

Poster Presentation

Venue : Administration Block

Date : 05.09.2015

Time : 1.00 p.m. – 3.30 p.m.

Chairperson	Dr. N.V.P.Rohini
Co- chair person	Dr. K.R.Weerasekara
Rapporteur	Mrs. P.M. Ayomi

Chairperson	Dr. A.W.S.Fawziya
Co- chair person	Dr. M.I. Manuha
Rapporteur	Dr. A.R. Hasmath

No	P.I	Author	Other Authors	Title
1	4	සමරවික්‍රම බී.එස්	කුමාර ඒ. පී., එස්.පී. මොල්ලිගොඩ, එච්.එම්. සේනාධීර	සාම්ප්‍රදායික වට්ටෝරුවකට අනුව නිමැවුණු වැලිකලප ආහාරයට ගැනීම තුළින් පුද්ගල ස්වස්ථතාව සුදකෙන ආකාරය පිළිබඳ විමර්ශනාත්මක අධ්‍යයනය
2	5	A.P. Kumara	B.S . Samarawickrama, H.M. Senadira	The Ayurvedic and modern medical analysis of medicinal rice (Beheth batha) using after Diarrheal condition has been utilize by traditional villagers
3	8	V. Sathiyaseelan	K. Nirajan	Potential of traditional usage of Mangroves and Mangroves associates medicinal plants in Northern Province
4	12	S.A.M.J. Salwathura		Modernization aspect of traditional food for nutritional requirement
5	13	M.R. Peiris		Herbal Teas For Healthy Life, A Review
6	15	M.A.D.K. Manurathna		අතිස්ථුලතාවය සඳහා ජ්‍යාතිෂයෙන් අනාවරණය වූණු කරුණු
7	26	De Silva LDR	Sakunthala DAR, Kamal SV	Turmeric (<i>Curcuma longa</i> L.): An essential culinary in Sri Lankan Traditional Cuisine
8	29	APN Mihirangi	E.R.H.S.S. Ediriweera, L.H.S. Umayangani	The study of Health benefits of virgin coconut oil

9	30	Menike MKGCM	Sakunthala DAR	Nutritional and Medicinal value of Madu (<i>Cycas circinalis</i>) as a traditional food in Sri Lanka
10	36	A.P.N. Mihirangi	E.R.H.S.S. Ediriweera	The study of identification of immunity enhancing foods
11	37	R.L.D.S Ranasinghe	E.R.H.S.S. Ediriweera	Value of <i>Paspalum scrobiculatum</i> (Kodrava/ Amu) as a Traditional Cereal
12	38	Alwis RAND	Wimalaratne SAD, Rajapakse TS, Waratenne PR	A Study of the changes of the Body Mass Index (BMI) of the Institute Students' in-relation to eating habits and physical activity
13	39	Alwis RAND	E.R.H.S.S. Ediriweera	Culinary and Medicinal uses of Aloe vera
14	40	Rajapakse T.S.	Wimalatne S.A.D., Alwis R.A.N.D., Waratenne P.R.	Nutritional and medicinal value of <i>Artocarpus heterophyllus</i> (Lam) (jackfruit/Kos) as a traditional food
15	41	Wimalatne S.A.D.	Alwis R.A.N.D., Rajapakse T.S., Waratenne P.R.	Medicinal and Nutritional Value of Traditional Food Sarana (<i>Boerhavia diffusa</i>)
16	42	Kandasamy Sivadharan		A study of Wheat flour and Palmyra seedlings flour usage in urban and rural areas in Srilanka: comparative study
17	43	De Silva DPPS	E.R.H.S.S. Ediriweera	Importance of Bala meat soup in Pakshaghata (Hemiplegia)
18	45	B.S.M.M. Sooriyaarachchi	I.A.M. Leena	ආහාර වැළඳීමෙන් පසු වර්ජනය කළ යුතු වර්ශාවන් සම්බන්ධයෙන් ආයුර්වේද මත වල විද්‍යානුකූල පසුබිම විමර්ශනය
19	48	R.P. Mendis	R. Thiranagama, P. Kahingalage, S. Attanayeke, H.I.B.S.D. Hewawasam, H.M.S.D. Sandaruwan	Introducing a Diabetes Food Pyramid Using Traditional Sri Lankan Foods
20	49	H.B.K. Ajith Kumara	H.I.B.S.D. Hewawasam	සුවපත් දිවියට කුරක්කන් තලප
21	52	Fowziya AWS	Manuha MI, Farzana MUZN	அருகிவரும் தேசிய உணவு, வைத்திய முறைகள் - ஓர் ஆய்வு
22	54	Fernando WKBDS	Pathirana RND	Rules of food intake in Ayurveda and modern day scenario
23	56	P.A.N.G Perera	T.C.J Senarathne	Role of traditional food preparation (Karapincha Sambol) in the management of Hyperlipidemia

24	57	Kularathna B.A.D. H	Wathsala Wijesinghe	Utility of Spices in Mahanuwara Era with Special Reference to “The Cookery Book of the Kandyan Palace”
25	58	Gunapala AAS		Traditional foods for sub fertility and identify the distributions of the rasa, guna, veerya, vipaka
26	60	Maragalawaththa M.G.S.K.	Ediriweera E.R.H.S.S., Chandimarathna P.B.	Herbal Gruels (Kola Kenda) Promote a Healthy Life with Nutrients
27	61	T. Vairamuththu		Study the Prevalence and advice on Pathyaapathya for Gynecological Disorders
28	63	Perera UGN	Karunaratne TDN, Kulathunga WMSSK, Wimalasiri YSG	Study of Traditional Diyaabath varieties and their qualities (A review)
29	66	UMAYANGANI L.H.S	KALUTHOTA S	THE ROLE OF SRI LANKAN TRADITIONAL SPICES IN CANCER PREVENTION –A LITERARY REVIEW
30	67	Fazmiya M.J.A	Peiris M.R, Wasantha W	Therapeutically effective foods for dengue: a review
31	70	Vanitha Mahendran	Vivian Sathiyaseelan	Study on Saaraya ooral kudineer which is used by traditional practitioner
32	71	Nuwan VGSI	Ediriweera ERHSS, Wasana RKR, Mihirangi APN	The study of traditional cereals effectiveness for NCD’S
33	73	P. Sulosana	A. M. Muthalib, S. M. Mujahid, A.W.S. Fowziya	Traditional food of Jaffna Tamils
34	76	Samaranayake, T.D.C.L.	Ediriweera, E.R.H.S.S., Weerasinghe K. D. C. M.	Heeressa (<i>Cissus quadrangularis</i>) as a food for healthy life
35	77	T.A. Dilrukshi		Traditional Food Preparations from Sweet Corn
36	84	E. R. H. S. S. Ediriweera	K.I.W.K. Somarathna, W. D. Ratnasooriya	Little known culinary and medicinal uses of Sidaran (<i>Citrus medica</i>)
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38	93	Silva P.A.S.N.	Leena IAM	TRADITIONAL MEAT PREPARATIONS OF ANCIENT RAJARATA
39	94	Dharmasena K.N.A	Dharmasena K.Y.N	ශාහස්ත ආහාර සුරක්ෂිතභාවය උදෙසා කොස් ගසෙහි විවිධ ආහාර සංස්කරණ පිළිබඳ අධ්‍යයනය
40	96	M.V.S.E. Dharmapala	Wimal Weerasingha	TRADITIONAL RECIPES OF KURAKKAN PREPARATION

41	97	Weerasekera KR	Weerasekara S.	A comprehensive review on utility of Banana as a food
42	99	P. Sulosana	A. M. Muthalib, S. M. Mujahid, A.W.S. Fowziya	A traditional balanced snack for healthy life
43	101	A.W.S. Fowziya	A.H.A. Fazeenah, S.M. Raeesuddeen	Medicinal uses of “Porridge”- A review
44	103	Menike MKGCM	Sakunthala DAR	Health benefits of having banana as a vegetable or a fruit
45	104	Weerasekera S.	Weerasekera KR	A review on Banana leaves as a food wrapper and food server
46	105	Gunatilaka HDP	Ediriweera ERHSS, Weerasingha KDCM	<i>Hibiscus furcatus</i> (Napiritta) can use as a beneficial food in Madhumeha (Diabetes mellitus)
47	106	Niroshani B.A.D.T.	Ediriweera E.R.H.S.S., Somarathna K.I.W.K.	A REVIEW ON FOODS WITH VAJIKARANA PROPERTY (APHRODISIAC FOODS)
48	108	Kondasighe K.G.U.W.	Pushpakumari R.W.L.A., Perera H.A.R.P.	A REIVEW OF GUNAKARMA AND DOSHA KARMA OF THE INGREDIANTS OF KAPIKACHCHU BALIRANDA PHANTA USE IN SANDI GATHA VATHA (OSTEOARTHRITIS)
49	109	Perera H.A.R.P.	Karunagoda K.P.K.R., Perera P. K.	Comprehensive review of Guna karma and Dosha karma of the ingredients of Pushyanug Churna (PC) on Raktapradara due to dysfunctional uterine bleeding (D.U.B.)
50	110	RHSK De Silva	NDN Jayawardhane	A Field Survey of Hal (<i>Vateria copallifera</i>) and Beraliya (<i>Shorea megistophylla</i>) in Kanneliya region, Sri Lanka : Endemic Plants Used as Functional Foods