



Review Article

REVIEW OF HARITAKI (*TERMINALIA CHEBULA* Retz.) AS AN EKAL DRAVYA CHIKITSA IN
BRIHATRAYEE

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ABSTRACT

Ayurveda is a traditional system of Indian medicine which aims to promote health and wellness by maintaining equilibrium of all three *Dosas* of body. Natural medicinal herbs are an important component of this science which aims to protect the body from various ailments and offer user a variety of health benefits including physical as well as mental health. *Haritaki* has been placed in high esteem among all medicinal herbs due to its rich property to prevent and cure disease. It is always listed first in Ayurveda as it is called the king of medicines due to its large number of uses having extraordinary therapeutic benefits. Since ancient time, *Haritaki* has enjoyed a prime place among all medicinal plants. It is being found to be used in many of compound formulations due to its wide spectrum of pharmacological activities. *Haritaki* is one of three dried fruits that make up the Ayurvedic formula *Triphala*. It has been used among the large number of population to promote healing from variety of diseases ranging from use as *Rasayan* to the diseases related to indigestion and many more. *Haritaki* is being used as a best prescribed remedy for many of the common ailments in day today's life by large number of physician. It is being used easily in all diseases, either for its health promoting benefit or for its disease alleviating property. Nowadays, using *Haritaki* as a single *Dravya* with various *Anupaan* is a great trend giving optimum results. *Ekaldravya* concept of using single substances has been mentioned in our ancient Ayurvedic literature. Use of *Haritaki* as a single drug therapy has been evidenced at various instances in *Brihatrayee*.

KEYWORDS: *Haritaki, Ekal, Dravya, Chikitsa.*

INTRODUCTION

Medicinal plants are the prime substances in the field of Ayurveda on which the physician rely for attaining a better health condition. An ancient practice of using plants as a source of medicine is an important component of the health care system. Most practitioners of the traditional systems of medicine prepare their own formulations whereas many use single herb for managing disease conditions. The interest in traditional medicines is growing rapidly due to its less harmful side effect if used cautiously. Using single drug therapy is more reliable in this context as the pharmacological action of single *Dravya* is well known rather than that of multiherbal formulation where drug to drug interaction is unknown. Single drug therapy also ensures the quality of substance being used. Although many of physician uses *Haritaki* as a single *Dravya* for therapeutic purpose but it still needs more extensive research and evidence base. So here it has been reviewed in *Brihatrayee* to provide an evidence based data for the using *Haritaki* as an *Ekal Dravya Chikitsa*

in many ailments where it is single sufficient to break the pathogenesis.

EDC is being practiced nowadays by many of physicians who follow our basic literature for managing the diseased conditions. It has been evidenced that *Haritaki* is being used in single forms at various instances for its purgation activity in many diseases where *Virechan* is the basic line of treatment. Many a time a substance is not single enough to break the pathogenesis. So it is being used with another substance known as *Anupaan* or *Sahapaan* or in processed form to be single enough to cure any disease condition. So for practical use and need of time, *Anupaan* or *Sahapaan* or processed single *Dravya* are also considered to be taken into concept of *Ekal Dravya Chikitsa*.

In Ch.Chi. 1-1/ 30-37, *Haritaki* has been mentioned to have *Sarvarogaprashman* (alleviates all diseases), *Doshanuloman*, *Deepan*, *Paachan*, *Vayasthaapan* property, and indicated in many

disorders like- *Kustha* (leprosy), *Gulma*, *Udaavata*, *Shosha*, *Paandu* (anemia), *Arsha* (piles), *Grahani*, *Vishamjwar* (fever), *Shiroroga*, *Atisaar* (diarrhoea), *Arochak*, *Kasa* (cough), *Prameha* (diabetes), *Pleeha* (splenomegaly), *Udar* (ascites), *Kamala* (jaundice), *Chhardi* (vomiting) and many more. In most of the

diseases mentioned, *Virechan* (purgation) is the basic line of treatment, where *Haritaki* has been used in single form or with *Anupaan*. Some examples of *Haritaki* as single *Dravya* with different *Anupaan* has been listed below:

Table 1: Haritaki as single Dravya with different Anupaan

	Disease	Anupaan
1.	Paandu	<i>Pathyagrut</i> (ch.chi.16/50); <i>Gomutra + Haritaki (Kaphajpandu)</i> - (ch.chi.16/58)
2.	Arsha	<i>Guda</i> (jaggery) + <i>Haritaki</i> – before food (ch.chi.14/65)
3.	Grahani	<i>Haritakichoorna + Takra</i> (ch.chi.15/98)
4.	Vishamjwar	<i>Haritaki choorna</i> (ch.chi.3/297-301)
5.	Atisaar	<i>Haritaki choorna</i> (ch.chi.19/17)
6.	Pleehodar	<i>Guda + Haritaki</i> (ch.chi.13/78)
7.	Udarroga	<i>Haritaki choorna + Gomutra</i> (ch.chi.13/150); <i>1000 Haritaki + Dugdhaahar</i> (ch.chi.13/152)
8.	Kamala	<i>Haritaki choorna + Guda + Madhu</i> (ch.chi.16/98)
9.	Shotha	<i>Haritaki + Gomutra</i> (ch.chi.12/21); <i>Haritaki choorna + Guda</i> (ch.chi.12/27)
10.	Chhardi	<i>Haritaki choorna + Madhu</i> (ch.chi.20/21)

If using *Haritaki* as a single *Dravya* is sufficient to give optimum results for any clinical condition, then why to use multiherbal formulation for same indication. Using this EDC, helps in reducing the load on biodiversity; ensures the quality of *Dravya*; minimizes the cost of medicine.

MATERIALS AND METHODS

Materials

Charak Samhita, *Sushrut Samhita*, *Ashtanghridaya* with their commentaries and other relevant texts of Ayurveda and allied subjects.

Methods

Compilation of information relating to *Ekal* aspect of *Haritaki*.

Conceptual review of *Haritaki* as *Ekal Dravya Chikitsa*.

Compilation of various form of *Ekal Dravya* used in *Brihatrayee*.

OBSERVATIONS

After a complete review of *Brihatrayee*, it has been observed that *Haritaki* is the most important *Dravya* being mentioned in our ancient texts having many therapeutic benefits. It has been mentioned in all three *Samhitas* of *Brihatrayee* with its variety of use in various diseases in compound form as well as in *Ekal Dravya* form. Following observation has been compiled after a review of *Brihatrayee* for the use of *Haritaki* in *Ekal Dravya Chikitsa*.

Table 2: Haritaki as Ekal Dravya in Charak samhita

1.	<i>Phalini dravya</i>	<i>Virechan</i>	Ch.su.1
2.	<i>Arshoghna; Kushtaghna; Virechanopag; Hikkani-grahan; Kasahar; Jwarahar; Prajasthapan; Vayasthaapan Mahakashaya</i>		Ch.su.4
3.	<i>Atisthultha chikitsa</i>		Ch.su.21/22-24
4.	<i>Haritaki powder with honey</i>	<i>Santarpanjanyaroga chikitsa</i>	Ch.su.23/9
5.	<i>Choorna</i>	<i>Santarpanrognashak</i>	Ch.su.23/17
6.	<i>Haritaki pathyaanam</i>		Ch.su.25
7.	<i>Haritaki choorna</i>	<i>Vishamjwara</i>	Ch.chi.3/297-301
8.	<i>Haritaki with Madhu, sharkara</i>	<i>Urdhwarakta pitta- virechana</i>	Ch.chi.4/5, 58
9.	Intake of <i>Haritaki</i> along with cows urine	<i>Kaphajshotha (Kaphaj type of oedema)</i>	Ch.chi.12/21

10.	<i>Choorna with Guda</i>	<i>Sadoshabhinnavarcha</i> (in constipation or passage of <i>Ama</i> , including <i>Dosas</i> with stool)	Ch.chi.12/27
11.	<i>Haritaki</i> mixed with <i>Guda</i> (jaggery)	<i>Pleehodar</i> (splenic enlargement)	Ch.chi.13/78
12.	<i>Haritaki</i> along with cows urine followed by milk as post prandrial drink	<i>Udar Roga</i>	Ch.chi.13/150
13.	1000 fruits of <i>Haritaki</i> with milk	<i>UdarRoga</i>	Ch.chi.13/152
14.	Lick <i>Abahaya</i> along with jaggery - before food	<i>Arsha</i>	Ch.chi.14/65
15.	<i>Haritaki</i> soaked overnight in cow urine, taken along with jaggery	<i>Arsha</i>	Ch.chi.14/67
16.	<i>Haritaki</i> along with buttermilk	<i>Arsha</i>	Ch.chi.14/67
17.	<i>Haritaki</i> with warm water - <i>Aampaachan</i>	<i>Grahani</i>	Ch.chi.15/98
18.	<i>Pathyaghrita</i>	<i>Paandu</i>	Ch.chi.16/50
19.	<i>Haritaki</i> with <i>Gomutra</i>	<i>Kaphajpaandu</i>	Ch.chi.16/58
20.	Lick <i>Haritakichoorna</i> with <i>Guda</i> and <i>Madhu</i>	<i>Kamala</i>	Ch.chi.16/98
21.	<i>Haritaki</i> used as a mild laxative	If diarrhoea is associated with griping pain, difficulty in voiding	Ch.chi.19/17
22.	In linctus form- <i>Abahaya</i> powder with honey (<i>Madhu</i>)- for purgation- this causes downward movement of the aggravated <i>dosas</i> having the tendency to move upwards	<i>Chhardi</i>	Ch.chi.20/21
23.	Paste of - <i>Haritaki</i> , sizzled with ghee and used as <i>Vidalaka</i>	<i>Vatajnetrashool</i>	Ch.chi.26/233
24.	Decoction of <i>Abhaya</i> sizzled with ghee	<i>Vatarakta</i>	Ch.chi.29/84

Table 3: *Haritaki* as *Ekal Dravya* in *Sushrut Samhita*

1.	<i>Mushkaadi, Vachaadi, Parushakaadi, Nyagghrodadi, Mustaadi, Triphalagana, Aamalkyaadigana, Laakshaadigana</i>		Shu.su.38
2.	<i>Virechakadravya</i>		Shu.su.39/4
3.	Fruit of <i>Haritaki</i>	<i>Sreshtavirechana</i>	Shu.su.44
4.	<i>Rasayan Phala</i> - Fruits of <i>Haritaki</i> devoid of seeds	Alleviates all disease, excellent <i>Rasayan</i> , intellect promoting, cleanses wounds with dirty interior	Shu.su.44/62,63
	<i>Ushnatwa, Deepanatwa- Rogashaamak</i>	<i>Santarpanajanyaroga</i> (disorders caused by saturation)	Shu.su.44/69
5.	<i>Haritaki choorna</i> - With <i>Sunthi</i> ; With <i>Guda</i> (jaggery); With <i>Saindhavlan</i>	<i>Agnideepan</i> (stimulates digestive fire), <i>Vata Anulomana, Vrishya, Indriyaprasaadan, Santarpanrogaashak</i>	Shu.su.44/68, 69
6.	ब्रण्यमुष्णंसरमेधं दोषघ्नं शोफकुष्ठनुतु। कषायदीपनंचाम्लंचक्षुष्णंचाभयाफलम् ॥१९९॥		Shu.su.46/199
7.	LA- fruits of <i>Rohini</i> kept in goats milk for a week and pounded finely with the same	For restoring the normal pigmentation of skin	Shu.chi.1/95
8.	Use <i>Haritaki</i> with jaggery	All types of <i>Vatarakta</i>	Shu.chi.5/12
9.	Palliative treatment- in morning, <i>Haritaki</i> mixed with jaggery	<i>Arsha</i> (Invisible piles)	Shu.chi.6/13

10.	100 fruits of <i>Haritaki</i> should be cooked in cows urine (1 <i>Drona</i>), take proper dose with honey according to strength every morning		Shu.chi.6/13
11.	<i>Haritaki</i> mixed with jaggery	<i>Udar Roga</i>	Shu.chi.14/10
12.	Powder of <i>Haritaki</i> with grapes <i>Swaras</i> ; Powder of <i>Haritaki</i> with sugarcane juice	<i>Granthi</i> (In <i>Paittika</i> cyst)	Shu.chi.18/9
13.	<i>Haritakikalka</i> with one of the urine	In <i>Kaphajshlipad</i> (type of elephantiasis)	Shu.chi.19/5
14.	After washing feet with sour gruel, paste it with <i>Lac Swaras</i> and <i>Haritaki</i>	<i>Alasa</i>	Shu.chi.20/21
15.	<i>Haritaki</i> with equal quantity of jaggery	<i>Sawathu</i> (Oedema)	Shu.chi.23/12
16.	Oils useful in gravels and calculus		Shu.chi.31/5
17.	Take powder of <i>Sharkara</i> and <i>Haritaki</i> with honey	In fever- after elimination of <i>Dosas</i> , if one suffers from giddiness	Shu.uttr.39/308
18.	Evacuation (<i>Virechan</i>) of accumulated <i>Dosas</i> with administration of <i>Haritaki</i>	If one passes stool frequently with pain, difficulty and retention	Shu.uttr.40/31
19.	<i>Haritaki</i> with jaggery	<i>Gulma</i>	Shu.uttr.42/62
20.	<i>Haritaki</i> powder mixed with plentiful honey and ghee	In Anemia- after evacuation (emesis and purgation therapy)	Shu.uttr.44/14
21.	<i>Haritaki</i> with sugar	<i>Murchha</i> (fainting)	Shu.uttr.46/17
22.	Ghee processed with decoction of <i>Haritaki</i>	<i>Murchha</i> (fainting)	Shu.uttr.46/19
23.	Take <i>Haritaki</i> with post drink of warm water	Hiccough	Shu.uttr.50/24

Table 4: *Haritaki* as *Ekal Dravya* in *Ashtang Hridaya*

1.	<i>Kashayaskand</i>		As.hr.su.10
2.	<i>Haritaki</i> with honey	<i>Atisthaulyanaashak</i>	As.hr.su.14/22
3.	<i>Virechanupyogidravaya</i> , <i>Varunaadigana</i> , <i>Vachaadigana</i>		As.hr.su.15
4.	<i>Snehavyaapatchikitsa</i>		As.hr.su.16/35
5.	<i>Haritaki</i> licked with milk	Fever- purgation	As.hr.Chi.1/100
6.	<i>Haritaki</i> licked with juice of <i>Mridvika</i>		
7.	Administration of <i>Haritaki</i>	In <i>Vishamjwar</i>	As.hr.Chi.1/154
8.	Powder of <i>Haritaki</i> licked with honey	<i>Pittajchhardi</i>	As.hr.chi.6/17
9.	Drink ghee prepared with the decoction of <i>Pathya</i>	<i>Murchha</i>	As.hr.chi.7/107
10.	Consume <i>Haritaki</i> soaked in cows urine with jaggery	<i>Arsha</i> (Piles)	As.hr.chi.8/54
11.	When the <i>Dosas</i> have given rise to flatulence, heaviness, pain and loss of movement of the abdomen, then the use of <i>Haritaki</i> , restores life, by clearing out the obstructed <i>Dosas</i> effectively.	In patient of <i>Amaatasaara</i> (diarrhoea when the <i>Dosas</i> are not cooked) <i>Sangrahan</i> (drug or therapies which stops the purgation) should not be administered at the commencement.	As.hr.chi.9/4
12.	<i>Haritakikalka</i> along with <i>Saindhava</i> taken with hot water	<i>Aamajgrahani</i>	As.hr.chi.10/8
13.	Medicated ghee prepared from <i>Haritaki</i>	<i>Kaphajgrahani</i>	As.hr.chi.10/62
14.	Drink milk boiled with seeds of <i>Haritaki</i>	<i>Ashmari</i>	As.hr.chi.11/33
15.	One <i>Prastha</i> powder of <i>Haritaki</i> is added to 1 <i>Aadhaka</i> of ghee, melted by fire, churned well with a churner, put into pot and kept concealed in heap of	<i>Udar</i> (enlargement of abdomen), <i>Garavish</i> (homicidal poisoning),	As.hr.chi.15/28

	barley. After 1 month it is taken out, mixed with decoction of <i>Haritaki</i> and sour curd and boiled for some time. This ghee is then consumed	<i>Asthila</i> (prostatic enlargement), <i>Aanaha</i> (flatulence), <i>Gulma</i> (abdominal tumour), <i>vidradhi</i> (abscess), <i>Kustha</i> , <i>Unmaad</i> (insanity), <i>Apasmaar</i> (epilepsy)	
16.	Consume <i>Haritaki</i> - 1000 of which, is soaked and macerated with cows urine, followed by drinking of milk	<i>Udar Roga</i>	As.hr.chi.15/39
17.	<i>Haritaki</i> macerated with cows urine	<i>Paandu</i>	As.hr.chi/16/6
18.	The person should lick powder of <i>Haritaki</i> along with more of honey and ghee	After purification in both direction by <i>Vaman</i> and <i>Virechan</i>	As.hr.chi.16/10
19.	Medicated ghee prepared with decoction of 100 (by number) <i>Pathya</i> , paste of 50 <i>Pathyavrinta</i> (bark of <i>Pathya</i> fruit) and 1 <i>Prastha</i> of ghee	<i>Gulma</i> , <i>kamala</i> , <i>Paandu</i>	As.hr.chi.16/40
20.	<i>Abhayaleha</i> described in treatment of cough	<i>Halimak</i>	As.hr.chi.16/167
21.	In great increase of <i>dosas</i> - consume <i>Gomutraharitaki</i> - for purgation	<i>Shotha</i>	As.hr.chi.17/3
22.	Consume <i>Haritaki</i> with jaggery followed by <i>Takra</i> as vehicle	One who has poor digestive fire, faeces having symptoms of <i>Ama</i> , being heavy, broken and constipating	As.hr.chi.17/5
23.	<i>Abhayaghrita</i> administered determining the stage of the disease	<i>Shotha</i>	As.hr.chi.17/14
24.	Intake of <i>Haritaki</i> with cows urine	<i>Urustambha</i>	As.hr.chi.21/49
25.	Decoction of <i>Haritaki</i> fried in ghee should be consumed followed by drinking of milk	<i>Vatarakta</i> (gout)	As.hr.chi.22/12
26.	Drink decoction of <i>Haritaki</i> mixed with honey	<i>Kanthroga</i> (disease of throat)	As.hr.uttr.22/55
27.	Use <i>Abhaya</i> with honey in daily increasing doses	<i>Kaphajshlipad</i>	As.hr.uttr.30/12
28.	Consume 2 <i>Abhaya</i> daily along with jaggery/ <i>Sunthi</i> / <i>Pippali</i> / <i>Saindhavlan</i>	To live a life span of 100 years	As.hr.uttr.39/14 6
29.	<i>Agryadravya</i>	<i>Vata</i> and <i>Kaphajroga</i>	As.hr.uttr.40

DISCUSSION

Among all the fruits used for purgation, *Haritaki* is considered to be the best by all *Aacharyas*. *Haritaki* is also mentioned as *Rasayandravya*, but mostly it is used for its laxative property as a *Virechandravaya* where *Virechan* is the basic line of treatment either for symptomatic relief or for curing the disease. It is the only *Dravya* in Brihatrayee which is used abundantly in large number of disease in the form of *Ekaldravya*. All *Aacharyas* has indicated its use in *Ekal* form in around 9 diseases - *Jwar*, *Shoth*, *Udar*, *Arsha*, *Paandu*, *Atisaar*, *Vatarakta*, *Gulma*, *Malavibandha* (constipation). Excluding the basic principle part, Charak has mentioned around 22 references for 16 pathological conditions; Sushrut- 22 references for 18 pathological conditions; Vagbhata- 29 references for 22 pathological conditions. *Haritaki* fruit is used in different forms, in different ailments with various *Anupaans* for obtaining optimum results. Commonly used *Anupaan* are- *Gomutra*, jaggery, honey etc.

Haritaki has been used in variety of form by all three *Aacharyas* in various diseases.

Table 5: With Warm Water

1.	<i>Haritaki</i> with warm water - <i>Aampaachan</i>	<i>Grahani</i>	Ch.chi.15/98
2.	Take <i>Haritaki</i> with post drink of warm water	Hiccough	Shu.uttr.50/24

Table 6: With Milk

1.	1000 fruits of <i>Haritaki</i> with milk	<i>Udar Roga</i>	Ch.chi.13/152
2.	<i>Haritaki</i> licked with milk	Fever- purgation	Chi.1/100

Table 7: With Gomutra (Cows Urine)

1.	Intake of <i>Haritaki</i> along with <i>Gomutra</i>	<i>Kaphajshotha</i> (<i>Kaphaj</i> type of oedema)	Ch.chi.12/21
2.	<i>Haritaki</i> along with <i>Gomutra</i> followed by milk as post prandrial drink	<i>Udar Roga</i>	Ch.chi.13/150
3.	<i>Haritaki</i> with <i>Gomutra</i>	<i>Kaphajpaandu</i>	Ch.chi.16/58
4.	<i>Haritakikalka</i> with one of the urine	In <i>Kaphajshlipad</i> (type of elephantiasis)	Shu.chi.19/5
5.	Intake of <i>Haritaki</i> with <i>Gomutra</i>	<i>Urustambha</i>	As.hr.chi.21/49

Table 8: Soaked In Gomutra

1.	<i>Haritaki</i> soaked overnight in cow urine, taken along with jaggery	<i>Arsha</i>	Ch.chi.14/67
2.	1000 <i>Haritaki</i> soaked and macerated with cows urine, followed by drinking of milk	<i>Udar Roga</i>	As.hr.chi.15/39
3.	<i>Haritaki</i> macerated with cows urine	<i>Paandu</i>	As.hr.chi/16/6
4.	Consume <i>Gomutraharitaki</i> - for purgation	<i>Shotha</i>	As.hr.chi.17/3
5.	100 fruits of <i>Haritaki</i> cooked in cows urine (1 <i>drona</i>), take proper dose with honey according to strength every morning	<i>Arsha</i>	Shu.chi.6/13

Table 9: In the Form of Processed Ghee

1.	Ghee processed with decoction of <i>Haritaki</i>	<i>Murchha</i> (fainting)	Shu.uttr.46/19
2.	Medicated ghee prepared with decoction of 100 (by number) <i>Pathya</i> , paste of 50 <i>Pathyavrinta</i> (bark of <i>Pathya</i> fruit) and 1 <i>Prastha</i> of ghee	<i>Gulma</i> , <i>kamala</i> , <i>Paandu</i>	As.hr.chi.16/40
3.	<i>Abhayaghrita</i> administered determining the stage of the disease	<i>Shotha</i>	As.hr.chi.17/14
4.	<i>Pathyaghrita</i>	<i>Paandu</i>	Ch.chi.16/50
5.	Medicated ghee prepared from <i>Haritaki</i>	<i>Kaphajgrahani</i>	As.hr.chi.10/62
6.	Drink ghee prepared with the decoction of <i>Pathya</i>	<i>Murchha</i>	As.hr.chi.7/107

Table 10: With Guda (jaggery)

1.	<i>Pleehodar</i> (splenic enlargement)		Ch.chi.13/78
2.	<i>Sadoshabhinnavarcha</i> (in constipation or passage of <i>Ama</i> , including <i>Dosas</i> with stool)		Ch.chi.12/27
3.	all types of <i>Vatarakta</i>		Shu.chi.5/12
4.	<i>Udar Roga</i>		Shu.chi.14/10
5.	<i>Sawathu</i> (Oedema)		Shu.chi.23/12
6.	<i>Gulma</i>		Shu.uttr.42/62
7.	<i>Agnideepan</i> (stimulates digestive fire), <i>Vata anulomana</i> , <i>Vrishya</i> , <i>Indriyaprasaadan</i> , <i>Santarpanroagnaashak</i>		Shu.su.44/68, 69
8.	Palliative treatment- in morning, <i>Haritaki</i> mixed with jiggery- <i>Arsha</i> (Invisible piles)		Shu.chi.6/13

Table 11: With Guda and Madhu

1.	Lick <i>Haritakichoorna</i> with <i>Guda</i> and <i>Madhu</i>	<i>Kamala</i>	Ch.chi.16/98
2.	<i>Haritaki</i> powder mixed with plentiful honey and ghee	In Anemia- after evacuation (emesis and purgation therapy)	Shu.uttr.44/14
3.	The person should lick powder of <i>Haritaki</i> along with more of honey and ghee	After purification in both direction by <i>Vaman</i> and <i>Virechan</i>	As.hr.chi.16/10

Table 12: With Madhu and Sharkara

1.	<i>Haritaki</i> with <i>Madhu</i> , <i>Sharkara</i>	<i>Urdhwarakta pitta- Virechana</i>	Ch.chi.4/57,58
2.	Take powder of <i>Haritaki</i> with <i>Sharkara</i> and honey	In fever- after elimination of <i>Dosas</i> , if one suffers from giddiness	Shu.uttr.39/308

Table 13: In Linctus Form

1.	In linctus form - <i>Abahaya</i> powder with honey (<i>Madhu</i>) - for purgation- this causes downward movement of the aggravated <i>Dosas</i> having the tendency to move upwards	<i>Chhardi</i>	Ch.chi.20/21
2.	<i>Abhayaleha</i> described in treatment of cough	<i>Halimak</i>	As.hr.chi.16/167

Table 14: Sizzled with Ghee

1.	Paste of - <i>Haritaki</i> , sizzled with ghee and used as <i>Vidalaka</i>	<i>Vatajnetrashool</i>	Ch.chi.26/233
2.	Decoction of <i>Abhaya</i> sizzled with ghee	<i>Vatarakta</i>	Ch.chi.29/84
4.	Decoction of <i>Haritaki</i> fried in ghee should be consumed followed by drinking of milk	<i>Vatarakta</i> (gout)	As.hr.chi.22/12

Table 15: According to Time

1.	Lick <i>Abahaya</i> along with jaggery - before food	<i>Arsha</i>	Ch.chi.14/65
2.	Palliative treatment- in morning, <i>Haritaki</i> mixed with jaggery	<i>Arsha</i>	Shu.chi.6/13
3.	100 fruits of <i>Haritaki</i> should be cooked in cows urine (1 <i>Drona</i>), take proper dose with honey according to strength every morning	(Invisible piles)	Shu.chi.6/13

CONCLUSION

Ekal Dravya Chikitsa has been mentioned in our past *Samhitas*, and is also being practiced nowadays in present era. Using single *Dravya* is not as much as efficient, so it has been used with different *Anupaans* and in different form to give optimum results for a particular pathological condition. Here, *Haritaki* has been used as single *Dravya* by all three *Aacharyas* in many diseases either by altering its *Anupaan* or its form to be effective accordingly. These gives evidence based results that *Haritaki* is one of the prime medicine used in *Ekal* form.

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