

6BUIS020C - Final Year Project

Final Project Report

Niwansu

A Platform to promote Ayurveda in Sri-Lanka

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This report is submitted in partial fulfilment of the
requirements for the
BSc (Hons) in Business Information Systems

Business School

Informatics Institute of Technology, Sri Lanka
in collaboration with
University of Westminster, UK

2023 - 05 – 02

Abstract

In Sri Lanka, traditional medicine has been used for three thousand years. Ayurveda, Siddha, Unani, and Deshiya Chikitsa (traditional Sri Lankan medicine) are the four traditional medical systems now practiced in Sri Lanka. Ayurveda is the most significant of them all and is included in the National Health Services offered by the Sri Lankan government, which also has a distinct ministry for Indigenous Medicine. Ayurveda currently treats a sizable section of the population, with one ayurveda doctor for every 3,000 persons in Sri Lanka. Herbal medicines are crucial parts of Sri Lanka's traditional medical system because between 60% and 70% of the rural population relies on them for their basic healthcare. In Sri Lanka, herbal medicines are crucial elements of the traditional medical system. With 20% of its land covered in forest, Sri Lanka is one of the most biologically varied nations in Asia. The number of species per unit area is the highest in the world. Asia is one of the major hotspots for biodiversity. Therefore, using medicinal plants for treatment while maintaining biodiversity is an important component of the health care system.

The Department of Ayurveda, the Bandaranayake Memorial Ayurvedic Research Institute, and the Institute of Indigenous Medicine at the University of Colombo are responsible for coordinating research and development activities. The Government of Sri Lanka has taken a number of initiatives to develop technology for the effective conservation and efficient utilization of medicinal plants. However, Sri Lanka has not properly fostered the diffusion of knowledge about herbal medicinal systems and its applications to heal ailments due to a lack of financing as well as various issues and limits. If this were to be accomplished, Sri Lanka might significantly improve its position as a worldwide competitor, particularly in the markets for nutraceuticals, cosmetics, and herbal medicines.

Sri Lanka has a lot of potential to rise in the world markets by exporting high-quality goods made from medicinal and aromatic plants. Unfortunately, Sri Lanka appears to be falling behind in the development of technology and standardization methods for herbal goods; as a result, it is rated lower in the worldwide market share for herbal medicines, compared to China, which, for instance, has close to 30% of this market. Sri Lanka must thus concentrate on quality assurance through national multidisciplinary research projects and joint efforts with other high-tech user nations. To further promote high-quality pharmaceuticals in Sri Lanka, good laboratory practices (GLP) and good manufacturing practices (GMPs) are also required. The current situation is insufficient to enhance Sri Lanka's share of the worldwide market for the herbal medicine business and herbal medicine without overcoming these challenges.