* (?) *RaktaKanchana* *mandari* *An* "orchid tree" with beautiful fragrant flowers that last awhile. pictures and description. *Bauhinia racemosa* *Bidi* leaf *Maia*, *Maligas* *Description* and pictures *anupushpaka*- *svetakanchanai*, *amalapharakah* small tree with bifold leaves, i.e., shaped like a cow's hooves. att, *vellai* *mantarai* *Mahilaweva* (*Mahilankulam*) *Mahiyapitiya* (*Mahiyapitti*) *Mahilaetaenna* (*Mylanthana*) *Malgaispiyya* (*Mayilagashtidara*) *Vakulavaedda* (*Makliavettuvan*) *Malgaispe* (*Malikaakasa*) *Ma*i-gas-pe literally means the village with *Ma*ila trees with a thick, knotted trunk, much branched, bark blackish, very rough and much furrowed; leaves simple, alternate, small, conduplicate, 3.1-3.7 cm long, broader than long, truncate at base, cut 1/3 down into two broadly oval, rounded lobes. *Bauhinia tomentosa* (*Yellow orchid tree*) *Petan*, *Kaha* *Penath*, *Kaha-Petan* also used for *Bauhinia acuminata* *asmantaka*- *kattati*,*iruvatti* Images and write up *Bauhinia variegata* (mountain ebony, *Orchid tree*) *Koboleela* *Raktha Kanchana* *seggampunadara*, *iruvatti* *Used* for restoration, wood board, production of gums and fibers, and also in alternative medicine where a decoction of the bark etc. is used.. *Review* *Benincasa hispida* *Alu* *Puli* *Rasaka*? *Poosani*, *Pusalkali*, *Vaidyakumbalam* *Puhulvaela* (*Pullawai*) *Pulmaddi* (*Puhulmotti*) *Puhuleyya* (*Puloi*) *Begonia cordifolia* *Gal* *Ebala* - - *Begonia* *malabarica* *Maha* *Hakabala* (*Mal*) - - *Begonia* *suave-oleans* *Kumburu* *vai*, *Kumburu* *Vael* - *creeper* with a trumpet-like flower *Begonia tenera* (*Druh*) *Bim-hakambala* - - *Threatened* *creeper*, IUCN red list *Berberis ceylanica* *Schnei*, (*barberry*) *Suvana*, *Daruharida* *Daruharidha* *The* fruit, leaves and other parts of the plant contain *Berberine*, an alkaloid with therapeutic uses. For example, it is claimed to help increase insulin sensitivity, and suppress obesity. It is also believed to be useful for treating jaundice. *keezhaa nell* (?) *Image* and write up on *Berberis vulgaris* *Shrub* up to 3 m tall, yellow flowered. Found in up-country Sri Lanka. *A* "kasaaya" (decoction) made of the bark is used as a purge by tea-estate workers. The fruits may be eaten. The bark is a valuable source of *Tannin* in India. *Berrya cordifolia* *Halmilla* *Timber* tree - *Chemmdalai*, *Chavandalai*, *Kambamaram* *Toponym*s=*Halmillavatta* (*Camulaiyativattai*) *Biophyllum sensitivum* Images and write up wood-sorrel family, sensitive plant. *Gas* *nidikumba* *Jhullupsipa*, *Lajjaluka*, *Panktipatra*, *Pitapushpa*, *Vipareetalajjalau* *tintanal*, *nilzcunru* *One* of the ten flowers ("dasha-pushpam") of *aurveda* and *sidha* medicinal systems of south-asia *Bignonia* *salina* - - *Mentioned* by *Charles Pridham* *Birixa* *orilana* *Ratakaha* *karachhada*- *varagumandal*, *mantiravanci* *Medicinal* applications. *Elepharis* *repens* - *Samadana* - - *A* slender, perennial herb with prostrate, hispid-hairy, slightly branched, wiry stems; leaf sessile, in a whorl, two of each whorl larger than others, oblong, 0.8-1.5 cm long, 0.3 cm broad, obtuse or rounded at apex, glabrous or slightly scabrid, fleshy and pale- *Blumea balsamifera* (*Ngai Camphor*) Family: *Asteraceae* (*sunflower* family) - *kapuru* *?* *Kukundara*; *Kukkura*-*du* - *The* plant is a strongly aromatic (camphor-like) herb that grows tall and erect. Its height ranges from 1.5 to 3 meters, with stems that grow for up to 2.5 centimeters. It is an anti-urolithiasis and work as a diuretic. It is used in alternative medicine for kidney disorders. - *Blumea* *mills* *Family*: *Asteraceae* *Kucuma*, *kapuru* - *Blumea* *pictures* - - *A* *camphor* source. An annual herb (aromatic) with an erect stem ~30 cm high, branched above- *Blumea* *lacera* (*Kakaronda*) *Asteraceae* (*Sunflower* family) "Kukundara" is a name used by sinhalese ayurvedic practitioners. -*Kukkuradru*, *Kukkundara* *kattumullangi* Images and write up Its hot pungent (terpentine/camphor-like) order is used to drive away flies etc. and the plant is used in local medications. *Boerhavia diffusa* (*pg weed*) *Pita* *sudu* *sarana*, *Saarana* - *mukkirattai* *The* leaf is used in "maellung" (cooked salad), *Boesenbergia* *rotunda*, *Curcuma* *rotunda* L., *Kaempferia* *pandurata* *finger* *root*, *chinese* *ginger*, *lesser* *galangal* *Widely* used in southern China to Thailand (*krachai*), *Java* and *India*. It is both a spice and a medication. Used to make *Tampeli* (fermented soy). Pictures and description *Sinhala*: *haran* *kaha* This spice is not frequently used in sinhalese cooking. However, it is used in traditional herbal medicine. The origin of the name "haran" is not clear. Whether it came from "galan", a name used in Indo-china, or if it refers to its color as "ha-ran" is not clear. Informative article with pictures *Sanskrit*: *Malayavacha*, *chandramulika*, *sugandhahavacha* It has been used in traditional medicine for: *Poor* digestion (carminative), *Intestinal* ulcers, e.g., *Gastric* ulcers are caused by *H. pylori* bacteria; *Sexual* dysfunction, *improvement* of male *libido*; *Cancer*, *finger* *root* extracts have been used against prostate and breast cancers. However, careful studies are lacking. *Tami*: *Aruttai*, *Kacholum*, *Pulankilanku* It has also been proposed as an antidote for *Corona-SARS-2* virus infections: *Kanjanasiriratt* et al, 2020, *Nature* *Reports*. *High-content* screening of Thai medicinal plants reveals *Boesenbergia rotunda* extract and its component *Panduratin A* as anti-SARS-CoV-2 agents They conclude that "Since B. rotunda is a culinary herb generally grown in China and Southeast Asia, its extract and the purified panduratin A may serve as the promising candidates for therapeutic purposes with economic advantage during COVID-19 situation. However, the authors also claimed "the high efficacy of hydroxychloroquine in the inhibition of SARS-CoV-2 infectivity in Vero E6 cells and encouraged to use this drug as the validated control in further experiments", where as hydroxychloroquine has now been rejected as ineffective after wide ranging tests. *Bombax* *ceiba* *Katu*-*Imbul*, *Pulum* *Imbul* *Sambali*, *purani*- *mullivaru*, *ilavu* *See*: *Ceiba* *pentandra* *Bombax* *malabaricum* *Katu* *Imbul* *mahavirksha* *?* *purani*, *mullivaru*, *Poolai* *Imbul* *vu* (*Ilavankulam*) *Pulunkudava* (*Poolaakkadu*) *Borassus* *flabellifer* *Tal* *gaha* - *panai* - *Borayo* *Zylanca* (*Borago*) *Yon*-*thumba*, *Yon* *thumba* - - *A* small plant, sometimes referred to as *Sithadrona* in sinhala medicinal texts. *Boswellia serrata* (*Indian* *Olibanum* tree) *Sabai*, *Galaba* *Gaha* *?*, *Gajapriya* *glabra*, *Shalakkai* *vellai* *ku* (*ku* *lavanikum*), *muraiyadim*, *muruntpattai*, *Sambrani* *Maram* *A* *deciduous*, *medium-sized* tree with an ash-coloured, papery bark which peels off in thin flakes; young shoots and leaves pubescent ; leaves alternate, crowded at the ends of branches. - The name *Gajapriya* is given in Clough's 1892 dictionary. The name *Shalakkai* is used in Indian preparations. *Salake* is claimed to be the Sinhala name. According to Prof. S.P. Samarakoon, (Ruhuna University), the name *Salake* is in the List of Vernacular names given in the *Journal* of Sri Lanka Forester. Preparations from this plant are used to relieve arthritic joint-pain and other inflammation related ailments. The bark is used to make a sweet tea, claimed to help in allergies (*Asthma*), sore throat etc. It produces a gum-resin (frankincense) similar to the "Dummmla" used as an incense in Sri Lanka. *Clough* gives the name *Gugul* for such gum-resins, in the context of *Amyrus* *agalochtha*. See *Images*, write up and the use of *Boswellia Serrata* in *Indian Medicine* *Boswellia Sacra*, *thirufinca* (*Frankincense* tree, incense tree) *Image* and write up *Salkai* (this name is given in B. Clough's 19th-century Sinhala dictionary, p671) *Kuntharuka* *Kundanrika* *muruntappai* 1 This tree also produces 'frankincense', used in incense and perfumes. There are four *Bougainvilleae* *specabilis* *Katurulo* - *krisunkeli*,*kirittinakeeli* - *Brachiaria* *mutica* *Diya* *Tana* - - - *Brachystelma* *lankana* (*Asclepiadaceae*) *Pathan* *ala* - *Critically* *endangered*, but was known to exist in the Knuckles region, and listed in *Dassanayake* and *Fosberg*. It is a small herb simple stem or with a few branches. Consisting one tuber underground, with small leaves tapering at both ends and lacolate in shape, small flowers. *Sunday Observer* images and write up *Brassica* *alba* (Ceylon Spinach), see *Basella* *Alba* - *Nivithi* - *Excellent* source of iron. This is a very valuable leafy vegetable. *Toponyms* *Nivithigala* (*sabaragamuva* province), *Nivithigama* (North-central) *Brassica* *campestris* *rapa* *sarshapa*- *siddhartha* *karupukkadugu* - *Brassica* *juncida* (*Indian* *mustard*) *Brassicaceae* family ( old family name: *Cruciferae*) *Aba*, *kaluaba*, *gang*-*aba* *ආ* *ච* - *katuku* used in "Achcharu" (pickle), in medicine, poultices etc. *Brassica* *Oleracea* (*Kohlrabi*) *Image* and write up *Raabu*, *Rabu*, රබු - *Kolrapi*, කොල්‍රාපි *Eaten* cooked, *crispy*, *salads*, *sambahr* etc. It is also used in "Achcharu" (pickle), in medicine, poultices etc. It is a vegetable introduced to Sri lanka. Traditionally said to be good for gut and arthritis. *Bridelia retusa* (kino tree) *Kaetakaela*, *Kataekala* *ekavira*- *asana* *adamarudu*, *mulvengal* -*Al* small Tree with a smooth, pale yellowish-grey bark and rusty; leaves simple, alternate, numerous. Bark has anti-fungal activity. *Brugmansia suaveolens* (no longer classified as a *Datura*) *Aithana* - - see also *Datura fastuosa* *Brugueria* *cylindrica*, *B.* *sexangula* (*Mangrove*) *Mal* *Kadol* - - *Brugueria* *gymnorrhiza* (*Mangrove*) *Mal* *Kadol* - - *Buchnera asiatica**Synonym* of *Striga* *asiatica* (L.). *Striga* *lutea* (*Asiatic* *whitweed*, a type of figwort?) Family: *Scrophulariaceae* *Sinhala*: *Sudu* *Dadinnaru*; also, B. *Euphrasioides* is "Dadinnaru"; pictures and description *Sanskrit* name not known. Other varieties of *Striga* are parasitic to rice. Tamil: *milagaranni*, *Pallipoondu*, *kollappalli*, *Chirakachitam*, *Chirakachittappuntu* This plant is parasitic to sugarcane. Said to be used for treating intestinal parasites, and for arthritis owing to anti-inflammatory properties. *Buchanania latifolia*, *Buchanania lanzan* (*chiraui*-*nut*, *Cuddapah* *almond*) Family: *Anacardiaceae* *Piyya* *gaha* - *Modamaram*? *A* medium-sized nearly evergreen tree reaching 13-18 m in height, with a straight trunk and young branches clothed with silky hairs; leaves simple, alternate entire, thickly coriaceous, ~12.5 cm long, ~6.2 cm broad, broadly oblong Fruit a drupe, ovoid-reniform, size of a small cherry, purplish-black. *USES* *Seeds* used as a sweetmeat, rich in oil. The bark contain tannin and the gum have medicinal properties, Mentioned by B. Clough, 1890 *Butea frondosa* *Pulas*, *Palas* *Parasan* *palacu*, *palasu*, *Murukku* *Parasanaweva*, *Pulawsweva* (*Parasangkulam*) *Butea* *monosperma* *Gas* *kela*, *Galkaela* - *palacu* - *C* Go to the Top Botanical Names, (English) *Sinhala* *Sanskrit* (Pali) Tamil Toponyms, Notes *Caesalpinia bonduc* (gray Nicker bean, *Niker* tree, *Fever* *nut*) *Kumburu*, *Kumburu* *vael*, *Katukelley* see picture in: found also in many Pacific Islands, and used in the Philippines alternative medicine, *Ayurveda* etc. - *Latakaranjah*- *Putrakaranjah* *kalarci*, *kazhar-shikkay* - *A* stout climbing shrub with finely grey pubescent stems and straight small prickles; leaves alternate, very large, compound, main branches ~12.5 cm long, cylindrical, finely woolly-pubescent. *Caesalpinia* *crista* - *Diya*-*vavlae* *iyva*, (*Vavlatiya*) - - See also *goda-vavlae* *iyva* *Caesalpinia* *echinata* (*Brezel wood*) *Diya-vavlae* *iyva*, (*Vavlatiya*) - - See also *goda-vavlae* *iyva* *Caesalpinia* *enephanthulum*, *Mezoneurum* *enephanthulum* - *Goda-vavlae* *iyva*, (*Goda* *Vavlatiya*) - - *Clough*, 1892, p168 and *Annales* *botanices* *systematicae*, Volume 4 *By* *Wilhelm* *Gerhard* *Walpers*, p591 *Caesalpinia* *longana* (*peacock* *flower*) *Monara* *Pila* - - See images of varieties of "Peacock flower" *caesalpinia* *varies* *Caesalpinia* *major* - *Kalu* *Vavlatiya*, *Kalu* *Vavlae* *iyva* - *kazarci* *kalichika* *An* extensive climber with finely grey, downy branches armed with hooked and straight, hard, yellow prickles; leaves large, abruptly pinnate, 30-60 cm long, petiols prickly. *Caesalpinia* *sappan* (*Sapanwood*, *Indian* *redwood* ) Family: *Fabaceae* *Patangi* - This sinhala name is derived from its sanskrit/prakrit forms. *Image* *Write* up and images *Patranga*- *Pathimuktham*- *A* medium-sized tree 6' high with a prickly stem ~15cm diam- The heartwood is used to make a valuable reddish dye called brazilin, used for dyeing fabric as well as making red paints and inks. The wood takes a high finish and is resistant to termites. It is used for inlaying work, cabinet making, violin bows and for walking sticks. *Cadaba indica* (*indian* *cadaba*) *Picture* and write up   shrub with simple oblong leaves and greenish flowers. *Ira* *vara*, *Irawara*, *wara*, *Ira* *Varaa* - *manatukkumru*, *Uses* in local medicine: Stimulant, antiscorbutic and aperient. Decoction of leaves of C. Indica is used as anthelmintic in round worms. The juice of C. trifoliata is given in dyspepsia in children. Leaves are used as purgative, emmenagogue and antiph- logistic, combined with myrobalans and ginger, or with senna and Epsom salt. In amenorrhoea and dysmenorrhoea a decoction of the leaves, combined with castor- oil and turmeric, is found useful. It is also given in syphilis, scrofula and rheumatism. Externally the leaves are used as varalians with the leaves of odina woder to relieve rheumatic pains, and as a poultice to boils to promote suppu- ration. The leaves are used by local people in preparing medicated oils. . (source: *Materia-medica* of india) *Cajanus cajan* (*Pigeon* *Pea*, *Pea* *Dhal*, *Tur*-*dhal*) *thora*-*parippu* *adhaki* *tuvarai* *Syn*. *Cajanus indicus* *Pigeon* *peas* are a very important part of food. Sometimes *Thora* is used specifically for the yellow peas, while *parippu* is specifically used for *Dhal*, i.e., *mansoor* *dhal*. However, the *Dhal* is grown in Saskatchewan. Canada, exported to India for dehulling etc., and Sri lanka imports it from India  ! It is a part of Colombo's Baala culture with cricket and Rugby songs like: *Thora* *parippu*, *thora* *parippu*, *go* *Royal* *go*, ... *Preparing* *Sri-lankan* *Dhal* *Curry* *The* epithet "Parippuva" is also used as a mild insult, to refer to a person of low means, reduced to eating *Dhal* *curry* and rice. Many *Pea* varieties have been introduced by agriculturalists. The variety "Prasada" is recommended in Sri Lanka. *Farm* machinery for dehulling etc., have been developed in Sri lanka, and some have been exported to Africa. *Dhal* processing, Dept. of Agriculture, Sri lanka *Calamus* *species* *caena*, *rattan* *Calamus* *delicatulus* *Calamus* *digitatus* *Calamus* *ovoides* *Calamus* *pachystemon* *Calamus* *pseudotenius* *Calamus* *rivalis* *Calamus* *rotang* (*Calamus* *rubrogrubii*) *Calamus* *zeylanicus* *Narawal*, *Nawa*-*wel*, *narawal* *Kukula* *wel* *Sudu* *vaveal*, *Thambotu* *vael* *Kukuluvel*, *Kukul* *vael* *Heen* *wewel*, *heen* *vaveal* *Kaha* *vaveal* *Wewvel*, *Wewael* *Maveveal*, *Wanduru*-*vael* *Many* are in the threatened species IUCN red list. *vetra*-*vetasa* *perambu*, *vaniram* *rattal* *cane* is used extensively in basket weaving, furnrture and other applications. *Image*, *Calamus* *rotang* *Calendula* *arvensis* (*Indian* *Marigold*) *Daas*-*pethi*, *Daas* *mal*, *Das* *mal* *gaha* *stultupushpa* *Sendigai* *Poo*- *A* popular garden flower and a member

spinarum (Conksberry or Bush plum) Karamba,Heen karamba karamanda chirukila, sirukila toponyms Karamabavila (Siruvilan) Karamabapona (Karampon) Karamabapitaya (Siruppudiy) Heen karamaba write up, national herbarium, The herberium website was established in 2004 Carmona mycophylla - Heen Tambala - Carmona retusa is sometimes identified as Heen Thambala - Kurivinci A shrub, 1-1.3 rn tall with numerous, slender, divaricate branches with a reddish-brown - cracked bark leaves simple, small, ~0.7 cm long, ~0.6 cm broad. - Carum Ajowan, Trachyspermum roxburgianum, Pimpinella laterifera, family: Apiaceae (Carrot family) The names Trachyspermum ammi, Trachyspermum opticum have also been mentioned but not confirmed. Wild celery (Ajwan Carom, Ajowan, Bishop's Weed, Ajwan; falsely lovage seeds ) Sinhala: Assamodagam ශ්‍රීරක්‍ෂක මාළු This name is clearly from the sanskrit "Ajamoda". The name "sahaduru" (සහදුරු) is also said to have been used. Pictures and description The seeds are a bit like sooduru, or caraway (Carum carv) in appearance. Interestingly, the name "Shah jira" is used in Bengali, and close to the name "sahaduru" that has not been noted but not confirmed. Sanksrit: Ajamoda, Yavanaka, yavani, may imply that the seed is of Greek origin. The Hindi name Ajwan is the root of the English name "Ajwan". Tamil: Asamtavomam, Amam, Omam For write up and images, please see Ajwan and its many names carya glabra pignut hickory Not well known in Sri Lanka - The related Pecan (Carya illinoensis or illoensis = Pecan) is known in Tamil as Pekkan valuable timber Caryota urens Kithul, Kithul, කිතුල The Kithul tree is celebrated for the syrup (Kithul Paeni, කිතුල පැනි) or "treacle" produced from its sugary sap. Kithul Paeni is the preferred accompaniment of the dessert of the Sinhala South - Buffalo curd and Kithul Paeni. The jaggery (Kithul Hakuru) made from Kithul paeni is preferred over that from the coconut palm (Pol Hakuru). A flour made from the pith of the tree is also well known, esp. in the Kandyan area, where a pan cake ("roti", රොටි), a gruel ("thalapa", තලපා) containing Kithul flour, and coconut, are consumed. A sweet gruel is also made. A "vatalappam-like" sweet is also made with Kithul piti (kithul flour), jaggery etc. The fiber is used to make a very strong rope. The timber is used as rafters etc. mada- sritalah kuntarpanal, talpappani Kithulgala is the location for the classic movie "Bridge over River Kwai". Alexander von Humbolt wrote ("Travels in the equinoctial regions of America) in 1853 that: "The nutritious fecula or medullary flour of the sagae trees (Sagus Rumphii) is found principally in a group of palms which M. Knuth has distinguished by the name of Calameae. It is collected, however, in the Indian Archipelago, as an article of trade, from the trunks of the Cycas revoluta, the Phoenix faniferia, the Corypthen umbruculifera, and the Caryota urens (Ainslie, Materia medica of Hindustan, Madras, 1813 )." Kithul Industry in Sri Lanka The gycmic index of Kithul food-preparations has been studied at Sri-rjp university, Sri Lanka. Glycemic index - It is a tall unarmed palm, trunk ~13m tall and ~0.3m diam., cylindrical, annulate, not sbofoliferous, flowering when full grown from axils of leaves beginning with the upper and hence successively downward, a male and female spadix alternating and then dying. - Casearia zeylanica - Wal Waraka, Wal varaka - - - Cassia alata - - - Cassia alata - didymobotrya Cassia genus Eth Thora, Aeth thora - - "Aeth thora" means "elephant lentil" in sinhala. The plant is a large shrub with very thick, finely downy branches; leaves large, sub-sessile, 30cm long, pinnate, leaflets 8-pairs, each 5 cm long. Cassia amara Sinkona - - See how ever, Cincha officinalis Cassia angustifolia, see Cassia senna Sinhala:Seneha Kola - - A small shrub with stems 0.6 m high, erect, smooth pale green somewhat zigzag with long spreading branches. - Cassia auriculata, Senna auriculata (Tanner's cassia) Images and write up Sinhala: Ranavara, Ranawara රනවාරා An infusion/tea made of ranavara buds and flowers is popular in the dry zone, esp. in the southern province of Sri Lanka. Sanksrit: avartaki The tender leaves are cooked and eaten in a as "maellum". This is even given to children claiming that it improves their "immunity". An example of what appears to be medically incorrect recommendations based on folk medicine, regarding "Ranawara", or Cassia auriculata But, as we note further down (Arsekulratne et al., 1988), the regular use of this herb can lead to chronic illnesses. Tamil: avarai, avaram A large, much branched shrub with smooth cinnamon-brown bark and closely pubescent branchlets. The herb is mportant in Ayurveda and traditional herbal medicine. It is used as a herbal tea of medicinal value, mainly for urinary and digestive problems. However, This plant, used in local herbal medicine and Ayurveda, has been found to contain pirozolidine alkaloids that cause liver damage, disruption of centriolubar veins, and histopathology of lungs and kidney. Arsekulratne, Gunatilaka and Panabokke, in a study of 50 medicinal herbs suggest that pirozolidine alkaloids present in many of them, and their use in herbal medicine, could be the cause of high incidence of chronic liver disease including primary hepatocellular cancer in Asian and African countries Cassia fistula (Indian laburnum, golden shower tree) Fabaceae family. Image and write up Aehaela, Ehela දැහැලෑ Aragvadha- meaning "disease killer", and it is used as a laxative, and in a variety of ayurvedic preparations for so-called "bilod conditions". konrai, kornai, Mullaimaram Placename Ehelapola was the village of a rebellious Adigar (Chieftens) of the Last king of Kandy who gradually became a cruel tyrant. A small or moderate-sized tree with slender branches and pale grey bark when young, brown and rough when old; leaves alternate, stipulate, abruptly pinnate compound, large. Showy golden clusters of flowers. The wood of Aehala is used to make temple drums, and Aehaela trees and flowers are an integral part of Sri Lankan Buddhist culture, and Indian culture. The tree has strong and very durable wood, and has been used to construct "Ehela Kanuwua", a site at Adams Peak, Sri Lanka. Ehalyagoda is a placename linked to the Ehela tree. Cassia kleinii Sinhala: Bim Siyambala, Bin Siyambala Sanksrit: Kharjughna, Dadrughna Tamil- Taghral Used in Ayurveda Cassia obovata (neutral henna) Seneha kola (Hemaphuspi- - In Ayurved, used to cure skin allergies, leprosy, fever, reducing phlegm and as a digestive aid. Used in removing black spots on skin. It is an anti-dandruff shampooing, or to make the hair shine. See also cassia angustifolia Cassia occidentalis Pani Thora - - peyaviral,ponnavirai A coarse annual, 30-90 cm high, stem slightly branched. nearly glabrous, furrowed, purplish. - Cassia roxburghii (ceylon senna, Red cassia) Fabaceae/Leguminosae (bean Family) Cassia genus Wa, Waa, Ratu wa, rathu waa, Vaa - Vakai Images and write up The seeds have been evaluated for its medicinal value as a "liver tonic" against hepatitis. Cassia senna, see Cassia angustifolia Sinhala: Seneha kola Sanksrit- Tamil: nilavirai, Nilavagai, nilavakai. ? In Ayurveda, used to cure skin allergies, leprosy, fever, reducing phlegm and as a digestive aid. Used in removing black spots on skin. It is an anti-dandruff shampooing, or to make the hair shine. Cassia siamea ( Kassod Tree ) Wa - mancatkonrai - Image Cassia sophera Uru Thōra, Ooru thōra - ponnavirai- "ooru thora" means, in sinhala "pig dhal". Cassia spectabilis, Synonyms: Senna spectabilis, Cassia amazonica, Cassia carnaval, Cassia edulis, Cassia excelsa (Spectacular Cassia) Aehala, Kahakona, kaha-kona This has been claimed to be an invasive plant. - Used as a shade tree in Tea plantations See under Vassia fistula Cassia surratensis (sunshine tree) Wal Ehela, Val Aehala - - Images of cassia - - Cassia tora, Senna Tora Sickle senna, ring-worm plant, Stinking cassia Sinhala: Peti Thora, Pethi-thora, පෙති පෙතිරි gandha thora Pictures and description Sanksrit: Praprunnava, Edaagaj, Dadrughna, Chakramardak, Padmaat, Uraanaakhya. The many names indicate its importance in herbal medicine Tamil: thagarai, Senavu "Pethi" in sinhala means "stick-like" and "thōra is a generic name for "lentil" or "dahl". The plant is used as an "organic pesticide" Cassine balae Kabella, Kaebella. - see Aporosa Indleynaya Catha edulis (Khat plant, Bushman's tea) Celastraceae "spine-thorn" family Click here for description and pictures of this shrub Not grown in Sri Lanka, but well-known within some Muslim communities. European countries and USA have banned Khat (it is a mild stimulant) and used widely in East Africa and the Arabian Peninsula apart from Saudi Arabia, where it is legal. Wiki article The western ban is debatable and partly due to cultural incomprehension, since its role in Africa is similar to that of Cannabis for Asian populations. Cannabis is now being legalized for medical use in many Western countries. The plant may well become useful to fight obesity as it is a hunger suppressant. - Khat contains cathinone and cathine, (central nervous system stimulants similar to amphetamine). Chewing khat causes wakefulness and reduces hunger. It also produces euphoria, ecstasy. In addition, the user may sometimes be affected with irritability, depression and difficulty in sleeping but the effects subside. Catharanthus roseus (Periwinkle) Mini Mal, Paspethi ? This plant has "Paspethi"-like flower (white or pink) and probably originated in south-Asian/Austranesian islands like Madagascar, and possibly in Sri Lanka. The flower is said to be used in "Pideni" of low-country Sri Lankan exorcisms, as well as in some native treatments. ) Sadaphuli in Ayurveda the leaves,the seeds, the flowers and the roots are used for treatment of leukemia, diabetes, menorrhagia. Its use as an anti-cancer tea in Jamaica prompted a pharmaceutical investigation which led to the formulation of Vinblastine (sold as Velban) and Vincristine, both anti-cancer drugs, now produced synthetically. Nithya Kalyani- Plant is used for snake-bite treatment. There are Hindu templs (Kovils) known as Nithya Kalyani Ambal temple (in Chittoor, Andra Pradesh), or Nithya Kalyani perumal Temple, in Chennai etc. . There are many varieties of Periwinkle, e.g., tiny Periwinkle, Catharanthus pusillus Images and write up on Periwinkle Catunaregum spinosa Kukurumaana, Kukurumaana - madukaire, pungarei - Cayratia pedata Garandi- Uul-Vael, Madiya Wael pedata tiripatakam, kattuppannai, kittamatti - Ceiba pentandra Kapok tree, Silk- cotton-tree Imbul, himbul, Kotta Image and write up Katu-Imbul Imbul trees are mentioned in the Mahawamsa, in regard to the story of 'Gotaimbara', one of the warriors of King Dutu-Gamunu who is claimed to have drooted imbul trees effortlessly. - ilavu See also Bombax Ceiba: Produces a cotton-like fiber in its pods. The tree is called "white cotton" in English. Also, "Kapok". A tall tree with a smooth, greenish-white, glabrous bark and horizontal primary branches in whorls of three; leaves alternate, digitate or palmate, closely placed on long petioles leaflets 5 or 7 on short winged stalks. - Celastrus paniculatus, Celastrus paniculatus (oriental staff vine) IUCN red listed species. Duhudu- Jayothimmasi- vaaluluvai A cold-pressed herbal oil and "choorna" are made from the seeds. Supposed to enhance memory. The plant has been recently found in the Mahiyanganga area. Daily News report There is some scientific evidence in support of these claims: Godkar et al. Journal of Ethnopharmacology Volume 93, Issues 2-3, August 2004, Pages 213-219 Celtis cinamomae Gurenda - - - Celosia argentea (Cock's comb species) Kirī-haenda, kirihenda - pannai keerai, makī-ik-kīrai garden herb, ornamental, showy flowers Celosia cristata (Cock's comb) Kukul karamal - pannai keerai Edible, ornamental. Celtis timorensis (Nettle tree, sugargerry, hackberry) Brunda ? Burunda? - - C. timonensis is endemic to Sri lanka. No image of this plant is available. Images of other Celtis species Centella asiatica, Hydrocotyle asiatica (indian Pennywort) Gotokula, gotokula mandukaparni, Brahmi- parni, vallarai, the name Trisanthus cochinchinensis is also sometimes used. There are several varieties og gotokula, as seen in life size etc; This is recognized even in local names, like "heen gotokula" etc. In south India, a variety known as "Kaattu Vallarai" is known. The sanskrit name "mandukaparni" and the Sinhala name are close, while the name "Brahmi" has also been incorrectly used for Bacopa monnieri, which is 'Lunivula', a very different herb which grows in marshes. Green herb, eaten as fresh salad, cooked salad (Maellung), and in broth (Kola Kaenda) in Sri Lanka, where it is also a valued herbal medicine - general tonic. Ayurvedic preparations are available as oil, tablet, herbal tea etc. Recipe for Gotokula Sambolaya Leaves contain an oleaginous substance, vellarai, having a strong odor recalling that of the plant, and a bitter, pungent, and persistent taste. (J. Phm. Chem; 1885, 49.) Centipedia minima Vasa Dooli - - A small, annual herb with numerous, prostrate, slender, branching stems ~5cm long, spreading from the centre; leaves simple, alternate, subsessile. - Centranthera indica, Centratherum indica Dutu Saputa Undir Karni kovai ? Image and write up Cerbera manghas, Cerbera odoloam Kaduru, Kon-Kaduru auddalakah - These are somewhat salt-tolerant trees. N.B., Goda-kaduru is "Strychnos nux-vomica" Ceriops tagal (mangrove like) Rathu Kadol - Chirukandai - Ceropgia candelabrum Wel Mota, Vael Mota - - - Cestrum nocturnum (Night blooming Jasmine, Queen of the night.) Solanaceae (potato family) Re manamai, Rae manamai, Rae-manamai රූ මනමාලිූ Rathri-rani ? - The sinhala name "Rae manamai" means, "bride of the night". The english name Night-flowering jasmine is used for Sepalkia, i.e., Nycctanthes arbor-tristis, which is another night-blooming flower common in Buddhist-temple gardens. Rae manamai is a sprawling shrub with vine-like stems. It blooms in cycles in warm weather, producing a fragrant scent in the evening. Some individuals may be allergic to the perfume. Image and write up The flower has been used in aromatherapy and traditional medicine. Jasmine essential oils are used to treat post-menstrual stress, uterine cramps. inflamed skin, sore throats and mouth ulcers. Its aroma calms emotions, restores confidence and may serve as an aphrodisiac. Chlorophytum borivilianum Family: Asparagaceae (or sometimes given as Liliaceae (Lily family) Images and write up ? Safed Musli is used in Hindi ? It is a leaf vegetable in some parts of India, and its roots are used as an "aphrodisiac tonic" under the name safed musli in India. - Chloroxylon swietenia Handun bhiliotaka-varimarai - Chloroxylon swietenia Sandun Chandana vaimari Chandana (Chankana) Sinhala saying "Handun vaneth urulaovo austii" i.e., there are civet-cats even in a sandle-wood forest. Chromolaena odorata, Eupatorium odoratum, siam weed podisinghomaran - podisinghomaran - Considered a noxious weed. Chrysophyllum LaaOlo, Laolu - - - Chukrasia tabularis, Chukrasia velutina Hulan-hik, Ull-hik - agil, Aayili, Malavaipepa - Cicer arietinum (chick-pea, Bengal gram) Important legume crop of the ancient world and modern vegetarian diets. Double cropping of chickpeas with short duration rice has been found to yield higher returns. However, Sri Lanka depends on imports for its supply of Chick-peas. The etymology of the word "Kadamba" is unclear, as it is used as a generic word in South India. In sinhala, kadala could mean "pebble-like" and may be a description of the pea. However, it is most likely adopted from the Malayalam Kadala. Kadala, Chanaka (Clough, p179), Konda-kadala Chanaka Konda-i-Kadalai, Kothu kadalai - The plant is a viscid, much branched annual herb; leaves alternate, pinnate compound, 2. 5 cm long with usually a terminal leaflet, leaflets about 6 mm long, ovate-oblong to ovate, deeply toothed and strongly veined. "Parippu" (Pararuppu in tamil) is another generic word, used for lentils (Dahl), and also for "Thora-parippu". Pigen-pee (Cajanus cajan) Types of kadala, beans, peas etc; Sinhala(S) Tamil(T) names are : Black gram (Vigna mungo), Ulunthu (T, S), Undu (S) Black-eyed Cow Pea (Vigna unguiculata), Mae ෧෧෦ (T), Karamani (T), Chick pea (Cicer arietinum), Kadala (S), Konda! kadala (T) Green Pea (Pisum sativum), Patani-gram (T), pees (S) Cow pea (Vigna unguiculata), Thora parippu (S), Thuvam-parippu (T), Thatta Payir (T) Field Beans (Vicia faba L), bonchi (S), Mochai(T) Soya bean (Glycine max), Boo mee, මෙහි මැ, soya (T) Green Gram (Vigna radiata), Mung (S), Paspaiyir (T), Playatham (T) Horse gram (Dolichos biflorus), Kollu (S, T) See also the independent entries for most of these varieties Cinnamomum camphora Kapuru - - - Karpudrum There is a sinhala saying "Kapuru daevoya thaena ulu naethiluu", i.e., there said to be no ash where Camphor is burnt". Cinnamomum Tamala (Indian Bay leaf,Indian cassia) See also Laurus Cassia "davul Kurundu" in Sinhala, and known as "Chinese cinnamon", Davala kurundu, davul Kurundu, thamala-kurundu. This name was given to us by an Ayurveda practitioner. This cinnamon-like spice leaf is not known in Sri Lanka, although it is part of Moghul cuisine (North India) which uses this "Indian bay leaf", e.g., in Biryani Sri Lankan Biryani (called "Buriyani") simply omits it and uses other leaves like curry leaves (kara-pincha), rampa etc., for flavouring. -tamala-pattra Pictures and write up Talishap-pattiri Used in "Biryani" to flavour the cooked rice. This "Indian Bay leaf" has a cinnamon flavour rather than that of the European bay leaf (Laurus nobilis). Cinnamomum Zeylanicum, Cinnamomum verum, Cinnamomum dibium, (Cinnamon) Sri Lankan cinnamon is valued, especially in Europe as it is very much less contaminated by coumarin, a natural product found in many plants and foods, that could cause liver damage (in some individuals) if ingested in significant quantities. However, the relevance of experiments on rodents is now being reviewed as even carrots and green tea contain small amounts of coumarins. see Coumarin The most common trade variety of cinnamon in the US is the Indonesian variety (C. burmannii) which has much higher coumarin content, is cheaper and accounts for 90 % of US cinnamon imports. Cinnamon is now recognized as a dietary additive that helps to improve insulin sensitivity, thus helping to avert obesity, type-II diabetes etc., with some authorities recommending up to one tea spoon of cinnamon powder a day. Kurundu දැහැලෑ Cassia cinnamon" refers to all other "cinnamomum varities except Ceylon cinnamon, which is Cinnamomum Zeylanicum Blume, or equivalently C. verum. Cinnamomum Zeylanicum Blume appears to be the preferred name in scholarly usage Cassia cinnamon substitutes that are often used are cheaper and contains higher levels of coumarin, and poor in flavour as well. When in powder form, it is hard to distinguish between good Ceylon cinnamon and "cassia cinnamon". A technical discussion is found in: Yan-Hong Wang, Bharathi Avula, N. P. Dhammika Nanayakkara, Jianping Zhao, and Ikhlas A. Khan J. Agric. Food Chem., vol 61 (18), pp 4470-4476 (2013). DOI: 10.1021/jf4005862 tacagandhi (pali), Lathapanna, patrnaamaka, tamalapattram, are names used in Sanskrit. Several varieties of Sri Lankan cinnamon, as well as pseudo-versions like "Davul Kurundu" are known Pani Kurundu, Pat Kurundu or Mapat Kurundu Sinhala: Naga Kurundu Pani Miris Kurundu Weli Kurundu Sewala Kurundu Kahuta Kurundu If you have pictures of them, please send them to chandre.dharma@yahoo.ca Karuvua For example, in Tamil, Cinnamom Gardens (a part of Colombo, viz., Colombo-7) is known as "Karuvakaddu". Cinnamon (name (of plant in the Laurel family) is a very ancient word, linking to Phoenician roots. "kurundu" itself is believed to have arrived as a spice in Sri Lanka with Ven. Mahinda, the daughter of Asoka who brought the "Bo sapling" to Sri lanka in the 3rd Century BC. However, the plant may well have existed here long before that. Where does the sinhala name "Kurundu" come from? The word "Kurundi" existed, and was the name of a lost commentary on the Vinaya Pitakaa, used by Buddhaghosa. Kurunthaka has also been used for the name of a tree in Pali texts, but we do not know what it was. The name "Korandhaka Vihara" (Kurundu Vihara?) is mentioned in Chapter III, para 36 of Vuddudhimmavga, written probably around the 5th century CE. Cinnamomum litseaeifolium Kuda Kurundu - - Cinnamomum zeylanicum Kurundu, ceylon cinnamon Twale, Tvak Karuva, ilavankappalai place names: Kurundugolla (Karuvaachohalpa) Kurundukaenna (Kuruvakkean) Kurundu watta (Kuruvakadu) Kurundunnaevva (Kurundunkulama) Cipadessa baccoferia Hallembiya - savattuchedi - Cissampelos pareira (Midwives' herb) Diyamiththa - patha, Ambasthahi appatta, ponnuccutti A small woody twiner with straggling branches, young shoots whip-like and pubescent;leaves simple, alternate, exstipulate, entire, small, ~3.8 cm long, ovate-obicular or reniform-obicular. - Used in child birth in south-America. It is mainly used for digestive and anti-inflammatory uses in India. Cissus latifolia Wal Diya Labu - - - Cissus quadrangulris (Veldt Grape of Devil's Backbone) Heeressa asthisamharaka - pirantai, perandai - Ornamental plant in the west. Herbal medicine in South Asia to heal bone fractures (as an external poultice); cooked leaves or burnt ashes are used for obesity and weight loss, diabetes, metabolic imbalance etc. Citrullus colocolynthis Yak Komadu - - varagamothankodi - Citrus aurantifolia, C. limon, C. Acida Dehi jambira ? elumiccai - Citrus aurantium Ambul Dodang, Aembul Dodang - - a golden form of aembul dodang? Citrus crenatifolia Naran, Naaran - - placename: Naranthanna (Naranthanal) Citrus hystrix Kudalu dehi, Gada dehi, Muruku dehi, murugu dehi, The skin is bitter and it has very little juice. Unsed in "pideni" (offerings to spirits) and in ayurvedic medicine. for indigestion and headaches. - Muruku placename: Murumugudawa (murutumadu) Citrus grandis Embul Dodang, Aembul Dodang - - a green orange where the juice is acidic (aembul) Citrus Latifolia Dehi - - - the rind is rougher than in the fruit of the citrus aurantifolia. Citrus madurensis (Musk lime, calamondin ) Nas Naran, Nas Naaran - - - Citrus medica Sidaran - campirium - - Citrus limon Dehi jambira elumichai - Citrus nobilis Jamba naran - - - Citrus reticulata (Tangerines) Heen Naran, Heen Naaran - - - Citrus sinensis Bible Sweet orange Sinhala: Pani Dodang, grafted local orange (Citrus sinensis) known as Bibile Sweet. Sanksrit: n/a Bibile "Pani Dodan" (Paeni 'A'odan) bears fruit within 1.5 to 3 years. Each tree can provide from 300 to 600 fruits per season. The fruiting cycle is two seasons per year. "Bibile Sweet" is a high-quality fruit known for its fresh sweetness, value-added products, and has good market demand Tamil: lā%ippu aarancu The Lanka Wildlife Conservation Society (SLWCS) launched in 2006 "Project Orange-Elephant". Elephants do not like citrus fruits. Project Orange Elephant plants orange trees around farmers home gardens to deter invading elephants. According to www.treehugger.com the goal is to reach 50,000 trees by 2025. Clausena indica (Dazell) Oliv.; Piptosyilis indica Dalzell (basionym) Family: Rutaceae Small trees up to 4 m tall. Bark grey, smooth; blaze white. Young branchlets terete, glabrescent. Leaves compound, imparipinnate, alternate, spiral; rachis terete, puminate, glabrescent when young; petiolule 0.3-0.5 cm long; leaflets 7-13, alternate, 2.5-6.5 x 1.7-3.5 cm, ovate to elliptic with unequal sides, apex acuminate with retuse tip, base asymmetric, margin crenulate, glabrous; secondary\_nerves 5-8 pairs; tertiary\_nerves broadly reticulate to obscure. Inflorescence terminal corymbs; flowers white, pentamerous; pedicel up to 0.4 cm long. Berry, globose, 1.3 cm across, yellowish when ripe; seed one. MeeGon Karapincchaමෙහෙව පරිසිල්ලා සහ ස්වසිල්ලා Image For common "Karapincha", i.e. "curry leaves" see Murraya koenigii - Nana, Kariveppilai, Katta-veppilai- Used to flavour cooking. It is also valued for its anti-microbial activity. See, Vietnamese study: Chemical composition and antimicrobial activity -The essential oil obtained from the branches and leaves of Clausena indica (Dalz) Oliv. (Rutaceae) has been analyzed by GC/MS. Fifty-three components of the essential oil, representing 96.9% of the total amount, were identified. The main constituents were myristicin (33.3%), terpinolene (16.7%), and delta-3-carene (11.3%). Clausena dentata Image dehi karapincha, all karapincha - kattu kariveppilai, potti The leaves are bigger than the common curry leaves, and more citron-flavoured. Essential oil believed to a valuable larvicide: Tamil Nadu study of Chemical composition Cleidion javanicum Okuru - - - Cleistanthus collinus (Roxb.) Benth A small tree with a corky, stipillate, reddish-grey bark and stout spreading branches;leaves simple, alternate, few rather large. - Madara - It is supposed to be also known as "Gajamadara" because elephants are believed to be scared of the tree. Leaves are not damaged by insects. Locals believe that one variety of Ochna is madara and that it is malmadara. In the threatened List of Plants indrayava., oduppai, odugu,niiaipalai Pictures and write up adapted from information etc., provided by Shanta Abewickrema, Sep. 2010 A very old tree stands in the temple of Welī oya, Kaltoṭa (Galihotta) said to be from India. One sapling was transferred to Balangoda famous temple with a Buddha statue at a peak of a hill and visible to all area. It's seeds, leaves etc are very poisonous. Madara 1 Picture of Indian Cleistanthus collinus (Garar) with seed The crushed leaves are used by would-be-suicides, and as a murder drug. The herbal agent contains toxic chemicals such as dyphyllin, colinulin and glycosides. According to Shankar et al., Int. J. of Injury Control and Safety Promotion, Volume 16, Issue 4 December 2009 , pages 223 - 230, the cumulative case fatality rate was 30%. The median time to death after Madara ingestion was 3 days. Common signs and symptoms included hypokaetamia, vomiting, hyponatraemia, altered sensorium, bradycardia and abnormal ECG. There was a 58% risk reduction (95% CI: 29-75) in death with each 21 mmol/l increase in plasma potassium level. Madara poisoning case stud.Easwarappa et al. J Toxicol Clin Toxicol. 2003;41(4):369-72. Cissoclaycoaly nervosum Bata Dambaa - - - Clematis smilacifolia Naravel, Naravel - - According to the Lanka Chronical Images etc. its traditional medical uses are: "It is used as a remedy in leprosy, blood diseases and fevers. In the Concan the juice of the leaves of the plant, mixed with that of Holarrhena anti-dysenterica (Kelinda), is dropped into the eyes for the cure of staphy-loma; and about two drops are used at a time." However, many clematis species (aristocholia clematis, birtwort)contain the carcinogenic "aristocholic acid" Cleome felina Wela - taivelai White flowers distinguishes this from. In some sinhala medical texts' Cleomee gynandra, Cleomee triphylla, Cleomee pentaphylla Wild Spider Flower However, see separate entries under C. pentaphyllia, C. monophyllia. Wela, ajagandha, arjaka Description and images Ajagandha vela, nalvelai, Taivelai, acaakanta White flowers ( 4 petals, 6 stamens with purple filaments) distinguishes this from other Cleomee species. A pink flowered mutant form also exists. In some sinhala medical texts its roots are substituted for "sooriya kaantha muli". Leaves are slightly bitter but are cooked with other legumes (e.g., cowpea) or used in mullum (cooked salad) or in relishes. According to Adhikari et al, Asian J. of Phra, and Cliinic. Research, 2018 Cleomee gynandra Linn. is a well-known medicinal plant with traditional and pharmacological importance. A good number of secondary plant metabolites have also been isolated from different parts of C. gynandra. Our investigation confirms two mutant varieties of C. gynandra. The plant is said to contain anti-inflammatory, anti-cancerous, immunomodulatory and anti-diabetic effects. Its free-radical scavenging capacity is said to cure arthritis, and has been investigated using the leaf extract applied to rats. Cleomee icosandra - - picinampokkicceti, nattarcakirimi - Cleomee monophylla, C. Cordata, C. massae Spindle pod, bastard mustard It is regarded as a tropical weed ran-manissa often seen in fallow paddy fields in Sri Lanka. Pictures and description Kanikarjaka For its pharmaceutical uses, see Plant use ucivelai, Ellukku Sakkalatai The plant has an unpleasant smell and acrid taste. But the young shoots are cooked and used like spinach. As they are slightly toxic, it is advisable to eat the leaves a day after cooking to allow enzyme breakdown to occur. It is used when other vegetables are unavailable. Cleomee pentaphylla Sitharjaka, Arjaka, Aswatha, wela Arjaka vaylee, Vivanta The name "Sitharjaka" seems to be mainly used in sinhala medical texts, sometimes also for white (sitha Sabai (Arjaka). See also B. Clough's Sinhala-English dictionary, p682 See under C. Gynandra Cleomee viscosa, Polanisia Viscosa Asian spider plant, Tickweed, wild mustard Wal-aba This is also sometimes called Ran- manissa and there is a confusion in usage. This is also found in fallow paddy fields. -Peetharjaka (?) nalvelai,naikkadduku, kattu-k-katuki Yellow flowers. The leaves are used externally as an application to wounds and ulcers in rural areas, and it is effective as a mild anti-microbial. See Upadhyaa et al, 2015, International Journal of Green Pharmacy, 9(2): 71-85 for pharmacological applications Clerodendrum inerme, C. ovalifolium, Volkameria inerme Glory Bower, Wild Jasmin Galinda, wal-bo-haenda, Wal Pichcha, Kundali five white petals and four long purple stamens kundali images and description kannankuppi, sangam, peechchanku, Anjali An attractive headge plant used in horticulture. Clerodendrum infortunatum, Clerodendrum viscosum, Volkameria infortunata C. serratum (Hill Glory- Bower) Pinna, Gas-Pinna, Kalupinna bhandira karukkani, Perugilai, vellaikkanni 1-2 metre high shrub. Most plants with the "Pinna" name have applications in traditional medicine. Images and write up. see also Phytliga, vol 61, p 186 for field-naturalist discussions. Pinna leaves (Pinna kola) are used to wrap "Haelpala", a flat cake made of "Kurakkan"(Eleusine coracana). A Kandyan place name, "Pinnakaele", may or may not have originated from "Pinna thicker" in sinhala. A village legend says that there were two pretty sisters in a Gandyan village, one known as "Kalu Maenike", and the other "Rathu Maenike". The king fancied Rathu Manike and took her to the Palace, and Kalu Manike remained in the village, where Kalu maenike is reputed to have been asked: "Aei dha kalu pinnokele?" දැයිද කළු දහ මනමකදෑ ? Clerodendrum paniculatum Rathu mal Pinna - - - Clerodendrum philippinum Pinna - - - Clerodendrum serratum Turk's turban moon, Beetle killer, Blue glory, Blue Fountain Bush Kanhendha, Kanhaendha, SiriTeggu U tube images Bhangari, Bruggabhava, Brahmayashikta, Bhangika According to Mukesh Singh et al "Traditionally, it has been also used as anti-rheumatic, anti-asthmatic, febrifuge, in cephalgia and ophthalmia. The roots of C. serratum are also used as anti-oxidant, anti-bacterial, and anti-fungal. Besides these the antimicrobial value of this herbal plant have also been reported in its stems and leaves. These reports are very encouraging and indicate that herb should be studied more expensively for its therapeutic benefits". Citirap-palatai Used in Ayurveda to promote appetite and digestion, edema, cough, asthma. Clerodendrum serratum: A clinical approach, February 2012Journal of Applied Pharmaceutical Science 2(2):11-13 Clerodendrum phlomidis Beheth Pinna - talutalai, Taluddai Shrub, up to 3 meters tall and common in Sri Lanka. Used in Dashamoelana Arishtaya medical preparation. Images and write up Clitoria ternatae, Cljioria ternatae (Butterfly pea) Katarolu, Katarodu, Sithapuspha Images and write up aparajati, Sankhapushpi- kakkanan, kakkattan, sangupu Sithapusha is mentioned in B. Clough's 19th century dictionary. A perennial twining herb with long, cylindrical stems covered with scantily depressed hair; leaves alternate, stipulate, imparipinnate compound. . Flowers mainly blue., sometimes white et. - Now used in ornamental hanging baskets in the west. Its seeds, roots etc., used in Ayurveda, as a vermicide, in pregnancy, improvement of memory and stress relief (see Vishnukranthi as well) etc. Clotalaria jucea Andana Hiriya. Andana Heeriya - - This plant is known to accumulate metal toxins like Cd from the soil. Coccinia grandis L. Voigt, Coccinia indica ( ivy gourd, baby gourd) family: Cucurbitaceae Pier 2014 gives the following description: perennial herbaceous vine. Stems mostly glabrous, produced annually from a tuberous rootstock; tendrils simple, axillary. Leaves alternate, simple, blade broadly ovate, 5-lobed, inflorescence usually of solitary, axillary flowers. Calyx of 5 subulate, recurved lobes 2-5mm long on the hypanthium; peduncle 1-5cm long. Corolla campanulate, white, 3-4. 5cm long, deeply divided into 5 ovate lobes. Stamens 3, present as staminodes in female flowers. Ovary inferior. Fruit a smooth, bright red, ovoid to ellipsoid berry 2. 5-6cm long). Images and description Kowakka, Kovakka It is eaten cooked in a manner similar to bitter melon (karawila, karavila). The vine can become a troublesome weed and controlling it is difficult. Bimbi kovai, matupakku The plant has been evaluated for blood-suger lowering and other effects. For example, M. A. A. K. (Mataru Hospital) Munasinghe et al., Experimental Diabetes Research Volume 2011 (2011), Article ID 978762, doi:10.1155/2011/978762 Double-blind phase I clinical trial was conducted at the general hospital and a private hospital in Mataru in August 2009. All the participants were given a common meal for dinner, and they maintained a 10-hour fasting period. Sixtyone healthy volunteers were given a meal containing 20g of leaves of Coccinia grandis which was mixed with a measured amount of scraped coconut and table salt for breakfast, and other 61 were given the placebo meal which also contained scraped coconut and salt. .(sic)... Results. Overall blood sugar levels were also significantly lower than those of the control group (F(1,117) ...sic... Conclusions. Coccinia grandis has a blood sugar lowering effect. However further studies are needed to validate our findings. Bhattacharya et al. Evaluation of Antifungal and Antibacterial Activities of the Plan..., journal-phytology.com/article/viewFile/4844/2434 Cochlospermum Gossypium, Cochlospermum religiosum (Buttercup tree, golden silk cotton tree) Kinihiyya, Ela-imbul - Kattupparutti , Tanaku kongga The flowers are used in temple offerings. - Images and write up Cocos nucifera , coconut Coconut water and its Medicinal value by Prof. A. Dissanayake Toddly tapping was frowned upon bu Buddhists who refrain from alcoholic drinks. Hence Indian tappers, esp. from Kochin have been employed. They were known in Sinhalese as "Kochhchi". Today the temperance movement is weak, and locals do the tapping, as well as the distillation of arrack from Toddy. Tapping Palm Trees - Indian Tradition A tapping technique is as follows. The inflorescence is bruised in its particular stage of growth through beating and crushing it with wooden tongs. Then it is bound into "torches" and tapped by cutting off the banded tips (Redhead 1989). A mallet is used for slowly hitting several minutes a day the trunk beneath and above the stem of the inflorescence while swinging it and finally pinching it before incision. A new incision is made after every collection (Friedberg 1977). The method described by Crevost and Lemari (1913) for Arenga pinnata is also practised on Borassus flabellifer. In order to slow down the fermentation of the sap, the vessels are smoked and coated with lime (Redhead 1989). Bark or leaves from different species are also used: Schleicheria oleosa (sinhala: Kone) bark or leaves (Friedberg 1977; Kovoor 1983), Shorea cochinchinensis bark in Cambodia (Crevost and Lemari (1913; Kovoor 1983), Shorea obtusa ("Sal") in Burma, Shorea talura in Thailand (Lubejt 1977), Vatica hermandiana bark (Magalon 1930), Launaea coromandelica dried bark, Anacardium occidentale leaves (Kovoor 1983), Vateria acuminata bark or Cynomys pedunculata (Dissanayake 1986), pol, Pol, Thambilli, Thambelli, Kurumba, Vaeyara Thambelli is the golden coloured type of coconut, known as "Ran-thaembilli". A somewhat whiter variety is known as "Gon-thaembilli". The variety "Pora-pol" is used for sports as hard missiles. For other varieties and coconut diversity, see J.Natn. Sci.Foundation Sri Lanka 2009 37 (2):99-109 by P. N. Dasanayake et al. Note that Bimpol (Trichopus zeylanicus) is not a palm, but a green herb found in Ritigala, and in the wet low-country in Sri Lanka. The introduction on new varieties (e.g., kula Kundira) is discussed in an Island newspaper article, 2011 Kurumba. Vaevara are young coconuts, where the white "feshi" (called 'Iond'(h)'a in Sinhalese) inside the fruit has not formed completely. The first reference to a coconut plantation in Sri Lanka is in an inscription at Mihintale, by the king Mahadathika Mahanage (7-19 CE). Culavamsa refers to a coconut plantation (three yojanas in extent), close to Mahathethea (Mannar), during King Aggabodhi-I (571-604 CE). Naarikela,Nālikerika, Narikela, Narikera, Pili, proto-phala, puga, toyagarbha, karakotaya The three names Pili, proto-phala and puga are for generic palms, and they go back to the ancient Indian epics. According to the Cologne Sanskrit dictionary, Pili is used for a 'group of palms'. However, in contemporary usage pili, or pili is mostly used for the Misawak tree. Thennnai, Ila,taakkinay 5-th century sangam literature etc., show the gradual influx of Sanskrit words into Tamil. (Kailasapathy has discussed this subject in some detail). Taala , as well as Narikela, Puga, and probably Pul seemed to be used in southern Indian languages which were rapidly maturing with the shift of power to the south, when the Northern empires had begun to wane. At that time Prakrit began to differentiate into Kannada, Telugu, Malayalam and Tamil by absorbing into these respective Dravidian languages. Note that "Dravidian", or "damedat" of the Mahavamsa, simply means "southern" as seen by North Indian writers, or the Mahavamsa writer who identified himself with the North-Indian Vijaya clan. Some Tamil scholars have argued that the name "Ilam, Eelam", or "hela" for Lanka may have come from the Tamil name for coconut, Ila. The more likely possibility is that the Tamil name "Ila" for the coconut came from it being found in the island of HelaIanka, or Hela, which morphed into Ila in Tamil. The addition of an 'H', or an 'a', in front of some nouns is typical of ancient Prakrit-Elu usages. Thus the 'elū' word 'rahath' becomes 'Arhath', or 'Arhanth' in Sanskrit/Pali. The same rule is mentioned in the Tamil grammar Tolkappian. The origin of the word "Pol" has been extensively debated. Hettiaracchi (1960s), Peradeniya University) had suggested an Austro-nesian origin. Mahdi (Mahdi, W. 1998. Linguistic data on transmission of Southeast Asian cultigens to India and Sri Lanka. Archaeology and Language II. R.M. Blench and M. Spriggs (eds), 390-415. London: Routledge.1998:396) argues that the coconut was carried to Sri Lanka and India prior to the 2nd century BCE; it occurs at Arikamedu in a Roman setting. Tamil taakkinay can mean a fruit of the south, presumably referring to a Sri Lankan origin. Hence, Sri Lanka may have had the tree long before India. That is, the south Indian coastal regions would have got the coconut trees, and even the Palmyra from ancient Sri Lanka, or from other tropical sources like the Laccadives. The Tamil words Talaippalai, talaitattu, taalam,taalappam, taalappattiram etc., can be directly traced to Sanskrit words. In fact we see that most of the Tamil words for palm trees, talipot, arecanuts etc., can be related to sanskrit words. Hence it should not be surprising that, contrary to the position taken by Hettiaracchi, the sinhala words "pol", 'thal', and 'puvak' should find their ancestry in Sanskrit, as we discuss below. The Mahabharata and other early texts use words like Piliu, prophala, puga, for various species of palms - arecanut, Palmyra, coconut, talipot etc (see Cologne Sanskrit Dictionary, and Capeller's Sanskrit Dictionary), and one may surmise that the old Tamil forms Pili, purpatti, Pukam, Puluriyam, Pul are related to these Sanskrit words. The earliest Indian civilizations had already brought a form of Prakrit to Sri Lanka., Hence the pre-Buddhist settlers of Sri Lanka, nourished by many languages as it is on the ancient sea routes connecting Sumaria and the east, as well as contacts with India, would have used a sanskritic name like Phala, palla morphing into Pol. The early-medieval (sangam period ~2-5 CE) Tamil words like 'pul', now used for 'grass' and not for palms, may have also come from the Sanskrit 'Piliu or Puga'. There is probably little doubt that the Tamil word for arecanut, 'pukam' is directly related to the Sanskrit root 'puga', which also gave rise to 'puva' and 'puvak' in Sinhala. The more well known form used in Sanskrit, viz., narikela or Narikera has been claimed to be a composite of the two Austronesian words for coconut, 'nyjur' and 'kelapa', or at least incorporate elements from these roots. However, that claim ignores the occurrence of the word in the Mahabharata (c.f., also Cologne Sanskrit Dictionary). The Sanskrit Naarikera has been adapted to Tamil as Naarikelam but not to any extent in sinhala. By the 5th century the coconut was known to the Greeks, as the term argella (i.e., narikela) appears in the writings of Cosmas Indicopleustes. Toponyms Polgahawa, Polgasovva, polgaha-anga, Polgola, Polmalagama, Polpitaya, Polwatta, Polwatte-kanda, Polwatte-gedera, Polkandi (Polkanda), polgaha-agara, polgahakotuwa, Polgangoda, Polgahawewa, polgahawila, Polgahayaya, Polgammana, Polkada, Polkatuwa, Polkumbura, Polpattala, Polpithigama, Cochlosermum gossypium, cochospermum gossypium. Kinihiyya, wael kinihiyya - - Also called ela-imbul, p119 Clough's dictionary. Coffea arabica Kopp - kappi, kappikotti - Coffea arabicoensis (Cuban Oregano) Kapparawalliya, Kapparavalliya karpuravallii- muttainari Picture - nettle family Coleus forskohlii, Coleus barbatus, Coleus aromaticus (False Boldo) Lamiaceae (Mint family) Image and write up Val seneha kola, Maagaandi?, Kapparavalliya,? Makandi Karpooravalli (Karpuravalli), Pashanbhedha A plant of the nettle-lavender-Mint family, light-blue flower, known to Ayurveda, for use in Asthma, blood pressure etc. It grows in the dry hill parts of Sri lanka, Coleus in Sri lanka . It has a slight camphor-like smell. Modern rediscovery (1970s) and commercialization is as a fat loss medication, e.g., from companies in USA, Europe and also India (Hoechst Marion Roussel Limited, etc). In our view the research is is relatively poorly established. The plant and root extracts contain the terpenic-alkaloid forskolin, which is claimed to affect variety of important cellular functions, including inhibiting histamine release, relaxing muscles, increasing thyroid function, and increasing fat-burning activity. Selective breeding to increase forskolin has been successful. Its mechanism is claimed to be enzymatic, via cyclic Adenosine monophosphate (cAMP), to modify the fat metabolism of the body. Bew

zeylanicum Goda Manel - - - Crocus sativus, Linn. (Saffron) (Iridaceae) The Wikipedia article gives a good historical account. This is not "Kaha (Turmeric) , or Wadakahka", (or Vadakaha Acorus calamus (Sweet Flat, Calamus) in Sinhalese, kunkuma Kunkuma, Kashmiria, Kesar, Zafran Ancient Indians did not know the plant. Earliest records are in Persian, and presumably brought to Kashmir perhaps in the 3rd century BCE. Kungumappo This is a very expensive, ancient condiment, perfume and colouring agent. It should not be confused with Turmeric, or "kaha" used in South-Asian (Indian, Sri Lanka, Thai etc cooking). Saffron may have been used by Buddhist monks in Tibet, for coloring their robes. But in generally, in spite of the name "affron robe", Turmeric ("kaha" in Sinhala) or gamboge are used for colouring the robes yellow. Saffron is NOT used in Sri Lankan cooking, although the word is used sometimes to refer to Turmeric. Crossandra infundibuliformis (L.) Nees [= C undulaefolia Salisb.] - - - Small under shrub found in Low-country areas. Sinhala and Tamil names unidentified. Please send info., photos to chandre.dharma@yahoo.ca Crotalaria yucua Andana Hiriya - kuttu - Crotalaria laburnifolia, Crotalaria verrucosa (bird flower) Yak Beriya - - -A large, much branched herb Crotalaria pallida, Crotalaria spp Andanagiyya - - - Crotalaria retusa, Croton laccifer Kappetiya, Kaha-Andana-Hiriya - kilukiluppai - Crotalaria verrucosa Blue rattlepods Sinhala: Nil andanahiriya, ಶಿಲಕ ಧೂಮ್ರಿಕೆ: Sanskrit: Shanapushpi Tamil: kilukiluppai This plant, used in local herb medicine and Ayurveda, has been found to contain pirrolizidine alkaloids that cause liver damage, disruption of centrilobular veins, and histopathology of lungs and kidney. Dr. Arsekularatne et al, in a study of 50 medicinal herbs suggest that pirrolizidine alkaloids present in many of them, and their use in herbal medicine, could be the cause of high incidence of chronic liver disease including primary hepatocellular cancer in Asian and African countries Croton bonplandianum - - attupuntu Croton tiglium (purging croton) Japala, Jayapala - Dantibija, Tintidiphala, Dravanthi, Jeyphala- nervalam, nagandi) Seeds are a powerful purge. Plant used in Homeopathic and Ayurveda medicine. - Croton caudatus, Croton aromaticum Wel Kappetiya, Vael Kaepetiya - - - Croton megalocarpus (Croton) Image of Croton Megalocarpus krotan-gaha - - Codiaeum Variegatum pictum is the more popular ornamental plant. Image and write up. Croton megalocarpus has become a more attractive candidate than Jatrophra (a variety of Enderau) as a source of Bio-diesel. See German-Kenyan student Croton Cudia zeylanica Sri Lanka Legume Pandu Karanda. The plant is rare even in Sri Lanka. Pictures and news report, Daily News, 11-Feb-2021 - - The plant had been listed as extinct, but a specimen was found in 2019 near Daralawa railway station, Gampaha. A further specimen was found near construction path of the expressway from Kadawatha to Meerigama, but the tree was saved by the intervention of an alert Forest officer, Devanewa Jayatilakke. She had previously intervened to save a forest of mangroves. News Item regarding Forest Officer, and Pandu Karanda Cryptocarya membranacea Thauvaenna - - - Cryptocoryne walkerii Schott (water trumpet) Yatudala - Athuidayan - Well known aquarium plant originating in Sri Lanka. Images and description daily News Oct-2011 report Cryptolepis buchananii Kalukohola ? , Vael Rukaththana ? Krishnasarva, karanta palkoti, Gopavalli, Maddankodi Kalukollooowa (Karungodithi-thenuv) Cucumis melo, Cucumis callosus Kaekiri, kekiri, Gon Kekiri Karkati vellarikkiy Kakirimaduwa (Kachchilamadu) A kind of Kekiri is known as "Gaja-danthapala", p 150 of CUCURBITA DICTIONARY, 1892. Cucumis sativus (Cucumber) Pipingna, පිපිංදු "Thiyambara" is also sometimes used. trapuloha- vellarikkaya, vellari "Gandiri" is also a kind of cucumber known in rural Sri Lanka. Cucumber is used to contain fishing, an antioxidiant that may protect brain and nerve cells, and reduce memory loss. Cucurbita maxima Squash, pumpkin, citrouille etc. Wattakkaha, Wattakka, Wattaka, Wattakka gudayogaphala- dangari carpkaraiparanki, paranki, parangikkikaaq There are many varieties of this popular squash. The Sinhalese version of the "Pampkin curry" uses browned coconut ("kalu poi"), roasted rice etc: Wattakka cury Wattakka Wewa (more correctly, Yattaka vaeva) is a place name, but may be derived from the bird "yattaka". The pampkin figures in Fairy tales (cinderella); it is used for Haloween lanterns, as well as in the sinhala "raban pada" (rural drum beats"). Uda Pala Gaththai Wattakkaa.... Bima pala gaththath Wattakkaa... Uda pala gaththath... bima pala gaththath... punchi punchi gedi Wattakkaa... The name "Yattaka Piritha" (Buddhist canon, yattaka) refers to the bird "vatuvata", a type of quail, and not to a pumpkin. Cullenia rosayroana Wal Durian, Kataboda - - See alawwatte swamp Cuminum cyminum(cumin) Family: Umbelliferae or Apiaceae pictures and descriptions Sinhala: sooduru [su.ðuɾu] cumin; sudhuhuru [suðuðuɾu]cumin; seeds are paired or as separate carpels, & 3-6mm (1/8-1/4 in) long, with a striped pattern of nine ridges and oil canals, hairy, straw-brown in colour, boat-shaped, tapering at ends, with tiny stalks invisible to the eye. Sanskrit: jira 'Jira' in Sanskrit means to 'digest'. traditionally, cumin symbolized gourmandism, thus the food-loving Roman Emperor Marcus Aurelius came to be known privately as 'Cuminus' Tamil: shiragam, cirakam May cause hypoglycaemia, hence caution is needed in the case of diabetics. Contra indicated if barbiturates are being used. Notes: Should not be confused with caraway seed (Carum carvi). Cumin is sharper in taste, and the seeds are larger. The sinhala 'duru',දුරු, is derived from the pali-sanskrit jeera for "digest". It is an essential component of Sinhalese cooking. sweet cumin (Foeniculum vulgare, fennel) is known as maaduru,[ma.ɪ.ɟuɾu] or maha-duru, මහාදුරු, while black cumin (Nigella sativa) or black caraway is 'kalu-duru',[kaluðuɾu] මැහුරු in Sinhalese, although the name is used for caraway (Carum carvi) The different kinds of "duru" (Jeera) are botanically different species. Curculigo orchioides Bin Thala, Heen Bin-tha - nilapannai, kuratti - Curcuma amada RoXB, Curcuma mangga (ambe hand), Mango ginger, wild turmeric ginger family. sinhala: Amba-kaha the name literally means mango-turmeric. sanskrit: amragandha, karparaharida etc, there are some 14 names in Sanskrit as ginger and Tumeric varieties are important in Ayurveda, Siddha, Unani and other types of herbal medicines including in "sinhala vedakama". Tamil: arukmalaka, maingi, maiddiallam, mankay inci, mankayinci, mankayyinci, mavinci notes: Used in cooking and preserves in south asian cooking. Ayurveda and Unani medicine have been using Curcuma Amada as a part of their herbal remedies for centuries as a starter, diuretic, laxative, expectorant, aphrodisiac and more. It is locally used and orally consumed to relieve cold and cough. Ravindran et al., Curcuma Amada. Curcuma aromatica Wa Kaha, VadaKaha - katturi mancal, kasturi-manjal - Curcuma domestica Kaha, see Curcuma longa - - see Curcuma longa below. Curcuma longa (Turmeric) Kaha, Ath kaha, Mim Kaha Read, Tumeric, the golden spice by Prasad and Agarwal in Ch. 13 of the book "Herbal Medicine: Biomolecular and Clinical Aspects". 2nd edition. Harida, and some 53 other names. "Hardra means "coveted y Lord Krishna". In Northern India, turmeric is usually called "haldi", a modification of the Sanskrit name "haridra". In the south India it is called "manjal", a name used in old Dravidian sources. The english name "turmeric" is Latin, "terra merita (meritorious earth)", referring to the color and form of ground turmeri. It is known as terre merite in French, mancal, Manjal, Important condiment, spice and medicinal material in India and Sri Lanka. The main clinical targets of turmeric are the digestive organs: in the intestine, for treatment of diseases such as familial adenomatous polyposis (Cruz-Correa et al. 2006); in the bowels, for treatment of inflammatory bowel disease (Hanan and Sugimoto 2009); and in the colon, for treatment of colon cancer. Believed to reduce uric acid levels in the blood, reducing gout symptoms. It is the main constituent of alternative-medicine treatments for Croh, arthritis. Ant-cancer effects have been claimed. It contains a di-ketone which can exist in an enol-form. A chain of nine conjugated carbon atoms linking two benzene rings explains the yellow color of Turmeric. Wiki article Tamil Nadu has the highest world production of Turmeric. - Curcuma zedoaria (white Turmeric, zedoary root, Red Leaf Spice Ginger) Haran kaha karchura - Poalakkilang ? - Images and description Cuscuta reflexa Gajit Dodder Sinhala: agamula neti vela, aga mula naeti vaela, Gaskuta Aga-Mula-Naethi-Vael literally means "Vine with no beginning or end". This is a colloquial name. The Sanskrit name is often used in medical texts. Sanskrit: Akashavalli, Amaravalli Images and description Tamil: cuppiacaram, Kodyjanguddam/ Used as a purge, intestinal purifier, fever etc. A leafless, twining, parasitic annual with long branched, closely twining, succulent and brittle, glabrous, pale greenish yellow stems, sometimes dotted with red; leaves absent; flowers regular, bisexual, small, white, scented, on short, glabrous, curved, Cyathula ceylanica Bim karal heba - civappu nayuruvi, cirukatalai - Cycas nathorstii Neo also C. Zeylanicus, native to Sri lanka, and the Andamans. Cycas cirinalis is found in the Indian mainland. Images and write up Distinguished from C. cirinalis and C. sphaerica of the Indian mainland by the more robust habit, wider leaflets and larger male cones with longer and more curved apical spines on microsporophylls. Megasporophyll apices of C. nathorstii are narrowly triangular with numerous fine lateral spines extending almost to the very tip, whereas the Indian species possess broader apices with a distinct extended apical spine that is free from lateral teeth. C. nathorstii is distinguished from C. zeylanica, the other species occurring in Sri Lanka, by the more closely spaced and more chactaceous leaflets, the shorter, softer and less pilose cataphylls and lack of spongy endocarp. Madu, මැදු, madugaha - kamappu Cycads represent an ancient lineage whose fossil history extends over 200 million years. For the etymology of the "Madu shrine" near Vannimava (Vayniya), see the place-names discussion. Cynoclea barmani Keipiththala, Kaeipiththanth - ponnuccittai ? - Cymbopogon citratus (lemon grass) Sera bhutika- karenuduka karppurappul, vasanapullu used in cooking, and in herbal medicine to reduce fever etc. Images and writeup Cymbopogon confertiflorus near Maana, Maana - - Cymbopogon nardus Heen Pangciri - - Cynometra iripa (winkled pot mangoever) Opulu - Kadumpuli- This small, slow growing tree only produces seeds in years of abundant rain. It can grow to 5 m tall- Cyperus corymbosus Common Nut Sedge, nutgrass -Gal Ehi, Gal Aeha Image abhrabheda, ambhodhara, ambuda korai, kilangu, muthakasu, kottukkorai ? The "pan" or reeds/rushes are used to make mats -> Cyperus rotundus (nut grass, nut sedge) Family: Cyperaceae A perennial grass with dark green glabrous culms, growing from a system of underground tubers. Kalanderu, wammutu Musta, Mustaka muttakkaku, korai " If the ground slopes to the west and if kalanderu grass (Cyperus rotundus) grows there, then the site is suitable for the Sudra caste." (Mayimataya). It is an "invasive weed". The name wammuttu is mentioned in the medieval sinhala grammar book: Sidath sangara Ayurvedic and Sinhala medicine uses the plant for treating fever, digestive disorders, dysmenorrhoea, wounds, bruises etc. cyperus santonici. Vel thuththiri, - - See Eragrostis atroideis and eragotis varieties cyperus scarious (umbrella sedge) ? Bhadramasta, Nagaramustaka - This is a delicate, slender small herb with deep brown aromatic tubers. It grows in a "pandura" (like a clump, hence the english name "umbrella sedge"), and has tubers which have medicinal properties similar to "kalanderu", i.e., (cyperus rotundus) D Go to the Top Botanical Names, (English) Sinhala Sanskrit (Pali) Tamil Toponyms, Notes Daemia extensa, Pergularia extensa Meda-hangu, - uttamani Used as an ematic and expectorant. However, all plant parts, especially the seeds and latex, are often poisonous. They contain various alkaloids and glycosides, many of which are used in medicine and as insecticides. Images Dalbergia lanceolaria (Linn) ,Dalbergia assamica Benth Amerinrum lanceolarium, Dalbergia paniculata Roxb., Dalbergia zirmaensis Prain Bol Maara, Bol mara Goraksa erigai, kalvellangu see also rosewood Erect tree, reaching 20-27 m in height. Dalbergia latifolia (Linn) (Rosewood) Rosalee, Kalumara (? Rosewood is considered one of the most valuable tropical hardwoods that are found in Madagascar, East Africa, Brazil and south East Asia. Rosewood found in Madagascar has a greater demand than the same of other origins. This tree has very long maturity period nearly 300 years to grow into an eight-inch diameter. Felling rosewood trees for its timber has become environment issue in Madagascar and nearby east African countries and threatens the ecological balance in these countries. Goraksa Karunthuvarei, Iraavadi see also rosewood Erect tree, reaching 20-27 m in height. IUCN-red listed Dalbergia sissoo (Sisham) yuga pathrika (Charles Carter's dictionary p779), bolmaara Rosalee write up and images litti, sisu valuable timber, "second to teak wood" Read about International Rosewood smuggling via Colombo port Images and write up Dalbergia pseudo-sissoo (Hornet creeper) bambara wael, bambara wel, bambara vel, bambara vael - Images and write up Dalzellia Ceylanica, Dalzellia Zeylanica, Wright 1852. Ph. D Thesis by Nileena, C. B., Kerala See image on page 29 of the above thesis. If you know the Sinhala name, Tamil name etc., write to chandre.dharma@yahoo.ca - - Aquatic plant - Submerged rheophytes; Terniola zeylanica, Lawis Zeylanica are often cited together. If you know the Sinhala/Tamil name, write to chandre.dharma@yahoo.ca ->> Datura Alba (Devil's trumpet), D. metel, etc., family Solanaceae Some plants previously included as Daturas are now put in a distinct genus Brugmansia (this differs in being woody, with shrubs or small trees, and pendulous flowers). Other related genera are Hyoscyamus and Atropa. woody, stalked, leafy annuals and short-lived perennials grows up to 2 meters in height. The leaves are alternate, 10-20 cm long and 5-18 cm broad, with a lobed or toothed margin. The flowers are erect or spreading (not pendulous like in Brugmansiae), trumpet-shaped, 5-20 cm long and 4-12 cm broad at the mouth; colors vary from white to yellow, pink, and pale purple. The fruit is a spiny capsule 4-10 cm long and 2-6 cm broad, splitting when ripe to expose numerous seeds. Attana, Sudu Attana, ela attana There are many varieties of Athnana, and one of them is called "Kok-athnana because of the prominent hook-like spikes ("koku" in sinhala) or spines on its fruit. These spikes are a mechanism for seed dispersal. Placenames like "Aththana-vaevi" (Achhcankulam) or Kokathnana-kulama or Kokathchankulam are found in the North and East of Sri Lanka. Closer to Colombo, we have "Aththana-galla", the home-base of the Bandaranaike political family. Datura, sveta-dhaturah (i.e., white-dhatura for Datura alba) Vellaiyammattai,Aiyagam, Oomathai, Thaevai. Mattai The Tamil names, "-yumattai", "Oomathai", "Oomathai" or "Kattak" ொමத்தம் are clearly derived from the words of the "Sanskrit-Pali-Prakrit-Sinhala" language group where "Unmaada", or "Matha", "Madya", mean hallucination, intoxication etc. Datura species contain atropine and related alkaloids. Hallucinatory very poisonous drug. Datura is a classic "witches weed," along with deadly nightshade, henbane, and mandrake. Most parts of the plant contain toxic hallucinogens, and Datura is known for causing delirious states and death. It was a common ingredient of "love potions and witches' brews". Datura wrighiti or Sacred Datura, imges and write up Datura plants adapt by change size of plant, leaf, and size of flowers, depending on location. The same species, when growing in a half-shady damp location can develop into a magnificent flowering bush half a meter high, but in a very dry location will only form a thin little plant with a few centimeters high, with tiny flowers and miniature leaves. The name has been mis-spelt as "Datra metia" in some Internet locations. Datura fastuosa Attana, Thunbo Aththana dhatura adukku-mattai See Datura Alba Datura stramonium Aththana Datura umattai See Datura Alba for more details Daucus carota, Apiaceae family. (Wild carrot) Similar in appearance, but different from it is the poisonous "Hemlock". Conium maculatum also of the Apiaceae family. The "Hemlock" does not have the smell of the carrot plant. Val Kaerat - mancalmullanki, kartiklanku The vegetable "carrots" are a subspecies or cultivar of this, known as Daucus carota subsp. sativus. Delonix regia, Poinciana regia Royal Poinciana, May-flower tree, Gulmahor tree. The Flamboyant Tree in Delhi Maara According to Tissa Devendra, Antiquarian and ex-CCS officer, the tree is said to have been introduced to Sri Lanka by the British CCS man Le Mesurier, and hence originally the tree wvas called "Lamasuriya gaha" in Sinmhalese. Lamasuriya Trees, Island 03-11-20 "Radhachura" is used for the Yellow variety. Tamil: mayil-konrai, ukaramaman The tree had originated in Madagascar, (first specimen is said to be found in 1828), however, the yellow-flowered specimen has been known before in the Indian subcontinent). It has been replanted in other tropical climates due to its attractive flower and its use as a shade tree. -> Dendrobium Crumeratum (Pigeon orchid) Parevi ml - - A very common, white, fragrant orchid grown in coconut husks attached to coconut tree trunks. With acknowledgement to "beautiful Orchids Dendrobium maccartthiae Vesak ml - One of the most colorful of the seven Dendrobiums native to SL. It was named after Ms. MacCarthy, wife of Colonial Secy, 1855, ( and Mr. MacCarthy has a road in Colombo named after him.) See Christie Alwas: "beautiful Orchids Dendrocalamus strictus Solid Bambo, male Bamboo Synonyms: Bambos stricta Roxb. Bambusa glomerata Drylo ex rata Usa See Bambusa Vulgaris for a mode detailed account of Bamboo types. - kattumunkuli See write up by Dayananada Kariyawasam, Forest Dept. The date of the document is unclear, perhaps 2001. Dendrophoe falcata, Loranthus falcatus. Honeyisckel MistleoE Ethau Mal Image and write up, White flower Red flower Vuksha DhanaI In sanskrit "Vrukhdka" means "tree", and corresponds to the Latin "Dendro" used in the botanical name. pulluruvi, Pulluri A semi-parasitic plant found attached to branches of large trees. Many medicinal applications varying from anti-microbial to anti-fertility uses are mentioned. Its use as a seed of poisoned anti-tumour drugs has also been investigated (Pattanayak et al 2008 Pharmacognosy Reviews 8: 359-368.2008). Derris indica, Millettia pinnata , Pongamia pinnata (Indian Beach Tree) Mal karanda ? Naktamaala pungam, Pungai Images and write up 1 Images and write up 2 Could this have been the ancient "Puvango tree", now usually identified as Aglaia roburghiana ? Derris canarensis, deriss skandens, Derris parviflora, Brachypterum elegans, Deguelia parviflora, Pterocarpus Parviflorus (Hog creeper) Diya Kala Wel, Diyakala Vael, Sudu Kala Vael, Kala-Wel, Bokalawel - kottipunku The kalu Kala vael and sudu Kala vael are two varieties. The name Derris scandens probably means "leathe-covered (pods) and sprawling". Derris parviflora is a woody climber growing up to around ten meters on the tree- Image Desmodium gangeticum Sulvaenna, Undupiyallai - pulladi A slender under-shrub, with cylindrical, nearly glabrous stems and hairy young parts; leaves alternate, stipulate. Used in the herbal medicinal tonic Dashamoola aristaya - Desmodium gyrans Pranajevya, Praanajevva - - Desmodium heterocarpon Maha undupiyalli - pullati - Desmodium triflorum Image Undupiyalli, Heen undupiyalli - - -A very small perennial herb, 15-45 cm long with numerous, long, slender, prostrate branches rooting at nodes, clothed with white spreading hairs; leaves small, alternate, stipulate, trifoliolate - Dialium ovoabum (Velvet Tamarind), Common in West African forests. Gal Siyambala Claimed health benefits. - Pe karakai (? The fruit is rich in tartaric acid,Ascorbic acid (Vitamin C) many minerals and other vitamins. A serine inhibitor has been extracted from the seeds of this "wild-tamarind-like" species -Dichrostachys cinerea (Marabou shrub, Sickle bush, chimes lantern tree) mal-Andara see also Acacia catechu Bahuvarkaa, Virturu vittalalai, vedathalam It is native to Africa and the Asian tropic. Originally used as an ornamental mimosa-like plant but turned invasive, e.g., in Cuba. It has been claimed that Scottish scientists have found this shrub to be a valuable source of activated charcoal which is much better in quality (finer grain size) than the activated charcoal from oconut and much cheaper as well. Strathclyde University scientists end marabu weed nightmare However, its use as a possible charcoal source seems to have been known in Cuba, And in 2011 charcoal exports reached a value of 6 million USD: Charcoal Making in Cuba Toponyms Andaradoova (Vidataliva) Andaravala (Vidatalpala) Dillenia indica Hondapara, Wampara Ruvuya ava A moderate-sized, round-headed tree with a cinnamon-brown bark; leaves very large, closely placed. Dillenia retusa Goda Para - - - , Dilivaria ilicifolia Katu Ikili, Vael Ikiri - Kazhuthai Mulli, Kalutaumam See also Trapa bicornis = ikilya, related to mangroves. Placename: Kattuliyavala (Kalutavala) Achyranthes aspera Karal Heba, Karak haeba, kinihi The name 'kinihi' is said to mean 'Kini=sore, ha=removes', and is said to remove sores. Apamarga, Khara-manjar nayuruvi Wildly growing weed, found in swampy soil, up to one metee high, flowers reddish-green, Used in incantations.believed to be a talisman to safeguard against scorpions and snakes - Dimorphocalyx glabellus 'Weli Wanna, Vaeli Vaenna - - Dimocarpus longan MORA - cempuan, Murali, Nurali - Dimocarpus longan Mora - Kaduppuvam, cempuvan - Dioscorea Alata, D. atropurpurea, D. sativa Del. (king Yam, Purple yam, Water Yam, greater yam, Winged yam) Hingurala, Raja-ala (Raaajaala), Anjili-ala, kahata-ala, Kiri Kondol, Kiri ala, Iri ala, Ley dantha, Dandila, rathu-ala, Maha vael ala (Mha vel ala) The many Sinhala names are for slightly different cultivars. It is a herbaceous vine, twining from from massive underground tuber. Stems to 10 m (30 ft) or more in length, freely branching above; internodes square in cross section, with corners compressed into "wings", these often red-purple tinged. Aerial tubers (bulbils) formed in leaf axils. Fruit a 3-parted capsule; seeds winged. - kavayalli, Raasa-valli, Khatangal, Peruvalli This tuber has ~7-8% protein, and 75-85% starch. According to Wanasundera et al, the Vitamin C content of the yam tubers ranged from 13.0 to 24.7 mg/100 g fresh weight. The results showed yams to be reasonably good sources of minerals. Phytic acid contents of the yams were low, with values ranging from 58.6 to 198.0 mg/100 g dry matter. Total oxalate levels in yam tubers were found to be in the range of 486-781 mg/100 g dry matter, but may not constitute a nutritional concern since 50-75% of the oxalates were in the water-soluble form. The overall results are suggestive of the nutritional superiority of yams compared to other tropical root crops See Wanasundera and Ravindran, Canadian studies-III by Jayakody et al Canadian studies-II Peradeniya study of Dioscora yams Dioscorea cultivation - Sri Lanka Dept. of Agriculture, notes and images Dioscorea aquatica raevul-puruk-wila - - Dioscorea Esculenta Kukulala, Java-ala (Jawala), Nattala, Sriiravalli, Kuda Vael ala (Kuda vel ala) - kavayalli, Thirivali See write up on Dioscorea Alata. Properties are very similar. The starch granules (microscopic observation) are differently shaped in different cultivars. Dioscorea bulbifera Aquala - kavayalli, kattuvalli, Combuvalli (? See write up on Dioscorea Alata. This tuber has small or absent underground tubers, more numerous aerial tubers, and alternate leaves Dioscorea longifolius Gas Kothala - Listed in Charles Pridham. Dioscorea obouneta Hiritha-ala, Jamburala - - See write up on Dioscorea Alata Dioscorea oppositifolia, Dioscorea Villosa (Wild Yam, Chinese Yam) Kondol - varivalli, Kavala-kodi,Verrilavali A variety of Kondol, found in N. America as well, and has been of pharmaceutical interest as it contains saponins which can be chemically converted to steroids (progesterone -a contraceptive, cortisone etc.). See images See write up on Dioscorea Alata Dioscorea paniculatus Puruk-wila - - See Charles Pridham. Dioscorea Rotundata (African Dioscora) Thambala - kotsakavalli,Urumpeiri See write up on Dioscorea Alata Dioscorea pentaphylla, D. triphlila (five-leaf yam) Kondol, Katuuala, Katuwa-ala - kattuvalli, Kaattukkaayavalli Image See write up on Dioscorea Alata It has been claimed that it is probable that dioscorea yams, such as Dioscorea spicata, D. pentaphylla and D. oppositifolia were staples in the diet, as they were among South Asian hunters and gatherers in recent times., e.g., Deraniyagala et al, International Prehistoric and Protohistoric Sciences, Vol. 5, p. 277 (1998) Diospyros family (EBENACEAE) (Ebony/Parsimmon family Kaluvura family - - The Diospyros are a very valuable group of timber trees. They are also a favoured choice as commemorative trees. Some related trees are in the Maba - classification., reclassified in 1981 by Kostermans. An authoritative study (2006) of the Genus Diospyros L. has been carried out by B. K. L. Wickramasinghe (Open University Nawala) and T. Herat. Dyospyros wood species in SL For systematic of Diospyros, see Wallnofer: The Biology and Systematics of Ebenaceae: a Review Diospyros atrata Kulu Kenda - Guskavendu Timber tree, Ebony family. Images and short descrip. Diospyros attenuata, c.f. D.melanoxylon D. ebenaster (? Kadumberiya, Kaluvaella - IUCN redlisted Diospyros chaetocarpa, c.f., Diospyros oppositifolia Kulu Madiriya - Valued Timber tree. The chemistry of the bark has been studied at Peradeniya University under Sultan Bawa's natural products effort in the 1970s. We haven't found suitable images. Diospyros condelleana, Diospyros Thwaiteisi Mo-madihya, Ho Maediyya - Valued Timber tree (Ebenaceae). We haven't found suitable images. Diospyros ebumen (Ebony, Ecyron Persimmon) Kaluvura, Kaluvara - Valued timber tree, produces the best Ebony Image and plant profile Valued in cabinaty and french furniture. An ebony cabinet Diospyros embryopteris, Diospyros malabarica, Embroypteris glutinifera Indian Parsimmon. Thimbiiri, thiburu, Kollan gaha The wood of this tree was used in the ancient villages to build a hut ("Thimbi ry geyra") for pregnant would be mothers. The Timbiri wood smell is believed to be healthy. Tindukka, [Gaab] Pictures and write up Timbiri bark is used for boils and tumours, and the juice of the fresh bark as useful in bilious fever. The unripe fuit is light, and astringent, and when ripe said to be used for gonorrhoea and leprosy. Painchichai, Tumbika See also, p 791 of B. Clough; Timber tree (Ebenaceae). Write up and Images Diospyros ferrea, Hik-ul-Haenda - Wickramasinghe et al, on Diospyros ... see also under Maba buxifolia which is sometimes claimed to be a variety of this tree (?). Kulu Habaralyai For systematic of Diospyros, see Wallnofer: The Biology and Systematics of Ebenaceae: a Review Diospyros melanoxylon (Jungle-fire tree) Beedi, Bidi, Kuduberiya, Kaduberiya, Kendu kendu ? karai - The leaf is used to "wrap" tobacco, or by itself, to make beedi, a cheap "leaf smoke" popular in the Malabar coast of India. It was brought to Sri Lanka by the Indian "Malabar Tamil" labour recruited during the late Portuguese period to work in tobacco plantations in Jaffna (Jaapanaya). Known as tendu patta or Kenndu patta in India, this is traced by Maoist insurgents in India to raise revenue. South asia intelligence report Beedi, images and write up Images of Jungle-fire tree Diospyros malabarica, D. embryopteris, D. glutinosa Timbiri, thinduka - thumbai The tree exudes a glutinous substance used for caulking and sealing boats in the traditional way. It is not attacked by insects. The unripe fruit is rich in tannins and used for curing nets, leather etc. Clough's 19th century dictionary lists the name "Thinduka". Diospyros occarpa Kalukadumbariya - vekuralkalimaram - Diospyros oppositifolia Kalumediya, Kalumaberiya, Kadumberiya - IUCN redlisted- Diospyros Oviifolia KunuMaella - - Diospyros quaesita D. hirsuta. (Calamander wood) Kulu maediyya, kalu-medhiyya, Kadumberiya - IUCN redlisted Diospyros toposia Kahakalea,කහකලේ - - See p. 113 of B. Clough Dipteracanthus ringens Nil Puruk - - Dipterocarpus hispidius Boo-hora - - A large tree, similar to "Hora" but with a rougher bark. Dipterocarpus glandulosus Dorana - - A large tree. about 55 m tall with a straight trunk, pale grey bark flaking off irregularly. IUCN red listed. Dipterocarpos Zelanicus Hora, Sarala or "Soral". - The tree is found in moist low country areas like Ratnapura, Kaluthara, Galle and Mathara districts and in the Sinharaja rain forest. There are many place names which begin with the name "Hora" relating to the tree. Even Tamilized place names like Norochcholai (where a controversial coal power plant in Sri Lanka is located) refer to a clump of Hora trees - i.e., "Horagolla" in Sinhalese, with "Horo - Noro" and "golla - cholai". The ancestral home of SWRD Bandaranaike, the iconic Prime minster of Sri Lanka who adopted the language of the majority (72%) of Sri Lankans as the official language while facing opposition from the Tamil minority (12%), was called "Horagolla". (challani, yennar, enneyaram, used in S. India for a closely related tree in India, click here.) ) toponyms Horagolla (Norochcholai, Nuricholai), (south) Horagala, Horagampitiya, Horagoda, Horangalla, Horangolla, Horapawita, Horawala, Horawinna, Horanduwu, etc. (uva) Horabokka, Horabora, Horadaruwa, Horadoruwa , Horadoruwawa, Horagune , Horambuwa, Horatota, (West) Horagala, Horagasallaga, Horagasollu, Horagolla, Horahena, Horana, Horanepalla, Horape, Horawala, Horetuduwa, (Sabara) Horahena, Horahinella, Horaketiya, Horamula, Horanekarakanda, Horangala, Horawinna, (Vayamba) Horagas-agare, Horagolla, Horakandawilla, Horakele, Horambawa, Horamume, Horatepola, Horawadunna, Horombawa, Horombugama, Horombuwa, (Uthuru-maeda) Horapola, Horawapotana, Horiwilla, Horombuwagama, Horowitzbewewa, Horowupotana, Horowuttibawewa, Horuwulla, (Central) Horagapahitiya, Horakada, Noragalla Found in srilankan forests including Sinharaja. Rain-Forest in Ceylon, John R. Baker. Kew Gardens 1938 Images of a closely related tree, Dipterocarpus gracilis are given below: Images Dodonaea viscosa Eta Wararalla, Aeta Vaerallaa - virali - Dolichocandens spathaceae, syn. Spathodea longiflora P. Beauv diya -danga - kaliyacca - Dolichos biflorus, Macrotyloma uniflorum (horse gram) Kollu see under Macrotyloma uniflorum. Good alternative to "parippu". - Kollu paruppu, Kulad An annual hairy herb with nearly erect stems and climbing branches; leaves compound, trifoliolate, leaflets nearly equal, often lobed. Doona cordifolia, Shorea cordifolia, Shorea oblongifolia D. gardneri Doona Nervosa D. ovifolia Doona macrophalla (thw.) D. trapezifolia D. Venulosa D. Zeylanicus Poathalaha, Beraliya Rat Dun Kotikari beraliya Thiniyya Dun Honda belayia, kana-beraliya, maha beraliya Beraliya Yakahulu Dun Dun - - Doona cordifolia and Donna Zeylanicus produce resins which were used to make varnishes. The seeds are roasted and eaten. We haven' found any images. Most of these are IUCN red listed. Some Hoopa species are also named Beraliya, and Dun in sinhala - Dovyalls hebecarpa (Ceylon Gooseberry) Kitaembilla, Kithaembilla, Kitembilla, Ketembilla, - kocu vetti Endemic to Sri Lanka. Horticulturists have created a thornless of of this gooseberry which is used in jellies and jams. Picture and write up Drosera indica (sundew) Kandullessa, kandulaessa - kocu vetti ? Easily distinguished from the other species by its linear leaves. Image Drosera peltata Pethi-Kandullessa, Pethi-kanduleessa - kocu vetti insectivorous plant, ornamental Herb with flowering stems to 50 cm high. Leaves usually in a flat basal rosette and cauline- Charles Darwin drew attention to these plants in 1875 Link to Review article in J. Exptl Botany Dyeroglossum piloselloides (penny fern, Dragon scales) Kasipethi , Kaasipethi - - Grows on coconut tree trunks etc. it is one of the most common epiphytic ferns in the lowlands of Southeast Asia. Images and write up It is used in "Kaedum-Bindung"(Orthopedic) poultices in Sri Lanka. Drypetes sepalaria Veera, Vira, Weera - - Veerogolla (Veerancholai) [Gal Veera" is a fruit-plant endemic to Sri Lanka. Droega volubilis Kiri Anguna - - A very large, twining shrub with long, glabrous branches leaves simple, opposite. Drsmos elegans, Dresmos elegans Kudu Mirissa - - Drymaria quercifolia Benduru - - Drypetes sepalaria Weera, Veera - - Durio zibethinus (Linnaeus) Commercial cultivation began from seeds brought in 1884 from the Kew gardens in UK. T.Yhere is a strong market in south east Asia, and Sri Lanka fruits are much sought after. The Association of Durian Growers and Sellers was formed in 1959 to standardize quality and marketing practices. Dooriyan, Durian The fruits can go up to 8 kilos exceptionally, are 15-30 cm long, and 12 -15 cm wide and are ovoid to nearly round. The rind is yellow or yellowish-green and is thick and tough and densely set with stout, sharply pointed spines, 3 to 7-sided at the base. Inside there are 5 compartments containing the creamy white, pinkish or orange flesh and 1 to 7 chestnut-like seeds, 3/4 to 2 1/4 in long with glossy, red-brown seed coats. In the best fruits, most seeds are abortive).The flesh of the fruit exudes its characteristic unpleasing smell. Otis B Barret describes it as "combined cheese, decayed onion and turpentine, or garlic, Limburger cheese and some spicy sort of resin". But on eating the pulp the odour is scarcely noticed and said to have a three fold effect: (i) an aromatic taste, (ii) followed by a delicious sweet flavour, then (iii) a strange resinous or balsam-like taste of exquisite but persistent taste. It is neither acid, nor sweet, nor juicy; but is a good blend of all these qualities. - - Introduced into Sri Lanka in the 16th century by the Portuguese. It is used as a popular flavouring in ice creams, cakes and even with relishes and other foods in South Asia. The seeds can be fried and eaten, or with other foods. It is a rich source of vitamins, and claimed to be a vermifuge. Dyschoriste erecta (Bum. I.) Kuntze[= Calophanes nagchana Nees] - paduavan- Perennial dry-zone, shrub-like. There is also a D. madurensis (Burrn. f.) Kuntze [= Calophanes littoralis AN] known in Tamil as paraddai. E Go to the Top Botanical Names. (English) Sinhala Sanskrit (Pali) Tamil Toponyms, Notes Echincholoo crus-galli (Cockspur Grass, Barnyard grass) Image etc Wel Maruk, Vel Maruk Varuka Caamaai This is a herbicide resistant (propranol, Picou C2/7 herbicides) grass and infests rice. Eichornia crassipes, Eichornia crassipes ( Common Water Hyacinth) Images and write up Japan Jabara - Akasathamarai Invasive water plant introduced to SL during world war II. The plant has been proposed for biogas production, and for "purifying" radioactive waste water due to its capacity to accumulate heavy ions. Biogas production from water hyacinth, 2007 Island article by Dr. Pethiyagoda Echites antidyentrica Keelinda, Girimalika - - P162 of Clough's dictionary has an entry on this plant. Used in local medicine. Echinospin echinatus aliphottu?, brahmadaanda ? We are awaiting confirmation of sinhala names. Unkatara, brahmadaandi kutiraijippam, kutiraijippamaram Image Eclipta alba, Eclipta prostrata (False Daisy) Aster family. Keekirindiya, Kikiriindiya Eclipta alba is specifically called "Ranvan kikirindiya". Bhringaraja, Kesharaja- kirippan, kaikheisi, karisalankanni An erect or prostrate annual herb (weed), often rooting at nodes, with many diffuse reddish branches. There are blue, white and yellow flowering varieties. Image of white variety Used in Indian medicine (Bhringraj oil) used in "oil baths", and for dying hair when prepared with Nil-Aevaryia(indigo). Indian Hair oils, herbs and health leaf extract is claimed to be "a powerful liver tonic". Entada puruseatha (a woody liana) Maha pus vael - - Puswallava. A large pus-waela in Hunuwilla, Opanayaka was a famous landmark near Balangoda. The major part of this was cut down despite public protests by private road contractors. There are many types of woody lianas. An image of one is shown here another picture Eleaeocarpus montanus Kok Mota - - Eleaeocarpus serratus Verulau, Veralu chiribivla- aravata karai, ulankarai - Eleaeocarpus garnirius Maha-mad(h)atiya, Rath-verulau Rudraksha - Gurusiripura (Uthrupapuram) Eleaeocarpus subvillosus Gal Veralu - - Elephantopus scaber ( Prickly-Leaved Elephant's Foot) Eth Adi, Aeth Adi Gajivha- anattuccivan, Anachuvady, anashovadi Herb, 0.3m to 0.8 m high, hairy or rough - stem. Bluish-whitish flowers, about 6-9 mm long. Image and writeup Eleetaria cardamomum (Cardamom), ginger family Ensai, Enasal, Kadamamungu. The name "ensai" is more appropriately used for a cultivar of Amomum cardamomum The first name probably derives from Sanskrit roots, while the second name goes back to its greek name. Cardamom is mentioned in the spice lists of the Royal archives of the Greek Mycenaee civilization that existed some five centuries prior to the Buddha's time. In Sanskrit it is known as Ela, or Elaka. Amomum cardamomum is a related plant whose seeds (larger and darker) are used as a substitute for cardamom seeds. The Dravidian languages use names derived from the Sanskrit. Thus Elakkai in Tamil has Ela + Kai where "kai" means seed. elam, cir-elam, Elakki. Sinhalese language has names derived from Sanskrit and from Greek as Mahathetha (Mannaraema) and Anuradhapura were important ancient trade centers linking the ancient "middle-east" with the oria via the naval silk route. Cardamom is a valuable spice, always fetching a high market price. See Knuckles National wilderness by Gunatilake et al. Eleusine indica (L.) Gaertn Crab grass Bela-thana, මෙහෙයය - Thippiraggi. ->> Eleusine coracana (nutchec, finger millet) The ending of the botanical name, i.e, "oracana", seems to be closest to the sinhalese name "Kurakkam". Millet is a minor cereal in terms of global economic importance. Worldwide production of millet is not more than 1% of rice production. Kurakkam The Sinhalese name itself may perhaps have come from "ku-rajikan", where "rajika" is a Sanskrit form, while the "ku" refers to its darker coloured form. In Sri Lanka it is a popular dry zone crop and an ancient seed. It has ~7-8% protein, and is more nutritious than rice and other common starchy foods. Millet,together with sorghum, oats, corn and rice are naturally gluten free and may replace wheat,rye and barley which contain gluten. Millet may affect the iodine-absorption mechnaism and some consider that it should not a dominant part of the diet ( secondary cause of goiter). Rajika Finger Millet or Ragi originated in East Africa, and came in around 2000 BCE; it has been found in an Indian archaeological site dated to 1800 BCE. In Ethiopia it is called "dagusa". It is a very adaptable plant that can be grown in topics and temperate climates. Ragi, Iraaki, kelvarago. Popular in South India. Pictures and write up. Place names: Oora-kurahanan (Pantrichirichchan) It is claimed that the Kandyan nobility disdained Kurakkam, presumably because it was considered a food of the poor. It is eaten as a "Thalapra", or porridge. See Island, 1st Nov 2010. Kandyan Kings disdained. Millet is mildly sweet, (nut-like flavor) and contains beneficial nutrients. It is nearly 15% protein, contains high amounts of fiber, B-complex vitamins like niacin, thiamin, and riboflavin, the essential amino acid methionine, lecithin, and some vitamin E. It is high in iron, magnesium, phosphorous, and potassium. But the hulls and seeds contain small amounts of goiterogenic substances that limit uptake of iodine to the thyroid. In large amounts these inhibitors can cause goiter if it becomes the principal diet. The phytic acid in the seeds are claimed to reduce cholesterol. Eleusine indica BaluTana, Kurakkam - kevuuru Dog grass Embelia ribes (false black pepper) -Walongasa, Valangasala, Vael aembilla Krimighna, Tandula, Vidanga- vavilyanlam Important ayurvedic plant, seeds etc. It is used against intestinal parasites and intestinal worms. It is used in abdominal disorders, skin fungal infections, flatulence, constipation, indigestion, headache, hemorrhoids, lung diseases, obesity, piles, pneumonia, mouth ulcers, toothache and sore throat. write up, image - Embryopteris glutinifera - Thimbiyya (Thumpalai) - Emilia sonchifolia Kadu Pahara - A perennial herb with prostrate or decumbent stems, becoming erect at the ends, much branched, glabrous and often rooting; leaves simple, alternate, sessile. Entada phaseoloides (woody liana) Maha Pusvel, Pus-wel, Maha Pusvael - - An immense woody climber with a thick trunk and long twisted snake-like branches;leaves alternate, stipulate, bipinnate compound, large, main rachis 15-25 cm long, stiff and semi-woody ending in a bifid spiral tendril by which the plant climbs. There are many types of woody lianas, an image of a woody liana Entada pusaetha, Entada phaseoloides Pus Wel, Pusvael - - Seeds are used in ayurvedic medicine. See Entada phaseoloides as well. Eragrostis (Love grass, hardstem lovegrass) Eragrostis atroideis Thuththiri Image (courtesy Buckley-plant-ecology lab A variety of Eragrostis is considered sacred in some Hindu localities. The Tamil name Dharbha, Dharbhai is used for that variety of Eragrostis. There is also an "Indian bread grass". Eragrostis cynosuroides known as (Dharbham -in Sanskrit). Eragrostis are very ancient grasses, common in Ethiopia and Erytria in the form of Teff, used for making traditional injera flat bread There are many varieties of love grass. The seeds stick to clothes, fur of animals etc., and propagate. The Ethiopian Eragrostis tef also known commonly as Teff or William's love grass with edible seeds used to make a sour flat bread known as injera, now fashionable among Wester "health-food" circles. Picture of Williams' Love grass of Teff Eriocaulon ceylanicum Kook Mota - images Used in Ayurveda for urinary tract infections, jaundice. The flowers are said to attract honey bees Eriodendron anfractuosum, E. orientale Imbul, Pulun Imbul Salmali Ilanku Imbulgoda would be a typical toponym. Old saying " Yakada dachcha geiy imbul pulun koiyanda", i.e., Would you expect to find Imbul-cotton in a house where even iron has been burnt out? ? Ervatamia divaricata Wathusudda - - A perennial shrub, ~1 m tall. Eryngium foetidum (Long coriander, cilantro-cimarron, saw-tooth coriander,, African coriander) මෙහෙය Andu-kola And





eggnog. The tree (native to Indonesia), may grow to 20 high and is cultivated in Sri Lanka. There are no cultivars specific to Sri Lanka and little or no development work has been done. The flowers (in umbel-like cymes) are creamy yellow and fragrant. The nutmeg fruit looks similar to an apricot. It requires 150-250 cm of rainfall, and thrives well in Kandy, Matale Kegalle etc. About 3000 hectares of cultivation exist. More recently (2020), it was claimed (unproven) to be a prophylactic against covid in a herbal preparation alleged to be "inspired by the Goddess Kali Amma" Opposing GM, and Supporting Kaii Amma. Island Dec22, 2020 CDW. Myrtus canescens (Ceylon Gooseberry) Sitha Pera, seetha Pe-ra, සීඨ පෙරා - - N Go to the Top Botanical Names, (English) Sinhala Sanskrit (Pali) Tamil Toponyms, Notes Nardostachys grandiflora or Nardostachys jatamansiNelumbo nucifera (Spikenard, Nard) jatamansi not native, hill country Narada, nalada Nardoil is used in perfumes, ayurvedic medicine Image and write up Nuclea orientalis (Leichhardt pine, Canary Cheeseewood) Bakmee, Bakmi, bakini - - This is a tall tree with an attractive flower and edible fruit which is actually a collection of small fruits. The name "Bakmee" may simply mean "Big Mee" tree. How ever, the "mee tree"(Bassia longifolia, Fam. Sapotaceae.) has no botanical relationship to this tree (Rubiaceae). The name bakini may be a modification of Bakmee Images and write up Flowers stick out collectively, forming a spiky ball Rubiaceae family (Linnaeus in 1762). Other names may be: Cephalanthus orientalis, Sarcocephalus orientalis, Mitragyna parvifolia, Nancelus orientalis, Kuntze. Nuclea cordata. Nuclea missionis. The bark was sometimes used for dying the cheevara (robe) of Buddhist monks. We thank Prof. Sirisena Samarakoon for some helpful messages. - Nelumbo nucifera (Sacred Lotus, oriental lotus) Nelun kamala, arinda tamarai, ambal, Sivapputamarai, Nelunweva (Nelukulam), Nelumvila, etc., are typical place names. Wikipedia write up The Nelum flower is a constant literary and lyrical theme in Sinhalese. Amaradeva's Sinhna nelum mala is well known. The "sesathi" motive in Sinhalese sculpture is also based on the Nelum flower. Sunday Observer August 2008 on the sacred lotus Neolitea cassia, Laurus Cassia, (Chinese cinnamon) Kurundu However, this is different from the Cinnamonum Zylanica which is the true Sri Lankan cinnamon. It is sometimes confused with "Davu Kurundu" which is probably Cinnamonum Tamala. - - Also, Laurus Cassia- "It is the Can-nella Matto of the Portuguese, and the Wilde Canula of the Dutch-Marshall, Phil. Trans. 1817." "The odour of the bark termed cassia-bark is similar to that of cinnamon, but fainter; and the taste is more pungent, but less agreeable: appearing slimy when much chewed. It is of a cinnamon colour, in pieces more or less quilled, but the quills are not inserted in one another : they are about one tenth of an inch in thickness; which break with a short, close fracture, and show it to consist of two parts; the inner darker and of a fine texture, and the outer paler and somewhat spongy. When these are separated, the inner part has all the sensible qualities of real cinnamon, only more pungency, whilst the outer has scarcely either flavour or taste; and I am of opinion, that the allowing this cellular integument, from which the cinnamon is freed, to remain in the bark termed cassia, constitutes the chief cause of the I Annals of Phil. vol. x. p. 245." Nepenthes distillatoria (ptcher plant, venus fly trap) Bandura, Benduru - - See: Carnivorus plants in SL Venus fly trap (Dionaea Muscipula), Cats paw (Uncaria Tomentosa) etc., are similar carnivorous plants but NOT natural to Sri Lanka. Nepeta Indica ssp. Anisomeles indica (L) Kuntze (cat mint) - Oshpaha, vaikuntha, mahadrona pĀymaruā’āhi - See also Nepeta cateria; the Nepeta family of herbs have a mildly sedative effect on humans, and stimulates domestic cats. Nepeta Cateria (Catmint, Catnip) Write up and Images Gaeta მიწა ოშპაჲ Kuppameniya, සුප්‍රසන්නමී ? Oshpaha, vaikuntha, mahadrona -pĀymaruā’āhi The name Kuppameniya is also confusingly used for Acalypha Indica (Indian nettle), in Sri Lankan local languages. The word "kuppa" in "Kuppameniya", means "stimulated", or "roused". "Cat" is attractive to cats, but it is not common in Sri Lanka. It is Acalypha Indica, which has a similar reaction to cats, and known as "Kuppamenia". The dried powder is available in pet stores, and used by cat trainers. The name, "gaetaminchi", rarely used, is probably derived from Portuguese/Spanish Romance sources: "Gato", i.e., Cat, and has nothing to do with the Sinhalese word "Gaeta", ශැටි - This Mediterranean plant may have been introduced by Western invaders, as it is not native to Sri Lanka. The Latin name, Nepeta for Catmint, is said to come from Nepi, a town near Rome. It is an aromatic, psychedelic plant containing nepetalactone, a terpenoid. Nepetalactone can be extracted from catnip by steam distillation of the plant. It was used as a herbal tea, and as a calming agent for hyper-active children and patients in earlier times. Cats detect it through their olfactory epithelium,where the nepetalactone binds to one or more olfactory receptors where it probably mimics a cat pheromone, found in the urine of Tom cats. The genus "Nepta" has some 250 species and all of them have various "Catmint-like" actions. Catnip, like Maduru thala, repels mosquitos, and has many applications in herbal medicine. Nephellium lappaceum Rambutan - - Nephellium longanum, c.f., Euphoria longan Mora - Nurai ? Moragolla (Nurachichoalari) Neptunia oleacea, Desmanthus natans Jalakumbala atambusa-sundaikkirai, kuntikirai Kumbakulliya (Chundukil) Nerium oleander, Nerium indicum (Oleander) Image Kaneru, arali-kaduru Karavir arali, kanaviram This is a very poisonous garden plant which may have been introduced to Sri Lanka by the Portuguese or the Arabs. The ancient city of Volubilis in Morocco took its name from the Nerium for the flower. The flower has some similarities to the Araliya flower, and its poisonous qualities are similar to the strychnine-bearing "Kaduru" species. Hence the Tamil and sinhala names invoking "Arali", or "Arali-kaduru" may have arisen from that association. The origin of the name "Kaneru" is probably from his Hindi name, and to what extent the names Kaneru, Arali-kaduru are used in SL etc., are unknown to us. There is a tendency to use the English name "oleander" in Colombo horticultural circles. It has been used in skin problems and in Ayurvedic applications. However, it contains cardiac poisons, and extreme care should be used. Its leaves and all parts of the plant have been used as suicidal poisons (and for female infanticide in Tamil Nadu in) India and in the Mediterranean countries. Images and write up Niraviliyaa orkid - - Hooker, Muiilar Bombiose, and others were early botanists who studied Ceylon orchids. See the article by Fernando and Ormerod, and under Orchids Nicotiana tabacum Dumkola - pugaiyilai,Phaeiail Tobaccu was ntroduced to Japanaya (Jaffna) peninsula, then known then as "Waeligama" (Vaikamama), by the Dutch who brought Malabar Indians from south India as labour for the Tobacco plantations. Thus much of the customs (e.g., Thesavalam), the Tamil language and religious practices used in the Jaffna peninsula are from the Malabar coast. Even in the 1930s, British writers referred to the "Malabar Tamils" and the Hill-country Tamils (brought in as labour to grow Tea) as two distinct groups. The Colombo Tamils were the wealthier upper-caste Tamils who migrated to the south to work for the successive imperial administrations. They were mostly converted christian Vellalas and led the Tamil nationalist movements of Ponnambalam in the 1930s, and Chelvanayagam et al., in the post-independent Ceylon, with the Ilankai Tamil Arasu Kaschi (Tamil sovereignist party). It was formed in 1949, presented in English as the Federal party, and as a separatist party in Tamil writings. See Dr. Jane Russell, Communal Politics under the Donoughmore Constitution, Tissara Prakasayya, 1982 Nigella sativa ( Black cumin, Black caraway, Black seed) Family: ranunculaceae some 14 species in the genus Nigella. The common names, e.g., Black caraway are misleading as karway (Carum carvi) belongs to a differentm family: Umbelliferae Sinhala: kaluduru, kalu duru සුදුසු common component of Sri lankan spice used in curry powders etc. Images and write up Chemistry Medicinal and Pharmacological Potential of Nigella sativa: A Review Island newspaper article on Kalu Duru, 30-12-2009 kaalajira, Stulujarika, (Kalunji in Hindi) Ayurvedic preparations named "Niriyana Kaluru, Kinkiyana Gutiki" use Nigella sativa. Kaluduru mixed with honey and crushed garlic is used for Asthmas. Sanskrit: karum-cheerakam, karunjilakara The Sanskrit word "jieraka: digestive agent, is the root of the Sinhala term "duru" (දුරු) common to many spices. Kalunji (Karunji) is described in Moslem medicine; and in Ayurvedic texts. Many claims have been made, but efficacy against diabetes, cancer, reduction of cholesterol etc., has not been established by suitable double-blind experiments. This is a spice known from antiquity, identified in tombs of ancient Pyramids. It has been mentioned by Avicenna. This plant is not native to Sri Lanka, but Nigella Sativa products are sold by several companies in Sri Lanka that sell ayurvedic and herbals, and by Moslem (Unani) physicians who have a very high regard for it. It is used in Indian cooking, for instance, the seeds are put on naan bread. Chemical Composition - An active ingredient is claimed to be Nigellon. Seeds contain terpinols, thymoquinone is an important ingredient, The seeds have a fatty oil rich in linoleic acid (50 60%), oleic acid (20%), eicodadienoic acid (3%) and dihomolinoleic acid (10%). The Glucoside Melanthin Metarbin (toxic) and bitter substances . The use of Kalonji in significant doses and prolonged use might be harmful. See Journal of Ethnopharmacology, Volume 31, Issue 3, March 1991, Pages 283-289 article by Dr. K. H. Tennakoon et al., of the Faculty of medicine, Colombo. See also Journal Ayub Med. College, 2008 Nycntanthes arbor-tristis, Nycntanthes arbortristis (night-flowering jasmine) Sepalika sephalika, Parijath- paricatam, parijata Oleaceae family. Grown in Buddhist-temple gardens in Sri Lanka. Note that Jasminum oriculatum is also referred to as Sepalika. It flowers in the night, and the flowers are shed in the morning, and hence the name "arbor-tristis -sorrowful tree". This should be distinguished from Night-blooming jasmine or Rae-manamali. Flowers are fragrant, with a five- to eight-lobed white corolla with an orange-red centre; produced in clusters of two to seven. This flower is the official flower of the state of west Bengal. It a part of Hindu mythological literature. The leaves have been used to treat sciatica, arthritis, fevers, and as laxative. Ratnasooriya et al have studied (2005) its use (commonly used by Buddhist monks) as a sedative: Sedative Effects of Hot Flower Infusion of Nycntanthes arbor-tristis, on Rats Images and write up. More images and write up Nymphaea esculenta Konda - - species of Jasmin Nymphaea lotus Ma-Nelum - allitamarai - Nymphaea nochulai (Blue water lily) Images and write up Nymphaea stellata, Nymphaea cyanea, Nymphaea edgeworthii are synonymous. Nil-Manel Neekmalallitamarai, Karuneythal, Neelambal This is claimed to be the "nil-mahanel", the "national flower" of Sri Lanka, while Nymphaea Stellaeta was at first officially recognized. See the nature of the controversy (during 2011) in, for instance: Stellata or nochulai? < ahref="http://www.waterlily named correct national flower, 5-April-2012 Island Nymphaea pubescens (Pink/White water lily) Olu, O-lu, ශැටි i.e., the "O"-sound is long, as in "Orchestra". The flowers can be quite large, about 5-15 cm in diameter. They tend to close during the daytime and open wide at night. The Sinhala name is totally different from that in any Indian language! Their colour varies from white to pink, mauve or purple depending from the variety or hybrid. Leaves can be coppery coloured, and 20 cm in diameter. The leaves are sometimes used in wrapping cooked rice. Kumudu Images and short write up alli,VeLLAmbal This is a common water lily mentioned in popular sinhalese songs like "Olu nelalaala, maala gothaalaa, ...", i.e., "pluck Olu flowers, and make garlands ...". The "sigiri apasara", i.e., the maidens in the frescoes of the Sigiri Rock in Sri Lanka seem to be holding Nil-mahanel flowers. Nymphaea Stellaeta (blue water lily) Nymphaeaceae (waterlily family) see also Nymphaea nochulai which is very similar, and believed to be a cultivar of Nymphaea Stellaeta. Also, Nymphaea cyanea, Nymphaea edgeworthii are other synonymys. Nil Maanel, Nil Mahanel Indheevara, Niluppala Neelambal, Kamalam, Alii Tamarei මහනෙල් National Flower of Sri Lanka, since Feb. 26, 1986. The number of petals is highly variable; some varieties are not so showy as other varieties which are full of petals. The colour itself can have dark and light blues and violet. Maanel Images-From Sri Lanka Maanel Images from Sri Lanka Images from Myanmar Images and write up, from India There is also a variety Nymphaea nochulai var. caerulea , which is sky-blue colored, and is the Egyptian 'lotus'. It plays a role in Egyptian mythology as the holder of Atum (Aathma)?, the egg of life. Nymphoides indica, Nymphaea hydrophylla Kumudu - - Nypa fruticans (atap palm, mangrove palm) ArecaceaeFamily Fossilized nuts of Nypa dating to the Eocene epoch occur in the sand beds of Branksome, Dorset, and in London Clay on the Isle of Sheppey, Kent,[1] testifying to much warmer climatic conditions in the British Isles at that time. Gin Pol Images and description Compared to the Coconut Palm, the Nipah Palm appears to lack a trunk, with its leaves growing straight out of the ground. In fact, its trunk is horizontal and lies underground. The trunk branches and each branch ends with a bunch of fronds. - - Threatened species, IUCN red list. This is a palm which grows in muddy and brackish water. It is a potential biofuel Bio-diesel, biofuel: It has a very high sugar-rich sap yield(NIRA). Fermented into Etanol/Butanol the palm's large amount of sap may allow for the production of 6,480-15,600 liters (per year) of Ethanol/Butanol per hectare. Sugarcane yields 5,000-8,000 liters per hectare(per year) and an equivalent area planted in corn would produce just 2000 liters(per year)per hectare. O Go to the Top Botanical Names, (English) Sinhala Sanskrit (Pali) Tamil Toponyms, Notes Ochlandra stridula ( Reed Bamboo ) bata, bata lea, - Iral, Iru - It is used for basket weaving, paper making and other crafts. Bamboo is a common term for a large number of giant grasses that include many different species and varieties. It is found in the wet lowlands and in the low hills in the western and southern parts of Sri lanka. See Kariyawaan on bamboo utilization --> Ochna jacobdapita L., Ochna squarrosa, Ochna obtusata (Ochnaceae) Bird's-eye bush There has been considerable controversy over the naming of Ochna, Gompia and similar species. The species is typified by the wild pear. Mal-keera, Bo-keera A small, much branched tree with glabrous young parts; leaves: simple, alternate, stipulate, 7-15 cm long, shortly stalked, lanceolate or rhomboid-lanceolate, subtubose at base, acute, finely serrate, paler on the undersurface, veiny; These aspects can be seen in the following image. Images of Ochna multiflora Image of Tree Image of flowers etc - palyby,padalaakkona flowers: regular, Sepals 5, greatly enlarged and turning red in fruit. Petals 5, rarely more, yellow or white. Stamens numerous in 2 or more whorls, few. Carpels (4) 5-15, 1-ovulate; styles slender, gynobasic, basally united. Fruit of 1-several, free, black drupelets with fleshy mesocarp, inserted on an enlarged, red receptacle. This is a beautiful tree or shrub, native to Sri Lanka, and threatened, although does not seem to be listed as such. We also have pictures provided by Dr. Shantha Abeywickreme, Sep. 2010., who has also added the following comment: Leaves seasonally fall and new red colour tender leaves come. Then blooms. This is one of the smallest to have seasonal shedding of leaves. Even 40 years back it was a rarity. Tea cultivation and glyphosate( round up) herbicide have almost wiped out this very beautiful shrub. Need recognition for future generations Mal-keera flowering shrub Mal-keera shrub - two stages Ochrosia parviflora Moodu kaduru - - Ocimum basilicum SuvandataAla Agajandhi, Surabhi, Tulisidevesha, Tungi, Manjrika tirunrupakkala, tirunrup Sweet Basil Image and write up. Ocimum canum Heentala, this name is used also for Ocimum minimum Ajaka, Arjaka, Gambhirhikai, karki, Naitulasi,paliniakim This is also an aromatic plant. The Tamil name "Naitulis" evokes the snake-repellant characteristic more pronounced in Enyanjum foetidum (Andu-kola). See under Andu-kola Ocimum gratissimum, Ocimum tenuiflorum, Ocymum gratissimum (African basil, clove basil, tree basil, wild basil) Image and write up Thungdhirama, Sitharjaka, Thungathala ? We have given the Sinhala name recorded in B. Clough's dictionary, Thungbadirama (p 215), and Sitharjaka. (p 682). B see also, Charles Pridham, An historical political and statistical account of Ceylan and its dependencies. A colloquial sinhala name is probably Gas-Thalaa ගෑස ශැටි . The plant is well known as an astringent, and belongs to the famli of plants with the sinhalese names like: Mduruthala, suvandathala. Useful comparison of different types of Basil Plants According to Prof. Gerald Peiris, there is a reference to Ocimum gratissimum and its Latin name in Somapala Wijewardena's dictionary, stating that this is Andu-kola. However, we identify ANDU-KOLA as Eringium foetidum. Rantulis, Vriddhatulis elumichantulasi, peruntulaci Medicinal applications: 1. In South Asia, the plant (aromatic like mint and basil), as well as other Basils are used as a source of aroma in aroma therapy, in fumigation baths used in the treatment of rheumatism etc. Decoctions used in male infertility, and STD. Seeds used in headache and neuralgia. Leaves are used as a digestive tonic, Stimulant and demulcent. 2. In Africa, Ocimum gratissimum L. (Lamiaceae), is used in the treatment of different diseases, e.g., upper respiratory tract infections, diarrhrea, headache, fever, ophthalmic, and skin diseases, and pneumonia (Correa 1932, Onajobi 1986, Ilori et al. 1996). The Ocimum oil is also active against several species of bacteria (Escherichia coli, Shigella, Salmonella and Proteus) and fungi (Trichophyton rubrum and T. mentagrophytes) (El-Said et al. 1969, Begum et al. 1993, Wnosa and Okafor 1995, Nakamura et al. 1999, Orafiyidi et al. 2000). Various related species of O. gratissimum, e.g. O. viride Linn. O. suave Linn. O. basilicum Linn and O. canum Sims, have been studied for their medicinal applications (Mshana et al. 2000). Ocimum Polystachyon Karali-Thalaa - - Ocimum sanctum, Houtonia foribunda (Sacred Basil, Holy Basil), Maduruthala surasa- karuntulaci, tulaci, Alungai,Kullai The name "Maduruthala" refers to mosquitos- it is used as an astringent against mosquitos, either by directly using crushed plants, or using extracts, or its essential oils etc. The plant is also called "Gandhapathika", p153, Clough. Ocimum scutellarioides Rath-talaa - - Odina woodier Hik - - Ophiolegosium pedunculosum -Ek-pethi-piyum - - Ophiorrhiza mungos (Mongoose plant, Indian snakeroot) Arathaha - kipurattanam Drawing of plant Folk legend claims that the mongoose eats this plant after fighting cobras. It is used to treat snake bite. picture The name 'Dath-Kaetiya' has been sometimes ascribed to Ophiorrhiza m., but we are unable to establish that it is correct or not. See however, Xylopia Championni Opuntia deliensii (Cactus) kat pathok - naga-dali- Omotrophe serrata Moodu Kobbe ඔබුණබවුන - - Oroxyllum indicum Thotila, Tootia syonaka, aralu- Vanga, achi, pana It is a tree which can reach a height of 12 m. with enormous seed pods. Used in the traditional Sinhala " Dashamoola arishtaya", a decoction containing 10 herbs. A similar decoction used in India, known as 'elixir of life', is called Chyawanprash, given as a paste containing 25-80 ingredients. It is independently used as a remedy for dysentery, rheumatism, joint pains etc. Bark is used in India for mouth cancer. Omrocarpus senoides, Origanum vulgare Jungle moringa, senna-leaved honeysuckle Image and write up Avariya, Suda-avariya kanaanashkehara, kanaanashguru- Murunkai, kaadu-murunkai- Listed in the Redlist of threatened plants. Orzya fuligopon, - derennis moench (pig grass) Uoorutana - - See what is written in the old astrological text "Mayamatha" "You can recognize the musical (gandavari) site, because a paddy field weed called pig grass (orutana) grows there. It is suitable for those of low caste. (Mayamataya)" Orzya sativa (rice, paddy) Orzya glaberrima, and other varieties. English word "rice" is from orzya Vee, Vee, haal, Sahal, goyam, Sahal may have come from Saal, which is very close to the Pali and Sanskrit forms Saal. Orzya sativa is just one variety of rice. From 1920 onwards, many traditional rice varieties in SL were displaced by hardy hybrids (e.g., HR4 etc.). The enormous contribution of the scientists of the Dept. of Agriculture from the 1930s onwards was very important for feeding the rapidly increasing population of Sri Lanka. A glimpse of the post-1960s may be seen from a tribute-essay to Dr. Nissanka Seneviratne Nissanka Seneviratne: by Sarah Amarasiri, in The Sunday Island 29 July 2012 However, this led to an economic abandonment of traditional varieties. Various variants like Heenati Orzya glaberrima(narrow grain), Kahata-vee (coarse-tasting) Gonabaru (? Suvandael (perfumed) Rathadrel (red-perfumed) Kalu-vee (black grained) Maa-vee (large-grained paddy) Kurulu-thuda (bird-beaked) Haetadaa-vee (sixty-day paddy) etc., are known. These (some 400 varieties) are claimed to have various special flavors and possible health benefits (e.g., for diabetes). Recently, some writers (e.g., bandara et al. J. Env. Sci. and Tech. June 2013 have claimed that Sri lankan rice have high levels of Cadmium and as badly polluted as those from bangladesh. The Kelaniya University group has claimed that the rice, the water etc., contain excess arsenic toxins, and attribute the Rajarata chronic kidney disease (CKD) to metal toxins in the habitat. However, the WHO-study (Mendis et al, 2013) did not find excess amounts of As, Cd, etc. in rice or in an extended study of ~250 samples of water Collection of reports and scientific papers on CKDU. Many studies suggest that CKDu is caused by the excessive fluoride and magnesium ionicity in drinking water, and indeed the presence of high levels of ion (chloride, SO4, Mg+., Ca+ etc.). See Chronic kidney disease of unknown etiology and the effect of multiple-ion interactions, 2018 People were settled rapidly in the early days of the "accelerated Mahaweli scheme" in areas some what away from agricultural canals and reservoirs. So the residents dug wells or used tube wells for their water. In many villages (esp. in the northern part of the North central Province) the ground water is rich in fluoride and magnesium ions, and their combined action is now believed to cause Chronic Kidney Disease. tandula, sali Rice culture has been very important for civilizations that grew up in monsoonal areas where seasonal flooding is normal. The flooding kills most weeds. But rice is a variety of grass that can grow in flooded ares and its grain has been food for Bengali and south Asian people since time immemorial. Modern varieties of rice attempt to use less water. Genetically modified (GM) varieties can even have carotenes and essential vitamins in the grain. However, there is public resistance to GM varieties. Nel, Nuru. The Tamil language has many words associated with rice cultivation. Thirunelveli is a well-known place name at the southern tip of India, as well as in Sri Lanka. "Thirunel" means "siri-vee", or 'sacred paddy'. However, unlike in Tamil Nadu, ancient Sri Lanka gave rise to a flourishing hydraulic culture based around Anudharpura (5th century BCE-9th century CE) and Polonnarura (12th century) where vast irrigation reservoirs were built to store water for rice cultivation (see R. L. Brohier, Ancient Irrigation Works in Ceylon , and R. L. Brohier, The Interrelation of groups of ancient reservoirs and channels in Ceylon. Journal RAS (Ceylon), Vol. XXXIV No. 90, 1937; p.65). This was necessary as the wet-zone forests were impenetrable to early settlers, and it was the 'dry zone' that was initially populated. Each village had its paddy fields ('ketha') and its 'vaeva' (tank or reservoir), kept under repair by community work and by 'Rajakarya' - i.e., compulsory work for the 'king' run in a decentralized manner by the local 'Vel Vidhane' (director of rice-paddies), Mudali, Mudaliyar or Mudliyars, and other local chiefs. Orzya glaberrima i.e., "Heenati" occurs in several varieties and is a well sought out. For a short account of paddy cultivation, see: Paddy Cultivation in Sri Lanka by G. D. U. Jayawardena The validity of health claims for different varieties of rice may be on the same footings as claims made for red wine, green tea etc., and clearly provide a good marketing advantage. Already there are some entrepreneurs who have begun to market such special rice varieties within the context of the demand for organic 'health' foods. More plant breeding to produce distinct flavors, tastes and textures is needed. Furthermore, what is needed is a Gourmet rice marketing board with funding and an international presence, as has been necessary for marketing tea or specialty wines. Traditional rice - rural enterprise network The Magha invasions (10-11th century CE) pushed the Sinhalese kingdom to the south, and it was possible to penetrate the thick wetland forests due to advances in metal tools available by then. Ultimately the capital shifted to Kandy (= Kanda=hill) located in the inaccessible hill country. The Kundasale ("sundara-shala=" beautiful rice-paddy"?) valley was a very important rice-growing region of the Kandyan kingdom. An agricultural research station exists in Kundasale today. place-names: Siri-vee-vaella (Thirunelveli) Kundasale (Sundara-sahala) ? etc. Osbeckia octrandra Hven Bovitiya, Hven Bovitiya - - Osbeckia parvifolia, O-rubicunda Bovitiya, Bovitiya - - Osbeckia wakeri,Kendrikuia walkeri Bovitiya, Bovitiya - - see also Kendrikuia walkeri Oxalis corniculata, Oxalis repens Indian sorrel, creeping wood sorrel Embul embiliya Leaves and young stems are edible. For images and description see: Images and description Sanskrit: Cangeri, Anilaparnika, Tripami It is found in altitudes of 300m-3000m Tamil: puliyarai, Paikari. yellow flowering creeper. It is used in Indian medicine for "Vaatha", dysentery, hemorrhoids, skin disorders, fever, influenza, diarrhrea, traumatic injuries, urinary tract infections, skin rashes and eruptions, insect bites and burns. Indian sorrel is an ingredient of Ayurvedic preparations: (i)Kukkutatandavak Bhasma (ii)Changeri Ghrita (iii)Chargerya Gulika P Go to the Top Botanical Names, (English) Sinhala Sanskrit (Pali) Tamil Toponyms, Notes Pandanus amaryllifolius (aromatic screwpine, Pandan leaves, fragrant pandanus) Pandanus Odora is very close, but somewhat different and is known as the kewra plant. writeup and pictures Rampa, Rampe Most rural homes have a "Rampa" plant, and a "Karapinchia" plant (curry-leaf plant) growing in the backyard and provide the needed basic flavouring. Sera (Lemon grass) is less used in Sri Lanka cooking, as compared to Thai cooking. The Mediterranean bouquet garni is not known except in European-influenced cooking. Ketaki in Sanskrit and Pali. tazhai in Tamil. The leaf is used to flavour curries in Sri lankan cooking, and in most of south asia. It is very similar to Pandanus fascicularis A few chopped Rampa leaves are added to rice in cooking to it give it an aroma: Chandrasekaran, B. et al, A Textbook of Rice Science, 2007, Scientific Publishers India, p.293, (section 13.3.5). Pandanus ceylanicus Kekiya Commonly found along irrigation banks and paddy fields in the wet zone. - - prostrate shrub- Pandanus tectorius (Screwpine, Seashore Pandan) write up and images Vaeateikiya, Vaeateikiya, Vaeateikiya, Waetakeya ටුටුකෙටුන These "screw-pines" are very common along the sea shores in Sri Lanka. The etymology of the name "vaea Keiyya" is of some interest. "vaea" in this name d DOES NOT imply 'hedge', as may be naively imagined since there is a sinhalese word "vaea" which means 'hedge'. This padanus grows wild on the shores and it is never used as a hedge plant. "Keiyya" may refer to "body" (Kaaya) or "fruit" (as in Dehveli/Maldivian), while "Vaeata-Keeyaa" describes the compound form (Vaashtu-Kaaya) of the fruit. The name Moodu Kekiya is also sometimes used, although it is also used (written mudukekiya) for kafir (milk based product common in Arabic countries). See Moodu kekiya - Tazhai, ශැටි The leaves are dried and used to make mats, handbags, and other artisanal objects. - Palaquium grande Kiripgeda, Kiripaeddia - - Palaquium rubiginosum Tawenna. Tavaenna - - Palaquium petriolare Kirihembiliya, Kirihaembiliya - - Panicum crus-galli Vael muruk, Walmuruk - type of "panic grass" Paritimm tillaceum Belli-patta - - Parkia timoriana, Parkia Roxburghii (tree bean) Saputa Maara, Toku-gedi gaha ? Not native to Sri Lanka, but sometimes found in the up-country, and in the Peradeniya Gdns. No established sinhala name, but name derived from Hindi/Sanskrit may have been used or confused with Maara trees. Sapota Shivalinga Maara (dravidian languages)? Large tree found in Assam etc. The large beans (pods) are edible. Bark extract used in diarrhoea and dysentery. Bark and leaves are used in lotion applied to skin sores. Oil has insecticidal properties. Parkia Timoriana Image Parthenium Hyostrophorus ( Parthenium weed, carrot Grass) Family: Asteraceae Wild Quinine (Parthenium integrifolium) is closely related. Image and write up Paathenium This is an invasive species common in the North-East dry zone, Embilipitiya etc., and believed to have come with imported grains, or possibly with the arrival of the Indian pease keeping grain (KPP) in 1988. Gajar Gaas (hindi name) - It colonizes in grassy land and reduces the production of pasture. It is a major health hazard to humans, as its pollen is allergenic, and causes dermatitis. It is expensive to irradiate. Irradiating the weed Paspalum scrobiculatum (Kodo millet) a bitter-sweet, astringent grain. It grows on a grass-like plant which may grow to 90 cm. Amu Sal The grain is mentioned in the Mayamatha a medieval Sinhalese astrological work (vide. French translation by Jinadasa Leelaratte) Kodravah, varuka vapitam, varagu, varuka Seeds have medicinal (diuretic, tonic, used for type-II diabetes in India) and possible insect-control properties. Experiments have yielded several known fatty acids, sterols, unusual alkane-like hydrocarbons well known for their insect pheromone activity along with the antinutrimog glucose, alpha-palmitin. Passiflora viridis (Passion fruit, grandilla) Vael Dodang In Sri lanka, both yellow and purple passionfruit is grown. The "Rahangala hybrid" is grown in the cooler regions. The seeds of the fruit have a fleshy covering which and is the source of the "juice". Passion fruit "juice" is one of the most popular drinks and additives to cordials, ice creams, deserts, "sarvath", etc., used in the country. Pictures and description A more detailed account is found in the Wikipedia mukkoopera ? Originated in South America. Yellow variety is best for the low country. In the drier areas the yellow variety may be grown with supplementary irrigation. "Hawaian Black", from Australia, was released by the Dept. of Agriculture as variety "Mani" for "low-country use". ciru puna-i-kali- Over 500 cultivars of passion fruit are known, but mainly two varieties (yellow and purple) are cultivated. An oil similar to sunflower oil c can be extracted from the seed but this is hardly exploited in Sri Lanka. Tender leaves of passion fruit is also consumed as a leafy vegetable cooked salad (Maellum) Pavetta indica Pavatta papata- pavattai, karanai Pavattalam (Pavattakulam, Pavattakulam) Pavonia odorata (Fragrant swamp mallow) Pusha baebila, mal-baebila, Pusha bebila Uidichya, Varinamaka peramutti, avibattam, Image and write up The roots contain valeric acid, its aldehydeyde, terpenes and azulenes. Pavonia zeylanica Kurundthai ? Bala cirramutti,chitta muti - Pederalium murex Aeta Nerenchi ශැටි පෙරුනෙටුන - peruneruni Pterychotomum pterocarpum, Ptelophorum ferrugineum (Copperpod, Golden Flamboyant, Yellow Flamboyant, Yellow Flame Tree) Maara, Kaha-maara - Nilalvakai, Kona Maram- The tree has been urbanized during British times, and used effectively as a shade tree along Bulers Road and similar roads in Colombo. It is a dry-zone tree. Ptelophorum means shield bearer and this relates to the fruits of this tree which are small pods resembling shields. The tree which is indigenous to Sri Lanka. Images Pledanthus lithyalmedios (slipper plant, Devil's backbone, Zig-Zag plant, Japanese poinsettia) Garuda raja plant, Garunda raja plant, is of the Castor (erandu) family. Images and description, Ayurvedic uses. Naagapahani ? Kannaadikkalli ( ?) The terpenous nature of the latex makes the plant a possible candidate for biofuels. Garden shrub and house plant. Very poisonous, latex possibly carcinogenic. Plant is grown in toxic waste dumps as it is tolerant of many metal toxins. Prescribed for insect bites, e.g., scorpions. Penicillaria involucreum Pothuhaera - pottukkampu Pothuvila (Pottuvil) Penicisetum olystachyon Pogon grass - - Pericopsis mooniana Nedun, Naedun - Nadunkurana (Nedunkorney) Nadun weva (Nedunkulam) Nadunkadola (Nedunkandal) Perotis indica (Indian comet grass) Images and write up kudira-thana ? thopparai pullu, narival, kudiraival pullu See Bor, N. L. 1960. Grass. Burma, Ceylon, India & Pakistan i-xviii, 1-767. Pergamon Press, Oxford. ෂෙෆ් Book on grasses Petroselinum hortense. Petroselinum crispum, Apium petroselinum L. (Parsley) Umbelliferae/ Apiaceae (Carrot family), which also includes celery, carrots, dill, cilantro, caraway, cumin, Images and writeup Italian parsely is less curly The parsley leaf looks like a very fine version of Coriander leaves, but it is not coriander (kotttamalli) or cilantro. Sinhala: පැස්ලි, eavally adapted from the English.[Rata Asamodagam (? ශැටි සසමදංගදං) has been mentioned, but not authenticated] Not native to Sri Lanka; plant originated in southern Europe and North Africa, and it is now widely cultivated as a valuable herb. Persillade is a mixture of chopped garlic and chopped parsley used in French cuisine while 'Thibuli' is middle-eastern. Sanskrit: pashajmoda (paṃjmodā), ajmoda pictures and description Tamil: vo:kko:su, Vokkocu In Sri lankan cooking, Chopped parsely leaves can be made into a "Sambol"(slightly cooked salad) similar to "Gotukola sambol". Many many health benefits are claimed for Parsley in popular folk medicine, e.g., as an anti-oxidant, an anti-inflammatory agent, the name "Parsley" is supposed to have evolved from the classical name 'peterselinum' or rock-celery. Persea americana (Avocado, Alligator paeur) Lauraceae (laurel) family. ශැටි ශැටි Aligeta pera, Aligeta pera, Alipera, the sinhala name probably originated from the "alli-gator" – Ali-gaeta, i.e., ශැටි ශැටි Now it has acquired a "folk-love" explanation in terms of "pear with big bumps on the skin". Avocados grown in higher elevations (e.g., Kandy) have a higher content of unsaturated fats, and these are better than those from lower elevations. Neera-beeja, Neerabji see. The Indian Journal of Horticulture Special Symposium Number Vol. 15, Nos. 3 & 4, 1958. THE ORIGIN, SPREAD, & IMPROVEMENT OF THE AVOCADO, SAPODILLA & PAPAYA, C. A. SCHROEDER Vennai pazham, Vennaip-palam / ශැටු ෆ්ෂෑෂ් ශෂෑ ශෂෑ ශෂෑ ශෂෑ - The tree is native to Mexico, and the European "avocado" is from a n"Spanish" rendering of a Mexican (Aztec) name. It is known as "butter-fruit" in parts of India and China. It is used as the base for the Mexican dip known as guacamole. In Sri lanka Avocado is mainly eaten by mixing it with jaggery or "Kitul Paeni", i.e., the syrup of the Palmyrah tree. Eating avocados regularly is believed to to lower cholesterol levels in blood. Persicaria wallichii, Poligonum Wallichii (knot weed) Aemul Gaeta, Ambul Gaeta, ශැටු ශැටු ශැටු Images and write up - Invasive weed found in the Nuwar Eliya region. Lailth Gunasekera on "Himalayan plant invading Nuwara Eliya, 2011.....this plant could be a big disaster in cooler climatic regions in Sri Lanka specially in Nuwara Eliya district... etc. Phaseolus aureus Robx (green gram) Mung haritha mudga Moonng see current name: Vigna radiata Vigna mungo (L.) Hepper., previously, Phaseolus mungo (black gram) ulundu, Undu Muduga uluntu, payaru US Dept. of agriculture now definitely classifies it as a Vigna Savi, i.e., cow pea Genus, in the family Fabaceae, i.e., Pea family, hence the name Vigna mungo is the presently accepted name. "Ulundu vada" is one of the most well known preparations using Ulundu or Undu flour. It is less extensively used in Sinhala cooking. Phaseolus Lunatus (butter beans, Lima beans) In culinary usage, lima beans and butter beans are distinct, the latter being large and yellow, the former small and green. However, both are considered types of "lima beans". In Sinhala "lima bonchi" is used for the long stranded bean with small pods. The word "bonchi" could not have come from Portuguese where it is "feijao", as in "fava" or "fabiace", or from arabic where it is "ful". It may have come from Dutch where it is "bonen". (green beans in Dutch: groene bonen), butter bonchi this is yellow while the green beans are the "haricot vert" Beans were probably introduced later into India, and hence there seems to be no Sanskrit name. -Mochai (Tamil), Amarapayr (Malayalam), nutritional data Phomis Ceylanica kuramba ? - Dron2a-pushpi, kula-pAlaka ? type of orange Phoboros macrophyllus Katu Kurundu - - Phoenicanthus coriacea (Thw.) H. Huber Kelu - - Threatened species Phoenix dactylifera (Dates, date palm) Family: Arecaceae The name is of Greek origin (daktulos, c.f., finger), and dates have an ancient history going back to Sumarian times. Rata Indri, ශැටු There is also a Sri Lankan local variety (Indri) which has very small fruits, similar to that of Phoenix loureiri or Phoenix sylvestris. Phoenix ussifera which is not much food value, but used in landscaping. - Pericham pazham, pericham balam, note that pazham, balam, and palam are transliterations of 'palam', 'fruit...', a word of Prakrit/Sanskrit origin (c.f., Phala in Sanskrit). Dr. Pethiyagoda has this to say about atpts to cultivate Dates in Sr Lanka: Govt to dabble with Dates, Island Newspaper, March 2012 It is not disclosed as to who is "studying" the prospect. The chances of commercially breeding Polar Bears or Penguins is only marginally more hopeless. I wish the Government would turn its attention to "dabbling" in issues that are much more urgent and practical. Dr. U. Pethiyagoda, Former FAO Expert in Date Palm Breeding, Phoenix pusilla (Ceylon Date palm) Indi-gaha, ශැටු ශැටු The name has most likely come from "indo", meaning coming from India. However, the Malayalam, Telegu and Tamil names also contain the intu, it ending in the names. parusakah-tinttu, icham. - This is a fruit plant endemic to Sri Lanka. Phoenix sylvestris (wild date, Indian date palm) Wal Ind, val, ind, ශැටු ශැටු - Found in India, and sometimes in SL. The word "Phoenix" in the Latin name came from Greek and means "purple". while "Sylvestris" means "wild". The leaves may be used for making mats, bags etc. The tree is tapped to make a toddy or palm wine. Wild Date Phyllanthus debilis, Phyllanthus ariy-shavai (Niruri ) Pitavakka, Pitavakka Thaamalaki-Drdhpadia - Plant is used in Sinhala medicine for diabetes. See Ratnasooriya et al- Image Phyllanthus emblica, Emblica officinalis ( Indian gooseberry, myrobalan ) Nelli Dhatri Nelli, topci Place-names: Nellyyada (Nellyyddi) It part of the "Aralu, Bulu, Nelli combination of Thrilpa popular in Sri Lanka, and in S. Asia. The fruit is extremely rich in Vitamin C. There are tanning agents in the juice and the bark. It is a major constituent of other Ayurvedic Tonics, "rasaayanams", and in Sinhala Kashaaya etc. It is the base of Chyawanprash. Charak Samhita, the ancient Ayurvedic treatise written by Charak in the 4th century BC, contains the first historically documented formula for Chyawanprash. This "jam" is a mix of 49 ayurvedic herbs with "nelli"(Indian gooseberry) or Emblica officinalis as the base. The other ingredients in this traditional recipe include ashwaganda, pippali, cardamom, nutmeg and cinnamon in a base of clarified butter and honey. This 'elixir' is claimed to be good for all, irrespective of age and gender, and said to create a harmonious synergy in the body leading to better metabolism. (Please note that in this website we report the information available in the literature, but make no claims to their scientific validity. Indian herbalists sell Cyawanprash for about \$30 per lb in white plastic bottles-price in the year 2010. It is in their interests to boost these claims.). Nelli is claimed to be useful in hemorrhoids, gastritis and colitis, and the regulation of blood sugar. The crushed dried fruit is available in tablet form and sold as alternative medicine in the west. Image and write up Phyllanthus reticulatus Kaila - nirrupul, karunelli - Phyllanthus urinaria Pitavakka bahupatra- cirikulanelai - Physalis minima Heen motto, lin motto, or nalai batu. - puritayacetti, puritayam This plant is recognized to be an accumulator of heavy metal toxins from the soil. Bio-remediation of soil. Piyasiri. A. Yapa, 2013 Picrorrhiza Kurroa Image of dried roots Katukarosana Katuka - Well known herb used in Sri Lankan local medicine, in Kashaaya;s to treat disorders of the liver and upper respiratory tract, reduce fevers, and to treat dyspepsia, chronic diarrhrea. The dried product (roots) is mostly imported from India, but may be grown in the rocky, cooler high-elevation parts of Sri Lanka. It is claimed to reduce cholesterol, anti-asthmatic, has antioxidants, and is hepato-protective. Its main ingredient is Kutkin, made up of various glycosides. It also contains curcubitins which are claimed to have anti-tumour effects. See also Updates Pimpinella anisum (Anis) Description and Images (Mahaduru ?), paeiniduru, Sathapusa Sanskrit: Shatapushpa- Tamil: Shombu, Makampuru- It is a carminative, antispasmodic, expectorant, a pancreatic stimulant. As food, the anise is used for cooking sweet and spicy dishes. Piper betel Bulath What is the etymology of "Bulath"? It does not seem to be related to other languages including Sanskrit "Nagavalli". However, tamBULA may have been abbreviated and extended to "Bulath" from the usage for a sheaf of betels, as discussed below, across column. nagavalli, tambula The "Bula-atha" perhaps because, "bulath atha", i.e., the sheaf of leaves given to the host on traditional visitations in olden times. The etymology of the Sanskrit word nagavalli is also obscure. "Valli" may have the meaning "vine", or creeper, while the name "Naga" here is thought to be associated with the "cobra hood" shape of the veins on the leaf. verrilai, vettilai, Vettilla (Mhal), Tamalapaku (Tel), veelyaya/Vilya (K),Vidyache pan (Marathi) Some consumers of betel, mainly used as a masticatory mixed with sliced arica-nut ("puvak" in Sinhala), distinguish between the green leaved betel more common in the south, with a somewhat more golden ("damba") variety found in the north. Also people who are aware of the older belief systems and consuming betel usually nip the tapering apex of the leaf in a gesture equivalent to "decapitating the cobra". For a picture of the betel leaf, with the "cobra-hood" or "naga-hood imprinted" leaf, see Betel leaf . Dr.Herman Vinze has also suggested to us that "The herb Betel is a climber that twines in a serpentine fashion round a prop or a tree in the vicinity, hence the epithet, NAGAVALLI". Many pepper vines are creepers. Other types of peper, e.g., Piper longum (Thippili in Sinhala) are also climbers but they do not have leaves with "naga-hood" shaped veins. It should also be noted that a tribe of people known as the "Nagas" are mentioned in the Mahabharata, Mahavamsa and



even in poor-quality soils with little water and resists disease. Its seeds have been found to survive for decades. P. oleracea has high levels of omega-3 fatty acids, helpful in reducing heart disease and important in the katabolism of cell membranes, nervous system, brain and eyes. "Genda" is sold as "keeral" by Tamil-speaking vegetable vendors in Colombo. Image of a typical species (*Portulaca oleracea*) ghotaka, Ionika The plant contains oxalic acid which is toxic and forms kidney stones etc. Medical conditions such as Primary Hyperoxaluria and Enteric Hyperoxaluria require restriction of the intake of oxalate-containing foods such as purslane. It may also lead to gout like conditions. karikkirai, pulikkirai Lawrence Newcomb's Flower guide (997) describes it as: (This) "Weed" is from the Purslane Family (Portulacaceae) and also goes by the name Pusley. It has rosettes of fleshy, paddle-shaped leaves, each with a small (1/4 inch wide) yellow flower. It grows low to the ground in large circular mats up to 1.2m across and it is succulent with short leaves less than an inch long scattered along its brownish stems. The flowers only open for a few hours in the morning sun and there are usually five petals but sometimes four or six. Its seeds are ovate to triangular, reddish brown to black and shiny. Each plant is capable of producing 240,000 seeds which are viable for up to 40 years. It is found in gardens and bare ground from June to October. It would be very interesting to distill the seeds of this plant and run a mass spec. or chromatograph of the product. It haven't seen any work in that direction as yet.(CDW 2010). Premna integrifolia Maha Madi - munnai, aranai also, Premna spinosa. Used as herbal medicine, it is an ingredient of Dashamoil Arishtaya Premna serratifolia heen-midi Angnimnaha- Erumai-mullai, perumunai, munnai Mahisadoova (Erumativil) Page 54 of C. Rasanayagam, Ancient Jaffna Alternative identification and pictures Premna tomentosa Boo seru - podaganari, masathekku - Premna Vilosa Lee-kola palaa --- -Prosopis cineraria (Mesquite) Botany and write up Vanni-andara. Katu andara, Kalapu andara, Lunu andara. Same name, i.e., Andara, is used with Acacia catechu Mesquite bushes in Sri Lanka Dry Zone - vanni, parambi Linked with the "vanni" caste in South India Vanniyar as a caste are no longer registered amongst northern Sri Lankan Tamils but are believed to be assimilated as part of the local Vellallar castes. Many kings and chiefs with titles such as Vanni or Vannia had ruled in these areas termed as Vanniyard during the Jaffna Kingdom days. The Sinhalese/Pali/Sanskrit word for forest, namely Vanna and Vannia (or Wannia) as a forest-dweller, and vanniars as their chiefs is also well accepted in Sri Lanka (c.f., the word Vanniyala-Aetto) Thorns are distributed sparsely, unlike in P. jiliflora Vanni Tree (Prosopis) is a holy tree in the Hindu tradition. Pods are eaten as a vegetable in the human diet in some areas. In Rajasthan, green pods called sangri are boiled and dried. The flowers are valuable for honey production. The bark can be used in leather tanning and yields an edible gum. Bark and flowers are used medicinally. In times of famine, the powdered bark has been mixed with flour and made into cakes. However, in some ecologies Katu Andara has become invasive, and the IUCN has listed it as one of the trouble 100 invasive trees where as such blanket categorization is clearly invalid. -Prosopis juliflora (Mesquite) vanni-andara, Katu andara, Lunu Andara Same name is used with *Accacia catechu* This is said to have been introduced to Sri Lanka in the 19th century. But given its existence and recognition even as a holy tree in ancient India, that claim is unlikely to be true. The tree is believed to have existed in the Vanni and Mannar regions for a long time. www.researchintouse.com/nrk/R/UInfo.../R7295\_Prospis\_Sri\_Lanka.pdf Dr. Pethiyagoda on katu-Andara, 2011 wonders if the Forest Dept. wished to plant Prosopis Dulcis in the Hambantota/Ambalanthota area and ended up with P. Juliflora. - cimaikaruvel, velkattana This species has thorns in pairs at the nodes but thornless internodes. It may also be almost thornless. Prosopis spigiera Lunu andara - takanam, vanni Vanni Tree (Prosopis Spigiera) is a holy tree in the Hindu tradition. - Prunus ceylanica (Ceylon cherry) Rosaceae Lovi, lovi ( ? ), Katulovi, katu lovi Images see also *Flacourtia indica*, called *Lovi* or Ugurassa, a kind of plum. Plums and prunes belong to the so-called "stone fruits" as they have a hard stone. The common plum in the west is the European plum (*Prunus domestica*). We have not confirmed if *Prunus cerasus* is Elawaluka. Threatened plant katliai, Pallankachchi, Attanarei Helps reduce Gout symptoms; said to contain melatonin which helps to induce sleep. (In this regard, Tart cherries are recognized as a valuable cure for insomnia. *Prunus avium* L. is the Sweet Cherry, and *Prunus cerasus* L. the Sour, Pie, or Tart Cherry. 'Montmorency' is by far the main sour cherry in the USA and Canada *Pseudartha viscidia* Family: Fabaceae (bean family) Gas-Gonika Image and write up Salapmi, Saliparni, prisniparni In the northern India Saliparni is identified as *Desmodium gangeticum*. (" Salaparni" name based on the similarity of its leaves to those of sala tree shorea robusta, pitani, Neermali The Sinhala name 'Gas-Gonika' has been firmly identified with *Pseudartha viscidia*. It is important in Ayurveda and Sinhala medicine, used in "kola-kaenda" (herbal soup) for reducing blood clotting, cholesterol, against diabetes etc., although so far careful experimental data are lacking It is also claimed to be a cure for hemorrhoids. *Psidium guajava* Pera - sengoyya, koyya - - Pterocarpus marsipium Gammalu, Gammalu asanah- vengai - Pterocarpus santalinus Raththanand, Rath Handun, Rath Keeriyi ? raktachandana- cencantam Then timber is highly valued. The oil is also highly valued in the aroma industry and in traditional medicine. "Sudu Handun" is Santalum album Rath Handun is applied as a paste to swellings, insect bites and dermatological conditions. It has other extensive applications in Ayurveda, where "Raktha Chandana Choorna" has been mentioned. Image and write up Pterospermum canescens, Pterospermum suberifolium Velang, Welan --- - A common tree in the Wilpattu area Pueraria phaseoloides, Dolichos phaseoloides, Neoustanthus phaseoloides Trilum □□□□ Kuzu Not known in Sri Lanka although it may be grown horticulturally at higher elevations. It is a perennial and climber shrub. It is from the pea family, and provides nitrogen to soils. Bluish to whitish flowers. - Images and description --- Puerica granatum L. (Pomgranate) Image, Flower of the Promagranate Dolcum, ශ්‍රද්ධාදරු See: Proceedings of the Peradeniya University Research Sessions, Sri Lanka, Vol. 16, 24th November 2011 Comparison of Antioxidant Potential of Sri Lankan and Indian Pomgranate (*Punica granatum* L.) Cultivars for a discussion of the phytochemistry, by D. Bopitiya , L.J.P.A.P. Jayasooriya and T. Madhujith (www.pdn.ac.lk/purse/Proceedings/2011/Food/1\_1.pdf) dadima- lohitaipusaka matulai,matulam An ancient fruit mentioned even in the Exodus and in Ayurvedic medicine. The fruit and seeds are claimed to be beneficial to cardiac ailments, and contain anti-oxidants. It is used in salads, cordials and beverages. The fruit is exported from Sri Lanka. Putranjiva zelanica Pelen - karupali - Pyrosia heterophylla L. Price Image This is a type of fern (family Polypodiaceae). Panam pethi The sinhala name reflects the "coin shaped leaves" of this fern commonly found on the trunks of coconut trees etc. - karupali - Q Go to the Top Botanical Names, (English) Sinhala Samskrit (Pali) Tamil Toponyms, (Notes) Quisqualis indica, Combretum indicum (Rangoon creeper, Chinese honeysuckle, Drunken salar) Images and Notes Raengun-mall, Raengun vael Both these names are clear adaptations into Sinhalese, of the name "Rangoon Flower", or Rangoon creeper. - irangun-mall, ilankaramallikai 'irangun-mall' is clearly the tamizilized form of "Raengun-mall". "Quasiqualis" means, in Latin, "What is this?" This creeper is sometimes regarded as 'invasive'. R Go to the Top Botanical Names, (English) Sinhala Samskrit (Pali) Tamil Toponyms, Notes Randia dumetorum - - marulkkurai -> Randia dumetorum Kukurum madana- matukkurai - Raphanus sataiva (radish) Image and write up kaluwata, gedi-raabu ? , raedis ala, kaluwata The name Kaluwata is mentioned (p114) of Clough's 19th century dictionary, (enookla moolam This is an introduced vegetable grown in the up-country, related to "Raabu". Believed to be good for Gout, Arthritis etc. There are many varieties of radishes, and the some-wah! similar tasting turnips which contain sulphur-based substances. The small near-spherical radish with a white-inside red-skin variety is the most well known. The long (carrot shaped but white) radishes, and the white Raabu,රෑඔ or Kohlrabi (german turnip), and the vegetable known in tamil as Nuchal, which is nokohi බෙහෙල in sinhala usage, may appear similar. The latter are a type of turnip, Brassica rapa ). However, turnips and radishes should not be confused. Rauwolfia serpentina (Indian snakeroot) Ekaveriya, Ekaveriya, ಏಕಾವರಿವೆ ಸರ್ಪಗಾಂಡ, chandrika curvanamilpiti, covannamilpiti Medicinal herb, used to lower blood pressure. It is also a tranquilizer and anti-psychotic. The drug "reserpine" is made from this plant, which is one of the earliest to be exploited by western companies. Images and write up. Write up in the flora of Sri lanka L. , Sp. Pl. 208. 1753. Type Species: Rauwolfia tetraphylla L., Erect, glabrous treetles or subshrubs with rather little latex. Leaves in whorls of three, obovate-lanceolate to broadly lanceolate, with few, strongly arched lateral veins including with the midrib an angle of 45-60 degrees. Flowers in mostly long-peduncled cymes, terminal or terminal and lateral from between two petioles. Calyx eglandular; the lobes lanceolate, acute. Corolla pure white or white tinged with violet, glabrous without; the tube cylindrical, slightly inflated above the middle; the lobes shorter than the tube, ovate, obtuse, in bud overlapping to the left. Stamens inserted in the inflated portion of the tube; the anthers distinct, ovate to oblong, apiculate. Disk annular. Merocarps distinct or connate for one-half of their length, ovoid, sessile, short-apiculate to almost obtuse, fleshy, indehiscent, each with one seed. Seeds ovoid, with fleshy endosperm, without a tuft of hairs. A rather large, pantropical genus, represented in Ceylon by two species only Rauwolfia densiflora Rauwolfia serpentina Rauwolfia densiflora has been collected from Rattota and studied by S. W. Weerakoon et al., Pharmaceutical Botany, vol36,p360 (1998). rhinacanthus communis. Vael anitta, Vael Anittitha - - I - Rhizophora mucronata, R. Apiculata (Mangrove) Maha Kadu - kandal Placenames linked to Kadol: SERUGANDARA, SERUKADOLA (Cherukkadola) Monarakadola (Mannakadola) Naedukkandola (Naddankadola) Planting mangroves is an important defence against sea-erosion; It is a plant that can withstand the daily movement of the waves and adapts to coastal areas. Mangroves are also very efficient in CO2 fixing needed in reducing climate change. Reuter report by Lyn Taylor, Mangrove replantation in Fiji, 2017 Rhododendron arboretum (Azelia) Family: Ericaceae - Tree Rhododendron Maha rathm, Maha Rath Mal, Aselamali The Sinhalese name "rathmal" is mostly used for the Ixoras, which are not in this family. However, the Rhododendrons are not a common plant in Sri Lanka, and the unsystematic local name seems to be "Maha-rathmal", i.e., "Big-ixora", applied to smaller varieties which are more like ornamental Azelias. Hence the name "asela-mal", probably adapted from "Azelia" by horticulturists, may be more appropriate. It prefers a colder dry climate than what is available in most parts of Sri Lanka. Lali Guranth (Keshmi) Bilii, Varasu (Malayalam) Rhododendron is the national flower of Nepal, and the state flower of Sikkim. This plant holds the Guinness Record for World's Largest Rhododendron. A scarlet Rhododendron arboreum on Mt. Jafu, Nagaland reached a height of 20 m. Scarlet rhododendron is native to Himalayas, from Kashmir eastwards to Nagaland. A postal stamp was issued by the Indian Postal Department to commemorate this flower. - Rhodomytus tomentosa, Rhodomytus parviflora, Myrtus canescens (Ceylon Gooseberry) Siitha Pera, පෘඨ පෙරු - Thavittu koya- Small fruit, used in jams. Images et Rhynchoclossum notonianum Nildiva,nari nakuta - - Asia, and the Pacific regions. Sri Lanka Ricinus communis(Castor) Image and write up Erandud, thel- erandud, Gadabama eranda, erandagaccha (pali) ayanakam, erantam This is a perennial shrub from the Euphorbiaceae family. Seeds have been found Egyptian tombs dating back over four millennia. The oil from the seed was used in wick lamps, unguents, medicines, purges etc. No other vegetable oil contains such a high proportion of fatty hydroxy acids. Castor oil has a low freezing point, and a high viscosity make it very suitable for various industrial and pharmaceutical applications. It is also a potentially important source of Bio-diesel, biofuel. Gernam-Kenyam study - Small farms may produce 350kg of seed per acre (India), while well managed, irrigated farms may give 1600kg/acre. One tonne of seed will yield 365-573 liters of castor oil, i.e., upto 959 kg of oil. Rosmarinus officinalis (Rosemary) Roomari, (rasunaeti ?) The sinhala name is not well established, and we have not been able to confirm it. Its use in some ayurvedic preparations may have led to a name borrowed from Sanskrit. Rusmari,BR? The herb is known to Sanskrit authors as "rasumari"; where "ras" is probably related to "dew", or to taste (as in "rasa"), and "mari" is related to "marine", or sea. - This is a strongly aromatic Mediterranean herb (mint family) used in cooking. It is unknown in Sri lankan cooking. Indian medicine uses it in hair products, tonics etc., and for "improving memory". Rotula aquatica Galhura Pashanabehada seppunerinjii Image and write up Rubia cordifolia vael-madada - mancitti This is used medicinally, in a preparation known in Sri Lanka native medicine as "Pinda tel". It is an oil is prepared with the base of sesame oil, bees wax, waelmadada (Rubia cordifolia) etc. It is claimed to reduce localized pain and burning sensations. Rubus leucocarpus Wal Rosa, val ro-sa - - Ruellia rigens s. Trimen Hygrophylla salicifolia (Wild Petunia, Ruellia) Family: Acanthaceae - Acanthus family Nil puru - coracakkicetti, kiranti narian- Ruellia plants, images etc. We thank Prof. Samarakoon, MH, RK, and others for some information. Ruellia prostrata, ipieracanthus prostratus (Poir.) Nees (Bell weed, Prostrate wild petunia) Nil Puruk Images Dhanaavan coracakkicetti See also, Ruella rigens Ruellia Zeylanica Duraa-puruk - - Listed in Charanis Pridham. Ruta graveolens Aruda - arvata, arvada - Ruta graveolens - - arvada - S Go to the Top Botanical Names, (English) Sinhala Samskrit (Pali) Tamil Toponyms, Notes Saccharum officinarum (Sugar cane) Uk, Ukgas Sarkara karumbu, karumpu Sugarcane species in Sri Lanka by Nande Dharmawardene Ethanol fuel in Sri Lanka see also N. Dharmawardene Sugar Tech, vol. 8 p 36-53 (2005) Saccipiopsis interrupta Beru-pan tall reedy grass - - Salacia pinioides, Salacia Reticulata Kothala-himbutu - - Claimed to lower blood sugar levels, reduces rheumatoid arthritis, and used as a herbal tea. This plant can be used to treat allergies due to sensitivity to pollen, skin ailments and bronchial asthma. Herbal teas Japanese companies are claimed to be selling products based on this plant. However, caution must be exercised in judging these reports. See Claims reg. Fuji patents The Siddhalepa group in Sri Lanka also claims a patent for Kothala-Himbutu products. Salvadora persica (Mustard tree, tooth-brush tree, Miswak) Malithihana, Mal-idhhdhna, Pili Pili, gudaphala- opa, uka This tree is mentioned in the Mahabharatha (Book VII: Karna Parva, Chapter 30, verse 24) under the name Pili, and its twigs are recommended for use as a toothbrush, esp. in Arabic-Persian traditions. Mild disinfectants are found in the juice of the crushed twigs. A closely related species, Salvadora oleoides is also said to be found in arid parts of Sri Lanka. In Sri Lanka, the twigs of the "Karanda tree" are used for toothbrushes, insted of the Miswak tree. Wiki write up and image The Sanskrit name ``Piliu`` has also been used in Sanskrit (c.f., Cologne Sanskrit dictionary) for palm trees (see our write up under cocos nucifera), Salvia hispanica commonly known as 'chia', mint family, images and description sinhala name ? This plant was in the Vidyodaya (later Sri jaywardenapura) university botanic gardens and used to teach flower anatomy of labiate to students. - The grains of the plant has recently become commercially very important as it has been recognized as a valuable source of omega-fats for food. A white-grain variety is sold in America as 'salba'. -> Sansveria zeylanica (Snake plant) Most plants sold as Sansveria zeylanica are S. trifasciata. True Sansveria zeylanica has little appeal as an ornamental plant. A commercial outlet and images Niyaha, ඌද also Maruva - murvam This (or S. trifasciata) Js also a common ornamental house plant. See Sansveria Production Guide The roots are used in local medicine. Santalum album Sudu Handun chandana- cantanam - Sapindus emarginatus Penela phenila- puvmakkottai - Saraca asoca Asoka, Diya ratambala Nishoka asoka.asoka pattai - Saraca Indica Rtmal - asoka pattai - Sarcocephalus cordatus (Leichhardt tree) Bakini, Bakmi, Bakmee, (Piya ?) - - Other names may be: Cephalanthus orientalis, Nauclea orientalis Images and write up see Bakini under Nauclea orientalis Sauropus Androgyonus (Sweet Leaf Bush, Star Gooseberry, called "katuk" in Singapore) Spurge family, Euphorbiaceae i.e., the family of castor, poinsettia, manioc etc. Image Images and write up; Images Japan batu, however, this is not in the Solanaceae family typical of wambatu or Thibbatu. - - People in Sri lanka may consume the leaves if they have the plant in their garden. The leaves have a pleasant nutty-leafy taste. Both flowers and fruits produced by the plant can be eaten. Fruits are liked by the "Konda-kurulla" birds (a type of cardinal). However, it is not known in the Sri lankan markets. There are adverse effects (due to presence of oxalates, and hence it should be consumed only in moderation). I thank RK for information reg. this plant (aug-2011). SarcoSTEMMA secamone - - kalappalai,kalappai - Scaevola Koenkilg, S. Takkada (rice-paper plant) Thakkada - - The pitch of this plant was used in the old days (before plastics became popular) for as a soft, light carving and moulding material and for making paper. Schleichera oleosa, Schleichera trijuga (Lac tree, Ceylon Oak, Macassar-oil tree) Koon, (Ko-n) ಕೊನೆ Kone Mukaiyah, Rakthamrah Puvatti-puvam, Pumarata, modakappulasa (Telegu) Large tree, 15-32 m high dense spreading crown, leaves alternate, 2-4 pairs, elliptic The bark and oil are used. The bark is astringent, anti-pyretic, inflammation etc. The oil is bitter-sweet: stomachic, antihelmintic, purgative. Used for burns, acne, dermatotherapy. - Schoenoplectus grossus Thunthiriya type of bulrush - - C.f., placename Thulthiriya Scilla hyacinthina - - narivengayang Scilla hyacinthina - - kattu velvenkayam Scleria lithosperma - - kaden pullu Scleria lithosperma - - katinappul -> Scleria oryzoides Pothu- pan, Pothukola, Pothuhara - Poththu ? - Scleria tesselata Wel karavu - Wel karavu --- weed, waste locations Image Scrophularia nodosa A type of figwort Maha saringa ? Mesharingam ? Found in European climates. Not normally found in Sri Lanka. Highly recommended as an anti-inflammatory. Used in Arthritis Botanical: Scutellaria violacea, Scutellaria floribunda, Scutellaria nodulosa, Scutellaria violacea var. glabra violet Skulcap Mint family Sinhala: Dam thulsi ( ? ) Sanskrit?: Tamil: novu paccchilai Pictures and Description This plant is found in Sri Lanka. The related Scutellaria baicalensis is very important in traditional Chinese medicine, but the plant is not known in Sri Lanka. Secamone emetica - - tattava Secamone emetica - - nattavuriyari Secamone emetica - - vepulla Securinea leucopyrus - - irubulali Securinea virosa - - pula Semecarpus ancardium - - cennkottai Semecarpus ancardium - - shenkottai Semecarpus travancorica - - nattuccenkottai -> Semecarpus (semicarpus) gardneri, (marking nut tree) Badulla Semicarpus Obvata, Semicarpus obovatum is Kalu-Baulla, a threatened species listed in IUCN-red list. See also p 114 of Clough's dictionary. - - The city of Badulla, capital of the Uva province, location of Muthiyangana, is a well-known toponymy. Sesamum indicum (Sesame, gingilly) Thala Tila [தீல] ellu, Ella The sinhala name clearly comes from the Sanskrit which is also the source of all north Indian names. The south indian languages (Kannada, Tamil, malayalam etc.) use a form related to Ellu, as in Tamil. - Etymology and Images This grain is used to make "Thala thel", or Gingelly/Gingilly Oil. This is a staple in the Jaffna (Jaapanaya) and other Tamil-Hindu areas of Sri lanka. It is used for "oil baths" in the Tamil traditions, but the use of this oil is very limited in Sinhalese-Buddhist culture. However, an account in the Raajaratanakary show that "gingilly oil, cow ghee, civet fat (urulae thel) and camphor were burnt for 12 years in the temple by King Panthi Parakrama bahu, in the temple Vijayasundaramayana, in Beligala. For medicinal uses and pharmacology, see Journal of Herbal Medicine and Toxicology, vol 2 (no 2), p15-19 (2008) Sesame plant holds its importance from the ancient times. Sesamum indicum is commonly called sesame. Family: Pedaliaceae mainly cultivated for its seeds. Beside seeds the other parts of plant are also useful like flowers (, alopecia, and constipation), roots (antifungal activity) and leaves (infant cholera, diarrhoea, dysentery, and for urinary infections). Sesamum and sesamolin, two unique phytoconstituents isolated from seeds, possess excellent cholesterol-lowering effect in humans and prevents high blood pressure. They serve as a good source of copper, manganese and calcium which are effective in reducing pain, in osteoporosis and in reduction of swelling in rheumatoid arthritis. Antioxidant action is also observed with seeds. In Indian Ayurvedic system of medicine the oil from seeds is used for massage and health treatments of the body. The present review encompasses all the important aspects of sesame. On the other hand, some negative indications for heart conditions have been noted. Sesamum indicum Tun-path thalaa - kattel - Sesamum Orientale Tunpath thalaa --- - Sesamum prostratum ? - kattel - Sesbania grandiflora (Scarlet wisteria tree, Swamp pea, West Indian pea.) Kathuru Murunga කඳු මුරු කාසිල් (agasti), Varnari, Munipriya, Drigapalaka - அகத்தி (akatti)- The word "murunga" and the hindi "mung" may have a common etymological origin. Click here for Sesbania Grandiflora Small soft-wood tropical tree, -9 meters in height, with large pink - or white flowers. The flowers are hermaphrodite pollinated by bees; the leaves are 20-25 cm long with oblong leaflets. Used as a fodder in south Asia, particularly for dry season feeding of cattle and goats. Commonly grown on paddy banks, and around gardens or cropping fields for its nitrogen contribution. The sparse canopy of S. grandiflora casts relatively little shade, hence suitable close to sun-loving crops and gardens. S. grandiflora grows fast and used as an annual green manure crop. The wood is too light to be good firewood. The leaves, seed pods and flowers are eaten as "maellung" (cooked salad) in Sri Lanka. Claims that it contains 25-30% crude protein have not been confirmed. Various parts of Sesbania grandiflora have been used in the Indian system of medicine, in particular, the leaves of S. grandiflora are used in Ayurveda for the treatment of epileptic fits. The tripterepen containing fragrance of S. grandiflora exhibits a wide spectrum of anticonvulsant profile and anxiolytic activity. See Murunga Shorea robusta Sal See the entry under Cannon Ball Tree to read about the confusion in the name now also attributed to Couroupitia Guianensis. agnivallabha, ashvakarana, ashvakarnika Kungkiyallam, Attam, Venkungilium, Chaalamban Toponyms SAALAPANANA (Chalampann) Salgasveva (Chalampakkiulam) Saalakaenna (Chalampakkulam) Saalavaatha (Chilaw) Images and write up This name is also confusingly used for the cannon-ball tree. In Sri Lanka that usage is more common, while in India this is called Sal in several languages. The tree mentioned in Buddhist texts, growing in Kushinara in the Saala grove (c.f., the Buddha's Parinibbana) is probably a Shorea robusta. Saigha in Sri Lanka is the Cannon-ball tree Shorea hulandisa S. dyeri S. lissophylla Shorea oblongifolia S. paleescens Shorea stipularis Hulán Idda Yakahulu Dun Malmorea Dummala Rathu Dun Nawada, Nawada, Hulán Idda - - Threatened, IUCN red listed. Many of these trees produce useful resins, and oils. 'Dummala' is well known. See Dummala, traditional resin There is a place-name called 'Dummalasooriya'. Sida periploclifolia Vilvae-ra වෙලදිලියා - - Sida rhombifolia (Arrowleaf sida, Indian hemp) kotikan baebilia, babilia, Sithalulaka, Sulubailia "bevia" (common Sinhala name for Sida varieties) naagabala, mahabala kurunthotti Sida rhombifolia is an Ayurvedic herb, known also as "Gajabala", or gajapalaa. It is a very small perennial plant. Leaves, stem, bark and roots are usable parts.- According toDymock, Warden, Hooper: Pharmacographia Indica (vol. 1, pp.206-207) : Sida carpinifolia, Sida cordifolia, Sida rhombifolia, Sida spinosa, Malvaceae. The plants belonging to this genus are known in Sanskrit by the general name Bala. Five kinds of Bala are mentioned in by Sanskrit medical writers under the name of Pancha-bala, viz., Bala, Nágabala, Mahabála, Átibala and Rajabála. The Hindus regard the roots of the different species of Sida as cooling, astringent and tonic, they prescribe them in nervous and urinary diseases, and in fever. The root bark is beaten up with milk and sugar, and aromatics and stimulants are sometimes added. (For original prescriptions, see Dutt's "Hindu Materia Medica," p. 121.) In the Concan the leaves of S. cordifolia (Chikana) with other cooling leaves are applied in ophthalmia; the root-juice is used to promote the healing of wounds, and the juice of the whole plant pounded with a little water is given in 1/4 seer doses for gonorrhoea. The root of S. carpinifolia (Tupkaria) is applied with sparrow's dung to burst boils. The Mohammedans consider Bala to be aphrodisiac. Ainslie notices several species of Sida, and the uses to which they are applied by the Hindus. The author of the Bengal Dispensatory, after a trial of the roots of Sida carpinifolia, was unable to satisfy himself as to its febrifuge action, but it was found to promote perspiration, to increase the appetite, and to act as a useful bitter tonic. In Goa the Portuguese value it as a diuretic, especially in rheumatic affections; they also use it as a demulcent in gonorrhoea. In Pudukota the plant of S. humilis, Willd., is ground with onions and administered with for gonorrhoea. Its Tamil name is Pelambaci. S. rhombifolia is called in Australia "Queensland Hemo," and in N.-S. Wales "Lucerne," as cows are very fond of it. It is also called "Jelly-leaf" on account of its mucilaginous nature. In the various species of Sida we have demulcent and emollient properties combined with bitterness. Silybum marianum (Silymarin, Milk Thistle) rath-kiiriya ? Introduced plant, found rarely in the up-country.The seeds are used medicinally. It is a hepato-protective herb containing Flavonoids, polyphenols etc. . Silymarin is extracted from milk thistle (Silybum marianum), rich in the flavonolignans silychristin, silydianin, silybin A, silybin B, isosilybin A and isosilybin B, which are collectively known as the silymarin complex. Shold not be used if using statins etc., to lower cholesterol, or if anti-psychotics are being used, the main claimed benefits of milk thistle have not been conclusively proved by tests which show mixed results. The report Vidya Medical News Service, Alternative Medicine Watch says Adverse effects associated with oral ingestion of milk thistle include: Gastrointestinal problems (e.g., nausea, diarrhea, dyspepsia, flatulence, abdominal bloating, abdominal fullness or pain, anorexia, and changes in bowel habits). Headache. Skin reactions (pruritus, rash, urticaria, and eczema). Neuropsychological events (e.g., asthenia, malaise, and insomnia). Arthralgia. Rhinocconjunctivitis. Impotence. Anaphylaxis. However, causality is rarely addressed in available reports. For randomized trials reporting adverse effects, incidence was approximately equal in milk thistle and control groups. Devadru ? Tamil name, not known. Silymarin, extracted from this plant, has a long history as a safe traditional therapy for liver and kidney conditions (Post-White 2007; Wojcikowski 2007). It has been used in Western medicine for at least 25 years. It is the treatment of choice for serious kidney injury resulting from severe mushroom poisoning, owing to its potent antioxidant and nephron-protective effects (Floersheim 1978). According to Vogel (1979)kidney injury by mushroom poisoning in animals pre-treated with silymarin can be almost entirely prevented (Vogel 1979). These effects make it a natural choice for protection against drug-induced kidney damage, since so many drugs can act like poisons, exerting extreme oxidant stress on kidney tissue. Mushroom poisons (mycotoxins) are among the most deadly natural toxins known. Their kidney toxicity is surpassed only by some of the most aggressive chemotherapy agents. Physicians have therefore looked to silymarin as a potential á̀erenoprotectiveá`gent for patients undergoing chemotherapy. Image Wikipedia Simmondsia Chineseis (Jojoba) Godawavletiya, Godavavletiya ? - - Image, Jojoba tree Solanum gigantemum (red bitterberry, african holly) sinhala? Pictures and description Sanskrit?: - Tamil: painitikkakoti Used sometimes as poultice for wounds. Solanum glaucophyllum (waxyleaf nightshade) Plant is found native in tropical South America. Sinhala: Not known Sanskrit: Not known Tamil: not known The plant is of some interest as having a precursor to Vitamin D, 1,25-Dihydroxyvitamin D(3)-Glycoisid found in this plant is said to whixbit Delayed Release Pharmacokinetics compared to its Synthetic Counterpart. J Steroid Biochem Mol Biol. 2012 Sep 6. pii: S0960-0760(12)00172-0. doi: 10.1016/j.jsmbm.2012.09.016. Bachmann H, Offord-Cavin E, Poththirath P, Horcajada MN, Romeis P, Mathis GA, Herbonis AG, Gellerstrasse 33, CH-4001 Basel, Switzerland Solanum indica, s. indicum family: Solanaceae arishtaya Thibbatu, batu brahati- karimulli, mulli Thibbatovuavea (Mullukkal, Mulliyam, Mulliyam) Batuvaa/Kanda (Mullukkalim Malai) Thibbatuvala (Mulliyavala) Badumunna (Kumalamunai) Used in many herbal and ayurvedic medications, herbal teas, for coughs, fever etc. Component of the herbal tonic Dashamooola arishtaya Thibbatu is considered to be an excellent expectorant and anti-phlegm agent. Solanum melongena (prickly night shade) Elabatu -bhantaki valatalai An older name, "singhi", is mentioned in B. Clough's 19th century dictionary. Solanum melongena. Sol. macrocarpon (Brinjals, Egg Plant, aubergine) They come in various colours, and sizes. Wambatu, Vambatu, Vambatu A popular way to make eggplant in Sri Lanka is to cut them into thin slices and gently brown them on a skillet with a minimum of oil (e.g., coconut oil), and then temper it with a source containing vinegar, crushed mustard seed and a bit of sugar. This is added to the golden brown brinjal slices and cooked to reduce the fluid. It is also used in Lasagna, or grilled with tomatoes, peppers etc, or included in ratatouille in Mediterranean cooking Vaitiyanga. Vazuthananga medicinal usesThe skin of the eggplant contains valuable flavin and anthocyanin substances. Eggplant is a very good source of dietary fiber, vitamin B1, and copper, good source of manganese, vitamin B6, niacin (an anti-oxidant), potassium, folate, and vitamin K. Eggplant also contains phytonutrients such as nasunin and chlorogenic acid. Modern discussion kattari Chennai-Tamil nadu recipe for brinjal curry A popular North Indian brinjal curry is Brinjal Curry Ingredients: Brinjal -2 medium, Tomatoes -3/4 cup, diced; Sesame seeds - 2 tsp; Peanuts - 3 Tbsp; Coconut, grated - 1/2 Tsp; Turmeric powder - 1/2 Tsp; Coriander powder - 1 Tsp; Cumin/ Jeera powder - 1/2 Tsp; Garam masala - 1/2 Tsp; Dry red chillies - 2; Green chillies, minced - 2-3; Curry leaves - a handful; Tamarind juice - 1/4 cup; Water - 1 cup; Coriander leaves, minced - 1 tsp; Salt to taste; Ghee - 3 tsp; Wash and cut the Brinjals into round slices. Fry in a little ghee until they are tender. Meanwhile, lightly roast the peanuts, sesame seeds and dry red chillies, then grind them into a paste along with the coconut, adding scant water. In another pan, cook the tomatoes in a little ghee until softened, then add the paste and fry for a minute or two. Add the remaining spices, green chillies and curry leaves, and sautéã for a few minutes. Finally, add the water, tamarind juice and salt and boil to thicken the gravy. Add the fried brinjal and cook, covered, over low heat for 15 minutes. Garnish with fresh coriander leaves and offer with nan or chapati. There is a sinhalese saying, "Ava wambatu, nava hungan dunnaa vaagei", i.e., "eight brinjals, but nine taxes to pay". This is based on a story about a man who went to sell eight brinjals in a village where there are nine headmen. He had to give each headman a brinjal, and his basket to the ninth, just to get permission to enter the village.(John Senaviratne's book of proverbs). Solanum mauritanicum Val varaa - - Dumpalaava (Thumpalai) Solanum seforthianum Wal Thibbatu --- - Solanum nigrum Kalu kan werya kakamaci- manattakkali This plant is believed to be an accumulator of heavy metals from the soil. Solanum nigrum - - manathakkali -> Solanum saurattense (Yellow berried nightshade) kuaavel batu, kahabatu - niitikka, kantankattirai Used in many herbal and ayurvedic medications, herbal teas, for coughs, fever, asthma, rheumatism (leaf), sore throat (fruit) etc. Component of the herbal tonic Dashamoola arishtaya Solanum trilobatum Vael Thibbatu ala- tutuvaitai, thuthulai - Solanum xanthocarpum; synom: S. Surattense, S. virginianum, S. jacquini katuaavel Batu nididghika- kantankari kantankattiri See under S. Surattense Solemostemon rhinidifolius Innlala - - Sonneratia caseolaris, Sonaratia caseolaris (mangrove apple) Kirala - ucitikaarai Iriaikkulam, Kurikkuadavan, Kilali Sophora tomentosa (yellow-neckless pod) Moolu Murungu - - Sophora tomentosa Family: Faboideae / Leguminosae / Papilionaceae The inedible pod has some similarities to the Muringu pod. It has been used to make fish poisons, insect and spider repellents etc., esp in Africa. Sorghum bicolor (Egyptian millet, Broom corn) grass family. Write up and images on Commercial sorghum Idli Irango. This Sinhalese name is related to the shape of the bunch of grain-holding "stems" (penduncle). Even in US English it is often known as "broom corn"(Sorghum vulgare var. technicum). This may grow from 1.5m to 4.5 meters tall. It is cultivated in the dry zone of Sri Lanka, and may have arrived there from Africa or India. The Chinese novel "red Sorghum" by the Nobel Laureate Mo Yan has been translated into Sinhala under the name "Rathu Sorghum" by Chulananda Samaranyaka, 2012. The sanskrit name Yavanala (i.e, seed barley), indicates that Sorghum was introduced into Sri lanka after barley. See Sorghum: Origin, History, Technology, and Production By C. Wayne Smith, Richard A. p. 134 Cholama (the Tamil name) is probably linked to the Kafir name Solam which is phonetically similar to sorghum. The seed was probably introduced to south India from Africa. Sorghum flour fits well with Indian lankan cooking. Sri Lankan foods like kiribath, rotti, string hoppers and pittu can be made with a fifty-fifty mix of Sorghum and wheat flour or rice flour. Sorghum can be mixed with white rice to make kiribath. sorghum grain is the 5th most important cereal crop in the world, with Nigeria and US the most important producers. the predominant use of sorghum is as fodder for poultry and cattle. The International Crops Research Institute for the Semi-Arid Tropics (ICRISAT) seeks to improve sorghum by developing new hybrids and genetic variants. Nearly 200 improved cultivars are now planted worldwide.The effort in Sri lanka is very small compared to that in India where they have developed (2012) varieties that yield 7 tons per hectare. In Sri Lanka 4 metric tons/hectare is considered a very high yield. Ceylon Agro Industries revives "miracle crop" in Sri Lanka, Island April 10, 2015 The matling quality of Sorghum varieties, which is of interest to making beer has also been studied by Jayatissa et al in 2013. Splanthes acmella,Acemella oleracea, Splanthes paniculata (Tootache plant) Inhalia: Sanskrit: Pipulka, annual herb, Aster family. Tamil: Akki-rakaram Images and write up It is used for tootache. Chewing the leaves, or applying a tincture of the flowers or the fresh juice to the gums, when both pain and swelling are relieved. Spinifex squarrosus Maha Raavana paucula - - Spondias magnifera Sarana - - see under Adampam Stenodia camphorata Stenodia. Lutes; Gona Kola වෙහෙ කොල S. Lutes is 'kaha gonakola'. - - Strychnos potatorum Clearing-nut tree. Pictures and Description Ingini Preliminary study on optimum time for hardness removing ability of Strychnos Potatorum (Ingini) seeds from drinking water in Vavuniya district, Sri Lanka, H. K. N. Sanjeevani et al, 2018 Kataka, Amburasadah, Nirmala Ac cording to Raveedaranu Babu et al regarding "Home water treatment by direct filtration with naturalcoagulant" Reference to the use of S. potatorum seed forclarifying turbid water is available in Sushruta Samhita(Bhishagranta 1991), and it is still in use in Maharashtra and Tamil Nadu. The villagers of Sudan use Morenga, oleifera seed for home water treatment(Jahn 1981). Sirungamaram, Kal Kottei, Thethakkatti TThe seeds (ingini aeta) are used traditionally to "purify" water in wells. According to Yadav et al., Strychnos potatorum: Phytochemical and pharmacological review the seeds of Strychnos potatorum Linn. (family: Loganiaceae) are used in the treatment of gonorrhoea, leukorrhoea leukoerchia, gastropathy, bronchitis, chronic diarrhea, dysentery, renal and vesical calculi, diabetes, conjunctivitis, scleritis, ulcers and other eye disease. Stachytrapheta dichotoma Sudu balunakuta - - There is also a Vil nakuta - Stachytrapheta mutabilis maha balunakuta --- - Stachytrapheta urticaefolia Balunakuta --- - Stemonoporus Moomi (Thwaites) Hora vel, Hora vael, The Walawewaatta Waturana: the unique swamp forest Stemonoporus wighti (Thw.) Hal-Mendoza - - IUCN red listed. Stemonurus apicalis Uruhonda - - Sterculia balanghas Nava, Nava --- - Sterculia foetida (wild amoin), Java olive,Hazel Sterculia ) Images and description Thelambu beautiful tree with split nuts. Vitkadhira Kuitirappittukku The flowers have a strong stench. The fruits can be roasted and eaten as with chestnuts. The oil etc., have medicinal properties. Stereospermum chelonoidis, Bignonia chelonoides (Fragnet Pardi Tree) Ela-Palol, Palol, Paahiriya Pictures and short description Abhipriya, Alivallabha, Ambuvanasi ambu, Padri used in the medicinal tonic Dashamoolla arishtaya, see S. Suaevelens. Stereospermum suaevelens, Sterospermum suaevelens S. personatum, Bignonia Suaevelens (trumpet tree, snake tree ) Palol Paataala, kaavamRNA,kRSNavRNA patiramarum Images for Palol and pharmacy. Middle-sized flowering tree. The plant parts are used in the Sri Lankan " Dashamoolla Arishtaya", and in Indian medicine. It is used to treat inflammations, vomiting, dyspepsia, flatulence, asthma, fevers, anasarca, "diseases of the blood". A decoction of the roots is used to treat intermittent and puerperal fevers, inflammatory chest affections, etc. The ethanol extract of the bark is found to show Antihyperglycemic and Antioxidant activity. Stevia rebaudiana Bertoni (sugarleaf, sweetleaf) sunflower family (chrysanthemum family) Herb whose leaves are sweet and used instead of sugar. Images and write up paeni-palaa, panipalaa, penipalaa. grown by horticulturists (not common in Lanka.) madhu patra, Satapatra, Saumyaganda. The plant is used in gansaeh-puja in South India. seeni tulsi Used as a sweetening agent instead of sugar (300 times sweeter than sugar due to its sweetening agentStevoside). Used in traditional medicine in diabetes, and for lowering blood pressure. The plant is well-known in the American tropical and sub-tropical regions, and in south America. Native to northeastern Paraguay. How to grow stevia Recently (since 2012) the product is sold in Western supermarkets (e.g., Truvia and PureVia are trademarks), with Stevia leaf extract processed with Erythritol to give it a crunchy, crystalline texture. Erythritol, xytilol, and other sugar alcohols are commonly used to sweeten chewing gum, candy, fruit spreads, toothpaste, medical preparations etc. Sugar alcohols as not easily absorbed or broken down as sucroseã (four calories/teaspoon of sucrose compared with 0.2 calories from erythritol and 2.4 calories from xytilol). At high levels of intake, sugar alcohols can have a laxative effect. Erythritol is soemwhat less likely to cause digestive discomfort. Streblus asper Sandpaper tree, Siamese rough bush,toothbrush tree ; (Salvadora persica is also known as "tooth brush tre) Nilul, Gaeta Nilul, Netul Shakhotaka, Saakhota, pathrolekthaharu, piraay, Parai-maram ( Urumpirai is a Village in the Jaffna peninsula. Twigs are used as toothbrushes. The tree bark ("khoi" in Thailand) is used for paper making. The Buddhist texts and official records before the twentieth century in Thailand are known as khoi books (c.f., Sanskrit name: patrolektharu - i.e., lekhana on pathra). The paper is durable even in high-humidity climates. Strobilanthes calycina Acanthaceae family kaha Nelu Image and brief notes - - Strobilanthes hookeri Sudu Nelu - - Strobilanthes pulcherrima, S.-viscosa Nelu, Niloo Image and some notes - - Mentioned inwq Hooker's Journal of Botany and Kew Garden Miscellany, Volume 3, Volume 1851, and also in John Sull "Jungle Tide". Strychnos nux-vomica (Snake wood tree) Kaduru, Goda kaduru kalshti, kupulu, Vishamushki vetti, ettiu, Edidi, Etti, Kagodi Kaduruthuduva (Kanchirankudai), Kadurumotte (Kanchuramodda) Kadurugoda (Kandarodai) Contains the strongly poisonous alkaloid Strychine and Brucine. It is used in Ayurvedic and Homeopathic medicine, as well as for suicidal portions etc. The wood is used for making Thoo masks-Ritual masks used traditionally in low-country rituals and "exorcisms", but today mainly as wall decorations. Images and write up Strychnos potatorum Inginiya kataka- Theatta, terran kottai Toponyms Inginiudova (Thettavtu) Gaetakulya (Tettakkulu) Inginiyavala Sunaptera scabriuscula (Thw.) Trim. Napath Beraliyya - - IUCN red listed Swietenia macrophyllaHonduras mahogany. Meliaceae family Burutha - tetannkottai important Timber tree. ToponymsKaluburuthamaduva (Kollamarutamadu) Buruthamaduva (Maruthamadu) Burutha (Maruthoda) The Mahogany tree is a favoured commemorative plant, e.g., the Horana mahogany tree planted by Ernesto Che Guevera when he visited Sri Lanka in the 1960s. It is also depicted in a stamp. Symplocos cochinchinensis synonym: Symplocos stavelli Bombu වෙහෙලා, Lodra, Tilvaka, Tilva, Krumaka- kambli-vetti Malayalam : Pachotti. The

