

## COURSE SYLLABUS



# PLANTS, HERBS AND TRADITIONAL MEDICINE IN SRI LANKA

Intercollegiate Sri Lanka Education Program (ISLE) Program

**Suggested US semester credit hours:** 4

**Contact Hours:** 60

**Course Code:** BSHS282-07 and BI282-07

**Course Length:** Semester

**Delivery method:** Face to Face

**Language of Instruction:** English

**Suggested cross-listings:** Health Sciences, Public Health, Nutrition; Biology

## COURSE DESCRIPTION

Sri Lanka is a country with a rich heritage of diverse medical traditions including Western Medicine, Veddah, Ayurveda, Unani, Siddha and Deshiya Chikitsa. This course provides a flavor of this health care diversity by examining the country's traditional medicine traditions developed over time and their contemporary usage as health care sources within a system of plural medicine. In addition, this course includes a component on natural environment to illustrate the ways that it plays a role in traditional medicine and this offers an opportunity for Environmental Studies majors to receive credits for this course. This lecture series explores the social history of Sri Lanka's rich array of various traditional medical traditions and the ways in which they are practised at formal and informal settings in various parts of the country. In order to identify the contemporary usage of traditional medicine, a number of field visits will be organized so that it will enable students to get firsthand experience in the use of traditional medicine in Sri Lanka. The first part of the course focuses on basic aspects of health-related behaviours within the Sri Lanka social and cultural context. The second part of the course deals with historical aspects of traditional medicine, including pre-colonial, colonial and post-colonial periods and various controversies related to traditional medicine. The third component is devoted to discussing environment-related issues and conservation of Traditional Medicine. The final part of the course deals with the transformations, problems and developments that traditional medicine underwent from post-independence to the present time. This course will be of particular interest to students majoring in Asian Studies, Cultural Studies, Global Studies, History and any pre-medical students.

## EVALUATION METHODS

The student assessment in the course is based on three activities. First, in consultation with the instructor, students are required to write a 5000-6000 word term paper on a field-based or library-based research topic relevant to the subject matter of this course. The paper will carry 40% of the total course grade. The second requirement is to write 1000-2000 word field visits-based report and it will carry 30% of the course grade. The third activity is class attendance and active participation in critically analyzing reading material and this will carry 30% of the final course grade. As a part of this course traditional medicine-related inscriptional-based information, archival-based primary material and secondary sources relating to traditional medicine of Sri Lanka will be consulted.

**Field visits:** This course includes five field visits, three during class time and the other one outside class time. The first one is combined with the regular field trip at the beginning of the programme to

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Anuradhapura, Polonnaruwa, the second field trip will be to the Kandy General Ayurveda Hospital. The third field trip will be to the Peradeniya Botanical garden. The final two field trips will be to the Kandy Museum and private sector-based traditional medicine facilities in and around Kandy and to the Gurudeniya private Traditional medicine clinic and 4 ever pharmaceutical factory at Pallekelle.

**Conferences:** This time students will have an opportunity to participate in two international conferences which are organized by the Department of Sociology, University of Peradeniya. The first one will be on Social Work and Social Development, held in Kandy from (Date TBD). The second one will be on Indigenous Medicine, held in Kandy City Centre (date TBD).

### Grading of the Course

The grading of this course is based on the following scheme:

Marks	Grade	GPA
80-100	A	4.0
70-79	A-	3.7
65-69	B+	3.3
60-64	B	3.0
55-59	B-	2.7
50-54	C+	2.3
45-49	C	2.0
40-44	C-	1.7
30-39	D	1.0
0-29	E	0.0

### ATTENDANCE

Students studying on an IFSA program are required to attend all regularly scheduled classes, studios, recitations, workshops and laboratory sessions. Failure to attend classes may result in a loss of credit and a fail on your transcript. The specific application of the attendance guidelines is at the instructor's discretion. Lateness or absence can affect the student's grade.

### COURSE OUTLINE

Session	Topics	Readings, viewings
1	<b>Introduction to the course and guidelines and Field visit on Anuradhapura</b>	Aluwihare, Arjuna, and Premathilake, L. and Arjuna Aluwihare, 'Ancient Hospital Systems of Sri Lanka', in <i>Sri Nagabhinandanam</i> , Dr. M. S. Nagaraj Rao Festschrift, ed. L.K. Sirinivasan and Nagaraju, Bangalore, 1995, pp.765-781.  Gunawardana, R.A. L.H. 'Immersion as Therapy- Archaeological and Literacy Evidence on an Aspect of Medical Practice in Pre-colonial Sri Lanka', in <i>Sri Lanka Journal of Humanists</i> , Vol. IV, Nos. 1 and 2, 1978, pp.35-49.

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2	<b>What is Traditional Medicine and how is it Contextualized within the Era of Globalization?</b>	<p>Helman, Cecil H. "Introduction: The Scope of Medical Anthropology", <i>Culture, Health and Illness</i>. London: Butterworth Heinen, 1991, pp.1-10.</p> <p>Langford, Jean M. <i>Fluent Bodies, Ayurveda Remedies for Postcolonial Imbalance</i>, Durham: Duck, 2002.</p>
3	<b>Sri Lankan contexts of Health, Disease and Illness, Health Behaviour, Illness Behaviour, Health-Seeking Behaviour and Sick Role</b>	<p>De Silva, Amarasiri M.W.Wijekoon Ananda. Hornik Robert, and Martines, Jose. "Care Seeking in Sri Lanka: one Possible Explanation for low Childhood Mortality", <i>Social Science and Medicine</i>. London: 2001, V.1-10, pp.1363-1371.</p> <p>Nickter, Mark. "Cultural Dimensions of Hot, Cold and Sema in Sinhalese Health Culture", <i>Social Science and Medicine</i>. London: 1992, Vol.25:4,pp.377-386.</p>
4	<b>The nature of health care services in Sri Lanka and the diversity of its Traditional Medicine</b>	<p>Nordstrom, Carolyn R. 'Exploring Pluralism- the Many Faces of Ayurveda', <i>Social Science Medicine</i>, 1991, Vol. 27, No.5, pp. 479-489.</p> <p>Obeyesekere, Gananath. "The Impact of Ayurvedic ideas on the Culture and the individual in Sri Lanka", <i>Asian Medical Systems: A Comparative Study</i>, ed. Leslie Charles, Delhi: Motilal Banarsidass Publishers, 1998. pp, 201-225.</p>
5	<b>Field visit to the Pallekele Ayurveda Hospital and the Herbal Garden</b>	
6	<b>The State of Traditional Medicine during Colonial rule from 1505- 1948</b>	<p>Arseculeratne, S. N. 'British Response to Traditional Medicine (TM) in Colonial Ceylon (Sri Lanka)' <i>The Sri Lanka Journal of the Humanities</i>, Kandy, 2005, V.XXXI (1&amp;2), pp. 96- 106.</p> <p>Margaret Jones, 'The Colonial State and Indigenous Medicine: Pluralism and Hegemony', in <i>Health Policy in British Model Colony: Ceylon (1900-1948)</i>, (Hyderabad, India: Orient Longman, 2004), pp. 52-83.</p>
7	<b>Herbal Remedies for Malaria in the Pre-DDT Era</b>	<p>KalingaTudor Silva. <i>Decolonisation, Development and Disease: A Social History of Malaria in Sri Lanka</i>. New Delhi: Orient Blackswan, 2014. Read Chapter Two: An Ethno-History of Malaria in Nuwarakalaviya. pp. 72-113.</p>
8	<b>Field visit to the Kandy Museum, Traditional Medicine Outlets and Channelling Centres</b>	

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10	<b>Traditional Medicine, Culture and Ethno-Botany</b>	Clayton W.D. and Dassanayake, Flora of Ceylon, New Delhi: Oxford and IBH Publishing Co, 1998.  Gunathilake, Iane, Gunathilake, C.V.S. "Floristic Richness in Sri Lanka", Conservation Biology, 4(3): pp.21-31
11	<b>Traditional Medicine and Plant Taxonomy</b>	Gunawardana, D.C. The Flowering Plants of Ceylon, An Etymological and Historical Study, Colombo: Lake House, 1968.  Peter, T. Sinhalese Plant Names, Notes and Queries, 7 (2) 156-159), 1922.
12	<b>Traditional Medicine and Conservation of Medicinal Plants</b>	Jayaweera, D.M.A. (1981-1982) Medicinal Plants (Indigenous and Exotic) used in Ceylon Vol. 1-5. National Science Council. Colombo2)  WIJESUNDARA, D.S.A. 2006. Medicinal and Aromatic Plants of Sri Lanka. In Guide on Medicinal and Aromatic Plants of SAARC Countries. SAIC, Dhaka. 629-719 pp.
13	<b>Traditional Medicine Nationalism and Modernization in the Post-independent period and Challenges faced by Traditional medicine, environmental issues relating to the reduction of forest cover, impact of heavy use of agro-chemicals in agriculture, overexploitation of natural resources and illegal export of plant material</b>	Kusumarathne, Sagara. Indigenous Medicine in Sri Lanka: a sociological analysis, Nugegoda, 2005.  Simeonov, L. A. <i>Better Health for Sri Lanka</i> , New Delhi, 1975.
14	<b>The State of Private Sector-based Traditional Medicine in Sri Lanka Gurudeniya Private Ayurveda Hospital and Visit to the 4Ever Herbal Factory at the Pallekele Industrial Park.</b>	

### Further readings

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Banerjee, Madhulika. *Power, Knowledge, Medicine*, (Hyderabad: Orient Black Swan, 2009), *A History of Sri Lanka*, Colombo, 2005.

Harrison, Mark. 'Medicine and Orientalism: Perspectives on Europe's Encounter with Indian Medicine', *Health Medicine and Empire: Perspectives on Colonial India*, New Delhi, 2001, pp. 40-47.

Leslie, Charles. Ed. *Asian Medical Systems*, New Delhi: Motilal Banarsidass Publishers, 1976. Knox, Robert. *Historical Relations of the Island of Ceylon*, London, 1961.

Webb, Jim, Jr. Tropical pioneers: human agency and ecological change in the highlands of Sri Lanka 1800-1900, Amazon.

### **Websites**

<http://www.worldbank.org/Afr/ik>, p.1

[http://www.priu.gov.lk/Ministries\\_2007/Min\\_Indigenous\\_Medicine.html](http://www.priu.gov.lk/Ministries_2007/Min_Indigenous_Medicine.html)

[http://www.priu.gov.lk/Ministries\\_2007/Min\\_Health.html](http://www.priu.gov.lk/Ministries_2007/Min_Health.html)

[www.cmb.ac.lk/institutes/IIM](http://www.cmb.ac.lk/institutes/IIM) (Website of the Institute of Indigenous Medicine)

<http://www.kln.lk/wickramarachchi/index/hotmail>

### **ACADEMIC INTEGRITY**

Any academic endeavor must be based upon a foundation of honesty and integrity. Students are expected to abide by principles of academic integrity and must be willing to bear individual responsibility for their work while studying abroad. Any academic work (written or otherwise) submitted to fulfill an academic requirement must represent a student's original work. Any act of academic misconduct, such as cheating, fabrication, forgery, plagiarism, or facilitating academic dishonesty, will subject a student to disciplinary action.

IFSA takes academic integrity very seriously. Students must not accept outside assistance without permission from the instructor. Additionally, students must document all sources according to the instructions of the professor. Should your instructor suspect you of plagiarism, cheating, or other forms of academic dishonesty, you may receive a failing grade for the course and disciplinary action may result. The incident will be reported to the IFSA resident director as well as your home institution.

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