



Dr. (Mrs). L. D. A. M. Arawwawala

Principal Research Scientist

Herbal Technology Section

Qualifications

B.Sc.Hons. Biological Sciences, Second Class (Honors) (University of Peradeniya- 2000)

M.Sc. Food Science & Technology (University of Sri Jayawardenapura, 2005)

M.Phil. Molecular Biology & Bio-Chemistry (University of Peradeniya, 2006)

Ph.D. Bio-Chemistry (University of Kelaniya, 2009)

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Specialized Fields

- Bioactivity of natural products
- Herbal drugs standardization
- Functional foods and pharmaceuticals

Interest Areas

- Assessing functionality of foods and natural products
- Development of functional foods and nutraceuticals

Publications

Journal Publications

1. Arambewela, L.S.R., **Arawwawala, L.D.A.M.**, Ratnasooriya, W.D., (2003). Safety evaluation of Sri Lankan *Piper betle* leaf extracts in rats. *Journal of Tropical Medicinal Plants*. 4, 195 – 198.
2. Arambewela, L.S.R., **Arawwawala, L.D.A.M.**, Ratnasooriya, W.D., (2004). Antinociceptive activities of aqueous and ethanolic extracts of *Alpinia calcarata* rhizomes in rats. *Journal of Ethnopharmacology* 95, 311 - 316.
3. Arambewela, L.S.R., Kumarathunga, A., **Arawwawala, M.**, Owen, N.L., Du, L., (2005). Volatile oils of *Alpinia calcarata* grown in Sri Lanka. *Journal of Essential Oil Research* 17, 124 - 125.
4. Arambewela, L.S.R., **Arawwawala, L.D.A.M.** (2005). Antioxidant activities of ethanolic and hot aqueous extracts of *Alpinia calcarata* rhizomes. *Australian Journal of Medical Herbalism* 17, 91 - 94 .
5. Arambewela, L.S.R., **Arawwawala, L.D.A.M.**, Ratnasooriya, W.D., (2005). Antidiabetic activities of aqueous and ethanolic extracts of *Piper betle* leaves in rats. *Journal of Ethnopharmacology* 102, 239 – 245.
6. Arambewela, L.S.R., **Arawwawala, L.D.A.M.**, Ratnasooriya, W.D., (2005). Gastroprotective activity of hot ethanolic extract of *Alpinia calcarata* rhizomes in rats. *Ceylon Journal of Medical Sciences* 48, 1 – 11.
7. Arambewela, L.S.R., **Arawwawala, L.D.A.M.**, Ratnasooriya, W.D. (2005). Antinociceptive activity of aqueous and ethanolic extracts of *Piper betle* leaves. *Pharmaceutical Biology*. 43, 766 -772.

8. Arambewela, L.S.R., **Arawwawala, L.D.A.M.**, Rajapaksa, R. (2006). *Piper betle*: A potential natural antioxidant. International Journal of Food Science and Technology. 41, 10 -14.
9. Arambewela, L.S.R., **Arawwawala, L.D.A.M.**, Dissanayake, D.C.T.R., Ratnasooriya, W.D. (2006). Bioactivities of betel leaves. Link Natural Product Digest 2, 25 – 26.
10. Arambewela, L.S.R., Kumarathunga, A., **Arawwawala, M.**, Owen, N.L., Du, L. (2005) Volatile oil of *Alpinia galanga* of Sri Lanka. Journal of Essential Oil Research 19, 455 – 456.
11. Wardhana, A., Kumarasinghe, S.P.W., **Arawwawala, L.D.A.M.**, Arambewela, L.S.R. (2007). Larvicidal efficacy of essential oil of betel leaf (*Piper betle*) on the larvae of the old world screwworm fly, *Chrysomya bezziana* in vitro. Indian Journal of Dermatology. 52, 43 – 47.
12. **Arawwawala, M.**, Thabrew, I., Arambewela, L.S.R. (2009). Antidiabetic activity of *Trichosanthes cucumerina* in normal and streptozotocin – induced diabetic rats. International Journal of Biology & Chemical Sciences. 2, 287 – 296.
13. Arambewela, L.S.R., **Arawwawala, L.D.A.M.**, Ratnasooriya, W.D. (2009). Effect of *Alpinia calcarata* rhizomes on ethanol – induced gastric ulcers in rats. Pharmacognosy Magazine. 4, 226 – 231.
14. Arambewela, L.S.R., **Arawwawala, L.D.A.M.**, Ratnasooriya, W.D. (2009). Hypoglycemic and antihyperglycemic activities of the aqueous and the ethanolic extracts of *Alpinia calcarata* rhizomes in rats. Pharmacognosy Magazine. 5, 412 – 418.
15. **Arawwawala, L.D.A.M.**, Thabrew, I., Arambewela, L.S.R. (2010). Gastroprotective activity of *Trichosanthes cucumerina* in rats. Journal of Ethnopharmacology. 127, 750 – 754.
16. **Arawwawala, L.D.A.M.**, Thabrew, I., Arambewela, L.S.R., Handunnetti, S. (2010). Antiinflammatory activity of *Trichosanthes cucumerina* in rats. Journal of Ethnopharmacology. 131, 538 – 543.
17. **Arawwawala, L.D.A.M.**, Arambewela, L.S.R. (2010). Standardization of *Alpinia calcarata* Roscoe rhizomes. Pharmacognosy Research. 2, 285 – 288.
18. **Arawwawala, L.D.A.M.**, Arambewela, L.S.R., Athauda, N. (2010). Antifungal and antioxidant properties of essential oil of *Alpinia calcarata* rhizomes. Journal of Ayurveda and Integrative Medicine. 1, 199-202.
19. Arambewela, L.S.R., **Arawwawala, L.D.A.M.**, Withanage, D., Kulathunga, S. (2010). Efficacy of betel cream on skin ailments. Journal of Complementary and Integrative Medicine, 7, Article 48.
20. **Arawwawala, L.D.A.M.**, Hewageegana, H.G.S.P., Arambewela, L.S.R., Ariyawansa, H.S. (2011). Standardization of spray dried powder of *Piper betle* hot water extract. Pharmacognosy Magazine. 7, 157–160.
21. **Arawwawala, L.D.A.M.**, Thabrew, I., Arambewela, L.S.R. (2011). Evaluation of toxic potential of standardized aqueous and ethanolic extracts of *Trichosanthes cucumerina* in rats. BLACPMA. 1, 11-22.
22. **Arawwawala, L.D.A.M.**, Thabrew, I., Arambewela, L.S.R. (2011). *In vitro* and *in vivo* evaluation of antioxidant activity of *Trichosanthes cucumerina* aerial parts. Acta Biologica Hungarica. 62, 235 – 243.
23. Arambewela, L., **Arawwawala, M.**, Ratnasooriya, W.D. Safety profile of *Alpinia calcarata* Roscoe, used in traditional medicine in Sri Lanka. BLACPMA. 10, 435 – 442.
24. Arambewela, L.S.R., **Arawwawala, L.D.A.M.**, Withanage, D., Kulathunga, S. (2011). Efficacy of betel cream on skin ailments with special reference of Vicharchika. Ayurveda Sameeksha. 2, 173 – 178.
25. Arambewela, L.S.R., **Arawwawala, L.D.A.M.**, Kumaratunga, K.G.A., Dissanayake, D.S.C.T., Ratnasooriya, W.D., Kumarasingha, S.P.W. (2011). *Piper betle* : A green healer from the backyard. Link Natural Products Digest. 16 -20.

26. **Arawwawala, L.D.A.M.,** Thabrew, I., Arambewela, L.S.R., Fernando, N., Guruge, L.D. (2011). Antibacterial activity of *Trichosanthes cucumerina* Linn extracts. International Journal of Pharmaceutical and Biological Archives. 2, 808 – 812.
27. Arambewela, L.S.R., **Arawwawala, L.D.A.M.,** Kumaratunga, K.G.A., Dissanayake, D.S.C.T., Ratnasooriya, W.D., Kumarasingha, S.P.W. (2011). Investigation on *Piper betle* grown in Sri Lanka. Pharmacognosy Review. 5, 159 – 163.
28. Hewageegana, H.G.S.P., **Arawwawala, L.D.A.M.,** Arambewela, L.S.R., Ariyawansa, H.S. (2011). *Piper betle*: As a remedy for Diabetes Mellitus. International Journal of Research in Ayurveda and Pharmacy. 2, 1601 -1603.
29. **Arawwawala, L.D.A.M.,** Arambewela, L.S.R., Ratnasooriya, W.D. (2012). *Alpinia calcarata* Roscoe: A potent antiinflammatory agent. Journal of Ethnopharmacology. 139, 889 – 892.
30. Lenore, R.D.K., Dharmadasa, R.M., Abesingha, D.C., **Arawwawala, L.D.A.M.** (2012). Investigation of plumbagin content in *Plumbago indica* Linn. Pharmacologia. 3, 57-60.
31. **Arawwawala, L.D.A.M.,** Arambewela, L.S.R., Ratnasooriya, W.D. (2012). *Alpinia calcarata* Roscoe: A rich source of phytopharmaceuticals in Sri Lanka. The Natural Products Journal. 2, 263 -267.
32. **Arawwawala, L.D.A.M.,** Thabrew, I., Arambewela, L.S.R. (2012). Lipid lowering effect of hot water extract of *Trichosanthes cucumerina* Linn and antihyperglycemic activity of its fractions on streptozotocin- induced diabetic rats. Israel Journal of Plant Sciences. 60, 447 – 455.
33. **Arawwawala, L.D.A.M.,** W.A. N. Wickramaarachchi., (2012). Berberine content in *Coscinium fenestratum* (Gaertn.) Colebr grown in Sri Lanka. Pharmacologia. 3, 679 – 682.
34. **Arawwawala, L.D.A.M.,** Thabrew, M.I., Arambewela, L.S.R. (2013). A review of the pharmacological properties of *Trichosanthes cucumerina* Linn of Sri Lankan origin. Unique Journal of Pharmaceutical and Biological Sciences. 1, 3-6.
35. **Arawwawala, L.D.A.M.,** Thabrew, M.I., Arambewela, L.S.R. (2013). *Trichosanthes cucumerina* Linn: Investigations of some selected pharmacological activities of ethanolic extract. Pharmacologia. 4, 493 – 494.
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37. Hewageegana, H.G.S.P., **Arawwawala, L.D.A.M.,** Fernando, P.I.P.K., Dhammarathana, I., Ariyawansa, H.A.S., *Tissera, M.H.A.,* (2013). Standardization of Vipadikahara grita taila: An Ayurvedia medicated oil for common skin diseases. Unique Journal of Ayurvedic and Herbal Medicines. 1, 48-51.
38. Hewageegana, S., **Arawwawala, M.,** Fernando, P., Dhammarathana, I., Ariyawansa, S. (2014). A comparative study of physico-chemical and phytochemical parameters: glands/hairs of the fruits and the leaves of *Mallotus philipinensis* (Lam.) Muell. Arg. grown in Sri Lanka. Journal of the National Science Foundation. 42, 291 -295.
39. **Arawwawala, L.D.A.M.,** Arambewela, L.S.R. & Ratnasooriya, W.D. (2014). Gastroprotective effect of *Piper betle* grown in Sri Lanka. Journal of Ayurveda & Integrative Medicine. 5, 38 – 42.
40. Hewageegana, S., **Arawwawala, M.,** Fernando, P., Dhammarathana, I., Ariyawansa, S. (2014). Standardization of a substitute oil for Vipadikahara grita taila which used for skin diseases. Pharmacologia. 32-35.
41. Hewageegana, S., **Arawwawala, M.,** Dhammarathana, I., Ariyawansa, S. (2014). Standardization of Sri Lankan market samples of *Rubia cordifolia* Linn. Journal of Pharmacognosy and Phytochemistry. 3, 122-126.

42. Hewageegana, S., **Arawwawala, M.**, Dhammarathana, I., Ariyawansa, S., Tissera, M.H.A. (2014). Proximate analysis and standardization of leaves of *Leptadenia reticulata* (Retz) Wight And Arn. (Jeevanti). World Journal of Pharmaceutical Research.3, 1603-1612.
43. Kumaradharmasena L.S.P., **Arawwawala, L.D.A.M.**, Fernando, P.I.P.K., Peiris, K.P.P., Kamal, S.V. (2015). Quality assessment of *Mustadi Taila*: An Ayurvedic oil as remedy for dental caries (*Krimi Danta*). Journal of Pharmacognosy and Phytochemistry. 4, 21 – 24.
44. Perera, H.A.R.P., Karunagoda, K., Perera, P.K., Samarasingha, K., **Arawwawala, L.D.A.M.** (2015). *Phyllanthus niruru* Linn grown in Sri Lanka: Evaluation on phyto and physicochemical properties of the whole plant. World Journal of Pharmacy and Pharmaceutical Sciences. 4, 1452- 1459.
45. Ranasinghe, R.L.D.S., Ediriweera, E.R.H.S.S., Wasalamuni, W.A.D.D., **Arawwawala, L.D.A.M.** (2015). Assessment of quality of *Dhanyamla*: A fermented cereal used in Ayurveda. British Journal of Pharmaceutical Research. 8, 1-5.
46. L.D.R.D. Silva., Peiris, A., Kamal, S.V., Jayaratne, D.L.S.M., **Arawwawala, L.D.A.M.** (2015). *Haridradi Ashcyotana*: Quality assessment of a herbal eye drop. International Journal of Pharamacognosy and Phytochemical Research. 7, 1096-1098.
47. Hewageegana, H.G.S.P., **Arawwawala, L.D.A.M.**, Dammaratana, I., Ariyawansa, H.A.S., Tissera, M.H.A. (2015). Development of a substitute oil for Vipadika skin disease (A case study). American Journal of Clinical and Experimental Medicine. 3, 306-309.
48. Karunaratne, T.D.N., Sugataratana, K., Ariyawansa, H.A.S., Silva, H.A.D., Samarasingha, K., **Arawwawala, L.D.A.M.** (2015). Standardization of Sarasvatha Choorna: Used as a remedy for dementia. American Journal of Clinical and Experimental Medicine. 3, 288-292.
49. Fonseka, H.R.D., Kulathunga, W.M.S.S.K., Peiris, A., **Arawwawala, L.D.A.M.** (2015). A review on the therapeutic potentials of *Ocimum sanctum* Linn: In the management of Diabetes Mellitus (Madhumeha). Journal of Pharmacognosy and Phytochemistry. 4, 47 – 52.
50. Thabrew, M.I., **Arawwawala, L.D.A.M.** (2016). An overview of *in vivo* and *in vitro* models that can be used for evaluating anti-gastric ulcer potential of medicinal plants. Austin Biology. ID. 1007.
51. Wickramaarachchi, W.M.D., Wakkumbura, H.P., **Arawwawala, L.D.A.M.**, Rajapaksa, R.P.V.J. (2016). Standardization of the formula of Panchamuli Laghu Draksha Kasaya: A traditional herbal medicine. World Journal of Pharmacy and Pharmaceutical Sciences, 5, 172-179.
52. Ganegamage, S.K., **Arawwawala, L.D.A.M.** (2016). Chemical composition of inflorescence of *Alpinia calcarata* Rosc. (Zingiberaceae) grown in Sri Lanka. Pharma Science Monitor 7: 186-192.
53. Attanayake, A.P., **Arawwawala, L.D.A.M.**, Jayatilaka, K.A.P.W. (2016). Chemical standardization of leaf extract of *Coccinia grandis* (L) Voigt (Cucurbitaceae) of Sri Lankan origin. Journal of Pharmacognosy and Phytochemistry. 5:119-123.
54. Premakumara, G.A.S., Kathirgamanathar, S., Thayalini, T., Bandara, V.S., Thevanesam, V., **Arawwawala, L.D.A.M.** (2016). Antibacterial activity and chemical analysis of fruit oil of *Trachyspermum ammi* Linn. Sprague. Journal of Ayurvedic and Herbal Medicine. 2: 117-119.
55. Hewageegana, H.G.S.P., **Arawwawala, L.D.A.M.**, Ariyawansa, H.A.S., Tissera, M.H.A., Dammaratana, I. (2016). A review of skin diseases depicted in Sanskrit original texts with special reference to Ksudra Kushtha. Journal of Critical Reviews. 3: 68-73.
56. **Arawwawala, L.D.A.M.**, Hewageegana, H.G.S.P. (2017). Health benefits and traditional uses of honey: A Review. Journal of Apitherapy. 2: 9-14.
57. Pallie, M.S., Perera, P.K., Goonasekara, C.L., Kumarasinghe, K.M.N., **Arawwawala, L.D.A.M.** (2017). Evaluation of diuretic effect of the hot water extract of standardized *Tragia involucrate* Linn. in rats. International Journal of Pharmacology. 13:83-90

58. Perera, P.K., Subasinghe U.R., **Arawwawala, L.D.A.M.** (2017). Evaluation of physico-chemical properties and antioxidant capacity of leaf powder of Moringa (*Moringa oleifera*, Lam) grown in Sri Lanka. Asian Journal of Medical and Health Research. 2: 1-9.
59. Karunakaran, R., Thabrew, M.I., Thammitiyagodage, G.M., Galhena, B.P., **Arawwawala, L.D.A.M.** (2017). The gastroprotective effect of ethyl acetate fraction of hot water extract of *Trichosanthes cucumerina* Linn and its underlying mechanisms. BMC Complementary and Alternative Medicine. 17:312.
60. Karunarathne, YAUD.,Srivastar, P., Chaudhary A., Dwivedi, M., **Arawwawala, L.D.A.M.** (2017). Quality assessment of an Ayurvedic formulation: PotakiTaila. Journal of Ayurvedic and Herbal Medicine. 3, 89-91.
61. **Arawwawala, L.D.A.M.**, Jayaratne, D.L.S.M. (2017). *Aegle marmelos* (L.) Correa as a potential candidate for treatment of diabetes mellitus: A review. Journal of Hermed Pharmacology.6: 141-147
62. Pallie, M.S., Perera, P.K., Gunasekara, C.L., Kumarasinghe, K.M.N., **Arawwawala, L.D.A.M.** (2017). *Tragia spp*: Assessment of diuretic activity and standardize of the whole plant. American Journal of Ethnomedicine. 4, 1-5.
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64. Rizniya, M.N.F., Mawjood, A.H.M., **Arawwawala, L.D.A.M.** (2017). A study on physico-chemical parameters and nutritional values of *Glinus oppositifolius*: A leafy vegetable. SciFed Journal of Herbal Medicine. 1, 1-5
65. Gunasekara, T.D.C.P., Radhika, N.D.M., Ragunathan, K.K., Gunasekara, D.P.P., Weerasekara, M.M., Hewageegana, H.G.S.P., **Arawwawala, L.D.A.M.**, Fernando S.S.N. (2017). Determination of antimicrobial potential of five herbs used in Ayurveda practices against *Candida albicans*, *Candida parapsilosis* and methicillin resistant *Staphylococcus aureus*. Ancient Science of Life. 36, 187 – 190
66. Kulathunga, S., **Arawwawala, L.D.A.M.** (2017)). *Moringa citrifolia* Linn grown in Sri Lanka: shelf life of fruit juice. American Journal of Ethnomedicine. 4(2),18.
67. **Arawwawala, L.D.A.M.**, Pradeepika E.M.U. (2018). Evaluation of antiurolithiatic potential of standardized *Asteracantha longifolia* Linn aerial parts. SciFed Journal of Herbal Medicine. 2:2.
68. Hewageegana H.G.S.P., **Arawwawala L.D.A.M.** (2018). A case study: Vipadikahara grita taila as a remedy for Vipadika skin disease. Journal of Network Medicine and Targeted Therapies. 1(1), 1-3.
69. Hewageegana H.G.S.P., **Arawwawala L.D.A.M.** (2018). Development of Thin Layer fingerprint profiles for *Leptadenia reticulata* (Rez) Wight and Arn and its substitutes. International Journal of Ayurveda. 3(5), 1-4.
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71. Dissanayake, D.P.A., Sivaganesh, S., Tissera, M.H.A., Handunnetti S.M., **Arawwawala, L.D.A.M.** (2018). Comparison of antioxidant properties of *Cyathula prostrata* Linn and *Achyranthes aspera* Linn grown in Sri Lanka. Research and Review Insights. 2(3), 1-3.
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75. Hewageegana, H.G.S.P., **Arawwawala, L.D.A.M.** (2018) *Berberis ceylanica Schneider* Stems: A Rich Source of Berberine with Antimicrobial Properties. *Journal of Pharmacy Practice and Education*.1(3),15.
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78. Hewageegana, H.G.S.P., Ariyawansa H.A.S., **Arawwawala, L.D.A.M.** (2019). Clinical study on the efficacy of Vipadikahara Grita Taila on the treatment of Vipadika skin disease. *Journal of Dermatology and Dermatopathology*. 1 (1), 102.
79. Kulathunga, R.D.H., Gunarathna, E.D.T.P., Jayawardhana, N.D.N., De Silava R.H.S.K., Ranasinghe R.L.D.S., Faisalhaq, M.H., Samarasinghe, U.K.A., **Arawwawala, L.D.A.M.** (2019). Phytochemical and physico-chemical comparison: Sri Lankan and Indian varieties of *Hemidesmus indicus* R. Br Roots. *International Journal of Ayurveda*. 4 (5), 1-4.
80. Karunarathne, Y.A.U.D., **Arawwawala, L.D.A.M.**, Amarasinghe A.P.G., Weerasooriya, T.R., Samarasinghe, U.K.A. (2019). Physico-chemical, Phytochemical and nutritional profiles of root powder of *Asparagus recemosus* (Willd) of Sri Lankan origin. *Asian Journal of Pharmacognosy*. 3(3), 29-35.
81. Kulathunga, R.D.H., Gunarathna, E.D.T.P., Jayawardhana, N.D.N., De Silava R.H.S.K., Ranasinghe R.L.D.S., Faisalhaq, M.H., Samarasinghe, U.K.A., **Arawwawala, L.D.A.M.** (2019). A comparative analytical study on two types of Sharibadi decoctions: An Ayurveda preparation. *Journal of Complementary and Alternative Medical Research*. 8(3),1-8.
82. Kulathunga, R.D.H., Gunarathna, E.D.T.P., Jayawardhana, N.D.N., De Silava R.H.S.K., Ranasinghe R.L.D.S., Faisalhaq, M.H., Fernando, P., **Arawwawala, L.D.A.M.** (2019). Standardization of Thoravature Taila: A Sri Lankan traditional formulation used in chronic kidney disease. *Journal of Ayurvedic and Herbal Medicine*. 5(3), 100-102.
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87. Ranasinghe, R.L.D.S., De Silva, R.H.S.K., **Arawwawala, L.D.A.M.**, Wijesiriwardhana, H.G.S.G. (2020). Phytochemical variation of a polyherbal formula according to its preparation method: Qualitative & Quantitative analysis. *Journal of Complementary and Alternative Medical Research*. 9(1), 22-28.

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