nd Common Tropical Diseases" 19. Sri Lanka, 17-19<sup>th</sup> Jan. 2018

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of the global adult global prevalence t 25 years. Current tions—heart attack, perve damage—are are needed to treat

edicine and other investigation of msworth revealed at diabetes and/or invedic physicians in the indigenous Ediriweera and iabetic medicinal he therapies based ons prepared from tes.

I in the literature glycaemic activity nt level and scope and commercialise mic plants used in with a view to ants as botanical identifying lead ANRAPSL1 - "Herbal Approaches in Combating Diabetes and Common Tropical Diseases" NIFS, Kandy, Sri Lanka, 17-19<sup>th</sup> Jan. 2018

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## Bioactive Constituents from Fruits of some Indigenous Medicinal Plants of Sri Lanka

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Traditional medicine using endemic and indigenous plants is part of the cultural heritage of Sri Lanka. More than 500 species of the 3700 native flora in Sri Lanka have and are still being used in traditional medicine. The large number of practitioners of traditional medicine in Sri Lanka ensures that there is a rich reserve of indigenous knowledge on medicinal plants in the island. But the usefulness of certain plant extracts from specified plant parts known to these practitioners, has not always been recorded and is being rapidly lost through modernization although indigenous knowledge of ecological zones, natural resources and agricultural practices in preserving medicinal plants can be used as models for sustainable development of these resources.

Sri Lanka has a long history of exporting essential oils. Today the herbal and medicinal plant industry in Sri Lanka is a rapidly expanding export sector with enormous commercial potential. Medicinal plants known to practitioners of traditional medicine are also being used increasingly in health foods which are finding new export markets. The focus of this paper will be on results obtained during the study of bioactive secondary metabolites isolated from Sri Lankan fruits, which have the potential for applied uses as health foods and nutraceuticals.