



Review Article

EKAMOOliKA PRAYOGA MENTIONED IN SUSHRUTHA SAMHITA

Yallappa GK¹, Jayashree KS^{2*}

¹Professor, Shri Babu Singh Jay Singh Ayurvedic Medical College & Hospital, Farrukhabad, Uttar Pradesh.

^{2*}Associate Professor, Department of Dravyaguna, Ramakrishna Ayurvedic Medical College and Hospital, Bangalore, Karnataka, India.

Article info

Article History:

Received: 27-08-2023

Accepted: 22-09-2023

Published: 05-10-2023

KEYWORDS:

Ayurveda,
Ekamoolika,
Anupana.

ABSTRACT

Ekamoolika prayoga is the common and convenient way of prescribing medicine Ayurveda. Sushruta samhita is one of the treatises famous for surgery and medicine. Eventhough there are abundant formulations mentioned in by Acharya sushruta for various diseases there are also many *Ekamoolika prayogas* which have equal importance. There are single drugs mentioned for both maintainace of health and also treating diseases. We can also find medicines used both internally and externally. There are over 300 *Ekamoolika prayoga* mentioned in Sushruta samhita which includes prescription for many diseases such as *Krimi, Prameha, Graha Pratishedha, Netra roga, Twak vikara, Udara, Vrana* etc. and also single drugs are mentioned for *Rasayana, Vajeekarana* and *Swasthahita* purpose. Different *Anupana* are mentioned based on the different *Dosha* involved in the disease. Encouraging the use of *Ekamoolika prayoga* is not only easy and convenient but also economical. It aims mainly on conservation thus avoiding the exploitation of drugs which are rare.

INTRODUCTION

Ayurveda is considered as one of the most ancient and well documented system of medicine. *Dravyaguna* is an integral part of Ayurveda, which mainly deals with *Rasa panchaka* and *Prayoga* of the medicinal plants. There is no exact and clearcut information that how and from when usage of medicine started. However is there are so many evidences available to prove that there was usage of plants as medicine during Vedic period.

Systematic utility of herbs can be found in *Rigveda-Oushadhi sukta* and also in *Atharvaveda*. Single drug therapy was more in practice during the Vedic period. There are also so many single drug indications mentioned by *Acharyas* during Samhita period and Nighantu period. Many Ayurveda *Chikitsa grantha* and Nighantu also emphasizes more on *Ekamoolika prayoga*, and given list for diseases along with the *Ekamoolika prayoka* used. Use of single drugs as medicine is the most convenient way of healing oneself and family in country like India as many kitchen

ingredients have medicinal property. Not only Ayurveda other traditional system of medicine including folklore practices mainly concentrate on single drug treatment. Sushruta samhita is one of the treatises concentrated mainly on surgery and medicine. Even though there is so much of information available in Sushruta Samhita regarding surgical procedures and compound formulation for various diseases there is also abundant information available about *Ekamoolika prayoga*. Thus here is a small attempt to enlist the *Ekamoolika prayoga* mentioned in Sushruta samhita.

AIMS AND OBJECTIVES

To enlist various *Ekamoolika prayoga* along with *Anupana* and other details mentioned in Sushruta Samhita and arranging according to the drugs name.

MATERIALS AND METHODS

Karira (Capparis deciduas, Capparidaceae)

Grita sadhita karira phala is told as best for *Netra*. (u.17-51)

Varuna (Crataeva nurvala, Capparidaceae)

- In *Anjana visha*, paste prepared from *Varuna niryasa* in water is used as *Anjana*. (ka. 1/70)
- *Varuna kwata* is used for *Pratishedha* in *Pootana graham*. (u. 32/3)

| | |
|---|---|
| Access this article online | |
| Quick Response Code | |
|  | https://doi.org/10.47070/ijapr.v11i9.2972 |
| Published by Mahadev Publications (Regd.) publication licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) | |

Tuvaraka (*Hydnocarpus laurifolia*, Flacourtiaceae)

- *Tuvaraka majja* is used for *Shodhana*. (ci.13)
- *Tuvaraka majja* should be given *Putra* and the powder should be mixed with *Taila*, *Saindava* and *Anjana* and used. This is best for *Netra*. (ci.14)

Nagakesara (*Mesua ferrea*, Guttiferae)

- *Nagakesara sookshma choorna* 3 *Ratti* with *Madhu* and *Sharkara* should be given in *Hikka*.

Karpasa (*Gossypium indicum*, Malvaceae)

- *Karna poorana* with *Sarjarasatvak choorna* and *Karpasa phala swarasa* should be advised in *Karna srava*. (u. 21/43)
- *Karpasa phala swarasa* with *Madhu*, as *Karna poorana* in *Karna poorana*. (u. 48/37)

Bala (*Sida cordifolia*, Malvaceae)

- 1 *Pala* of *Bala moola choorna* with *Ksheera* is advised for continuously 12 days to have the effect of *Rasayana*. (ci. 27)
- *Bala moola choorna* with *Madhu* is advised in *Swarabedha*. (u.53)

Atibala (*Abutilon indicum*, Malvaceae)

- *Atibala moola choorna* with *Jala* produces good *Rasayana* effect. (ci. 27)

Shalmali (*Bombax malabaricum*, Bombocaceae)

- *Sheetakashaya* of *Shalmali vrinta* with *Madhuyashti choorna* and *Madhu* is advised in *Shoola vibandha* (u.40)
- *Shalmali kashaya* is advised in *Raktapitta*. (u. 40)

Atasi (*Linum usitatissimum*, Linaceae)

- *Atasi* in *Ksheera* is done paste and applied for *Shoola* in *Vatarakta*. (ci. 29)
- *Atasi taila* is best in *Prameha*. (ci. 31/5)

Madhavi (*Hiptage benghalensis*, Malpighiaceae)

- *Ankura* of *Madhavi* with *Grita* is advised as *Pathya* for *Rakta pitta* patient. (u. 45)

Gokshura (*Tribulus terrestris*, Zygophyllaceae)

- *Gokshura choorna* with *Madhu* and *Mesha ksheera* as *Anupana* for 7days is advised in *Ashmari* patient. (ci. 7)

Cangeri (*Oxalis corniculata*, Oxalidaceae)

Cangeri swarasa - 1part, *Dadhi* - 4 part with *Pippali* etc *Kalka*. *Gritha* is prepared and given in *Grahani*. (u. 40/180)

Beejapooraka (*Citrus medica*, Rutaceae)

- *Matulunga kesara* with *Madhu* and *Saindava* should be kept in mouth to get relieve of *Asyavairasya* in *Jwara*. (u. 39)
- *Beejapoor moola twak choorna* and *Pushpa choorna* in equal quantity in *Tandulodaka* should be taken in *Raktapitta*. (u. 47)

Kapittha (*Feronia elephantum*, Rutaceae)

- *Kapittha pushpa rasa* is given as antidote in *Anjana visha*. (ka. 1)

- In *Chradi kapittha patra swarasa* is advised to take repeatedly with *Madhu* and *Pippali*. (u. 49)
- *Kapittha patra swarasa* with *Rajadana* is advised for *Lepa* in *Nyaccha*, *Vyanga*, *Nilika*. (ci. 20)

Bilwa (*Aegle marmelos*, Rutaceae)

- *Bilwa kantaka* is put in the neck of child, affected with *Skanda graha* in the form of garland. (u. 28)
- *Apakwa bilwa majja choorna* with *Yashtimadhu*, *Madhu* and *Sharkara* is advised in case of *Pittatisara* and *Raktatisara*. (*Tandulodaka* as *Anupana*). (ci. 40)

Ingudi (*Balanitis aegyptiaca*, Balanitaceae)

- *Shirisha* and *Ingudi phala majja kalka* with *Madhu* is advised in *Mooshika visha*. (ka. 7/12)
- *Ingudi phala majja* with *Yashti madhu* is given in case of *Raktapitta*. (u. 45/26)
- *Ingudi taila* is advised for external application in case of *Dushta vrana*. (ci. 21/5)

Aralu (*Ailanthus excels*, Simarubaceae)

Aralu tvak kwatha is used for bathing *Pootana graha*. (u. 32)

Guggulu (*Commiphora mukul*, Burseraceae)

- *Uttama guggulu* with *Gomutra* is advised in case of *Urustambha*. (ci. 5)
- In *Shota guggulu* is advised with *Gomutra*. (ci. 23)
- *Guggulu dhoopa* is advised in case of *Karnadourganfhya*. (u. 21)

Shallaki (*Boswellia serrata*, Burseraceae)

- *Shallaki twak kwatha* with *Triphala* is used for *Vrana prakshalana*. (ci. 19/42)
- *Anjana* prepared from *Shallaki swarasa* is advised in *Pittabhishyanda*. (u. 10/7)
- *Shallaki tvak choorna*, *Sharkara* and *Madhu* is given in *Atisara*. (u. 40/96)
- *Shallaki twak* is boiled in *Ksheera* and taken with *Madhu*, cures *Raktatisara*. (u. 40/119)
- *Shallaki dhooma* is advised in *Shwasa* patient. (u. 51/51)

Nimba (*Azadirachta indica*, Meliaceae)

- *Nimba panchanga kwatha* is given internally in patient with *Galitha kushta*. (ci. 9)
- *Nimba moola tvak kwatha* is given in *Surameha*. (ci. 11)
- *Nimba jala* is advised for head wash in case of *Arumshika*. (ci. 20)
- *Nimba tvak* and *Aragvadha kwatha* is done *Utsadana* in case of *Padmini kantaka*. (ci. 20)
- The supernatant portion obtained on churning *Nimba patra* in *Jala* with *Madhu* and *Phanita*, to induce *Vamana* in *Daha jwara*. It relieves *Daha*. (u. 39)
- Warm *Nimba swarasa* is advised for *Kaphaja trishna* patient to induce *Vamana*. (u. 48)

Jyotishmati (*Celastrus paniculata*, Celastraceae)

- Jyotishmati taila with Sarja kshara, Hing and Ksheera is advised to drink in case of Udara. (ci. 14/10)

Badara (*Zizyphus jujube*, Rhamnaceae)

Badara moola tvak choorna with Madhu is given in Atisara. (u. 40)

Draksha (*Vitis Vinifera*, Vitaceae)

Draksha rasa is advised in Mootravarodhajanya udavarta. (u. 55)

Bhallataka (*Semecarpus anacardium*, Anacardiaceae)

- 4 Tola of Bhallataka kwatha is advised in Arsha patient preped out of 1 Bhallataka fruit. The no. of Bhallataka should be increased by 1 daily till it reaches 5, then it should be reduced gradually, till it reaches 1. (ci. 6)
- Bhallataka taila is advised in Sarva kushta. (ci. 9)
- Bhallataka, Vidanga and Abhaya kwatha is advised in Kushta patient. (ci. 9)
- In Anjana visha, Bhallataka pushpa is made Kalka in Ksheera and applied. (ka. 1)

Shigru (*Moringa oleifera*, Moringaceae)

- Shigru taila is best in Kshata kushta. (ci. 9)
- Shigru kwatha, Pippali, Saindava, Chitraka together advised in case of Plihodara. (ci. 14)
- Shigru beeja choorna nasya is advised in Apachi. (ci. 18)

Palasha (*Butea monosperma*, Fabaceae)

- Palashapushpa anjana is advised in Pittabhishyanda. (u. 10/9)
- Palasha beeja swarasa with Tandulodaka is advised in Krimi. (u. 54/25)
- 3 Palasha pushpa Ghana varti anjana is advised in Raktabhishyanda (u. 12/50)
- Palasha panchanga siddha grita with Madhu is advised in Raktapitta. (u. 45/29)
- Palasha swarasa is applied all over the body in case of Daha in Jwara. (u. 39/280)
- Palasha kshara with Avimootra is advised in Mootra sharkar (ci. 7/22)

Mudgaparni and Mashaparni

(Mudgaparni-*Vigna trilobata*, Fabaceae:

Mashaparni- *Teramnus labialis*, Fabaceae)

Mudgaparni, Mashaparni and Sinduvara with Madhu are advised in Mooshika visha. (ka. 6)

Kulattha (*Dolichos biflorus*, Leguminosae)

- Kulattha yoosha with Saindava and Maricha is advised in Vataja shoola. (ci. 42)
- Kulattha kwatha is advised in Krimi roga. (Ksheera is given as Pathya). (ci. 54)

Shimshipa (*Dalbergia sissoo*, Fabaceae)

- Shimshipa kashaya is advised in Vasameha. (ci. 11)

- Shimshipa – 1 part, Jala – 16 parts, Ksheera – 32 part. Dugdhavashishta Ksheerapaka is prepared and it is advised in all cases of Jwara. (u. 39)

Khadira (*Acacia catechu*, Mimosaceae)

- Khadira sara or Moola kwatha is best in Kushta. (ci. 9)
- Khadira and Kramukha kashaya is advised in Kshaudra meha. (ci. 11)
- Khadira kashya is advised in Shanair meha. (ci. 11)
- Khadira jala is advised in Ahara, Pana and Snana for Kushta patient. (u. 22/96)

Tinisha (*Ougeinia dalbergioides*, Fabaceae)

- Tinisha twasha choorna with Ksheera and Madhu is advised in Raktatisara. (u. 40/119)

Karanja (*Pongamia pinnata*, Fabaceae)

- Karanja taila is advised in Vrana because of Kushta. (ci. 9/53)
- Karanja beeja choorna with Adhu and Grita is advised in Raktapitta. (u. 45/25)
- Karanja patra siddha yavagu is advised in Chardi. (u. 49/29)
- Karnja taila is advised in Kacchu, Pama, Vicarchikadi tvak vikara. (ci. 20)

Vidari kanda (*Pueraria tuberosa*, Fabaceae)

Vidari kanda is done Bhavana in its own Swarasa for 21 times. And this powder is taken with Madhu and Grita for Vajeekaranaartha. (ci. 26)

Shana (*Crotalaria juncea*, Fabaceae)

Vayasthapanartha Shana beeja should be boiled in Ksheera and taken. (ci. 27/12)

Neela (*Indigofera tinctoria*, Fabaceae)

Nili pushpa choorna or Nili phala choorna should be taken with Grita to induce Virechana in case of Pakwashayagata visha. (ka. 1/43)

Yashtimadhu (*Glycyrrhiza glabra*, Fabaceae)

- Yashtimadhu kwatha with Madhu should be done Navana nasya in Ardhavabhedaka. (u. 26)
- Madhuka kwatha or Madhuka choorna with Madhu should be taken in case of Pandu. (u. 44)
- In Adhoga raktapitta, Vamana should be advised with Madhuyashti kwatha and Madhu. (u. 45)
- Yashtimadhu choorna 1 Tola, with water is advised in Adhoga rakta pitta. (u. 45)

Prishna parni (*Uraria picta*, Fabaceae)

Taila prepared from Prishnaparni swarasa, Taila and Ajadugdha is indicated in Prabala vatarakta. (ci. 5)

Shalaparni (*Desmodium gangeticum*, Fabaceae)

Shalaparni and Trikatu siddha ksheerapaka is indicated in Shoola and Atisara. (u. 40/145)

Gunja (*Abrus precatorius*, Fabaceae)

- Gunja kalka is repetedly used for Pracchana in Indralupta. (ci. 20)

- Gunja should be tied in neck for Putana graham pratisheha. (u. 12)
- Kapikacchu (*Mucuna pruriens*, Fabaceae)**
- *Kapikacchu moola churna* 1 Tola with *Jala* is advised in *Pakwatisara* and *Raktatisara*. (u.40/74)
 - *Kapikacchu moola sadhita ksheera* is advised in *Atisara*. (u. 40/110)
 - *Kapikacchu beeja* should be boiled in *Godhuma Ksheera* and ghee should be added. Only the milky portion should be advised as *Vajeekaraka*. (ci. 26/30)
- Paribhadra (*Erythrina indica*, Fabaceae)**
- *Paribhadra twak kwatha* is advised in *Udaka meha*. (ci. 11)
 - *Paribhadra twak kwatha* is advised in *Putana graham parishedha*. (u. 32)
 - *Paribhadra swarasa* with *Madhu* is advised in *Krimi*. (u. 54)
- Puti karanja (*Holoptelea integrifolia*, Ulmaceae)**
- *Putikaranja patra kshara* with *Vidanga*, *Saindava* and *Pippali churna* should be boiled in *Amla rasa* and given in *Udara rogi*. (ci 14)
 - In *Shleepada puti karanja patra swarasa* is advised to drink according to patient's *Shakti*. (ci. 19/60)
 - *Putikaranja moola*, *Shunti*, *Citraka moola* in equal quantity should be taken in *Putikaranja kshara* is advised in *Arsha*. (ci. 6)
 - *Puti karanja* and *Karanja taila* is advised in *Dushta vrana*. (ci. 31)
 - *Putikaranja* and *Aragwadha pallava* should be fried in ghee and taken in *Gulma*. (u. 42)
 - *Putikaranja swarasa* with *Madhu* is advised in *Krimi*. (u. 64)
- Aragwadha (*Cassia fistula*, Fabaceae)**
- *Aragwadha patra* is advised in *Vrana prakshalana*. (ci. 19/39)
 - *Aragwadha kashaya* is advised in *Haridra meha*. (ci. 11/7)
- Kovidara (*Bauhinia purpurea*, Caesalpiniaceae)**
- Kovidara moola twak* is pasted and given in *Sarpa damshtra*. (ka. 5/17)
- Saptala (*Euphorbia lutescens*, Euphorbiaceae)**
- Saptala* and *Shankini swarasa siddha gritha* is advised for *Virechana* in *Dushyoūdara*. (ci. 14/8)
- Shirisha (*Albizia lebeck*, Fabaceae)**
- *Shirisha moola* and *Phala swarasa* is used as *Nasya* in *Ardhavabhedaka*. (u. 26/32)
 - *Shirisha moola* and *Apamarga swarasa* with *Madhu* is taken internally in *Krimi*. (u. 54/24)
 - *Shirisha saara*, *Phala*, *Twak choorna* with *Madhu* should be given in *Mooshaka visha*. (ka. 7/20)
 - In *Danta kashta visha* the *Shirisha beeja churna* is advised for *Danta dhavana*. (ka. 7/20)
 - *Shirisha panchanga Kwatha*, *Madhu*, *Saindava* and *Trikatu churna* is advised in *Sarpavisha*. (ka. 6/81)
- Haritaki (*Terminalia chebula*, Combretaceae)**
- *Haritaki* with *Guda* is advised in *Vatarakta*. (ci. 5)
 - *Guda haritaki* is advised in *Pratha kaala* in *Adrushya arshas*. (ci. 6)
 - *Haritaki* should be given in *Gomutra* in *Kaphaja shleepada*. (ci. 19)
 - *Guda haritaki* is given in *Gulma*. (u. 42)
 - *Haritaki churna* with *Ushnodaka* is advised in *Hikka*. (u. 50)
- Dhava (*Anogeissus latifolia*, Combretaceae)**
- *Dhava swarasa* or *Dhava swarasa siddha taila* is used in *Karna purana* in case of *Karna pooya*. (u. 21/47)
- Arjuna (*Terminalia arjuna*, Combretaceae)**
- *Arjuna twak sheeta kashaya* with *Madhu* is advised in *Rakatpitta*. (u. 45/24)
 - *Arjuna twak* with *Shweta chanada kashaya* is advised in *Shukra meha*. (ci. 11)
- Vibhitaki (*Terminalia bellirica*, Combretaceae)**
- Vibhitaki beeja churna* with *Madhu* is given in *Mootra krichra* and *Ashmari*.
- Jambu (*Syzygium cumini*, Myrtaceae)**
- *Jambu pallava kwatha* is used for *Netra prakshala* in *Kukunaka*. (u. 19/13)
 - *Jambu twak hima* with *Madhu* is advised in *Rakatpitta*. (u. 45/23)
- Jeemutaka (*Luffa echinata*, Cucurbitaceae)**
- Jeemutaka phala churna* with *Dadhi* is given to induce *Vamana* is *Mooshaka visha*. (ka. 7/35)
- Karavellaka (*Momordica charantia*, Cucurbitaceae)**
- Karavellaka kwatha siddha taila* is indicated in *Vatarkata*. (ci. 5/12)
- Karkotaka (*Momordica dioica*, Cucurbitaceae)**
- Karkota patra* is advised as *Pathya* in *Jwara*. (u. 39/150)
- Indravaruni (*Citrullus colocynthis*, Cucurbitaceae)**
- Indravaruni moola churna* with *Guda* is given in *Kamala*. (u. 44)
- Brahmi (*Bacopa monnieri*, Plantaginaceae)**
- Brahmi* is advised in the form of *Swarasa* and *Kalka* in *Kuti praveshika rasayan*, for *Ayushya* and *Buddhi vriddhi*. (ci. 28)
- Ankola (*Alangium salvifolium*, Alangiaceae)**
- *Ankola moola* is advised for chewing and *Ankola moola churna* is given internally in *Danta kashtagata visha*. (ka. 1/50)
 - *Ankola pushpa* is done paste and used as *Anjana* in *Anhjana visha*. (ka. 1/72)
- Manjista (*Rubia cordifolia*, Rubiaceae)**
- Manjishta* and *Shwetha chandana kwatha* is advised in *Manjishta meha*. (ci. 11)
- Kusumbha (*Carthamus tinctorius*, Asteraceae)**
- Kusumbha taila* is advised in *Prameha*. (ci. 31/5)

Rasna (*Pluchea lanceolata*, Asteraceae)

Rasna swarasa siddha tila taila is advised in *Swasa* and *Kasa*. (u. 51)

Chitraka (*Plumbago zeylanica*, Plumbaginaceae)

- 1/4th Tola of *Chitraka moola churna* with *Jala* is advised in *Arsha*. (ci. 9/45)
- *Chitraka moola kwatha* is advised *Sikatha meha*. (ci. 11/8)
- *Bala* and *Chitraka moola churna*, 1 Tola with *Ushnodaka* is advised in *Panduroga*. (u. 44/26)
- *Chitrakamoola churna*, *Gomutra*, *Trikatu*, *Gritha*, *Madhu* should be mixed and kept in a pot. This mixture should be taken out after 1 *Paksha* and given in *Shwitra*. (ci. 9/39)

Vidanga (*Embilias ribes*, Myrsinaceae)

Vidanga churna and *Yashtimadhu* in equal quantity with *Sheetala jala* in *Prataha kaala* for 1 *Maasa* in increasing order is advised as *Rasayana* in case of *Arsha* and *Krimi*. (ci. 27)

Madhuka (*Madhuca longifolia*, Sapotaceae)

- In *Shukra roga*, *Madhuka sara* is used as *Anjana*. (u. 12/33)
- *Madhuka swarasa*, *Nagakesara*, *Mishri*, *Madhu*, altogether is advised in case of *Hikka*. (u. 50/24)
- *Madhuka swarasa*, *Madhu* and *Gritha* are given in *Chardi*. (u. 39/294)
- *Madhuka swarasa siddha taila* is advised in *Karna purana*. (u. 21/47)
- *Madhuka sara rasa* is given as *Nasya*, relieves *Apachi*. (ci. 18/23)
- *Madhuka twak* is used in *Kusha bhanda* in *Asthi bagna*. (ci. 3/6)

Rajadana (*Manikara hexandra*, Sapotaceae)

- *Rajadana patra kalka* in *Ksheera* is advised for *Lepa* in *Nyaccha*. (ci. 20)

Lodhra (*Symplocos racemosa*, Symplocaceae)

- *Lodhra kwatha* is advised in *Mukha roga*.

Mushkaka (*Schrebera swietenoides*, Oleaceae)

- *Mushkaka moola twak siddha gritha* is advised in *Kushta*. (ci. 9/49)
- *Mushkaka pushpa* should be done paste and the froath coming out should be put as *Anjana*. (ka. 1/71)

Parijata (*Nyctanthes arbor-tristis*, Oleaceae)

- *Parijata panchanga kwatha* is advised in *Udaka meha*. (ci. 11/8)
- *Parijata*, *Ikshuraka*, *Apamarga kshara siddha taila* should be given in *Pleehodara*. (ci. 14/12)

Pilu (*Salvadora persica*, Salvadoraceae)

Pilu with *Saindhava lavana* is advised in *Gulma*. (u. 42)

Kutaja (*Holarrhena antidysenterica*, Apocynaceae)

- *Kutaja twak pahanitha* is advised in *Kapha pitta mishrita raktarshas*. (ci. 6/93)

- *Kutaja moola* and *Vanda churna* with *Takra* is advised in all types of *Arshas*. (ci. 6/94)
- In case of *Adhika kapha srava* in *Raktatisara*, *Kutaja twak phanita* should be given. (ci. 40/90)
- *Kutaja pushpa aklka* is advised in *Prameha*. (ci. 11/7)

Saptaparna (*Alstonia scholaris*, Apocynaceae)

- *Saptaparna kashaya* is advised in *Sandra meha*. (ci. 11)
- *Saptaparna kashta churna* with *Madhu* is advised for *Danta dhavana* in *Dantha kashtagata visha*. (ka. 1/50)
- *Saptaparna pushpa churna* with *Pippali churna* is advised with *Madhu* in *Shwasa* and *Kasa*. (u. 51/35)

Karavira (*Nerium indicum*, Apocynaceae)

- *Karavira kshara* with *Avi mootra* is advised in case of *Ashmari* and *Sharkara*. (ci. 7/23)
- *Karavira patra kwatha* is advised for *Prakshalana* in *Upadamsha*. (ci. 19/3)

Arka (*Calotropis procera*, Asclepiadaceae)

- *Arkapatra kwatha* is advised internally in *Kushta*. (ci. 9/51)
- *Taila* prepared from *Arkapatra* with *Kanji* is best for *Karnashoola*. (u. 21/23,24)
- *Arka komala patra swarasa* with *Yava* and *Madhu* is advised in *Shwasa*. (u. 52/36)
- *Arka dugdha Choorna*, *Shushka mamsa choorna*, *Tila taila*, *Guda* all should be mixed and *Vati* is prepared. And given in *Alarka visha*. (ka. 7/52)
- *Arka dugdha vishodana* should be given in *Alarka visha*. (ka. 7/51)

Sariva (*Hemidesmus indicus*, Asclepidaceae)

- *Sariva moola* should be tied in *Shishu kati pradasha* in *Skandapasmara*. (u. 29)
- *Sariva moola choorna sadhita ksheera* should be converted to *Dadhi* and indicated in *Arsha*. (ci. 6)
- *Sariva patra kwatha* is advised in *Vranashodana*. (ci. 18)
- *Sariva moola siddha gritha* is advised in *Mooshaka visha*. (ka. 6)
- *Sariva kwatha parishecana* is advised in child affected with *Pootana graham*. (u. 32)
- *Sariva moola saditha gritha* is advised in *Shwasa*. (u. 51)

Kataka (*Strychnos potatorum*, Loganiaceae)

Kataka beeja with *Saindhava* and *Madhu* should be rubbed and *Anjana* is prepared. This is indicated in *Raktabhishyanda*. (u. 12/23)

Shleshmantaka (*Cordia dichotoma*, Boraginaceae)

- *Shleshmantaka twak* is given in 10 types of *Loota visha*. (ka. 8/108)
- *Gritha samskrita Shleshmantaka shaka* is advised in *Raktapitta*. (u. 45/16)

Akhuparni (*Merremia emarginata*, Convolvulaceae)

Akhuparni with Pishti, Pupoolika are prepared and taken with Dhanyamla. It is best in Krimi peedita vyakti. (u. 54/27)

Trivrit (*Operculina turpethum*, Convolvulaceae)

- Trivrit choorna should be taken for 1 month in Vatajanya shota. (ci. 23)
- Trivrit choorna with Madhu is given in Prabala jwara. (u. 36)
- Nishota shaka is advised in Gulma. (u. 42)
- Nishota choorna with Sharkara is advised in Kamala. (u. 44)

Kantakari (*Solanum xanthocarpum*, Solanaceae)

- Kantakari swarasa siddha taila is advised in Alasa. (ci. 30)
- Sukhoshna kantakari swarasa sechana is advised in Vatabhishyanda. (u. 12)
- Kantakari moola choorna, Hingu and Madhu is advised in Shwasa. (u. 51)
- Kantakari grita is advised in Shwasa, Kasa, Agnisada, Swarabedha. (u. 51)
- Kantakari swarasa with Madhu is given in Mootradosha. (u. 58)

Brihati (*Solanum indicum*, Solanaceae)

Anjana should be filled in Pakwa brihati phala, by removing seeds. After 7 days the fruit should be used as Anjana.

Kakamachi (*Solanum nigrum*, Solanaceae)

Kakamachi siddha grita is advised in Mooshaka damshtra. (ka 7/31)

Ashwagandha (*Withania somnifera*, Solanaceae)

- Ashwagandha choorna siddhagrita is advised in Shosha. (u. 41/42)
- Ashwagandha choorna, Pippali, Sita with Madhu, gritha are advised in Kshaya roga. (u. 41/42)

Datura (*Datura metel*, Solanaceae)

- Shweta punarnava moola, with Datura moola choorna in Sheetala jala is advised in Alarka visha. (ka. 6)

Katuki (*Picrorhiza kurroa*, Plantaginaceae)

- Katuki choorna with Mishri is advised in Kaphapitta vikara. (u. 36)
- Gairika and Katuki choorna is advised in case of Hikka. (u. 50)

Paatala (*Stereospermum suaveolens*, Bignoniaceae)

- Paatala kshara is advised in case of Ashmari. (ci. 7/23)
- Paatala phala and Pushpa choorna with Madhu should be given in Hikka. (u. 50/26)
- Paatala kshara taila is advised to take internally in Mootra vikara. (u. 58/46)

Shyonaka (*Oroxylum indicum*, Bignoniaceae)

Putra paka rasa of Shyonaka twak with Madhu is useful in Atisara. (u. 40)

Vasa (*Adathoda vasica*, Acanthaceae)

- Vasa grita with Madhu is indicated in Kshaya, Shwasa, Kasa and Pandu. (u. 41/43)
- Vasa moola siddha taila should be fortified by chanting Gayatri mantra and this is used as Rasayana. (ci. 28/17)
- Vasapatra swarasa with Madhu and Mishri is advised in Raktapitta. (u. 45/31)
- Vasa grita is indicated in Shwasa. (u. 51/26)

Kokilaksha (*Astercantha longifolia*, Acanthaceae)

- Kokilaksha and Kapikacchu beeja churna with Dharoshna and Sharkara is indicated in Vajeekarana. (ci. 26/33)

Nirgundi (*Vitex negundo*, Verbenaceae)

- Nirgundi muktankura with ghee should be used in Raktapitta. (u. 45)

Harenuka (*Vitex agnus-castus*, Verbenaceae)

- Harenuka beeja choorna with Pippali should be taken along with Dahi in Kasa. (u. 52/18)
- Renuka beeja should be done Bhavana in Amra and Jambu pushpa swarasa. This is dried and Anjana is prepared and used in Netraroga. (u. 17/10)

Gambhari (*Gmelina arborea*, Verbenaceae)

- Kashmiri phala majja kwatha and Sharkara should be given in Daha, Trishnayukta jwara. (u. 36/156)

Agnimantha (*Premna serratifolia*, Verbinaceae)

- Agnimantha moola kwatha is given in Ikshu meha and Vasa meha. (ci. 11/8)

Bharangi (*Clerodendrum serratum*, Verbenaceae)

- Bharangi siddha sura is advised in Apasmara. (u. 61)

Ramatulasi (*Ocimum gratissimum*, Lamiaceae)

- Ramatulasi patra is rubbed over body to produce heat effect in Sheeta peedita jwara. (u. 36/267)

Punarnava (*Boerhaavia diffusa*, Nyctaginaceae)

- Punarnava moola siddha Ksheera is advised in Mootrashmari. (ci. 7)
- Punarnava moola kwatha with Shunti is advised Shota. (ci. 23)
- Shweta punarnava moola with Madhu is advised in Mooshaka visha. (ka. 6)
- Punarnava moola siddha ksheera is advised in Jwara. (u. 36)
- Shweta punarnava moola with Datura beeja choorna is advised in Alarka visha. (ka. 6)

Apamarga (*Achyranthes aspera*, Amaranthaceae)

- Apamarga moola is indicated in Arsha along with Tandulodaka and Madhu. (ci. 6/13)
- Shirisha and Apamarga patra swarasa with Madhu is indicated in Krimi. (u. 54)

Tanduliyaka (*Amaranthus spinosus*, Amaranthaceae)

- Tanduliyaka shaka is best in Arsha. (ci. 5)

- *Tanduliya moola churna* or *Swrasa* with *Madhu* is advised in *Mooshaka visha*. (ka. 5)

Pippali (*Piper longum*, Piperaceae)

- *Pippali vardhamana rasayana* is advised in case of *Vatarakta*, *Vishama jwara*, *Aruchi*, *Pandu*, *Pleehodara*, *Arsha*, *Kasa*, *Shwasa*, *Shopha*, *Shosha*, *Agnimandhya*, *Hridroga*, *Udara*. (ci. 5)
- *Pippali* or *Pipplai moola* with *Takra* is advised for one month, provided patient should not take any food. (ci. 6)
- *Pippali moola* with *Aja dugdha* should be advised in *Krimi roga*. (ci. 2)

Maricha (*Piper nigrum*, Piperaceae)

- *Maricha choorna* with *Vacha* and *Amladadhi* is advised to take in *Niranna avastha* in *Apatanaka*. (ci. 5)

Agaru (*Aquilaria agallocha*, Thymelaeaceae)

- *Agaru sara* with *Sneha* is advised in *Dadru*, *Kitibha kushta*. (ci. 31/5)
- *Agaru* and *Patha kwatha* is advised in *Lavanameha*. (ci. 11/8)

Chandana (*Santalum album*, Santalaceae)

- *Chanada kwatha* is advised in *Pradara* and *Dourgandhyayukta artava*. (sha. 2/10)
- *Arjuna* and *Chandana kwatha* should be advised in *Shukrameha*. (ci. 11)
- *Candana* and *Manjishta kashaya* is advised in *Manjishta meha*. (ci. 11)

Amalaki (*Phyllanthus emblica*, Euphorbiaceae)

- *Anjana* should be prepared from *Amalaki phala* and *Swarasa* and used in *Raktabhishyanda*. (u. 12/49)
- In *Mootra dosha* and *Ruja 1 Kudava* of *Amalaka swarasa* should be advised to take. (u. 58/40)
- *Amalkai corona sadhita ksheera* with *Gritha* is advised in *Kasa*. (u. 52/36)
- After *Shodana amalaki swarasa* with *Haridra churna* and *Madhu* is advised in *Prameha* patient. (ci. 11/7)
- *Dadhi* prepared from *Ksheera* kept in a *Ghata*, smeared with *Amalaki Choorna* should be churned and *Takra* is advised in case of *Arsha*. (ci. 6/13)
- *Amalaki grita* prepared from *Purana grita* and *Amalaki swarasa* should be advised in *Vatarakta*. (ci. 5/12)
- *Amalaki churna siddha kwatha* is advised for *Mukha prakshalana* after *Danta dhavana* and same *Sheeta kwatha* should be put on face for *Netra swasthya*. It protects from *Nilika*, *Vyanga*, *Mukhashosha*, *Pidaka*. (ci. 24/15)
- *Amalaki churna* should be done *Bhavana* in *Amalki swarasa* for 21 times, and this *Churna* should be taken in *Pratah* and *Sayam* with *Sharkara*, *Madhu* and *Sarpi* followed by *Ksheera sevana*. It acts as *Vajeekarana*. (u. 26/24)

- *Amalaki* and *Ikshu swarasa* with *Madhu* is advised in *Pandu*. (u. 44/18 & 44/27)
- *Amalaki swarasa* with *Jala* should be taken for 3 days in case of *Udavarta*. (u. 55/22)
- *Amalaki swarasa siddha gritha* with *Madhu* should be taken in *Moorcha*. (u. 46/19)

Putranjeevaka (*Putranjiva roxburghi*, Putranjivaceae)

Putranjeevaka swarasa is used in *Shleepada*. (ci. 19/61)

Eranda (*Ricinus communis*, Euphorbiaceae)

- *Eranda taila parisheka* is advised in *Apatanaka*. (ci. 5/18)
- *Eranda taila* with *Ksheera* is advised in *Vridhhi* (ci. 19/6)
- In *Vatajanya shotha eranda taila* should be advised with *Trivrit* for 15 days to 1 month. (ci. 23/24)
- *Eranda moola*, *Patra*, *Twak* should be boiled in *Ksheera* and the *Ksheera* should be put as eye drops in *Vatabhishyanda*. (u. 9/11)

Vata (*Ficus benghalensis*, Moraceae)

Vata pallava with *Doorva swrasa* along with *Madhu* should be advised in *Raktapitta*. (u. 45)

Shakhotaka (*Streblus asper*, Moraceae)

- In *Apachi shakotaka siddha taila* is advised as *Virechanika nasya*. (ci. 18/23)

Udumbara (*Ficus racemosa*, Moraceae)

- *Udumbara phala swarasa* should be advised in *Raktapitta*. (u. 45/23)
- *Udumbara phala swarasa* with *Sharkara* or *Udumbara phala kwatha* is advised in case of *Trishna*. (u. 45/22)

Plaksha (*Ficus microcarpa*, Moraceae)

Plaksha twak should be pasted and mixed with milk and *Madhu*. This is advised in *Raktatisara*. (u. 40/119)

Aswattha (*Ficus religiosa*, Moraceae)

- *Ashwattha moola twak kashaya* is advised in *Neela meha*. (ci. 11/8)
- *Ashwattha phala*, *Moola*, *Twak* and *Shringa siddha ksheera* with *Mishri* and *Madhu* is indicated as *Vajeekarana dravya*. (ci. 26/27)
- *Ashwattha twak* is used in *Bhagna asthi bandhana*. (ci. 3/6)

Chirabilwa (*Holoptelia integrifolia*, Ulmaceae)

- *Taila brishta cirabilwa patra* is advised in *Vataja shoola*. (u. 42/90)

Katphala (*Myrica nagi*, Myricaceae)

- In *Shiroroga katphala choorna* is advised in the form of *Greya nasya*. (u. 26/22)
- *Katphala* should be pasted with *Naari stanya* or *Jala*, this should be put in *Netra* with silk cloth in case of *Pittaja netrabhishyanda*. (u. 100/22)

- *Katphala, Gomutra, Gritha, Samudraphena, Pippali, Madhu, Saindava* in equal quantity should be mixed and pipe shaped structure should be prepared. This anjana should be advised in *Netra roga*. (u. 17/20)
- Vetasa (*Salix caprea*, Salicaceae)**
Vetasa twak kwatha should be advised in *Purana jwara*. (u. 39)
- Devadaru (*Cedrus deodara*, Pinaceae)**
 - *Devadaru kwatha* is advised in *Jwara*. (u. 39)
 - *Devadaru kwatha* with *Shunti* and *Gomutra* is advised in case of *Shotha*. (ci. 23)
- Sarala (*Pinus longifolia*, Pinaceae)**
 - The *Sarala kashta* should be covered with a *Vastra* and *Grita* is put on that *Vastra*. This should be burnt and the oil which oozes is collected. This is called *Deepika Taila*. This is used in various *Karna roga*. (u. 21/22)
 - *Sarala kashta dhoopana* is advised in *Vrana*. (su. 36/20)
- Haridra (*Curcuma longa*, Zingiberaceae)**
 - 1 *Pala* of *Haridra choorna* with *Gomutra* for 1 month is advised in *Kushta*. (ci. 9/43)
- Shunti (*Zingiber officinale*, Zingiberaceae)**
 - *Ardraka swarasa* with *Taila, Madhu, Saindava lavana* should be used as *Karna purana* in *Karna shoola*. (ci. 5)
 - *Shunti choorna* with *Guda* is advised in *Kamala*. (u. 44)
 - *Trivrit* with *Shunti choorna* is advised in *Gulma*. (u. 42)
- Ela (*Elettaria Cardamomum*, Zingiberaceae)**
 - *Amalaki swarasa* with *Ela choorna* is advised in *Mootrakriccha*. (u. 58/41)
 - *Ela choorna* with *Madhya* is advised in *Udavarta*. (u. 55/22)
- Kumkuma (*Crocus sativus*, Iridaceae)**
 - *Kesara kwatha* should be advised in *Mootrajanya udavarta*. (u. 55/25)
 - 1 *Tola* of *Kesara* is soaked in *Madhu* and *Jala* in night, this is taken in *Praatah kaala* in case of *Mootraghata*. (u. 58/31)
- Varahi kanda (*Dioscorea alata*, Dioscoreaceae)**
Kanda choorna with *Taila* is advised in case of *Nadivrana*. (ci. 17/36)
- Lashuna (*Allium sativum*, Liliaceae)**
 - In *Vishama jwara* *lashuna* is advised to take in *Prataha kaala* along with *Gritha*. (ci. 39)
 - *Lashuna* is advised in *Kshaya* as *Rasayana*. (u. 41)
- Shatavari (*Asparagus racemosus*, Asparagaceae)**
 - *Shatavari moola kalka* with *Ksheera* is advised in case of *Arsha*. (ci. 6)
 - *Shatavari moola swarasa* with *Madhu* and *Grita* is advised in *Karnagata visha*. (ka. 1)
- *Shatavari kashta dharana* in case of *Shakuni graham*. (ci. 30)
 - *Guduchi* and *Shatavari swarasa* with *Guda* is advised in case of *Vataja jwara*. (u. 39)
 - *Shatavari choorna* with *Gomutra* is advised in case of *Kaphaja swara kshaya*. (u. 53)
- Langali (*Gloriosa superb*, Liliaceae)**
 - *Langali moola kalka* is rubbed to induce *Aparapaatana*. (sha. 10/21)
 - *Trivrit* and *Langali siddha ksheera* is advised in case of *Unmattha karna roga*. (ci. (25/19)
- Taala (*Borassus flabellifer*, Arecaceae)**
Taala moola with *Tandulodaka* is made paste and given in *Mootraghata*. (u. 58/41)
- Kharjura (*Phoenix sylvestris*, Arecaceae)**
 - *Kharjura* and *Draksha avaleha* should be given to patient in case of *Mukha vairasyata* in *Jwara*. (ci. 8/94)
 - *Kharjura beeja churna* with equal quantity of *Pippali choorna* is advised in case of *Hikka*. (u. 50/28)
 - *Kharjura* with *Madhu* is advised in *Rakta pitta*. (u. 45/20)
- Vacha (*Acorus calamus*, Acoraceae)**
 - *Vacha choorna* with *Ksheera* is advised as *Rasayana*. (ci. 28)
 - *Vacha kanda* is tied in child's neck in *Naigamesha graha*.
- Musta (*Cyperus Rotundus*, Cyperaceae)**
 - *Musta choorna* should be boiled with with *Ksheera* and *Jala*, 3 times that of *Choorna*. The *Ksheeraavashesha* should be given in *Amatisaara*. (u. 40)
 - *Musta kashaya* with *Madhu* is advised in case of *Pakwatisaara*. (u. 40)
- Doorva (*Cynodon dactylon*, Poaceae)**
Vata pallava with *Doorva swrasa* along with *Madhu* should be advised in *Raktapitta*. (u. 45)
- Vamsha (*Bambusa arundinacea*, Poaceae)**
In *Akshi shoola* *vamsha moola rasakriya* or *Ghanakshara varti* with *Madhu* should be applied as *Anjana*. (u. 12/49)
- Ikshu (*Saccharum officinarum*, Poaceae)**
 - *Ikshu rasa* should be given as *Pathy* and *Ikshu mantha* is advised in case of *Pandu roga*. (u. 44/18)
 - *Ikshu swarasa siddha gritha* is advised in case of *Urakshata* and *Kshaya* with *Kasa*. (u. 52)
 - *Ikshu swarasa* should be made warm and done done *Seka* on *Visarpa*. (ci. 17/9)
- Yava (*Hordeum vulgare*, Poaceae)**
 - *Arka ankura swarasa bhavita yava choorna* with *Madhu* is advised in case of *Shwasa*. (u. 51/36)
 - *Yava audana* is advised in *Timira*. (u. 17/69)
 - *Yava* is told as *Pathya* in *Pandu*. (u. 44/37)

Kodrava (*Paspalum scrobiculatum*, Poaceae)

- *Kodrava kshara jala* is applied to *Shira* in case of *Darunaka*. (ci. 20/29)

Sunishannaka (*Marsilea minuta*, Marsileaceae)

- It is told as *Pathya* in *Netra roga*. (u. 17/50)
- *Sunishannaka* boiled in *Gritha* should be given in *Raktapitta*. (u. 45/16)

DISCUSSION

Acharya Sushruta has told more than 300 single drug indications in Sushruta samhita. These *Eka moolika prayoga* not only include drugs for diseases but also for *Swastha hita* purpose that is to maintain once own health. These also include single drugs for *Shodhana*, *Visha chikitsa* and *Graha pratishedh*. *Swasthahita* includes *Dravyas* for *Rasayana*, *Vajikarana*, *Buddhi Vriddhi* and *Vayasthapana*. *Vyadhi prashamana* includes different types of diseases like *Prameha*, *Kshudra Roga*, *Shwasa*, *Kasa*, *Raktapitta*, *Vataraktha*, *Atisara*, *Krimi*, *Jwara*, *Mootra Roga*, *Arsha*, *Kushta*, *Pandu*, *Kamala*, *Shothakshaya*, *Udara*, *Netraroga*, *Karnaroga*, *Vrana* etc. Acharya Sushruta has shown special interest in ophthalmic diseases which is clearly visible as there are many single drugs indicated for maintaining the health of eyes and also in treating many eye diseases. Among these indications the part used commonly in the plant medicine are mentioned like *Moola*, *Twak*, *Sara*, *Niryasa*, *Phala*, *Patra*, *Pushpa* along with rarely used parts like *Vranta*, *Ankura*, *Keshara*, *Bija*, *Mulatvak*, *Shakha*. In the dosage form many indications are mainly in the form of *Churna*, *Swarasa*, *Kashaya*, *Thaila paka*, *Grita*, *Ksheerapaka*, *Kalka*, *Anjana* and also includes few drugs in the form of *Kshara*, *Ksharajala*, *Yusha*, *Yavagu*, *Sura*, *Audhana*, *Mantha*, *Panitha*, *Putapaka Swarasa*, *Dadi*, *Pupulika*. There are few drugs told to tie to the particular part of the body in case of *Graha Pratishedha*. A wide variety of *Anupana* are used along with the main drugs which includes honey, ghee, milk, cow's urine, rice washed water and also many other drugs are told as the adjuvent like *Yashtimadhu*, *Shunti*, *Maricha*, *Pippali*.

CONCLUSION

The *Eka moolika prayoga* mentioned by Acharya Sushruta gives a wide range of knowledge in both *Swasthasya swasthya rakshanam* and *Vikara prashamanam* thus fulfilling main motto of Ayurveda. Non-availability, increased exploitation, high cost and vagueness in identification of medicinal plants are the major hurdles in using compound formulation and thus there is utmost need for encouraging the use of single drugs. Thus the above literary review fulfills the purpose.

Abbreviations

| S. No. | Abbreviations | Full form |
|--------|---------------|-----------------|
| 1 | Su. | Sutra sthana |
| 2 | U. | Uttara sthana |
| 3 | Ka. | Kalpa sthana |
| 4 | Ci. | Chikitsa sthana |

REFERENCES

1. Sushruta, Sushruta Samhita, (Edited with Ayurveda Tattva Sandipika) by Shastri Kaviraja Ambikadutta, 12th ed. Varanasi: Chaukhamba Sanskrit Sansthan 2001.
2. Sushruta Samhita of Sushruta with Nibandha sangraha Commentary of Shri Dakhanacharya and Nyayachandrika Panjika of Shri Gayadasacharya edited by Vaidya Jadavaji Trikamji Acharya.
3. Sharma P V, Dravya guna vigyana, 17th edition, Varanasi, chaukambha bharti academy, 1996.
4. Kirtikar and Basu, Indian Medicinal Plants with illustration, Second edition, Orientalia enterprises 2001, edited revised by Blatter.E, Caries. J. F and Mhaskar.K.S
5. <https://books.google.co.in/books>
6. Sharma PC, Yelne MB, Dennis TJ, "Database on medicinal plants used in Ayurveda", New Delhi: CCRAS; 2001, Vol 1 and Vol 3.
7. Ayurvedic Pharmacopiea of India, 1st edition, Government of India, Ministry of Health & Family Welfare, Department of ISM & H, Delhi.

Cite this article as:

Yallappa GK. Jayashree KS. Ekamoolika Prayoga Mentioned in Sushruta Samhita. International Journal of Ayurveda and Pharma Research. 2023;11(9):31-39.

<https://doi.org/10.47070/ijapr.v11i9.2972>

Source of support: Nil, Conflict of interest: None Declared

***Address for correspondence**

Dr. Jayashree KS

Associate Professor

Department of Dravyaguna

Ramakrishna Ayurvedic Medical

College and Hospital, Bangalore.

Email: jayuatsmile@gmail.com

Disclaimer: IJAPR is solely owned by Mahadev Publications - dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJAPR cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJAPR editor or editorial board members.