

## LEAFY VEGETABLES



**Common Name** : Thal Cola  
**Name in English** : Littlebell  
**Scientific Name** : *Ipomea triloba*

Used as antidote for opium and arsenic poisoning, improves nervous and general debility



**Common Name** : Lolu kola  
**Name in English** : Snot berry  
**Scientific Name** : *Cordia monoica*

The leaves and bark were used to treat leprosy. The leaves were also used in treatment of eye diseases.



**Common Name** : Anguna Kola  
**Name in English** : Green milkweed climber  
**Scientific Name** : *Wattakaka volubilis*

Used to cure worm diseases, diabetes, good for mothers to increase Breast milk, improve vision.



**Common Name** : Sarana  
**Name in English** : Horse Purslane  
**Scientific Name** : *Trianthema portulacastrum*

Used to cure skin diseases, joint pains.



**Common Name** : Kowakka  
**Name in English** : Ivy gourd  
**Scientific Name** : *Coccinia grandis*

Used as a remedy to treat diabetics.



**Common Name** : Kirihandā  
**Name in English** : Quail grass  
**Scientific Name** : *Celosia argentea*

This may help to heal burns and wounds faster.



**Common Name** : Thampala  
**Name in English** : Chinese spinach  
**Scientific Name** : *Amaranthus viridis*

Used to treat for urinary tract infections and diseases.



**Common Name** : Mukunuwenna  
**Name in English** : Sessile joyweed  
**Scientific Name** : *Alternanthera sessilis*

This can reduce fever, body pain, leg pain, headache, eye irritation and stomach pain.

## FRUITS



**Common Name** : Palu  
**Name in English** : Palu  
**Scientific Name** : *Menikara hexandra*

Used to treat for wounds and dysentery.



**Common Name** : Weera  
**Name in English** : Weera  
**Scientific Name** : *Drypetes sepiaria*

Used to treat for pain and inflammation.



**Common Name** : Koon  
**Name in English** : Ceylon Oak  
**Scientific Name** : *Schleichera oleosa*

Used to treat for malaria, cholera and Skin disease.



**Common Name** : Diul  
**Name in English** : Wood Apple  
**Scientific Name** : *Limonia acidissima*

Used to destroys intestinal worms and cures chronic dysentery.



**Common Name** : Damba  
**Name in English** : Damba  
**Scientific Name** : *Cleistocalyx nervosum*

Used to treat for burns.



**Common Name** : Karamba  
**Name in English** : Karamba  
**Scientific Name** : *Carissa spp.*

Used to treat for pains.



**Common Name** : Eraminiya  
**Name in English** : Eraminiya  
**Scientific Name** : *Ziziphus napeca*

Used to treat for fever, dysentery and loss of appetite.



**Common Name** : Anoda  
**Name in English** : Annona  
**Scientific Name** : *Annona spp.*

Used to treat for hypertension, wounds and burning sensations.

## VEGETABLES



**Common Name** : Murunga  
**Name in English** : Drumstick  
**Scientific Name** : *Moringa oleifera*

Used to treat for pain, headaches and eye diseases.



**Common Name** : Dambala  
**Name in English** : Winged Bean  
**Scientific Name** : *Psophocarpus tetragonolobus*

Good protein source



**Common Name** : Mea  
**Name in English** : Long Beans  
**Scientific Name** : *Vigna unguiculata sesquipedalis*

Used to treat for parasitic infections, stomach ailments and dropsy.



**Common Name** : Vetakolu  
**Name in English** : Local Ridge Gourd  
**Scientific Name** : *Luffa acutangula*

Used to treat for abdominal diseases, swellings and urinary problems.



**Common Name** : Goraka Takkali  
**Name in English** : Local Tomato  
**Scientific Name** : *Solanum lycopersicum*

Used to treat for diarrhoea, dysentery and liver diseases



**Common Name** : Ela Batu  
**Name in English** : Egg Plant  
**Scientific Name** : *Solanum melongena*

Used as a food for who suffering with the diseases related to respiratory tract



**Common Name** : Batukaravila  
**Name in English** : Batukaravila  
**Scientific Name** : *Momordica denudate*

Used to treat for diabetes mellitus, fevers and burning sensation.



**Common Name** : Thumba Karavila  
**Name in English** : Spine Gourd  
**Scientific Name** : *Momordica dioica*

Used to treat for hemorrhoids, skin rashes and fevers.



# GIAHS in SRI LANKA

## Agro-Biodiversity in Cascaded Tank - Village Systems (CTVSS) in Palugasvewa



Ministry of Agriculture  
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## Traditional Rice Varieties

### Kaluheenati

Local Name : Kaluheenati

Scientific Name : *Oriza Sativa* L.



The meaning of Kalu Heenati is that the "black and fine striped of the grain." This is 3½ months variety producing medium size red pericarped grain. This variety can grow well in dry zone condition. Kalu heenati is moderately resistant to seedling Thirips. Grain yield is in between 30-50 bushels per acre but grain shattering at harvesting is slightly high.

It is highly nutritious because it is rich in minerals and micro nutrients including high iron and zinc content. This is recommended for daily consumption for lactating mothers. It enhances immunity, physical strength and male sexual potency. High amount of fibre content helps to regulate the bowel movement and constipation.

The variety is very important as a medicine. Porridge made from Kalu heenati rice is highly recommended for hepatitis patients. Gruel of Kalu heenati is able to control the toxic effects of snake bites. In ancient time Kalu Heenati was a source for treating various ailments, specially for diarrhea, diabetes and cholesterol.

### Pachchaperumal

Local Name : Pachchaperumal

Scientific Name : *Oriza Sativa* L.



It is alternatively named as Siyapath el. The meaning of the word "Pachchaperumal" is that the Lord Buddha's color. Pachchperumal is one of highly nutritious red rice variety which can be harvested within 3½ months period. The grain is medium in shape. During cooking it become a deep maroon color. Mostly this is cultivated in Yala season and it produces 30-35 bushels per acre grain yield.

It contains more proteins, vitamins and micro nutrients. The grain is rich in anti oxidant agents. Some sweets can be produced by using the flour of this rice grain. Intake of cooked rice of this variety helps to cool the body. This is good for patients who are suffering from diseases like diabetes and cardiovascular, specially for the patients with high blood pressure. It can control the activity of nephrons and make proper function of excretory system. Some enzymes and hormones are producing for development of red blood cells. It helps to increase the production of insulin and

reduce the production of thyroxin in the body. More nutritious gruel or congee can be produced by blending of this variety with some other rice varieties.

### Suwendel

Local Name : Suwendel

Scientific Name : *Oriza Sativa* L.



Its translated name implies the fragrant nature. This is a scented white pericarped short round (*Samba*) variety. The yield can be harvested within 3½ months period. It provides average grain yield about 40 bushels per acre. Amount of broken rice is lower than accepted value and appearance of milled rice is comparatively high. Cooked rice appearance and taste is higher than most of the other traditional varieties. Specially due to milky taste of cooked rice this is good source for festival occasions and ceremonies.

This contains more carbohydrate, vitamin, fat and micro nutrients. Specially this is recommended to eat for hard working people. According to traditional medicinal activities, this variety is known to promote fair and glowing skin, improve the functioning of the excretory system, improve vocal clarity and enhance the male sexual potency and helps to control diabetes, ulcers and constipation.

Body and mental fitness is created when it use as congee or paste with Thala (Sesame), Kurahan (Finger Millet), Green gram with or another few rice varieties. It reduces the high blood pressure while induce the nervous system of the human body specially the nerve cells connected to eyes and brain.

### Sudu heenati

Local Name : Sudu heenati

Scientific Name : *Oriza Sativa* L.



Though the name implies the white rice normally it produces red bold grains along with light straw colored hull. This can be grown in all parts of the island including under heavy rains and iron toxic conditions. The plant height might be extended up to 130 cm. Harvesting can be done within 4 months but in Yala it takes more than that Plant is well resistant for blast disease. The average yield is ranged between 35-45 bushels per acre which is the highest yielder among Heenti sub group and it can be cultivated well in organic condition. Taste of the cooked rice is slightly sticky but tasty.

The nutritional and medicinal value of Sudu Heenati is considered as the highest. It is rich in vitamin E, high iron, high zinc and other natural antioxidants. It is proved that the variety is suitable for treating inflammations, diabetes, cancer, neurological diseases, cholesterol, constipation and oxidative stress and help to improve the human immune system.

### Madathawalu

Local Name : Madathawalu

Scientific Name : *Oriza Sativa* L.



One of the 4 month rice variety which is suitable for muddy rice fields cultivated in Maha season. It can be cultivated in all districts in the island. Specially this variety is recommended to acidic soils. The plant height elongated approximately 130 cm with 20 to 30 tillers . The variety produces 100 bushels per acre of yield under favorable condition. It is recommended for both organic and general rice cultivation. This is one of the best varieties for organic rice farming because it might give good yield.

Protein, minerals and fat content of the grain of madathawalu is comparatively higher than most of varieties.

It is rich in protein, fat and digestible enzyme and it facilitate to easy digestion of nutrients. In addition it has large amount of fat, iron, zinc, vitamins and minerals. This variety is able to remove toxic components specially some cancer agents from the human body. This variety can clean the blood circulation system and promote the activity of sweating glands. It strengthen the immune system and suitable to feed infants and lactating mothers. Medicinally it is important treat diabetes and oxidative stress.

### Kuruluthuda

Local Name : Kuruluthuda

Scientific Name : *Oriza Sativa* L.



Kuruluthuda is a 3½ months variety with red long grains. Farmers cultivate this variety for both flash flood and salinity condition. It is highly nourishes and it contains high protein, fibre and necessary fatty acids. Cooked rice is comparatively tasty for eating. It improves bladder function and enhances male sexual potency. It provides comparatively high energy. It is recommended for consumption to person having high cholesterol in the blood.

## Cereals and Legumes

### Green gram

Local Name : Mung

Scientific Name : *Vigna radiata*



Mung beans are a high source of nutrients including: manganese, potassium, magnesium, folate, copper, zinc and various B vitamins.

### Cowpea

Local Name : Kaupi

Scientific Name : *Vigna unguiculata*



improve digestion, aid sleep disorders, manage diabetes, protect the heart.

### Foxtail millet

Local Name : Thanahal

Scientific Name : *Setaria italica*



Foxtail millet may help control blood sugar and cholesterol.

### Common millet/ Proso millet

Local Name : Meneri

Scientific Name : *Panicum miliaceum*



contains the minerals such as magnesium, manganese, phosphorus etc.

### Horse gram

Local Name : Kollu

Scientific Name : *Macrotyloma uniflorum*



Horse gram is the most protein-rich lentil found on the planet. low in fat and high in carbohydrate content.