



# YOGARATNAKAR : SINGLE HERB INDICATION FOR VARIOUS DISEASES

Dr. Manaswini Singh, Dr. Man Singh Meena, Dr. Rajesh Sharma

PG Scholar, Professor

Delhi University

## Abstract

*Ayurveda* offers comprehensive approach for the treatment of diseases. There are several compound formulations, single herbs, codes of conducts etc. documented in classical texts for the management of variety of ailments. The unique approach of using single herbs for treatment is mentioned in the *Yogaratanakar*. In this text indication of single herbs is presented with their useful part, *anupana* and mode of administration. Clinicians and Scholars of *Ayurveda* often encounter intricate question arises for the precise mechanism of action of multiple drugs on a disease present in a formulation. The experimental and clinical research based findings on single herbs can help to unveil those queries. This review article encompasses the single herbs mentioned in *Yogaratanakar* for the treatment of various diseases.

## Introduction

*Yogaratanakara* is a well established literature of *Ayurveda* which is composed of plentiful concepts which aren't explained in that much detail in other treatises. It contains some distinctive concepts such as *ashtavidha rogi pariksha*, *tail-bindu pariksha* of *mutra*, *amavata chikitsa*, *sutika roga chikitsa*, *somaroga chikitsa*, *stri-garbharoga chikitsa*, *snayuka roga chikitsa*, *amlapitta chikitsa*, *anupana* (disease specific) etc <sup>[1]</sup>. In this text we get glimpse of single herbs along with their useful parts and *anupana* indicated for the management various ailments [Table:1]. *Ayurvedic* compound formulations are propitiously used for the treating several diseases. But it is often a complex process to rule out exact therapeutic effect and mechanism of each herb present in a compound formulation for curing the disease. Hence, the scientific knowledge based on the experimental and clinical studies performed on the single herbs will radiant their concealed aspects. By incorporating this knowledge about therapeutic dose, therapeutic site, pharmacological activities, therapeutic actions, toxicity, anti-dotes etc. of single herbs are useful for developing new formulations.

**Keywords:** *Ayurveda*, *Yogratnakar*, Single herbs

## Material and Methods

Ayurvedic classical text *Yogratnakar*, various published journals and articles were thoroughly re-envisioned for collecting significant information about Single herbs indicated in management of various diseases in *Yogratnakar*.

**Table:1** Single herbs along with their botanical name, family, their useful part, *anupana* indicated in various diseases in the *Yogaratnakar* text

| S.No. | Single herb, Botanical name & Family <sup>[2]</sup>                         | Useful part  | Anupana   | Indication  |
|-------|---|--|---|---|
| 1.    | <i>Adrak</i><br><i>Zingiber officinale</i> Rosc.<br>Zingiberaceae           | <i>Kanda swarasa</i><br>(extracted juice of rhizome) | <i>Madhu</i><br>(honey)                                     | Oral administration in <i>Shwas, Kasa, Pratishyay, Kapha roga</i> |
|       |   | <i>Kanda swarasa</i><br>(extracted juice of rhizome) | <i>Go-mutra</i><br>(cow's urine)                            | Oral administration in <i>Kaphaj pandu</i>                        |
|       |   | <i>Kanda</i><br>(dried rhizome)                      | <i>Saindhav</i><br>(rock salt)                              | Oral administration for <i>Jihwa-kantha vishodhan</i>             |
|       |   | <i>Kanda</i><br>(dried rhizome)                      | <i>Kshira</i><br>(milk)                                     | Oral administration in <i>Pittaj-pratishyay</i>                   |
| 2.    | <i>Akhuparni</i><br><i>Merremia emarginata</i><br>Burm f.<br>Convolvulaceae | <i>Patra</i><br>(leaves)                             | -   | Oral administration in <i>Krimiroga</i>                           |
| 3.    | <i>Amlaka</i><br><i>Emblica officinalis</i> Gaertn.<br>Euphorbiaceae        | <i>Phala</i><br>(fruit)                              | <i>Ghrita</i><br>(ghee)                                     | <i>Lepa</i> (Topically apply) in <i>Nasagata rakta-pitta</i>      |
| 4.    | <i>Amra</i><br><i>Mangifera indica</i> Linn.<br>Anacardiaceae               | <i>Twak</i><br>(stem bark)                           | <i>Aja-dugdha</i><br>(goat's milk)                          | Oral administration in <i>Updamsha</i>                            |
| 5.    | <i>Ankol</i><br><i>Alangium salvifolium</i> Linn.<br>Alangiaceae            | <i>Mula</i><br>(roots)                               | <i>Madhu</i> (honey)<br>+ <i>Tandulambu</i><br>(rice water) | Oral administration in <i>Atisara</i>                             |
| 6.    | <i>Apamarga</i><br><i>Achyranthes aspera</i> Linn.<br>Amaranthaceae         | <i>Bija</i><br>(seeds)                               | <i>Tandulambu</i><br>(rice water)                           | Oral administration in <i>Rakta arsha</i>                         |
|       |   | <i>Kshara</i>  | <i>Tila taila</i><br>(sesame oil)                           | Local application in <i>Karnanada</i> (Tinitis), <i>Badhirya</i>  |

|     |   |   |  |   |
|-----|---|---|--|---|
|     |   |   |  | (Deafness)  |
| 7.  | <i>Aparajita</i><br><i>Clitoria ternatea</i> L.<br>Fabaceae                 | <i>Mula</i><br>(roots)                              | -  | Oral administration of paste in <i>Parinamashula</i>  |
|     |   | <i>Phala</i> (fruits) + <i>Mula</i> (roots)         | -  | <i>Nasya</i> in <i>Shirashula</i> (Headache)  |
| 8.  | <i>Aragvadha</i><br><i>Cassia fistula</i> Linn.<br>Fabaceae                 | <i>Patra</i><br>(leaves)                            | <i>Kanji</i>   | Local application in <i>Dadru</i> , <i>Kitibha</i> , <i>Sidhma</i> , <i>Pama</i> , <i>Vicharchika</i> |
| 9.  | <i>Arka</i><br><i>Calotropis procera</i> (Ait.)<br>R. Br.<br>Asclepiadaceae | <i>Patra</i><br>(leaves)                            | <i>Ghrita</i><br>(ghee)  | Local application in <i>Karnashula</i>  |
| 10. | <i>Ashvagandha</i><br><i>Withania somnifera</i> Linn.<br>Solanaceae         | <i>Mula</i><br>(roots)                              | <i>Kshira</i><br>(milk)  | Oral administration in <i>Garbhadharana</i>   |
| 11. | <i>Atibala</i><br><i>Abutilon indicum</i> Linn.<br>Malvaceae                | <i>Mula</i><br>(roots)                              | <i>Madhu</i> (honey) + <i>Sita</i> (sugar)                                     | Oral administration in <i>Raktapradara</i>  |
| 12. | <i>Badari</i><br><i>Zizyphus jujube</i> Lamk.<br>Rhamanaceae                | <i>Patra</i><br>(leaves)                            | <i>Ghrita</i><br>(ghee)  | Oral administration in <i>Kasa</i>  |
| 13. | <i>Bhallatak</i><br><i>Semecarpus anacardium</i><br>Linn.<br>Anacardiaceae  | <i>Raja</i>   | <i>Dadhi</i><br>(curd)   | Oral administration in <i>Krimiroga</i>   |
| 14. | <i>Bilva</i><br><i>Aegle marmelos</i> Corr.<br>Rutaceae                     | <i>Phala majja</i><br>(fruit's pulp)                | <i>Jala</i><br>(water)   | Oral administration in <i>Bhasmaka</i> or <i>Atyagni roga</i>   |
|     |   | <i>Patra swarasa</i><br>(extracted juice of leaves) | -  | Oral administration in <i>Shotha</i>  |
| 15. | <i>Chandan</i><br><i>Santalum album</i> Linn.<br>Santalaceae                | <i>Kandasara</i><br>(heartwood)                     | <i>Madhu</i> (honey) + <i>Sita</i> (sugar) + <i>Tandulambu</i><br>(rice water) | Oral administration in <i>Trishna</i> , <i>Daha</i> & <i>Moha</i>                                     |
|     |   | <i>Kandasara</i><br>(heartwood)                     | <i>Nari paya</i><br>(breast milk) + <i>Saindhav</i> (rock salt)                | <i>Nasya</i> in <i>Hikka</i> (Hiccough)   |
| 16. | <i>Chincha</i><br><i>Tamarindus indica</i> Linn.<br>Caesalpiniaceae         | <i>Phala</i><br>(fruit)                             | <i>Nimbu swarasa</i><br>(lemon juice)  | Oral administration in <i>Visuchika</i> , <i>Shoshahara</i>   |
| 17. | <i>Dadima</i><br><i>Punica granatum</i> Linn.<br>Punicaceae                 | <i>Phala twak</i><br>(fruit's peel)                 | <i>Tila taila</i><br>(sesame oil)  | Oral administration in form of decoction for <i>Krimikoshtha</i>                                      |
|     |   | <i>Phala</i>  | <i>Madhu</i>   | Oral  |

|     |  |  |  |  |
|-----|--|--|--|--|
|     |  | (fruit)  | (honey)  | administration in <i>Ajirna</i>  |
| 18. | <i>Dhatura</i><br><i>Datura metel</i> Linn.<br>Solanaceae  | <i>Mula</i><br>(roots)                                       | -  | Local application for <i>Garbhapatana</i>                                    |
| 19. | <i>Draksha</i><br><i>Vitis vinifera</i> Linn.<br>Vitaceae  | <i>Phala</i><br>(fruit)                                      | <i>Madhu</i> (honey)<br>+ <i>Sita</i> (sugar)            | Oral administration in <i>Hrida-koshthagata daha</i>                         |
| 20. | <i>Dronapushpi</i><br><i>Leucas cephalotes</i> Spreng.<br>Labiatae                                   | <i>Panchanga swarasa</i><br>(extracted juice of whole plant) | -  | Local application in eyes as <i>Anjana</i> for <i>Kamala</i> (Jaundice)      |
| 21. | <i>Eranda</i><br><i>Ricinus communis</i> Linn.<br>Euphorbiaceae                                      | <i>Bija</i><br>(seeds)                                       | <i>Sita</i><br>(sugar)                                   | Oral administration in <i>Amavata</i>  |
|     |  | <i>Patra</i><br>(leaves)                                     | -  | Local application for <i>Garbhapatana</i>                                    |
| 22. | <i>Ervaruka</i><br><i>Cucumis sativus</i> Linn.<br>Cucurbitaceae                                     | <i>Bija</i><br>(seeds)                                       | <i>Saindhav</i><br>(rock salt)                           | Oral administration in <i>Udavarta</i>                                       |
| 23. | <i>Gambhari</i><br><i>Gmelina arborea</i> Linn.<br>Verbenaceae                                       | <i>Phala</i><br>(fruit)                                      | <i>Kshira</i><br>(milk)                                  | Oral administration in <i>Shitpitta</i>                                      |
|     |  | <i>Patra</i><br>(leaves)                                     | -  | Local application at nail bed for <i>Chippa</i> (Paronychia)                 |
| 24. | <i>Guduchi</i><br><i>Tinospora cordifolia</i><br>(Willd) Miers ex Hook. f. & Thoms<br>Menispermaceae | <i>Kanda swarasa</i><br>(extracted juice of stem)            | <i>Madhu</i><br>(honey)                                  | Oral administration in <i>Sarva prameha</i> (Diabetes mellitus)              |
|     |  | <i>Kanda swarasa</i><br>(extracted juice of stem)            | <i>Madhu</i> (honey)<br>+ <i>Saindhav</i><br>(rock salt) | Local application in eyes as <i>Anjana</i> for <i>Pilaroga</i>               |
| 25. | <i>Gunja</i><br><i>Abrus precatorius</i> Linn.<br>Fabaceae   | <i>Phala</i> (fruit) + <i>Mula</i> (roots)                   | <i>Sarshapa taila</i><br>(mustard oil)                   | Local application in <i>Gandamala</i> (Goitre)                               |
|     |  | <i>Mula</i><br>(roots)                                       | <i>Aja-mutra</i><br>(goat's urine)                       | Local application in eyes as <i>Anjana</i> for <i>Andhya</i> , <i>Timira</i> |
| 26. | <i>Haritaki</i><br><i>Terminalia chebula</i> Retz.<br>Combretaceae                                   | <i>Phala</i><br>(fruit)                                      | -  | <i>Udavartana</i> for <i>Swedadhikya</i> in <i>Medoroga</i>                  |
|     |  | <i>Phala</i><br>(fruit)                                      | <i>Madhu</i><br>(honey)                                  | Oral administration  |

|     |  |   |  |  |
|-----|--|---|--|--|
|     |  |   |  | in <i>Rakta-pitta</i> ,<br><i>Atisar</i> , <i>Shula</i>            |
| 27. | <i>Indravaruni</i><br><i>Citrullus colocynthis</i><br>Schard<br>Cucurbitaceae  | <i>Mula</i><br>(roots)                                    | <i>Go-dugdha</i><br>(cow's milk)   | Oral<br>administration<br>in <i>Kamala</i><br>(Jaundice)           |
|     |  | <i>Phala</i><br>(fruit)                                   | -  | Fumigation in<br><i>Danta krimi</i><br>(Dental caries)             |
| 28. | <i>Jalkumbhi</i><br><i>Pistia stratiotes</i> L.<br>Araceae                     | <i>Panchanga</i><br><i>bhasma</i><br>(whole plant<br>ash) | <i>Go- mutra</i><br>(cow's urine)  | Oral<br>administration<br>in <i>Galagand</i>                       |
| 29. | <i>Jati</i><br><i>Jasminum officinale</i> Linn.<br>Oleaceae                    | <i>Patra</i><br>(leaves)                                  | -  | Local<br>application in<br>mouth for<br><i>Mukhapak</i>            |
| 30. | <i>Jaypal</i><br><i>Croton tiglium</i> Linn.<br>Euphorbiaceae                  | <i>Patra</i><br>(leaves)                                  | <i>Jaypal swarasa</i><br>(extracted juice<br>of <i>Jaypal</i><br>leaves) | Local<br>application in<br><i>Gandamala</i><br>(Goitre)            |
| 31. | <i>Jyotishmati</i><br><i>Celastrus panniculatus</i><br>Willd.<br>Celastraceae  | <i>Bija</i><br>(seeds)                                    | -  | Oral<br>administration<br>of paste in <i>Rakta</i><br><i>arsha</i> |
| 32. | <i>Kapitha</i><br><i>Feronia limonia</i> Linn.<br>Rutaceae                     | <i>Phala swarasa</i><br>(fruit juice)                     | <i>Madhu</i><br>(honey)  | Oral<br>administration<br>in <i>Hikka</i> , <i>Shvasa</i>          |
| 33. | <i>Koshataki</i><br><i>Luffa acutangula</i> Linn.<br>Cucurbitaceae             | <i>raja</i>   | -  | Local<br>application in<br><i>Rakta-arsha</i>                      |
| 34. | <i>Kumari</i><br><i>Aloe vera</i> Tourn. ex Linn.<br>Liliaceae                 | <i>Mula</i><br>(roots)                                    | <i>Koshnajala</i><br>(lukewarm<br>water)                                 | <i>Vamana</i> in<br><i>Visham jwara</i>                            |
| 35. | <i>Kumkum</i><br><i>Crocus sativus</i> Linn.<br>Iridaceae                      | <i>Keshar</i><br>(stamens)                                | <i>Aja-dugdha</i><br>(goat's milk)                                       | Oral<br>administration<br>in <i>Urdha-</i><br><i>raktapitta</i>    |
| 36. | <i>Kushmand</i><br><i>Benincasa hispida</i><br>(Thunb.) Cogn.<br>Cucurbitaceae | <i>Mula</i><br>(roots)                                    | <i>Ushnambu</i><br>(warm water)  | Oral<br>administration<br>in <i>Shvas</i> , <i>Kasa</i>            |
|     |  | <i>Mula</i><br>(roots)                                    | <i>Saindhav</i> (rock<br>salt) + <i>Vida</i><br>(ammonium<br>salt)       | <i>Nasya</i> in<br><i>Galagand</i>                                 |
| 37. | <i>Kutaj</i><br><i>Holarrhena antidysentrica</i><br>Linn.<br>Apocynaceae       | <i>Mula</i><br>(roots)                                    | <i>Dadhi</i><br>(curd)   | Oral<br>administration<br>in <i>Ashmari</i><br>(Renal calculi)     |
| 38. | <i>Laksha</i><br><i>Laccifer lacca</i> Cock.<br>Lacciferidae                   | <i>Niryas</i><br>(resin)                                  | <i>Madhu</i> (honey)<br>+ <i>Paya</i> (milk)                             | Oral<br>administration<br>in <i>Raktapitta</i>                     |
|     |  | <i>Niryas</i><br>(resin)                                  | <i>Madhu</i> (honey)<br>+ <i>Paya</i> (milk) +<br><i>Ghrita</i> (ghee)   | Oral<br>administration<br>in <i>Shosha</i>                         |
| 39. | <i>Madhuyashti</i>   | <i>Mula</i>   | <i>Madhu</i> (honey)   | Oral   |

|     |  |  |   |   |
|-----|--|--|---|---|
|     | <i>Glycyrrhiza glabra</i> Linn.<br>Fabaceae                          | (root)   | + <i>Paya</i> (milk)  | administration<br>in <i>Raktapitta</i>  |
| 40. | <i>Maricha</i><br><i>Piper nigrum</i> Linn.<br>Piperaceae            | <i>Phala</i><br>(fruit)                            | <i>Dadhi</i><br>(curd)  | Local<br>application in<br>eyes as <i>Anjana</i><br>for <i>Naktandhya</i><br>(Night<br>blindness) |
| 40. | <i>Masha</i><br><i>Phaseolus mungo</i> Linn.<br>Fabaceae             | <i>Phala</i><br>(fruit)                            | <i>Navnita</i><br>(butter)  | Oral<br>administration<br>in <i>Ardita</i> (Facial<br>paralysis)                                  |
| 41. | <i>Matulunga</i><br><i>Citrus medica</i> Linn.<br>Rutaceae           | <i>Mula</i> (Root) +<br><i>Pushpa</i><br>(flowers) | <i>Tandulambu</i><br>(rice water)   | Oral<br>administration<br>in <i>Nasagat-<br/>raktapitta</i><br>(Epistaxis)                        |
|     |  | <i>Phala swarasa</i><br>(fruit juice)              | <i>Ghrita</i> (ghee) +<br><i>Saindhav</i> (rock<br>salt) + <i>Hingu</i><br>(asafoetida) | Oral<br>administration<br>in <i>Shula</i>   |
| 42. | <i>Mundi</i><br><i>Sphaeranthus indicus</i> Linn.<br>Compositae      | <i>Mula</i><br>(root)                              | <i>Mundi swarasa</i><br>(extracted juice<br>of <i>Mundi</i> 's root)                    | Local<br>application in<br><i>Galagand</i> ,<br><i>Apachi</i>                                     |
| 43. | <i>Musta</i><br><i>Cyperus rotundus</i> Linn.<br>Cyperaceae          | <i>Kanda</i><br>(rhizome)                          | <i>Jala</i><br>(water)  | Local<br>application in<br>eyes as <i>Anjana</i><br>for <i>Timira</i>                             |
| 44. | <i>Narikela</i><br><i>Coccus nucifera</i> Linn.<br>Palmae            | <i>Taila</i><br>(oil)                              | <i>Kshira</i> (milk) +<br><i>Sita</i> (sugar)   | <i>Nasya</i> in<br><i>Ardhavybhedha</i>   |
| 45. | <i>Nimba</i><br><i>Azadirachta indica</i> A. Juss<br>Meliaceae       | <i>Twak</i><br>(Stem bark)                         | <i>Hingu</i><br>(asafoetida) +<br><i>madhu</i> (Honey)                                  | Oral<br>administration<br>in <i>Krimi</i> / <i>roga</i>   |
| 46. | <i>Nirgundi</i><br><i>Vitex negundo</i> Linn.<br>Verbenaceae         | <i>Bija</i><br>(seeds)                             | -   | <i>Nasya</i> ( <i>navan</i> )<br>in <i>Apasmar</i>  |
| 47. | <i>Palash</i><br><i>Butea monosperma</i> Lam.<br>Kuntze.<br>Fabaceae | <i>Pushpa</i><br>(flower)                          | -   | Oral<br>administration<br>in <i>Prameha</i><br>(Diabetes<br>mellitus)                             |
|     |  | <i>Mula</i><br>(roots)                             | <i>Tandulambu</i><br>(rice water)   | Local<br>application in<br><i>Galagand</i>  |
|     |  | <i>Patra</i><br>(leaves)                           | <i>Kshira</i><br>(milk)   | Oral<br>administration<br>for <i>Viryavan<br/>santan</i>  |
| 48. | <i>Parpat</i><br><i>Fumaria vaillantii</i> Loisel.<br>Fumariaceae    | <i>Panchanga</i><br>(whole plant)                  | <i>Madhu</i><br>(honey)   | Oral<br>administration<br>in form of<br>decoction for<br><i>Pittaja-chardi</i> ,                  |

|     |   |   |   |  |
|-----|---|---|---|--|
|     |   |   |   | <i>Shirotopa, Chakshudaha</i>  |
| 49. | <i>Patala</i><br><i>Stereospermum suaveolens</i><br>DC<br>Bignoniaceae      | <i>Phala swarasa</i><br>(fruit juice)               | <i>Madhu</i> (honey)<br>+ <i>Swarna bhasma</i> (gold's ash)                     | Oral administration for curing all five types of <i>Hikka</i> (Hiccough)           |
| 50. | <i>Patola</i><br><i>Trichosanthes dioica</i> Roxb.<br>Cucurbitaceae         | <i>Patra swarasa</i><br>(extracted juice of leaves) | -   | Local application in <i>Indralupta</i> (Alopecia)                                  |
| 51. | <i>Pippali</i><br><i>Piper longum</i> Linn.<br>Piperaceae                   | <i>Phala</i><br>(fruit)                             | <i>Guda</i> (jaggery)<br>+ <i>Aja-paya</i> (goat's milk) + <i>Ghrita</i> (ghee) | Oral administration in <i>Kshayaj kasa</i>   |
|     |   | <i>Phala</i><br>(fruit)                             | <i>Aja-vita</i><br>(goat's excreta)   | Local application in eyes as <i>Anjana</i> for <i>Naktandhya</i> (Night blindness) |
| 52. | <i>Putrajivak</i><br><i>Putranjiva roxburghii</i><br>Wall.<br>Euphorbiaceae | <i>Phala</i><br>(fruit)                             | -   | Local application in <i>Visphota, Kalvisha</i>                                     |
|     |   | <i>Phala swarasa</i><br>(fruit juice)               | -   | Local application in <i>Shlipada</i>   |
| 53. | <i>Rala</i><br><i>Shorea robusta</i> Gaertn.<br>Dipterocarpeae              | <i>Niryasa</i><br>(resin)                           | <i>Tila tail</i><br>(sesame oil)  | Fumigation in <i>Rakta-srava</i>   |
| 54. | <i>Sariva</i><br><i>Hemidesmus indicus</i> R. Br.<br>Asclepiadaceae         | <i>Patra</i><br>(leaves)                            | -   | Local application in mouth for <i>Dantachal</i>                                    |
|     |   | <i>Mula</i><br>(roots)                              | -   | Local application for <i>Vranashodhana</i>   |
| 55. | <i>Saptaparna</i><br><i>Alstonia scholaris</i> R. Br.<br>Apocynaceae        | <i>Twak</i><br>(stem bark)                          | <i>Kshira</i><br>(milk)   | Local application for <i>Vranaropan</i>  |
| 56. | <i>Shatavari</i><br><i>Asparagus racemosus</i><br>Willd.<br>Liliaceae       | <i>Mula</i><br>(roots)                              | <i>Kshira</i><br>(milk)   | Oral administration for <i>Shukrashmari</i>  |
| 57. | <i>Shigru</i><br><i>Moringa oleifera</i> Lam.<br>Moringaceae                | <i>Mula</i><br>(roots)                              | -   | Hot fomentation in <i>Vata vidradhi</i>  |
| 58. | <i>Shirisha</i><br><i>Albizia lebeck</i> Benth.<br>Fabaceae                 | <i>Twak</i><br>(stem bark)                          | <i>Shatdhauta ghrita</i><br>(hundred time washed ghee)                          | Local application in <i>Kardam visarpa</i>   |
| 59. | <i>Shyonak</i><br><i>Oroxylum indicum</i> Vent.                             | <i>Mula</i><br>(roots)                              | <i>Tila tail</i><br>(sesame oil)  | Local application in   |

|     |  |   |   |  |
|-----|--|---|---|--|
|     | Bignoniaceae   |   |   | <i>Tridoshaja Karnashula</i>                                       |
| 60. | <i>Tila</i><br><i>Seasamum indicum</i> Linn.<br>Pedaliaceae        | <i>Bija kalka</i><br>(pounded seeds)                | -   | Oral administration for <i>Chakshushya</i> & <i>Vatahara karma</i> |
|     |  | <i>Bija kalka</i><br>(pounded seeds)                | <i>Guda</i><br>(jaggery)                          | Oral administration for <i>Artavarodha</i>                         |
| 61. | <i>Udumbar</i><br><i>Ficus glomerata</i> Roxb.<br>Moraceae         | <i>Phala</i><br>(fruit)                             | <i>Guda</i> (jaggery)<br>+ <i>Madhu</i> (honey)   | Oral administration in <i>Nasagat raktapitta</i>                   |
|     |  | <i>Phala swarasa</i><br>(fruit juice)               | -   | Oral administration in <i>Pittaj trishna</i>                       |
| 62. | <i>Upodika</i><br><i>Basella rubra</i> L.<br>Basellaceae           | <i>Patra swarasa</i><br>(extracted juice of leaves) | -   | Local application in <i>Arbuda</i>                                 |
| 63. | <i>Vacha</i><br><i>Acorus calamus</i> Linn.<br>Araceae             | <i>Mula</i><br>(roots)                              | <i>Lavantoya</i><br>(saline water)                | Oral administration for <i>Vaman</i> in <i>Amajirna</i>            |
| 64. | <i>Varun</i><br><i>Crataeva nurvala</i> Buch-Ham.<br>Capparidaceae | <i>Twak</i><br>(stem bark)                          | <i>Madhu</i><br>(honey)                           | Oral administration for <i>Gandmala</i>                            |
| 65. | <i>Vasa</i><br><i>Adhatoda vasica</i> Nees<br>Acanthacea           | <i>Patra</i><br>(leaves)                            | <i>Madhu</i><br>(honey)                           | Oral administration in <i>Kaphaj masurika</i>                      |
|     |  | <i>Patra swarasa</i><br>(extracted juice of leaves) | <i>Madhu</i><br>(honey)                           | Oral administration in <i>Pitta-kaphaj kasa</i>                    |
| 66. | <i>Vata</i><br><i>Ficus bengalensis</i> Linn.<br>Moraceae          | <i>Ankur</i>  | <i>Tandulambu</i><br>(rice water)                 | Oral administration in <i>Atisara</i>                              |
| 67. | <i>Vidang</i><br><i>Embelia ribes</i> Burm f.<br>Myrsinaceae       | <i>Phala</i><br>(fruit)                             | <i>Godhuma</i><br>(wheat) + <i>Jal</i><br>(water) | Oral administration in <i>Pinasa</i>                               |

Research Through Innovation

## Discussion

In the *Agrya prakaran*, mostly single herbs are documented by *Acharya Charak* and *Vagbhata*.<sup>[3][4]</sup> This indicates *acharya's* apprehension about single drugs for potentially treating a disease. Single herbs are widely used by clinicians as they are easy to use, identify, cost effective.<sup>[5]</sup> The choice of single drug documented in the *Yogratnakar* text are unique and indicated along with their useful part, *anupana*, mode of administration. Clinicians should adopt single herbs in their routine practise as this will be helpful for them to understand clearly the pharmacological action. Many a times single drug are effectively pacify the disease but in case of multidimensional diseases it requires compound formulation for the treatment.<sup>[6]</sup> Further Experimental and

Clinical studies should be conducted on these drugs to generate scientific evidence for their mechanism of action to develop a potential alternative to cure various ailments.

## Conclusion

Variety of single herb is documented in *Yogratnakar* for the management of several ailments. The scientific data on the basis of research studies is needed to establish their safety and efficacy. Single drugs are used to treat multiple health issues. *Ayurvedic* formulations contain numerous ingredients which aren't available in present era. A potential alternative is essential to fix up this complexity that can be replaced by single herbs.

## References

1. Shastri L, *Yogratnakar of Vidyotini Hindi Commentary*, Varanasi: Chaukhamba Bharti Academy, 1988.
2. Sharma PV, *Dravya guna vigyana*, Varanasi: Chaukhamba Bharti Academy, Vol.2;2017.
3. Shastri K, Chaturvedi G, editor. *Charak Samhita of Agnivesha Elaborated Vidyotini Hindi Commentary, Part1*. Varanasi: Chaukhamba Bharti Academy; 2017. p.467. Rerprint Vimansthana 25/40.
4. Gupta A, editor. *Ashtanga Hridaya Elaborated Vidyotini Hindi Commentary*, Varanasi: Chaukhamba Bharti Academy, 2022, p.832, Uttarsthana 40/48.
5. Santosh Vasantrya Patil et.al: *A Conceptual Study on Agrya Aushadhi (Dravya) And Its Applied Aspects in Ayurveda*, International Ayurvedic Medical Journal, 2020.
6. Goyal H, Raj L, Zhillika, Harpreet, *A review on Ekal Dravya Prayoga In various Yonivyapada*, J Ayu Int Med Sci, 2024, Vol.9(4), p.83-87.

