REVIEW ARTICLE

TOP 25 HERBS MONO THERAPY OF CHAKRADUTTHA

B. SANDHYA¹ R. VIDYANATH

ABSTRACT

Ayurveda is considered as one of the oldest of the traditional systems of medicine accepted worldwide. The ancient wisdom in this traditional system of medicine is still not exhaustively explored. The junction of the rich knowledge from different traditional systems of medicine can lead to new avenues in herbal drug discovery process. Herbal formulations are getting popularity throughout the world and commercialized extensively for various medicinal properties. Ayurvedic knowledge has been comprehensively documented in two samhitas namely Charaka samhita and Susruta samhita. Later works like Ashtanga hridaya, Vrindamadhava, Chakraduttha, etc have utilized this source material and made concise works which are more helpful to the general practitioners of Ayurveda. The authors of these works compiled the relevant matter essential and suitable to their contemporary needs. They designed safe and effective formulations in simplified and systematic manner. Chakraduttha is one such work of the medieval period in which Ayurvedic therapeutic information is presented in brief to help the mediocre physician. Chakraduttha included many single and simple recipes useful in particular disease conditions. In total 215 herbs single recipes documented in Chakraduttha. Single herbs are the common form of herbal formulation in use. People think single herbs as the easiest way to consume herbs. Naturally, it is the most economical method of presenting herbs for herbal supplement companies as well. After a thorough analysis of the Chakraduttha, 486 herbs are identified, among these 486 herbs, top 25 herbs single recipes are noted in present study.

Keywords: Chakraduttha, top 25 herbs, Eka Mulika Prayoga, single drug therapy, herb monotherapy

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INTRODUCTION

Ayurveda is one of the traditional medicinal systems of India. The philosophy behind Ayurveda is preventing unnecessary suffering and living a long healthy life. Ayurveda involves the use of natural elements to eliminate the root cause of the disease by restoring balance, at the same time create a healthy life-style to prevent the recurrence of imbalance. Herbal medicines have existed world-wide with long recorded history and they were used in ancient Chinese, Greek, Egyptian and Indian medicine for various therapies purposes. World Health Organization estimated that 80% of the word's inhabitants still rely mainly on traditional medicines for their health care. In Ayurveda, single or multiple herbs are used for the treatment.

Chakraduttha, also popularly known as Chakrapani, has composed a landmark publication on Ayurvedic medical management entitled as ‘Chikitsasangraha’. Chakrapani belongs to Lodhravali family. His father Narayanadatta was kitchen superintendent during the period of Gouda king Nayapala and his brother Bhanudatta was court physician. Most of the historians fixed the period of Chakrapaniduttha as 11th century A D (1). A verse at the end of Chakraduttha clearly indicates that he followed the text of Vrinda’s Siddhayoga clearly suggests that this work is considered as post Vrinda treatise (2). According to Nischalakara, it is known that he has traced the sources of many verses of Chakraduttha are from as many as 49 works of preceding authors viz. Charaka, Susruta, Harita, Bhela, Kharanada, Krishnatreya, Videha, Ksharapani, Nagarjuna, Vagbhata, Chandrata, Ravigupta, Vrinda etc.

Material and methods:

The English translation of Chakraduttha by Acharya P.V. Sharma along with the commentaries of Nischalakara and Shivadas Sen has been taken into consideration as the source for this present study.

Eka mulika proyoga has been considered as administration of single herb along with its Anupana i.e milk, honey, jaggery, hot water..Etc in different disorders.

Observations:

Top 25 drugs of chakraduttha

<table>
<thead>
<tr>
<th>S.No</th>
<th>Herb</th>
<th>Botanical name</th>
<th>Repetition no.</th>
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<tbody>
<tr>
<td>1.</td>
<td>Shunti</td>
<td>Zingiber officinale Roscoe</td>
<td>331</td>
</tr>
<tr>
<td>2.</td>
<td>Pippali</td>
<td>Piper longum Linn.</td>
<td>311</td>
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</table>
Single recipes:

**Shunti:**

- Ghrita processed with the paste of \textit{Nagara} alleviates Grahani \(^{(3)}\).
- The powder of \textit{Viswoushadha} alone taken with lukewarm water also increases appetite. \(^{(4)}\)
- Regular intake of \textit{Shunti} with \textit{Guda} alleviates \textit{Amajirna}, \textit{Gudamya} (anal disorders) and \textit{Varcho-vibandha}(constipation) \(^{(5)}\).

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Scientific Name</th>
<th>Page</th>
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<tbody>
<tr>
<td>3</td>
<td>Guduchi</td>
<td>\textit{Tinospora cordifolia (Willd.)Miers}</td>
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<td>4</td>
<td>Madhuka</td>
<td>\textit{Glycyrrhiza glabra Linn.}</td>
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<td>5</td>
<td>Haritaki</td>
<td>\textit{Terminalia chebula Retz.}</td>
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<td>6</td>
<td>Chitraka</td>
<td>\textit{Plumbago zeylanica Linn.}</td>
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<td>7</td>
<td>Musta</td>
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<td>8</td>
<td>Vacha</td>
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<td>\textit{Cedrus deodara (Roxb.) Loud.}</td>
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<td>10</td>
<td>Kushta</td>
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<td>\textit{Ferula foetida Regel.}</td>
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<td>\textit{Picrorhiza kurroa Royle ex Benth.}</td>
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<tr>
<td>25</td>
<td>Manjista</td>
<td>\textit{Rubia cordifolia Linn}</td>
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</table>
• Nasal administration of **Nagara** (Shunti) and **Guda** (jaggery) alleviates Hicca (hiccough).\(^{(6)}\)

• Regular usage of **Shunti** Churna (10gr) with **Kanjika** pacifies Amavāta (rheumatoid arthritis).\(^{(7)}\)

• Intake of the warm decoction of **Shunti** stimulates digestive fire and relieves Kasa(cough), Swasa (dyspnoea), Vata, Soola(pain) and Hridroga (heart disease).\(^{(8)}\)

• **Shunti** with equal quantity of **Guda** (jaggery) alleviates Shotha (oedema).\(^{(9)}\)

• Intake of **Guda Nagara** (jaggery with dry ginger) starts with 1 Karsha (12 gm.) and increasing one Karsha per day up to a maximum of 3 Pala (144 gm.) for a period of Paksha (15 days) or Masa (30 days), relieves Shodha (oedema), Pratisyaya (sinusitis), Gala roga(throat diseases), Swasa (dyspnoea), Kasa (cough), Aruchi (tastelessness), Pinasa and Kapha-vata roga.\(^{(10)}\)

• **Shunti** decoction mixed with jaggery can be considered as the best recipe for conducting Nasya in both the conditions Karanada (tinnitus) and Badhirya(defaeness).\(^{(11)}\)

• **Viswa** (Shunti) mixed with **Guda** (jaggery) and used as Nasya in Urdhwajatrugata roga.\(^{(12)}\)

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**Pippali:**

• Intake of the powder of **Upakulya(Pippali)** with honey relieves Kasa (cough), Swasa(dyspnoea), Jwara (fever), Pleeha and Hicca (hiccough).This is the best recipe even for children.\(^{(13)}\)

• Intake of the water processed with **Pippali** is useful as Anabhishyandi, Dipana, Vata-slehma Vikaragdna, Pleeha and Jwara nasaka.\(^{(14)}\)

• Intake of **Guda** (jaggery) combined with Pippali alleviates Kasa (cough), Ajirna, Aruchi, Swasa(dyspnoea), Hridroga(heart disease), Pandu (anaemia), Krimi (worms), Jirnajwara (fever) and Agnisada.\(^{(15)}\)

• Intake of the paste of **Pippali** with milk alleviates chronic case of Pravahika (amoebiasis) within 3 days.\(^{(16)}\)

• Regular intake of **Upakulya (Pippali)** with Guda alleviates Amajirna, Gudamya (anal disorders) and Varcho-vibandha.\(^{(17)}\)

• Nasal administration of **Pippali** and Sarkara (sugar) alleviates Hicca (hiccough).\(^{(18)}\)

• Intake of the powder of **Krishna (Pippali)** mixed with Madhu (honey) also relieves Murcha (fainting).\(^{(19)}\)

• Ghee cooked with paste and decoction of **Pippali** is mixed with honey and
taken with milk. It relieves *Parinamashula*.(20)

- Intake of *Pippali* with milk is useful in *pleeha vruddhi* (spleenomegaly).(21)

- Intake of *Pippali* mixed with milk is useful in *Shotha* (oedema).(22)

- Intake of jaggery with *pippali* starts with 1 *Karsha* (12 gm.) and increasing one *Karsha* per day up to a maximum of 3 *Pala* (144 gm.) for a period of *Paksha* (15 days) or *Masa* (30 days), relieves *Shodha* (oedema), *Pratisyaya* (sinusitis), *Gala roga*, *Swasa* (dyspnoea), *Kasa* (cough), *Aruchi*, *Pinasa* and *Kapha-vata roga*. (23)

- Intake of *Pippali* mixed with *Madhu* destroys *Amlapitta* (acid gastritis). (24)

- Intake of ghee cooked with the paste and decoction of *Pippali* is to be taken early in the morning after added with *Madhu* (honey) for the management of *Amlapitta* (acid gastritis). (25)

- Keeping the paste of *Pippali churna* mixed with honey and ghee in the mouth alleviates *Dantasoola* (toothache) it is the chief remedy for toothache. (26)

- *Kavala* with *Pippali* mixed with honey is useful in treatment of *Adhimamsa*. (27)

- *Pippali* mixed with *Saindhava* and used as *Nasya* in *Urdhwa jatrugata roga*. (28)

- Regular intake of 5, 8, 7 or 10 *Pippali* fruits with honey and ghee for a period of one year gives the desired effect of *Rasayana*. (29)

**Guduchi:**

- Intake of juice of *Guduchi* mixed with honey destroys *Kamala* (jaundice). (30)

- Internal administration of *Hima* (cold infusion) of *Guduchi* mixed with honey is wholesome for *Chardi* (vomiting) caused by all the *Tridosha*. (31)

- Intake of Decoction of *Guduchi* mixed with honey useful in *Pittaja Chardi* (vomiting). (32)

- Intake of *Guduchi* Swarasa checks *Trishna* (polydipsia). (33)

- Intake of *Guduchi* mixed with castor oil relieves from severe *Vatarakta* (gout arthritis). (34)

- Intake of *Guduchi* mixed with *Shunti* relieves from *Amavāta* (rheumatoid arthritis). (35)

- Regular use of *Guduchi* in any one of the forms of *Swarasa* (fresh juice), *Kalka* (paste), *Churna* (powder) or *Quadha* (decoction) alleviates *Vatarakta* (gout arthritis). (36)

- Ghee cooked with *Guduchi Quadha* and *Kalka* along with *Paya* (milk) alleviates even severe case of *Vatarakta* (gout arthritis) and *Kushta* (leprosy). (37)
• Intake of Amara Swarasa (Guduchi) mixed with Madhu useful for the management of all types of Prameha (diabetes).  

• Regular use of the juice of Guduchi mixed with oil alleviates Slipada (filaria).

• Regular intake of Guduchi swarasa according to the strength of the patient and by keeping on diet with Mudga Yusha added with ghee makes even the putrefied body as glorious in appearance.

• Intake of Guduchi Swarasa mixed with Sarkara and Madhu alleviates Pittaja Asrigdara.

• Intake of Guduchi Rasa (Sa moola i.e. whole plant) perform as Medhya Rasayana.

Yashtimadhu:

• Nasal administration of Madhuka (Yashtimadhu) mixed with Madhu alleviates Hicca (hiccough).

• Nasal administration of Yashtimadhu alleviates even severe case of Trishna (polydipsia).

• Intake of Madhuka siddha kshira (milk processed with Yashtimadhu) mixed with sugar is useful for the management of Pittaja Hridroga (heart disease).

• Intake of Madhuka mixed with Sita (sugar) is effective in Udarda (urticaria).

• Anjana with Madhuka sara mixed with Madhu is useful for the management of Sukra.

• Intake of Yashtimadhu churna mixed with Kshira works as Medhya Rasayana.

• Intake of 1 Karsha (12gm) of Madhuka churna mixed ghee and honey followed by milk results in constant urge for sex.

Haritaki:

• Intake of Haritaki mixed with jaggery alleviates scabies, itching and destroys piles.

• Haritaki steeped with Gomutra for overnight and taken with Guda alleviates Arshas(piles).

• Regular intake of Pathya (Haritaki) with Guda alleviates Amojirna, Gudamya (anal disorders) and Varchovibandha.

• In Kaphaja Pandu (anaemia) Haritaki impregnated with cow’s urine should be taken.

• Intake of Abhaya (Haritaki) Churna mixed with Guda and Kshoudra useful for the management of Kamala (jaundice).
- Intake of **Pathya** (Haritaki) with Madhu (honey) alleviates Raktapitta (innate haemorrhage).\(^{(55)}\)

- Intake of the powder of **Abhaya** (Haritaki) with Madhu (honey) acts as Pachana and Dipana. It alleviates Sleshma (Kapha), Raktapitta (innate haemorrhage), Soola and Atisara (diarrhoea).\(^{(56)}\)

- Internal administration of **Haritaki churna** mixed with Makshika (honey) controls Chardi (vomoting) quickly if the Doshas are located in Adhobhaga (lower part of G.I.T.)\(^{(57)}\)

- Intake of the ghee cooked with **Pathya Quadha** (decoction of Haritaki) alleviates Mada and Murcha (fainting).\(^{(58)}\)

- Intake of **Pathya churna** (Haritaki) mixed with Madhu useful for the management of all types of Prameha (diabetes).\(^{(59)}\)

- Intake of **Haritaki** with equal quantity of Guda (jaggery) alleviates Shotha (oedema).\(^{(60)}\)

- Intake of jaggery with Haritaki starts with 1 Karsha (12 gm.) and increasing one Karsha per day up to a maximum of 3 Pala (144 gm.) for a period of Paksha (15 days) or Masa (30 days), relieves Shodha (oedema), Pratisyaya (sinusitis), Gala roga, Swasa (dyspnoea), Kasa (cough), Aruchi, Pinasa and Kapha-vata roga.\(^{(61)}\)

- **Haritaki** boiled in Mutra and mixed with Taila and Lavana is to be taken early in the morning for the management of diseases caused by Kapha and Vata.\(^{(62)}\)

- External application of **Pathya** (Haritaki) mixed with honey alleviates all the diseases of penis (Sarva Linga-Gadapaham).\(^{(63)}\)

- **Haritaki** mixed with Draksha or Kshoudra or Guda also useful for the management of Amlapitta (acid gastritis).\(^{(64)}\)

- Initially take the fruits of **Pathya** and boil with Gomutra and then make Haritaki into fine powder. Intake of such powder alleviates Shodha (oedema), Pandu (anaemia), Gulma (abdominal lump), Meha, Kapha, Kacchu (itching of scrotum) and Pama (scabies).\(^{(65)}\)

- Intake of **Haritaki Kashaya** alone mixed with Makshika (honey) is useful in kantha roga (diseases of throat).\(^{(66)}\)

- Regular intake of 2-2 fruits of **Haritaki** with Guda or Madhu makes the person to live happily for one hundred years.\(^{(67)}\)

**Chitraka:**
- Ghrita cooked with paste and Kashaya of Chitraka stimulates digestive fire and removes Grahani roga (irritable bowel syndrome).\(^{(68)}\)
- Intake of Chitraka Kashaya added with honey alleviates Sikatameha.\(^{(69)}\)
- External application of Sukhoshna Chitraka Kalka (lukewarm paste of Chitraka) pounded with Gomutra useful for the management of Slipada (filaria).\(^{(70)}\)

**Mustha**

- Twenty tubers of Mustha are boiled in milk and residual milk is to be taken in Ama-Atisara (diarrhoea).\(^{(71)}\)
- Intake of the water processed with Bhadramustha alleviates Pipasa (thirst) and Utklesa (nausea).\(^{(72)}\)
- External application of the paste prepared by pounding Kantakramaka (Bhadramustha) with Gavya Sarpi (cow’s ghee) alleviates Agantuja Vrana (accidental wound).\(^{(73)}\)

**Vacha:**

- Intake of Vacha raja (Vacha churna) mixed with Makshika (honey) and keeping on milk diet (Ksheerabhaktasi) relieves even chronic case of Apasmara (epilepsy) certainly.\(^{(74)}\)

**Devadaru:**

- External application of Sukhoshna Devadaru Kalka (lukewarm paste of Devadaru) pounded with Gomutra useful for the management of Slipada (filaria).\(^{(75)}\)

**Kushta:**

- External application of Kushta churna mixed with Taila is efficacious in Arumshika (boils on scalp).\(^{(76)}\)

**Nimba:**

- External application of the Paste of Nimba leaves relieves burning sensation.\(^{(77)}\)
- Intake of juice of Nimba mixed with honey destroys Kamala (jaundice).\(^{(78)}\)
- Intake of Nimba Kashaya added with honey alleviates Surameha.\(^{(79)}\)
- Regular intake of Nimba-patra mixed with Ghrita or Dhatri (Amalaki) alleviates Visphota, Kotha, Kshata, Sitapitta, Kandu, Rakta pitta (innate haemorrhage) and Rasaka.\(^{(80)}\)
- Ghee cooked with Nimba Quadha should be taken internally after mixing with honey in padminikantaka (thorn like nature of acne).\(^{(81)}\)
- Vamana with Nimbodaka is useful for the management of Padminikantaka (thorn like nature of acne).\(^{(82)}\)
- Seka with Nimbambu useful for the management of Arumshika (boils on scalp).\(^{(83)}\)

**Vidanga:**
• Intake of Vidanga Churna with honey destroys Krimi (worms). (84)

Amalaki:
• External application of the Amalaki fried in ghee and pounded with sour gruel relieves burning sensation. (85)
• Application of paste of finely powdered Amalaki fried with Ghrita on the scalp (Murdhni Pralepa) controls epistaxis as the rapid flow of water by a dam. (86)
• Intake of the powder of Amalaka taken with cow-milk removes Svarabheda (hoarseness of voice). (87)
• Administration of Amalaki mixed with Guda (jaggery) alleviates Udarda (urticaria). (93)
• Amalaki rasa mixed with ghee is useful as purgative recipe in Visarpa and Jwara (fever). (94)
• Purana (eye drops) with Dhatriphala Niryasa (Amalaki juice) is useful for the management of Navadrikkopam (acute case of conjunctivitis). (95)
• Intake of Amalagi Kalka in a dose of 1 Aksha (12gm) liquefied with Madhu is useful in Kaphaja Asrigdara (menorrhagia). (97)
• The powder of Amalaki is to be impregnated with Amalaki Swarasa and to be taken internally after mixing with Sarkara, Madhu and Sarpi followed by intake of milk. By this even a man of eighty years old can be stimulated like a young person. (98)
• Intake of Amalaka bija Kalka mixed with Sita and Madhu should be taken with water alleviates Kaphaja Asrigdara (menorrhagia). (99)

Chandana:
Nasal administration of **Chandana** mixed with **Sthanya** (breast milk) is useful for the management of **Hicca** (hiccup). \(^{(100)}\)

Intake of **Chandana** with **Tandulambu** (rice water) after mixing with **Sarkara** (sugar) relieves **Ushnavata** (interstitial cystitis) associated with blood. \(^{(101)}\)

**Maricha**:

- Intake of the paste of **Maricha** with milk alleviates chronic case of **Pravahika** (amoebiasis) within 3 days. \(^{(102)}\)

- Use of **Anjana** which is prepared from **Maricha** impregnated with go-pitta in the sun for a month reveals from disroted vision, loss of memory and evil spirits. \(^{(103)}\)

- Application of collyrium by means of **Varti** prepared by pounding **Ushana** (**Maricha**) with **Kshoudra** (honey) alleviates **Naktandhya** (**night blindness**). \(^{(104)}\)

- Anjana with **Maricha** rubbed with **Dadhi** is good for **Naktandhya** (**night blindness**). \(^{(105)}\)

**Hingu**:

- Application of **Hingu** in the caries after slightly heated is efficacious in **Krimi danta** (dental caries). \(^{(106)}\)

- Anjana with **Ramatha** (**Hingu**) mixed with honey is useful in **Naktandhya** (**night blindness**). \(^{(107)}\)

- Intake of **Hingu** and **Sindhu** (rock salt) with **Grihambu** (sour gruel) expels foetus (**Garbhapakarshana**). \(^{(108)}\)

**Patola**:

- Intake of **Yusha** prepared with **Patola phala** is **Vrishya** (aphrodisiac), **Vatahara** and **Laghu** (light). \(^{(109)}\)

- Intake of ghee cooked with the paste of **Kulaka** (**Patola**) is considered as the best recipe for the management of **Kapha** and **Pitta**. \(^{(110)}\)

**Katukarohini**

- Intake of the powder of **Katukarohini** in a dose of 1 **Aksha** (12 gm) along with sugar followed by hot water alleviates **Kapha-pitta Jwara** (**fever**). \(^{(111)}\)

- Intake of **Katuka** with **Sita** (sugar) is efficacious in **Amlapitta** (**acid gastritis**). \(^{(112)}\)

**Bala**:

**Bala moola** mixed with **Madhu** and taken with **Dugdha** alleviates **Pradara**. \(^{(113)}\)

- To removes the aversion towards her by husband initially offer **Dugdha Bhakta** (Rice and milk) and then collect **Sita Bala moola** on Pushya constellation and pound it by a virgin (**Knaya**) and to be given to the woman along with food. \(^{(114)}\)
• **Vatya bija (seeds of Bala)** are useful for the management of giddiness.\(^{(115)}\)

• Nasal administration of **Balamoola Swarasa** for a period of one month makes the arm of a man as strong as **Vajra** (Vajrasamana Bahu).\(^{(116)}\)

• Intake of **Yusha** prepared with Vatya (Bala) is considered as the best one for alleviating **Vata**.\(^{(117)}\)

• Intake of **Bala siddha kshira** (milk processed with Bala) mixed with sugar is useful for the management of **Pittaja Hridroga (heart disease)**.\(^{(118)}\)

Haridra:

• Intake of **Haridra** mixed with **Guda** should be taken with **gomutra** alleviates **Slipada (filaria)** of one year chronicity and **Dadru Kushta (ring worm)** especially.\(^{(119)}\)

Draksha:

• Intake of ghee prepared by cooking \(\frac{1}{2}\) **Prastha of Draksha** with one **Prastha of Purana Sarpi** alleviates **Kamala (jaundice)**, **Gulma (abdominal lump)**, **Pandu (anaemia)**, **Jwara (fever)**, **Prameha (diabetes)** and **Udara (abdominal enlargement)**.\(^{(120)}\)

• Intake of **Draksha raso** mixed with sugar controls epistaxis.\(^{(121)}\)

• Intake of **Draksha Swarasa** removes **Udavarta** caused by retention of urine.\(^{(122)}\)

• Intake of **Gosthana (Draksha)** with **Madhu (honey)** alleviates **Raktapitta (innate haemorrhage)**.\(^{(123)}\)

• Nasal administration of **Gosthana (Draksha)**, alleviates even severe case of **Trishna (polydipsia)**.\(^{(124)}\)

Eranda:

• Intake of the milk processed with **Eranda moola** relieves fever associated with **Parikartika** (cutting pain in the rectum).\(^{(125)}\)

• Regular intake of **Eranda Taila** mixed with **Gomutra** for a period of one month relieves **Gridhrasi (sciatica)** and **Urusthambha (paraplegia)**.\(^{(126)}\)

• Usage of **Eranda taila** with milk is efficacious in **Kroshtukasirsha**.\(^{(127)}\)

• External application of the paste prepared by pounding **Urubuka bija** (castor seeds) with **Chaga Dugdha** (goat’s milk) helpful in Vatarakta (gout arthritis).\(^{(128)}\)

• Regular intake of **Eranda Taila** mixed with **Kshira** for a period of one month relieves **Vataja Vriddhi**.\(^{(129)}\)

Bilwa:

• Intake of **Bilwa** mixed with **Guda (jaggery)** relieves **RaktAtisara (diarrhoea)**, **Ama, Soola (pain)**, **Vibandha (constipation)** and **Kukshi roga (abdominal disorders)**.\(^{(130)}\)
The decoction of *Bilwa salata* (tender fruits of *Bilwa*) alleviates *Raktarshas* (bleeding piles).\(^{(131)}\)

Intake of Decoction of *Sriphala* (*Bilwa*) mixed with honey useful in *Vataja Chardi* (vomiting).\(^{(132)}\)

Oil cooked with *Bilwa phala* pounded with urine along with *aja-kshira*. It alleviates *bodhira* (deafness) by *karnapuran*.\(^{(133)}\)

### Trivrit:

- Intake of \(\frac{1}{2} Pala\) of the powder of Trivrit and Sarkara prepared by taking in a ratio of 1:2 relieves *Pittaja Pandu* (anaemia).\(^{(134)}\)

- Intake of *Tribhandi* (Trivrit) and Sarkara alleviates *Kamala* (jaundice).\(^{(135)}\)

- *Kavala* with Trivrit Ghrita is useful in treatment of *Danta Harsha* (sensitivity of teeth).\(^{(136)}\)

### Manjishta:

- External application of the paste of *Manjishta* mixed with honey useful for the management of *Vyanga* (facial melanosis).\(^{(137)}\)

### CONCLUSION:

The author has given importance to single drug therapy and quoted several simple herbal recipes collected from various texts of Ayurveda. After through scanning in this treatise total 486 herbs are identified. In these 215 herbs single recipes are explained. By this it’s clearly understood that almost all 44% of herbs single recipes explained. It shows that author has given much more importance to single herbal recipes. The review has focused on top 25 drugs of Chakraduttha. Maximum numbers of these therapeutic indications are yet to be explored scientifically. Drugs are already proved should be tested according to their particular mode of applications or with respective adjuvant described in the text. Traditional practitioners and research scholars should concentrate more seriously on such kind of therapy as it can be a solution for saving numerous endangered medicinal plants at present state of affairs.

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