



Upeksha Indeewari Medawatta

**Research Scientist**

Herbal Technology Section

<b>Qualifications</b>	<b>BSc.</b> - Biotechnology (Kyungpook National University Daegu, Republic of Korea, 2013) <b>MPhil.</b> - Reading (Kelaniya University, Sri Lanka)
<b>Contacts</b>	Phone: <b>+94 112797323 Ext: 6206</b> E-mail: <b>upeksha@iti.lk</b>
<b>Specialized Fields</b>	Immunology, Molecular biology, microbiology, Bio activity, and Analytical Chemistry.
<b>Interest Areas</b>	Molecular biology, Immunology, Microbiology, Fermentation Science, Bio activity, Marine biology and Aquaculture.
<b>Publications</b>	<p><b>Publications</b></p> <ul style="list-style-type: none"><li>- Abeysekera, W. P. K. M., Arachchige, S. P. G., Abeysekera, W. K. S. M., Ratnasooriya, W. D., &amp; <b>Medawatta, H. M. U. I.</b>, (2019). Antioxidant and Glycemic Regulatory Properties Potential of Different Maturity Stages of Leaf of Ceylon Cinnamon (<i>Cinnamomum zeylanicum</i> Blume) In Vitro. Evidence-Based Complementary and Alternative Medicine, 2019, 1–10. doi:10.1155/2019/2693795</li><li>- Madushani, Y. M. P.; Sulosana, P.; Selvaluxmy, K.; <b>Medawatta, H. M. U. I.</b>; Thayalini, T. Standardization of Jala Peenisa Chooranam Used for <i>Peenisa rogam</i>. <i>Asian J. Med. Heal.</i> 2017, 5(3), 1–5.</li></ul> <p><b>Communications</b></p> <ul style="list-style-type: none"><li>- Karunaratne, T.D.N., Sugataratana, K., Ariyawansa, H.A.S., De Silva, H.A., Abeysekera, W.P.K.M., <b>Medawatta, H.M.U.I.</b>, Arawwawala, L.D.A.M. (2017). Evaluation of antioxidant activity of important memory enhancing formula. International conference on Ayurveda, Unani, Siddha and Traditional Medicine (5th ICAUST 2017), Sri Lanka. p.210.</li><li>- <b>Medawatta, H.M.U.I.</b>, Abeysekera, W.P.K.M., Premakumara, G.A.S., Peiris, M.D.P.M &amp; Abeysekera, W.K.S.M. (2017). Antioxidants and antioxidant activity of different maturity stages of leaf of Ceylon cinnamon (<i>Cinnamomum zeylanicum</i> Blume) <i>in vitro</i>. <i>Proceedings of the 3<sup>rd</sup> Biennial Research Symposium, Sri Lanka</i>. p. 15-16.</li><li>- Madushani. Y.M.P.K, Sulosana. P, Selvaluxmy. K, <b>Medawatta, H.M.U.I.</b>, Thayalini. T., Standardization of Jala Peenisa choornam used for Peenisa Rogam, Proceedings of National Research Conference and Exhibition on Indigenous medicine (NRCEIM), University of Jaffna, 2017. 65.</li><li>- S. Kathirgamanathar*, <b>Medawatta, H.M.U.I.</b>, A.W.D. Priyangani, L.D.A.M.Arawwawala, H.M.T. Herath, G.D.D.R. Jayasinghe (2018) Antioxidant properties and nutritional value of leafy vegetables used in herbal porridge. Proceedings of Asian Symposium on Medicinal Plants, Spices, and other Natural Products XVI (ASOMPSXVI).</li><li>- S. Kathirgamanathar*, <b>Medawatta, H.M.U.I.</b>, A.W.D. Priyangani, L.D.A.M.Arawwawala, H.M.T. Herath, G.D.D.R. Jayasinghe (2018) Antioxidant properties and nutritional value of leafy vegetables used in herbal porridge. <i>Proceedings of the 4th Biennial Research Symposium, Sri Lanka</i>.</li><li>- <b>Medawatta, H. M. U. I.</b>, P. Ranasinghe, H. D. Weerathunga, W P K M Abeysekera, G A S Premakumara, D. N. Samaraweera, and G. G. Jayasinghe (2021). Antioxidants and antioxidant activity of leaf of Sri Gemunu and Sri Wijeya (<i>Cinnamomum zeylanicum</i> Blume) high yielding cinnamon varieties in Sri Lanka. Proceedings of the International Conference on Innovation and Emerging Technologies (ICIET), University of Sri Jayawardenapura Sri Lanka.</li></ul>

- **Medawatta, H. M. U. I.**, Ranasinghe, P., Weerathunga, H. D., Abeysekera, W. P. K. M., Premakumara, G. A. S., Samaraweera, D. N., and Jayasinghe, G. G. (2021). Antioxidant properties of Sri Gamunu bark (*Cinnamomum zeylanicum* Blume) high yielding Cinnamon variety developed in Sri Lanka: an in vitro study. Proceedings of the 5th Biennial Research Symposium, Industrial Technology Institute Sri Lanka.
- Kathirgamanathar, S.\*, **Medawatta, H. M. U. I.**, Priyangani, A. W. D., Arawwawala, L. D. A. M., Herath, H. M. T., Jayasinghe G. D. D. R. (2021). Development of an instant herbal porridge having functional properties and its shelf life evaluation. Proceedings of the 5th Biennial Research Symposium, Industrial Technology Institute Sri Lanka.
- **Medawatta H.M.U.I.**, Fernando P.I.P.K., Binduhewa A.M.C.U. and Arawwawala L.D.A.M.\* (2021) Antioxidant activity and shelf life of vinegar free spicy sauce. Proceedings of the 5th Biennial Research Symposium, Industrial Technology Institute Sri Lanka.
- Alagiyawanna, A. M. D. S., Ranasinghe, P., Abeysekera, W. P. K. M., **Medawatta, H. M. U. I.**, Premakumara, G. A. S., Jayasinghe, G. G., and Samaraweera, D. N. (2022) Antioxidants and Antioxidant Activity of Stem Bark and Leaf of Sri Gemunu and Sri Wijeya Cinnamon Varieties in Sri Lanka. Proceedings of 2nd Annual International Conference on Innovation and Emerging Technologies (ICIET), University of Sri Jayawardenapura Sri Lanka, 25-26 November. pp. 75.
- **Medawatta H. M. U. I.**, Ranasinghe P., Mubarak, M. N. A., Fernando D., and Dharmadasa R. M. (2023) Evaluation of antioxidants, antioxidant activities and mineral composition of commercially cultivated mushroom species in Sri Lanka. Proceedings of the 79th Annual Sessions - Part I, Sri Lanka Association for the Advancement of Science.
- **Medawatta H. M. U. I.**, Samuddrika, T.D.Y, Priyangani, A.W.D, Samaranayake, M.D.W, Jayawardhana, T.M.D.A, Binduhewa, A.M.C.U, Kathirgamanathar, S, Herath, H.M.T, Menike, A.A.I.S, Piratheepkumar, R and Paheerathan V. (2023) Asparagus racemosus instant porridge: Supplementary food for Diabetes Mellitus patients. Proceedings of the 6th Biennial International Research Symposium, Industrial Technology Institute Sri Lanka.

## Major Projects Undertaken

- Selected chemical, nutritional and functional health benefits of Sri Wijeya and Sri Gemunu high yielding cinnamon varieties (*Cinnamomum zeylanicum* Blume) developed in Sri Lanka. (Funded by Sri Lanka Treasury)
- Antioxidant properties and nutritional value of 4 leafy vegetables and formulation of an herbal porridge to be used to control diabetes and Cholesterol. (Funded by Sri Lanka Treasury)
- Selected chemical, nutritional and functional health benefits of Kithul zap (Funded by Sri Lanka Treasury)
- Bar coding of wild and hybridized *C. urens* varieties found in Sri Lanka and understanding the molecular biological changes observed during zapping period.
- Beyond Culinary Delight emerging trend of mushroom in nutraceutical pharmaceutical industries. (Funded by Sri Lanka Treasury)
- Fractional distillation of endemic resin oils and wild cinnamon under reduced pressure, evaluating chemical composition, and value added potential. (Funded by Sri Lanka Treasury)