

Ingini Seeds: A Qualitative Study on Its Use in Water Purification in the Dry Zone of Sri Lanka

Authors : Iranga Weerakkody, Palitha Sri Geegana Arachchige, Dasith Tilakaratna

Abstract : The aim of this research is to study how folk wisdom can be applied to assist in the process of purification of water. This is qualitative research, and by random sampling, it is focused on to the dry zone of Sri Lanka. The research limitation has been set to the use of Ingini seeds (*Strychnos potatorum*) to purify water. Here the research is based on connecting traditional knowledge regarding water purification using Ingini seeds to modern times and the advantages and disadvantages of using Ingini seeds to purify water sources. Ingini seeds have been used among villagers of the dry zone to purify water for a long time by methods such as planting Ingini plants around water sources and depositing seeds covered with a cotton cloth inside wells. Crushed Ingini seeds have been put into clay water pots to reduce the hardness of water, as well as the number of impurities present in the water. This shows that Ingini seeds have a property that is successful in precipitating dissolved impurities in water. Ingini seeds are also used to precipitate solid impurities in herbal wine. The advantages of using Ingini seeds are that it can be obtained naturally from the ecology without an additional cost and that it is completely organic forest produce. Another specialty is that in practices, it is used to treat kidney stones and other water-related diseases affecting the kidneys.

Keywords : folklife, Ingini seeds, *Strychnos potatorum*, organic forest produce, water purification

Conference Title : ICTM 2021 : International Conference on Current Traditional Medicine

Conference Location : Vancouver, Canada

Conference Dates : May 20-21, 2021