



REVIEW ARTICLE

Review on Ekala Oushadha Prayogas (Single drug remedies) from Sarngadhara Samhita

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Abstract

Sarngadhara Samhita (1363 AD), the famous treatise of Ayurveda written by *Acharya Sarngadhara*, is well known for its simple and effective medicinal preparations in different dosage forms. In addition to compound formulations, various *ekala oushadha prayogas* (single drug remedies) are also mentioned in this treatise. Aim of the present work is to enlist the *ekala oushadha prayogas* (single drug remedies) mentioned in *Sarngadhara Samhita*. Detailed review of *Sarngadhara Samhita* was carried out, along with library and electronic search of relevant books of Ayurveda and peer reviewed academic articles. 159 *ekala oushadha prayogas* (single drug remedies) using 93 drugs were found out by this review. Along with plant origin drugs, *Sarngadhara* mentioned *ekala oushadhas* (single drugs) of animal and mineral origin. The dosage forms prescribed are *swarasa*, *putapaka rasa*, *kwatha*, *sita kashaya*, *kalka*, *choorna* and *gutika*. *Ekala oushadhas* are also used in treatment modalities like *sodhana*, *gandoosha*, *lepana*, *karna poorana*, *netra kriyakrama* etc. The findings of the present work can be utilized for various research and drug development studies and also for scientific validation. Physicians can utilize these *ekala oushadhas* (single drugs) according to the stage of the disease and condition of the patient, so that the hurdles behind the preparation and usage of compound medicinal formulations can be addressed successfully. Also overutilization of the available drug sources can be minimized to a greater extent.

Introduction

Sarngadhara Samhita is a famous treatise of Ayurveda written by *Acharya Sarngadhara*, son of *Sri Damodara*. The time period of the work, is around 13th century AD (1363 AD).^[1] This *Samhita* has been included in the *Laghu trayee* or lesser triad of Ayurveda along with *Madhava nidana* and *Bhavaprakasa*.^[2] It is a useful handbook for Ayurvedic physicians with its simple and easily understandable language and practical explanations. *Sarngadhara Samhita* was one of the works which originated from the concept of simplification of Ayurvedic treatises.^[3] The book is divided into three parts, namely *Purva khanda*, *Madhyama khanda* and *Uthara khanda* which contains seven, twelve and thirteen chapters respectively. 'Dipika' - commentary by *Adhamalla*, 'Gudardha Dipika' - commentary by *Kashiram*

Vaidya, 'Ayurveda Dipika' - commentary by Rudra Bhatta etc are the important Sanskrit commentaries written on *Sarngadhara Samhita*. This work is an important reference text for Ayurvedic doctors. Its uniqueness in explaining and presenting certain topics like pulse examination, posology, enumeration of diseases, ayurvedic formulations, etc. make it an important treatise.

Increasing demand for herbal medicines along with scarcity of genuine medicinal plants are becoming the major issues that Ayurvedic system of medicine facing today. So there is a need of supplementary simple and cost effective medicament, preferably based on single drug. Numerous such kind of single drug therapies are mentioned in Ayurvedic classical texts and also traditionally practiced by many Ayurvedic physicians successfully, in various disease conditions. *Ekala oushadha prayoga* (single drug remedy) is one of the specialties of *Sarngadhara Samhita*, which in turn help physicians for easy and practical, prescription and administration of medicines. Judicious administration of a single drug for a specific disease or a group of diseases, along with or without anupanas; usage of same drug in different dosage forms with different *anupanas* for different diseases, etc can be seen in the treatise. *Mrigashruna bhasma* for *Hrut soola*, *Kanchanara* for *Gandamala*, *Nimba patra kalka* for *Vrana*, *Vishnukranti* for *Parinama soola*, *Apamarga* for *Raktarsas*, *Tanduleeya* for *Pradara*, *Mahanimba jata kalka* for *Gridhrasi* etc are some of the

famous *ekala oushadhas* mentioned in this *Samhita*.^[4] The purpose of the present work is to enlist all such *ekala oushadha prayogas* in *Sarngadhara Samhita*, indicated for various conditions along with the mode of usage.

Materials and Methods

Detailed review of *Sarngadhara Samhita* was carried out based on *Dipika* commentary of *Adhamalla* and *Gudhartha-Dipika* commentary of *Kasirama* and edited by Sri Pandit Parasurama Sastri Vidyasagar which was published by Chaukhambha Surbharati Prakashan. Library search of other relevant text books of Ayurveda, Ayurveda Pharmacopoeia of India, electronic search of peer-reviewed academic articles etc. were also conducted.

Results

Purva khanda of *Sarngadhara Samhita* mainly deals with posology, measurements, fundamental principles, pulse examination, enumeration of diseases etc. Details of medicines, different formulations, treatment modalities etc. can be seen in *Madhyama and Uthara khanda*. So the results of the present review, details of *ekala oushadha prayogas*, is presented on the basis of different dosage forms and treatment modalities. A total of 159 *ekala oushadha prayogas* were found out by this review which is listed below.

Table 1: *Ekala oushadhas* (single drugs) used as *Swarasa* (juice)

Sl No	Name of drug	Botanical name and Family ^[5]	Prakshepa	Indications	Specific description in commentary
1	<i>Alambusha</i> ^[6] / <i>Mundi</i>	<i>Sphaeranthus indicus</i> L. Asteraceae	-	<i>Apachi</i> , <i>Gandamala</i> , <i>Kamala</i>	Dose - two <i>pala</i> as <i>ati laghu</i> . <i>Kwatitha rasa</i> can also be used.
2	<i>Amalaki</i> / <i>Dhatri</i> ^[7]	<i>Emblica officinalis</i> Gaertn. Phyllanthaceae	<i>Haridra churna</i> / <i>kalka</i> or <i>Makshika</i>	<i>Sarva Prameha</i>	<i>Kwatha</i> can also be used
3	<i>Ardraka</i> ^[8]	<i>Zingiber officinale</i> Roscoe Zingiberaceae	<i>Kshoudra</i>	<i>Vrishana vata</i> , <i>Swasa</i> , <i>Kasa</i> , <i>Aruchi</i> , <i>Pratisyaya</i>	
4	<i>Beejapooraphala</i> or <i>moola</i> ^[9]	<i>Citrus medica</i> L. Rutaceae	<i>Madhu</i> and <i>Yava kshara</i>	<i>Parswasoola</i> , <i>Hrit soola</i> , <i>Vastisoola</i> , <i>Koshta vayu</i>	
5	<i>Brahmi</i> ^[10]	<i>Bacopa monnieri</i> (L.) Pennell Plantaginaceae	<i>Madhu</i> and <i>Kushtha choorna</i>	<i>Sarva Unmada</i>	If <i>sadya rasa</i> (<i>Swarasa</i>) is not available <i>Kwatitha rasa</i> can be taken. <i>Kwatha</i> can also be used.
6	<i>Darvi</i> / <i>Daru haridra twak</i> ^[11]	<i>Berberis aristata</i> DC. Berberidaceae	<i>Kshoudra</i>	<i>Kamala</i>	If <i>twak</i> is not available stem can be used. Dose - one <i>karsha</i> as <i>katu-ushna</i>
7	<i>Dronapushpi</i> ^[12]	<i>Leucas cephalotes</i> (Roth) Spreng. Lamiaceae	<i>Maricha choorna</i>	<i>Vishama jwara</i>	
8	<i>Gangeruki</i> / <i>Nagabalamoola</i> ^[13]	<i>Sida veronicaefolia</i> Lam. Malvaceae	-	External use, to fill <i>vrana</i> , in order to relieve pain in fresh wounds caused by weapons.	
9	<i>Guduchi</i> ^[11]	<i>Tinospora cordifolia</i> (Thunb.) Miers. Menispermaceae	<i>Kshoudra</i>	<i>Kamala</i>	
10	<i>Guduchi</i> / <i>Amrita</i> ^[7]	<i>Tinospora cordifolia</i> (Thunb.) Miers. Menispermaceae	<i>Kshoudra</i>	<i>Sarva Prameha</i>	
11	<i>Kanya</i> / <i>Kumari</i> ^[14]	<i>Aloe vera</i> (L.) Burm.f. Asphodelaceae	<i>Haridra choorna</i>	<i>Pleeha roga</i> , <i>Apachi</i>	

12	<i>Kushmanda</i> ^[10]	<i>Benincasa hispida</i> (Thunb.) Cogn. Cucurbitaceae	<i>Madhu</i> and <i>Kushta choorna</i>	<i>Sarva Unmada</i>	If <i>sadya rasa</i> (<i>Swarasa</i>) is not available <i>Kwatitha rasa</i> can be taken.
13	<i>Kushmanda</i> ^[15]	<i>Benincasa hispida</i> (Thunb.) Cogn. Cucurbitaceae	<i>Guda</i>	<i>Mada</i> due to the intake of <i>dushta Kodrava</i>	
14	<i>Kutaja twak</i> ^[16]	<i>Holarrhena pubescens</i> Wall. ex G. Don. Apocynaceae	-	<i>Sarva Atisara</i>	
15	<i>Mundi</i> ^[17]	<i>Sphaeranthus indicus</i> L. Asteraceae	<i>Maricha choorna</i>	<i>Soorya varta</i> , <i>Ardhavabhedaka</i>	<i>Kwatitha rasa</i> , indicated for seven days.
16	<i>Nimba</i> ^[11]	<i>Azadirachta indica</i> A. Juss. Meliaceae	<i>Kshoudra</i>	<i>Kamala</i>	
17	<i>Sankhini</i> ^[10] / <i>Sankhapushpi</i>	<i>Convolvulus pluricaulis</i> Choisy. Convolvulaceae	<i>Madhu</i> and <i>Kushta choorna</i>	<i>Sarva Unmada</i>	<i>Adhamalla</i> described <i>Sankhini</i> as <i>Nakuli</i> and equated to <i>Sankhapushpi</i> . <i>Kasirama</i> also mentioned <i>Sankhini</i> as <i>Sankhahuli</i> which is <i>Sankhapushpi</i> . If <i>sadya rasa</i> (<i>Swarasa</i>) is not available <i>Kwatitha rasa</i> can be taken.
18	<i>Satavari</i> ^[14]	<i>Asparagus racemosus</i> Willd. Asparagaceae	<i>Madhu</i>	<i>Pitha soola</i>	
19	<i>Shatgrantha</i> (<i>Shati</i>) ^[10]	<i>Hedychium spicatum</i> Sm. in A. Rees. Zingiberaceae	<i>Madhu</i> and <i>Kushta choorna</i>	<i>Sarva Unmada</i>	If <i>Shati</i> is not available, <i>Vacha</i> can be used.
20	<i>Sthula Babulika patra</i> ^[16]	<i>Acacia nilotica</i> (L.) Willd. ex Delile. Fabaceae	-	<i>Sarva Atisara</i>	
21	<i>Syonaka</i> ^[16]	<i>Oroxylum indicum</i> (L.) Benth. ex Kurz. Bignoniaceae	-	<i>Sarva Atisara</i>	
22	<i>Tulasi patra</i> ^[12]	<i>Ocimum sanctum</i> L. Lamiaceae	<i>Maricha choorna</i>	<i>Vishama jwara</i>	
23	<i>Vasa patra</i> ^[18]	<i>Justicia adhatoda</i> L. Acanthaceae	<i>Madhu</i>	<i>Raktapitha</i> esp <i>Urdhwaga raktapitha</i> , <i>Jwara</i> , <i>Kasa</i> , <i>Kshaya</i> , <i>Kamala</i> , <i>Kapha-pitha hara</i>	Dose of <i>Swarasa</i> - Half <i>pala</i>

Table 2: *Ekala oushadhas* (single drugs) used as *Putapaka rasa* (Juice expressed from steamed bolus of herbs)

SI No	Name of drug	Botanical name and Family ^[5]	Prakshepa	Indications	Specific description in commentary
1	<i>Amra pallava</i> ^[19]	<i>Mangifera indica</i> L. Anacardiaceae	<i>Madhu</i>	<i>Tridoshaja Chardi</i>	
2	<i>Amra moola</i> ^[19]	<i>Mangifera indica</i> L. Anacardiaceae	<i>Madhu</i>	<i>Tridoshaja Chardi</i>	
3	<i>Aralu twak</i> ^[20]	<i>Ailanthus excelsa</i> Roxb. Simaroubaceae		<i>Agni deepana</i>	If not available <i>Syonaka</i> can be used
4	<i>Aralu twak</i> ^[20]	<i>Ailanthus excelsa</i> Roxb. Simaroubaceae	<i>Madhu</i> and <i>Mocha rasa</i>	<i>Sarva Atisara</i>	
5	<i>Beejapoorā pallava</i> ^[19]	<i>Citrus medica</i> L. Rutaceae	<i>Madhu</i>	<i>Tridoshaja Chardi</i>	
6	<i>Beejapoorā moola</i> ^[19]	<i>Citrus medica</i> L. Rutaceae	<i>Madhu</i>	<i>Tridoshaja Chardi</i>	
7	<i>Dadima phala</i> ^[21]	<i>Punica granatum</i> L. Lythraceae	<i>Madhu</i>	<i>Sarva Atisara</i>	<i>Swadu dadima</i> is to be used
8	<i>Jambu pallava</i> ^[19]	<i>Syzygium cumini</i> (L.) Skeels. Myrtaceae	<i>Madhu</i>	<i>Tridoshaja Chardi</i>	
9	<i>Jambu moola</i> ^[19]	<i>Syzygium cumini</i> (L.) Skeels. Myrtaceae	<i>Madhu</i>	<i>Tridoshaja Chardi</i>	
10	<i>Kshudra / Kantakari Panchanga</i> ^[22]	<i>Solanum virginianum</i> L. Solanaceae	<i>Pippali choorna</i>	<i>Kasa, Swasa, Kapha hara</i>	
11	<i>Kutaja twak</i> ^[23]	<i>Holarrhena pubescens</i> Wall. ex G. Don Apocynaceae	<i>Madhu</i>	<i>Sarva atisara</i> which are chronic and having bad prognosis	<i>Kutaja twak</i> is to be pounded with <i>Tandula jala</i>
12	<i>Mrigashringa</i> ^[24]	Deer antler	<i>Go ghrīta</i>	<i>Hrit soola</i>	<i>Bhasma</i> after <i>Sarava sampūta</i>
13	<i>Surana kanda</i> ^[25]	<i>Amorphophallus campanulatus</i> (Roxb.) Blume ex Decne. Araceae	<i>Taila</i> and <i>Lavana</i>	<i>Arsas</i>	<i>Tila taila</i> and <i>Saindhava lavana</i> is to be used. <i>Putapaka</i> can also be done after mixing with <i>taila</i> and <i>lavana</i> .
14	<i>Sunti</i> ^[26]	<i>Zingiber officinale</i> Roscoe Zingiberaceae	<i>Sita</i>	Discomforts due to <i>Amatisara</i>	<i>Bhaishajya kala - 'Prata'</i> (morning). Also <i>Sita</i> and <i>Sunti choorna</i> are to be taken in equal quantity.
15	<i>Vasa patra</i> ^[27]	<i>Justicia adhatoda</i> L. Acanthaceae	<i>Madhu</i>	<i>Raktapitha, Kasa, Jwara, Kshaya, Urakshata</i>	
16	<i>Vibheetaki phala</i> ^[28]	<i>Terminalia bellirica</i> (Gaertn.) Roxb. Combretaceae		<i>Kasa, Swasa, Pratisyaya, Swarabhanga</i>	Instead of <i>rasa</i> , entire <i>phala twak</i> is to be used, after <i>putapaka</i> .

Table 3: *Ekala oushadhas* (single drugs) used as *Kwatha* (Decoction)

SI No	Name of drug	Botanical name and Family ^[5]	<i>Prakshepa</i>	Indications	Specific description in commentary
1	<i>Eranda moola</i> ^[29]	<i>Ricinus communis</i> L. Euphorbiaceae	<i>Yava kshara</i>	<i>Parswa-Hrit-Kapha soola</i>	Two <i>pala eranda moola</i> in eight times water.
2	<i>Gokshura samoola</i> ^[30]	<i>Tribulus terrestris</i> L. Zygophyllaceae	<i>Sita and Makshika</i>	<i>Mootra krichra, Ushna vata</i>	
3	<i>Guduchi</i> ^[31]	<i>Tinospora cordifolia</i> (Thunb.) Miers Menispermaceae	<i>Pippali</i>	<i>Jeerna jwara</i>	
4	<i>Guduchi</i> ^[32]	<i>Tinospora cordifolia</i> (Thunb.) Miers Menispermaceae	<i>Madhu</i>	<i>Tridoshaja chardi</i>	
5	<i>Kanchanara twak</i> ^[33]	<i>Bauhinia variegata</i> (L.) Benth. Fabaceae	<i>Sunti choorna</i>	<i>Gandamala</i>	
6	<i>Kantakari / Kshudra Panchanga</i> ^[34]	<i>Solanum virginianum</i> L. Solanaceae	<i>Pippali choorna and Madhu</i>	<i>Kasa</i>	
7	<i>Kutaja beeja / Indrayava</i> ^[35]	<i>Holarrhena pubescens</i> Wall. ex G. Don Apocynaceae	<i>Hingu, Souvarchala lavana</i>	<i>Vata soola</i>	
8	<i>Parpata</i> ^[32]	<i>Fumaria parviflora</i> Lam. Papaveraceae	<i>Madhu</i>	<i>Pithaja chardi</i>	
9	<i>Parpata</i> ^[36]	<i>Fumaria parviflora</i> Lam. Papaveraceae	<i>Madhu</i>	<i>Pitha jwara</i>	
10	<i>Sakhota twak</i> ^[37]	<i>Strebilus asper</i> Lour. Moraceae	<i>Gomutra</i>	<i>Sleepada, Medo dosha.</i>	<i>Kaphaja Sleepada</i>
11	<i>Sephali / Nirgundi patra</i> ^[38]	<i>Vitex negundo</i> L. Lamiaceae	<i>Hingu and Pushkara moola choorna</i>	<i>Gridhrasi</i>	<i>Nirgundi patra kwatha</i> can also be used without <i>prakshepa</i> .
12	<i>Sigru</i> ^[39]	<i>Moringa oleifera</i> Lam. Moringaceae	<i>Hingu and Saindhava</i>	<i>Antar vidhradi</i>	
13	<i>Ushna jala</i> ^[40]	Hot water	<i>Madhu</i>	<i>Medo dosha</i>	Water reduced to one-eighth quantity. <i>Madhu</i> should be added to <i>Ushna jala</i> only after cooling.
14	<i>Varuna twak</i> ^[33]	<i>Crateva nurvala</i> Buch.-Ham. Capparaceae	<i>Madhu</i>	<i>Gandamala</i>	
15	<i>Vasa</i> ^[41]	<i>Justicia adhatoda</i> L. Acanthaceae	<i>Madhu</i>	<i>Rakthapitha, Kshaya, Kasa, Kapha-pitha jwara</i>	<i>Vasa panchanga</i> is indicated in <i>Adhamalla</i> commentary.
16	<i>Vilwa moola twak</i> ^[32]	<i>Aegle marmelos</i> (L.) Correa. Rutaceae	<i>Madhu</i>	<i>Tridoshaja chardi</i>	

Table 4: *Ekala oushadhas* (single drugs) used as *Hima/Sita Kashaya* (Cold infusion)

SI No	Name of drug	Botanical name and Family ^[5]	<i>Prakshepa</i>	Indications	Specific description in commentary
1	<i>Dhanyaka</i> ^[42]	<i>Coriandrum sativum</i> L. Apiaceae	<i>Sarkara</i>	<i>Antardaha, Trishna. Sroto sodhana</i>	<i>Bhaishajya kala – Prata</i> (morning) <i>Srotovisodhana</i> means it is <i>mootra marga sudhikara</i> , so indicated for diseases like <i>mootra krichra</i> etc
2	<i>Guduchi / Amrita</i> ^[43]	<i>Tinospora cordifolia</i> (Thunb.) Miers. Menispermaceae	-	<i>Jeerna jwara</i>	
3	<i>Vasa</i> ^[43]	<i>Justicia adhatoda</i> L. Acanthaceae	-	<i>Kasa, Rakthapitha, Jwara</i>	

Table 5: *Ekala oushadhas* (single drugs) used as *Kalka* (Paste)

SI No	Name of drug	Botanical name and Family	Prakshepa	Indications	Specific description in commentary
1	<i>Ankola moola</i> ^[44]	<i>Alangium salviifolium</i> (L.f.) Wangerin. Cornaceae	<i>Madhu,</i> <i>Tandulodaka</i>	<i>Atisara, Visha</i>	Especially for <i>Sthavara visha</i>
2	<i>Apamarga beej</i> ^[45]	<i>Achyranthes aspera</i> L. Amaranthaceae	<i>Tandula jala,</i> four times the quantity of <i>kalka</i>	<i>Raktarsas</i>	
3	<i>Brihati / Kantakari moola</i> ^[46]	<i>Solanum virginianum</i> L. Solanaceae	<i>Takra,</i> four times the quantity of <i>kalka</i>	<i>Samgrahani</i>	In place of <i>moola</i> in <i>Deepika</i> commentary, <i>Apakwa phala</i> of <i>Kantakari</i> is mentioned in <i>Kasirama</i> commentary.
4	<i>Laksha</i> ^[47]	<i>Laccifer lacca</i> ^[48]	<i>Kusmanda phala swarasa</i>	<i>Rakta kshaya,</i> <i>Uroghata</i> and <i>Kshaya</i>	Two <i>karsha laksha</i> pounded with <i>Kusmanda swarasa</i> and is to be taken with four times <i>Koosmanda swarasa</i>
5	<i>Mahanimba moola</i> ^[49]	<i>Melia azedarach</i> L. Meliaceae		<i>Gridhrasi</i>	Internal use
6	<i>Nagakesara</i> ^[50]	<i>Mesua ferrea</i> L. Calophyllaceae	<i>Navaneetha</i> and <i>Sita</i>	<i>Raktarsas</i>	This medicine can also be taken without <i>Navaneetha</i> .
7	<i>Nimba patra</i> ^[51]	<i>Azadirachta indica</i> A. Juss. Meliaceae		<i>Vrana sodhana</i> and <i>ropana</i>	Used externally for <i>lepana</i>
8	<i>Nimba patra</i> ^[51]	<i>Azadirachta indica</i> A. Juss. Meliaceae		<i>Chardi, Kushta,</i> <i>Krimi, Pitha-kapha hara</i>	Internal usage
9	<i>Patala moola</i> ^[52]	<i>Stereospermum chelonoides</i> DC. Bignoniaceae	<i>Ghrita</i>	<i>Sthavara</i> and <i>Jangama visha</i>	
10	<i>Rasona</i> ^[53]	<i>Allium sativum</i> L. Amaryllidaceae	<i>Tila taila,</i> double the quantity of <i>kalka</i>	<i>Vata roga,</i> <i>Vishama jwara,</i>	In <i>vishama jwara</i> , one <i>karsha of rasona kalka</i> is administered without <i>tila taila</i> . Take one <i>karsha</i> each of <i>Rasanjana</i> and <i>Tanduleeya moola</i> and pounded with water and taken along with double quantity <i>madhu</i> and four times <i>Tandulodaka</i> .
11	<i>Tanduleeya moola</i> ^[54]	<i>Amaranthus spinosus</i> L. ^[55] Amaranthaceae	<i>Madhu,</i> <i>Rasanjana,</i> <i>Tandulodaka</i>	<i>Raktapradara</i>	
12	<i>Tila</i> ^[50]	<i>Sesamum indicum</i> L. Pedaliaceae	<i>Navaneetha,</i> double the quantity of <i>kalka</i>	<i>Raktarsas</i>	Also can be used for other types of <i>Arsas</i> .
13	<i>Vandhyakarkotika moola</i> ^[52]	<i>Momordica dioica</i> Roxb. ex Willd. ^[56] Cucurbitaceae	<i>Ghrita</i>	<i>Sthavara</i> and <i>Jangama visha</i>	
14	<i>Vilwa moola</i> ^[52]	<i>Aegle marmelos</i> (L.) Correa. Rutaceae	<i>Ghrita</i>	<i>Sthavara</i> and <i>Jangama visha</i>	
15	<i>Vishnukranta / Aparajita moola</i> ^[57]	<i>Clitoria ternatea</i> L. Fabaceae	<i>Sita, Madhu,</i> <i>Ghrita</i>	<i>Parinama soola</i>	Duration of administration – seven days. <i>Vishnukranta</i> is mentioned as <i>Aparajita</i> (either white or blue flowered) by both the commentators. Also equated to <i>Satavari</i> by <i>Adhamalla</i> .

Table 6: *Ekala oushadhas* (single drugs) used as *Choorna* (Powder)

SI No	Name of drug	Botanical name and Family	Prakshepa	Indications	Specific description in commentary
1	<i>Ativisha</i> ^[58]	<i>Aconitum heterophyllum</i> Wall. ex Royle. Ranunculaceae	<i>Madhu</i>	<i>Kasa, Jwara</i> and <i>Chardi</i> in children	
2	<i>Pippali</i> ^[59]	<i>Piper longum</i> L. Piperaceae	<i>Madhu</i>	<i>Kasa, Jwara, Hikka, Swasa, Pleeha roga, Kantya</i> and suitable for <i>Bala</i> (Children)	Dose of <i>Pippali choorna</i> is one <i>masha</i> as <i>tikshna</i> . <i>Bala</i> means individuals below the age of sixteen.

Table 7: *Ekala oushadhas* (single drugs) used as *Gutika/Vataka* (tablet)

SI No	Name of drug	Botanical name and Family	Prakshepa	Indications	Specific description in commentary
1	<i>Abhaya / Hareetaki</i> ^[60]	<i>Terminalia chebula</i> Retz. Combretaceae	<i>Guda</i> , double the quantity	<i>Arsas</i>	
2	<i>Jeeraka</i> ^[60]	<i>Cuminum cyminum</i> L. Apiaceae	<i>Guda</i> , double the quantity	<i>Mutrakrichra</i>	
3	<i>Pippali</i> ^[60]	<i>Piper longum</i> L. Piperaceae	<i>Guda</i> , double the quantity	<i>Ajeerna</i>	
4	<i>Sunti</i> ^[60]	<i>Zingiber officinale</i> Roscoe Zingiberaceae	<i>Guda</i> , double the quantity	<i>Ama dosha</i>	
5	<i>Vibheetaki</i> ^[61]	<i>Terminalia bellirica</i> (Gaertn.) Roxb. Combretaceae		All types of <i>Swasa</i> and <i>Kasa</i> .	Used as <i>Vatika / Gutika</i> for <i>Mukhadharana</i> .

Table 8: *Ekala oushadhas* (single drugs) used for *Shodhana karma* (cleansing therapy)

SI No	Name of drug	Botanical name and Family	Anupana	Indications	Specific description in commentary
1	<i>Eranda taila</i> ^[62]	<i>Ricinus communis</i> L. Euphorbiaceae	Double the quantity <i>Triphala kwatha</i> or <i>Ksheera</i>	<i>Virechana oushadha</i>	Suitable for all types of <i>koshta</i> .
2	<i>Gambhari beeja taila</i> ^[63]	<i>Gmelina arborea</i> Roxb. Lamiaceae		<i>Nasya</i> for <i>Palita</i>	
3	<i>Hareetaki / Siva majja taila</i> ^[63]	<i>Terminalia chebula</i> Retz. Combretaceae		<i>Nasya</i> for <i>Palita</i>	
4	<i>Kakini beeja taila</i> ^[63]	<i>Solanum nigrum</i> L. Solanaceae		<i>Nasya</i> for <i>Palita</i>	
5	<i>Nimba beeja taila</i> ^[63]	<i>Azadirachta indica</i> A. Juss. Meliaceae		<i>Nasya</i> for <i>Palita</i>	
6	<i>Selu / Sakhotaka majja taila</i> ^[63]	<i>Streblus asper</i> Lour. Moraceae		<i>Nasya</i> for <i>Palita</i>	
7	<i>Trivrut</i> ^[64]	<i>Operculina turpethum</i> (L.) Silva Manso. Convolvulaceae	<i>Draksha kwatha</i>	Used as <i>Choorna</i> for <i>Virechana</i> in individuals having <i>Pitha</i> predominant <i>koshta</i>	<i>Madhura skanda dravyas</i> like <i>Ksheera, Ikshu, Kasmari rasa</i> etc can also be taken as <i>anupana</i> .
8	<i>Vibheetaki majja taila</i> ^[63]	<i>Terminalia bellirica</i> (Gaertn.) Roxb. Combretaceae		<i>Nasya</i> for <i>Palita</i>	

Table 9: *Ekala oushadhas* (single drugs) used for *Gandoosha* (retention of medications in oral cavity)

SI No	Name of drug	Botanical name and Family	Prakshhepa	Indications	Specific description in commentary
1	<i>Ghrita</i> ^[65]	Clarified Cow's Butter	<i>Madhu</i>	<i>Daha</i> in mouth due to burns caused by <i>kshara</i> etc	<i>Samana Gandoosha</i> in <i>Pithaja mukha rogas</i>
2	<i>Ghrita</i> ^[66]	Clarified Cow's Butter		<i>Visha-kshara-agni dagdha vrana</i> in mouth	
3	<i>Kanjika</i> ^[67]	Sour gruel ^[68]		<i>Mukha sosha</i> and <i>mukha vairasya</i>	
4	<i>Ksheera</i> ^[69]	Cow's milk		Used for <i>Snaihika gandoosha</i> in <i>Vataja mukha rogas</i>	
5	<i>Ksheera</i> ^[65]	Cow's milk	<i>Madhu</i>	<i>Daha</i> in mouth due to burns caused by <i>kshara</i> etc	<i>Samana Gandoosha</i> in <i>Pithaja mukha rogas</i>
6	<i>Ksheera</i> ^[66]	Cow's milk		<i>Visha-kshara-agni dagdha vrana</i> in mouth	
7	<i>Madhu</i> ^[70]	Honey		Causes <i>mukha vaisadya</i> , and used for <i>Gandoosha</i> in <i>Mukha vrana</i> , <i>Daha</i> and <i>trishna</i> due to <i>Visha-kshara agni dagdha</i>	
8	<i>Neelotpala</i> ^[65]	<i>Nymphaea nouchali</i> Burm. f. Nymphaeaceae	<i>Madhu</i>	<i>Daha</i> in mouth due to burns caused by <i>kshara</i> etc	<i>Gandoosha</i> with expressed juice. <i>Samana gandoosha</i> in <i>Pithaja mukha rogas</i>
9	<i>Sarkara</i> ^[65]	Sugar	<i>Madhu</i>	<i>Daha</i> in mouth due to burns caused by <i>kshara</i> etc	<i>Samana gandoosha</i> in <i>Pithaja mukha rogas</i>
10	<i>Tila</i> ^[69]	<i>Sesamum indicum</i> L. Pedaliaceae		Used for <i>Snaihika gandoosha</i> in <i>Vataja mukha rogas</i> .	<i>Gandoosha</i> with expressed juice of <i>Tila kalka</i>
11	<i>Tila</i> ^[65]	<i>Sesamum indicum</i> L. Pedaliaceae	<i>Madhu</i>	<i>Daha</i> in mouth due to burns caused by <i>kshara</i> etc	<i>Gandoosha</i> with expressed juice. <i>Samana gandoosha</i> in <i>Pithaja mukha rogas</i>
12	<i>Tila taila</i> ^[69]	<i>Sesamum indicum</i> L. Pedaliaceae		Used for <i>Snaihika gandoosha</i> in <i>Vataja mukha rogas</i> .	
13	<i>Tila taila</i> ^[66]	<i>Sesamum indicum</i> L. Pedaliaceae	<i>Saindhava</i>	<i>Danta chaala</i>	

Table 10: Ekala oushadhas (single drugs) used for Lepana (external application of paste)

SI No	Name of drug	Botanical name and Family	Mode of application	Indications	Specific description in commentary
1	Amalaki ^[71]	<i>Emblica officinalis</i> Gaertn. Phyllanthaceae	Fried in ghee and made into paste with <i>Kanjika</i> and applied on head.	<i>Nasagata raktapitha</i>	<i>Abhava dravya</i> of <i>Kanjika</i> is mentioned as <i>Sita jala</i> by <i>Adhamalla</i> while <i>Takra</i> by <i>Kasirama</i> .
2	Arjuna twak ^[72]	<i>Holarrhena pubescens</i> Wall. ex G. Don. Apocynaceae	<i>Lepana</i> externally along with <i>Makshika</i> .	<i>Vyanga</i>	<i>Varnya lepa</i> . <i>Makshika</i> means <i>Makshika dhatu</i> (copper pyrite) according to <i>Adhamalla</i> .
3	Bhallataka ^[73]	<i>Semecarpus anacardium</i> L.f. Anacardiaceae	<i>Swarasa</i> applied externally along with <i>Madhu</i> .	<i>Indralupta</i>	<i>Swarasa</i> of <i>Bhallataka phala</i> is mentioned by <i>Adhamalla</i> , while <i>patra</i> by <i>Kasirama</i> .
4	Brihati / Kantakari phala ^[73]	<i>Solanum virginianum</i> L. Solanaceae	<i>Swarasa</i> of matured fruits of <i>Brihati</i> is applied externally along with <i>Madhu</i> .	<i>Indralupta</i>	
5	Gunja ^[73]	<i>Abrus precatorius</i> L. Fabaceae	Paste of <i>moola</i> or <i>phala</i> of <i>Gunja</i> is applied externally along with <i>Madhu</i> .	<i>Indralupta</i>	
6	Gunja phala ^[74]	<i>Abrus precatorius</i> L. Fabaceae	The painful body part is scraped with a knife and paste of <i>Gunja phala</i> is applied as <i>Pradeha</i> .	To relieve pain in diseases like <i>Apabahuka</i> , <i>Viswachi</i> , <i>Gridhrasi</i> and other <i>Vata rogas</i> .	
7	Hemaksheeri ^[75]	<i>Argemone mexicana</i> L. Papaveraceae	<i>Ksheera</i> (latex) is used for external application.	For <i>Vrana Darana karma</i>	
8	Indraravuni beej ^[76]	<i>Citrullus colocynthis</i> (L.) Schrad. Cucurbitaceae	<i>Beeja taila</i> is applied externally.	<i>Palitha</i> (Greying of hair)	Hair becomes black like a black-bee.
9	Karaveera moola ^[77]	<i>Nerium oleander</i> L. Apocynaceae	<i>Moola</i> made into paste with water and applied externally.	Painful ulcers on penis in <i>Upadamsa roga</i>	
10	Khakhasa beej ^[78]	<i>Papaver somniferum</i> L. Papaveraceae	<i>Lepana</i> externally along with <i>Ksheera</i> .	<i>Darunaka</i>	
11	Krishna Mrithika ^[79]	Black soil	<i>Lepana</i> externally.	<i>Sopha</i> due to contact with <i>Bhallataka</i>	<i>Vishaghna lepa</i>
12	Kushta ^[80]	<i>Saussurea lappa</i> (Decne.) Sch.Bip. Asteraceae	Made into paste with <i>Kanjika</i> and applied externally by mixing with <i>Eranda taila</i> .	<i>Vatika Sirasoola</i>	
13	Lasuna ^[81]	<i>Allium sativum</i> L. Amaryllidaceae	External application.	<i>Vrana krimi</i>	
14	Manjishtha ^[72]	<i>Rubia cordifolia</i> L. Rubiaceae	<i>Lepana</i> externally along with <i>Makshika</i> .	<i>Vyanga</i>	<i>Varnya lepa</i> . <i>Makshika</i> means <i>Makshika dhatu</i> (copper pyrite) according to <i>Adhamalla</i> .
15	Maricha ^[82]	<i>Piper nigrum</i> L. Piperaceae	<i>Mukha lepana</i> externally along with <i>Gorochana</i> .	<i>Tarunya pitaka</i> (Pimples)	
16	Muchukunda pushpa ^[80]	<i>Pterispernum acerifolium</i> (L.) Willd. ^[83] Malvaceae	Made into paste with <i>Kanjika</i> and applied externally by mixing with <i>Eranda taila</i> .	<i>Vatika Sirasoola</i>	Two types of flowers- white and red
17	Patola patra ^[84]	<i>Trichosanthes dioica</i> Roxb. ^[85]	<i>Patra swarasa lepana</i> for three days.	<i>Indralupta</i>	
18	Sweta Aswakhura ^[86]	Hoof of white horse	<i>Sweta Aswakhura Mash</i> is applied externally along with <i>Navanita</i> .	<i>Vyanga</i>	
19	Tila ^[87]	<i>Sesamum indicum</i> L. Pedaliaceae	<i>Lepana</i> externally. <i>Lepa</i> prepared by grinding with <i>Aja dagdha</i> and applied by mixing with <i>Navaneeta</i> .	<i>Sopha</i> due to contact with <i>Bhallataka</i>	<i>Vishaghna lepa</i>
20	Vibheetaki phala majja ^[88]	<i>Terminalia bellirica</i> (Gaertn.) Roxb. Combretaceae	<i>Lepana</i> externally.	<i>Pitha</i> predominant diseases like <i>Daha</i>	<i>Lepa</i> can be prepared by grinding with <i>Aranala</i> (sour gruel).
21	Yava ^[89]	<i>Hordeum vulgare</i> L. Poaceae	<i>Mashi</i> is prepared by burning and applied externally along with <i>Tila taila</i> .	All types of <i>Agni dagdha vrana</i>	<i>Ropana</i> of four types of <i>Agni dagdha vrana</i> .

Table 11: *Ekala oushadhas* (single drugs) used for *Karna roga* (diseases of ear)

SI No	Name of drug	Botanical name and Family	Mode of preparation of medicine	Indications
1	<i>Apamarga</i> ^[90]	<i>Achyranthes aspera</i> L. Amaranthaceae	<i>Karna poorana</i> using <i>taila</i> prepared with <i>Apamarga kshara jala</i> and the same <i>kshara</i> as <i>kalka</i> .	<i>Badhriya</i> , <i>Karna naada</i>
2	<i>Arka angura</i> ^[91] (tender leaves)	<i>Calotropis procera</i> (Aiton) W.T. Aiton Apocynaceae	Tender leaves pounded with <i>Kanjika</i> and then mixed with <i>Tila taila</i> and <i>Saindhava</i> , subjected to <i>putapaka</i> and the expressed juice is used for <i>karna poorana</i>	<i>Karna soola</i>
3	<i>Arka patra</i> ^[92]	<i>Calotropis procera</i> (Aiton) W.T. Aiton Apocynaceae	Yellow leaves (well ripened) of <i>Arka</i> are smeared with ghee and heated on fire, squeezed and the expressed juice is used for <i>karna poorana</i> .	<i>Karnasoola</i>
4	<i>Basta / Chaga mootra</i> ^[93]	Goat's urine	<i>Karna poorana</i> with <i>Chaga mootra</i> , added with <i>Saindhava</i> , in lukewarm condition.	Pain due to <i>Karna soola</i> and <i>Karna paka</i>
5	<i>Beeja poora</i> ^[94]	<i>Citrus medica</i> L. Rutaceae	<i>Karna poorana</i> using <i>phala swarasa</i> of <i>Beejapoora</i> added with <i>Swarjika kshara</i> .	<i>Karna srava</i> , <i>Karna soola</i> and <i>Daha</i>
6	<i>Haritala</i> ^[95]	Yellow Arsenic ^[68] (Orpiment)	<i>Karna poorana</i> using <i>Haritala</i> processed with <i>Go mootra</i> .	<i>Karna keeta</i> (ear worms)
7	<i>Sambooka</i> ^[96]	<i>Pilo globosa</i> ^[48]	<i>Karna poorana</i> using <i>Sarshapa taila</i> processed with <i>mamsa kwatha</i> of <i>Sambooka</i> .	<i>Karna naadi</i>
8	<i>Sarshapa taila</i> ^[95]	Mustard oil	<i>Karna poorana</i>	<i>Karna keeta</i> (ear worms)
9	<i>Syonaka moola</i> ^[97]	<i>Oroxylum indicum</i> (L.) Benth. ex Kurz Bignoniaceae	<i>Taila</i> prepared by using <i>Syonaka moola</i> as <i>kalka</i> and <i>kwatha</i> .	<i>Tridoshaja Karna soola</i>

Table 12: *Ekala oushadhas* (single drugs) used for *Netra roga* (diseases of eye)

Sl No	Name of drug	Botanical name and Family	Name of <i>Kriyakrama</i> and mode of usage	Indications	Specific description in commentary
1	<i>Aja ksheera</i> ^[98]	Goat's milk	Seka using <i>Aja ksheera</i> boiled with <i>twak</i> , <i>patra</i> and <i>moola</i> of <i>Eranda</i> , and is to be used luke warm.	<i>Vataja Abhishyanda</i>	Prepare medicine according to <i>Ksheera paka vidhi</i> .
2	<i>Amalaki / Dhatri</i> ^[99]	<i>Emblica officinalis</i> Gaertn. Phyllanthaceae	<i>Netra Pindika</i>	<i>Pithaja abhishyanda</i>	
3	<i>Babbula dala</i> ^[100]	<i>Acacia nilotica</i> (L.) Willd. ex Delile Fabaceae	<i>Anjana</i> . Soldified decoction of leaves of <i>Babbula</i> is applied in eyes along with honey.	<i>Netra srava</i>	<i>Ropani rasakriya</i> .
4	<i>Dadima pallava</i> ^[101]	<i>Punica granatum</i> L. Lythraceae	<i>Bidalaka</i>	All types of <i>Netra rogas</i>	
5	<i>Eranda-patra, moola and twak</i> ^[102]	<i>Ricinus communis</i> L. Euphorbiaceae	<i>Netra Pindika</i>	<i>Vataja abhishyanda</i>	Also helpful in <i>Vataja netra rogas</i> like <i>Adhimantha</i> .
6	<i>Ghrita</i> ^[103]	Clarified Cow's Butter	<i>Aschotana</i>	Pain in eyes due to <i>Vataja</i> and <i>Rakthaja Abhishyandas</i> .	<i>Ghrita</i> obtained from <i>Go ksheera</i> or <i>Aja ksheera</i> (the milk of cow or goat).
7	<i>Guduchi</i> ^[104]	<i>Tinospora cordifolia</i> (Thunb.) Miers Menispermaceae	<i>Anjana</i> . One <i>karsha</i> of <i>Guduchi swarasa</i> grinded with one <i>masha</i> each of <i>madhu</i> and <i>saindhava</i> and used for <i>anjana</i> .	Eye diseases like <i>Pilla</i> , <i>Arma</i> , <i>Timira</i> , <i>Kacha</i> , <i>Kandu</i> , <i>Linganasa</i> and other <i>Shuklagata</i> and <i>Krishnagata rogas</i> .	<i>Ropani rasakriya</i> . Grinding should be done in <i>Kamsya</i> or <i>Tamra</i> vessel.
8	<i>Hijjala phala</i> ^[105]	<i>Strychnos potatorum</i> L.f. Loganiaceae	<i>Anjana</i> . <i>Hijjala phala</i> is grounded in water and made into paste to apply in the eyes. <i>Sanjeevana anjana</i> .	<i>Mahoushadha</i> (Best <i>anjana</i>) for <i>Netra srava</i> which can be used daily.	<i>Snehani rasakriya</i> . <i>Hijjala</i> is identified as <i>Kataka</i> in <i>Adhamalla</i> commentary.
9	<i>Jayapala beeja majja</i> ^[106]	<i>Croton tiglium</i> L. Euphorbiaceae	<i>Beeja majja</i> of <i>Jayapala</i> undergo <i>Bhavana</i> along with lemon juice for 21 times and made into <i>varti</i> which is rubbed with saliva and applied in the eyes to regain life in snake bite. <i>Anjana</i> .		<i>Vishahari varti</i> for <i>Sarpa visha</i> .
10	<i>Kana/ Pippali</i> ^[107]	<i>Piper longum</i> L. Piperaceae	<i>Pippali</i> kept amidst goat's liver, cooked by <i>Putapaka</i> and the <i>rasa</i> obtained is used for <i>anjana</i> along with <i>Madhu</i> . <i>Anjana</i> .	<i>Naktandhya</i>	<i>Lekhana anjana</i>
11	<i>Karpura</i> ^[108]	<i>Cinnamomum camphora</i> (L.) J. Presl. ^[109]	Best variety <i>Karpura</i> grinded with <i>Vata ksheera</i> is used for <i>anjana</i> . <i>Anjana</i> .	<i>Netra kusuma</i>	<i>Lekhani rasa kriya / Pushpahari rasakriya</i>
12	<i>Kataka phala</i> ^[110]	<i>Strychnos potatorum</i> L.f. Loganiaceae	<i>Kataka phala</i> is grounded into paste along with <i>Madhu</i> and applied in the eyes by mixing with little <i>Karpura</i> .	<i>Netra prasadana</i>	<i>Snehani rasakriya</i> .
13	<i>Ksheera</i> ^[111]	Cow's milk	<i>Parisheka</i> in eyes using <i>Ksheera</i> which is lukewarm and added with <i>Saindhava</i> .	<i>Vataja Abhishyanda</i>	<i>Aja</i> or <i>Go ksheera</i> can be used. According to some <i>Stanya</i> also can be used.
14	<i>Ksheera sarpi</i> ^[103]	Fatty layer on the top of Cow's milk	<i>Aschotana</i>	Pain in eyes due to <i>Vataja</i> and <i>Rakthaja Abhishyandas</i> .	<i>Sarpi</i> or fatty layer on the top of <i>Go ksheera</i> during the time of milking

		<i>Netra Pindika.</i>		
15	<i>Lodhra</i> ^[112]	<i>Symplocos racemosa</i> Roxb. Symplocaceae	Powdered <i>Lodhra</i> is grounded with <i>Kanjika</i> , fried in ghee and used as <i>Pindika</i> .	<i>Rakthaja abhishyanda</i>
16	<i>Mahanimba phala</i> ^[99]	<i>Melia azedarach</i> L. Meliaceae	<i>Netra Pindika</i>	<i>Pithaja abhishyanda</i>
		<i>Anjana.</i>		
17	<i>Maricha</i> ^[107]	<i>Piper nigrum</i> L. Piperaceae	<i>Maricha</i> kept amidst goat's liver, cooked by <i>Putapaka</i> and the <i>rasa</i> obtained is used for <i>Anjana</i> along with <i>Madhu</i> .	<i>Naktandhya</i> <i>Lekhana anjana</i>
18	<i>Nimba patra</i> ^[113]	<i>Azadirachta indica</i> A. Juss. Meliaceae	<i>Netra Pindika</i>	<i>Kapha-Pithaja abhishyanda</i>
		<i>Bidalaka.</i>		
19	<i>Nimba phala</i> ^[114]	<i>Azadirachta indica</i> A. Juss. Meliaceae	<i>Nimba phala rasa</i> taken in <i>loha patra</i> (iron vessel) and rubbed in that vessel using <i>loha</i> (iron) spoon and made into semi solid form which is used for <i>Bidalaka</i> .	<i>Netra rogas</i> <i>Nimboo phala rasa</i> (lemon juice) is mentioned in <i>Adhamalla</i> commentary
20	<i>Punarnava</i> ^[115]	<i>Boerhavia diffusa</i> L. nom. cons. Nyctaginaceae	<i>Anjana.</i> <i>Punarnava swarasa</i> along with <i>Dugdha</i> is applied in eyes.	<i>Netra kandu</i> <i>Ropani rasakriya.</i> <i>Dugdha</i> denotes <i>Stanya</i>
21	<i>Punarnava</i> ^[115]	<i>Boerhavia diffusa</i> L. nom. cons. Nyctaginaceae	<i>Anjana.</i> <i>Punarnava swarasa</i> along with <i>Madhu</i> is applied in eyes.	<i>Netra srava</i> <i>Ropani rasakriya</i>
22	<i>Punarnava</i> ^[115]	<i>Boerhavia diffusa</i> L. nom. cons. Nyctaginaceae	<i>Anjana.</i> <i>Punarnava swarasa</i> along with <i>Sarpi</i> is applied in eyes.	<i>Netra pushpa</i> <i>Ropani rasakriya.</i> <i>Sarpi</i> from <i>Go</i> or <i>Aja ksheera</i>
23	<i>Punarnava</i> ^[115]	<i>Boerhavia diffusa</i> L. nom. cons. Nyctaginaceae	<i>Anjana.</i> <i>Punarnava swarasa</i> along with <i>taila</i> is applied in eyes.	<i>Timira</i> <i>Ropani rasakriya.</i> <i>Taila</i> denotes <i>tila taila</i>
24	<i>Punarnava</i> ^[115]	<i>Boerhavia diffusa</i> L. nom. cons. Nyctaginaceae	<i>Anjana.</i> <i>Punarnava swarasa</i> along with <i>Kanjika</i> is applied in eyes.	<i>Nisa andhata</i> (night blindness) <i>Ropani rasakriya</i>
25	<i>Rasanjana</i> ^[116]	<i>Berberis aristata</i> DC. ^[117] Berberidaceae	<i>Bidalaka</i>	All types of <i>Netra rogas</i>
26	<i>Sigru patra</i> ^[113]	<i>Moringa oleifera</i> Lam. Moringaceae	<i>Netra Pindika</i>	<i>Kaphaja abhishyanda</i>
27	<i>Stanya</i> ^[118]	Breast milk	<i>Aschotana</i>	<i>Raktha, Pitha</i> and <i>Vataja Abhishyandas.</i> <i>Stanya aschotana</i> is beneficial in <i>Agantuja netra rogas.</i>
28	<i>Sweta Lodhra</i> ^[119]	<i>Symplocos racemosa</i> Roxb. Symplocaceae	<i>Lodhra</i> fried in ghee, powdered, filtered through cloth, squeezed in warm water and that water is used for <i>Netra seka</i> .	<i>Netra soola</i>

Discussion

Sarngadhara Samhita is famous for the simple and effective medicinal preparations in different dosage forms, which are helpful for the physician. *Acharya Sarngadhara* signifies the importance of different extraction techniques as various *kalpanas*, which the physician can utilize according to the stage of disease and condition of the patient. Eventhough famous for various compound medicinal formulations, a lot of *ekala oushadha prayogas* can also be seen in *Sarngadhara Samhita*. A total of 159 *ekala oushadha prayogas* were found out from *Sarngadhara Samhita*, by this review, which are indicated either for external or internal usage. Single drugs are indicated in the forms of *swarasa*, *putapaka rasa*, *kwatha*, *sita kashaya*, *kalka*, *choorna* and *gutika*. *Ekala oushadhas* are also indicated for treatment modalities like *sodhana*, *gandoosha*, *lepana*,

karna poorana, *anjana*, *bidalaka*, *netra pindika*, *aschotana*, *seka* etc.

On analysing the *oushadha prayogas*, it is clear that *Sarngadhara* mentioned *ekala oushadhas* of animal and mineral origin along with plant origin drugs. *Dravyas* like *Ushnodaka*, *Kanjika*, *Sarkara* were also mentioned as *ekala oushadhas*. The *Agryoushadhas* mentioned in *Brihat trayis* like *Amalaki*, *Gokshura*, *Kantakari*, *Kutaja*, *Laksha*, *Lasuna*, *Pippali* and *Vasa* were also included in this group. There is little controversy in the identity of the drugs and also the descriptions in the commentaries are very clear, which should help in solving any ambiguity.

In short, *Acharya Sarngadhara* explained *ekala prayogas* of 93 drugs which are administered in different dosage forms, and are listed below, along with indications.

Table 12: *Ekala oushadhas* (single drugs) used for *Netra roga* (diseases of eye)

SI No	Name of Drug	Indications
1	Plant origin	
2	<i>Alambusha / Mundi</i>	<i>Apachi, Gandamala, Kamala, Sooryavarta, Ardhavabhedaka</i>
3	<i>Amalaki</i>	<i>Sarva Prameha, Nasagata raktapitha, Pithaja abhishyanda</i>
4	<i>Amra</i>	<i>Tridoshaja Chardi</i>
5	<i>Ankola</i>	<i>Atisara, Visha</i>
6	<i>Apamarga</i>	<i>Raktarsas, Badharya, Karna naada</i>
7	<i>Aralu</i>	<i>Agni deepana, Sarva Atisara</i>
8	<i>Ardra</i>	<i>Vrshana vata, Swasa, Kasa, Aruchi, Pratisyaya</i>
9	<i>Arjuna</i>	<i>Vyanga</i>
10	<i>Arka</i>	<i>Karna soola</i>
11	<i>Ativisha</i>	<i>Kasa, Jwara and Chardi in children</i>
12	<i>Babbula</i>	<i>Sarva Atisara, Netra srava</i>
13	<i>Beejapooora</i>	<i>Parswa soola, Hrit soola, Vasti soola, Koshta vayu, Tridoshaja Chardi, Karna srava, Karna soola and Daha</i>
14	<i>Bhallataka</i>	<i>Indralupta</i>
15	<i>Brahmi</i>	<i>Sarva Unmada</i>
16	<i>Dadima</i>	<i>Phala - Sarva Atisara, Pallava- indicated for Bidalaka in all Netra rogas</i>
17	<i>Darvi / Daru haridra twak</i>	<i>Kamala</i>
18	<i>Dhanyaka</i>	<i>Rasanjana - Bidalaka for all types of Netra rogas</i>
19	<i>Dronapushpi</i>	<i>Antardaha, Trishna, Srota sodhana</i>
20	<i>Eranda</i>	<i>Vishama jwara</i>
21	<i>Gambhari beeja taila</i>	<i>Taila- Virechana oushadha,</i>
22	<i>Gangeruki</i>	<i>Patra, moola and twak - for Netra Pindika in Vataja abhishyanda, Moola - Parswa-Hrit-Kapha soola</i>
23	<i>Gokshura</i>	<i>Nasya for Palita</i>
24	<i>Guduchi</i>	<i>Lepana - To relieve pain in fresh wounds caused by weapons.</i>
25	<i>Gunja</i>	<i>Mootra krichra , Ushna vata</i>
26	<i>Hareetaki</i>	<i>Kamala, Sarva Prameha, Jeerna jwara, Tridoshaja chardi;</i>
27	<i>Hemaksheeri</i>	<i>for Anjana in Pilla, Arma, Timira, Kacha, Kandu, Liganasa and other Shuklagata and Krishnagata rogas.</i>
28	<i>Indravruni</i>	<i>Indralupta, To relieve pain in Apabahuka, Viswachi, Gridhrasi and other Vata rogas.</i>
29	<i>Jambu</i>	<i>Arsas, Majja taila- Nasya for Palita</i>
30	<i>Jayapala beeja majja</i>	<i>For Vrana Darana karma</i>
31	<i>Jeeraka</i>	<i>Beeja taila is applied externally for Palitha (Greying of hair)</i>
32	<i>Kakini beeja taila</i>	<i>Tridoshaja Chardi</i>
		<i>For Anjana in Sarpavisha</i>
		<i>Mutrakrichra</i>
		<i>Nasya for Palita</i>

33	Kanchanara twak	Gandamala
34	Kantakari	Kasa, Swasa, Kapha hara, Samgrahani, Indralupta
35	Kumari	Pleeha roga, Apachi
36	Karaveera moola	Painful ulcers on penis in Upadamsa roga
37	Karpura	For Anjana in Netra kusuma
38	Kataka phala	Netra prasadana Anjana. Mahoushadha (Best anjana) for Netra srava which can be used daily.
39	Khakhasa beeja	Lepana externally for Darunaka
40	Kushmanda	Sarva Unmada, Mada due to the intake of dushta Kodrava
41	Kushta	External lepana in Vatika Sirasoola
42	Kutaja	<u>Twak</u> - Sarva Atisara, <u>Beeja</u> - Vata soola
43	Lasuna	Vata roga, Vishama jwara , External application in Vrana krimi.
44	Lodhra	As Netra Pindika in Rakthaja abhishyanda
45	Mahanimba	<u>Moola</u> – Gridhrasi, <u>Phala</u> – as Netra Pindika in Pithaja abhishyanda
46	Manjishta	Lepana externally in Vyanga
47	Maricha	Mukha lepana for Tarunya pitaka, As Anjana for Naktandhya
48	Muchukunda pushpa	Lepana externally in Vatika Sirasoola
49	Nagakesara	Raktarsas
50	Neelotpala	For Gandoosha- Daha in mouth due to burns caused by kshara etc
51	Nimba	Kamala; <u>Patra</u> - Vrana sodhana and ropana, Chardi, Kushta, Krimi, Pitha-kapha hara, as Netra Pindika for Kapha-Pithaja abhishyanda, <u>Beeja taila</u> - Nasya for Palita, <u>Phala</u> - Bidalaka for Netra rogas
52	Parpata	Pithaja chardi, Paithika jwara
53	Patala moola	Sthavara and Jangama visha
54	Patola patra	Indralupta
55	Pippali	Kasa, Jwara, Hikka, Swasa, Pleeha roga, Kantya and suitable for Bala(children), Ajeerna, As Anjana for Naktandhya
56	Punarnava	Anjana for Netra kandu, Netra srava, Netra pushpa, Timira, Nisa andhata
57	Sakhota	<u>Twak</u> - Sleepada, Medo dosha <u>Majja taila</u> - Nasya for Palita
58	Sankhini / Nakuli / Sankhapushpi	Sarva Unmada
59	Sarkara	For Gandoosha - Daha in mouth due to burns caused by kshara etc
60	Sarshapa taila	Karna poorana in Karna keeta (ear worms)
61	Satavari	Pitha soola
62	Sephali / Nirgundi patra	Gridhrasi
63	Shatgrantha (Shati)	Sarva Unmada
64	Sigru	Antar vidhradi, <u>Patra</u> - Netra Pindika for Kaphaja abhishyanda
65	Sunti	Ama dosha, Discomforts due to Amatisara
66	Surana kanda	Arsas
67	Sweta Lodhra	Used for Netra seka in Netra soola
68	Syonaka	Sarva Atisara , Tridoshaja Karna soola,
69	Tanduleeya moola	Raktapradara Raktarsas, <u>Expressed juice of Tila kalka</u> - for Gandoosha in vataja mukha rogas and Daha in mouth due to burns caused by kshara etc.
70	Tila	<u>Taila</u> - Gandoosha in vataja mukha rogas, Danta chaala Lepana externally for Sopha due to contact with Bhallataka
71	Trivrut	For Virechana in individuals having Pitha predominant koshta

72	<i>Tulasi patra</i>	<i>Vishama jwara</i>
73	<i>Vandhyakarkotika moola</i>	<i>Sthavara and Jangama visha</i>
74	<i>Varuna twak</i>	<i>Gandamala</i>
75	<i>Vasa</i>	<i>Raktapitha esp Urdhwaga raktapitha, Jwara, Kasa, Kshaya, Kamala, Kapha-pitha jwara, Urakshata</i>
76	<i>Vibheetaki</i>	All types of <i>Swasa</i> and <i>Kasa</i> , <i>Pratisyaya</i> , <i>Swarabhanga</i> , <i>Lepana</i> externally for <i>Pitha</i> predominant diseases like <i>Daha</i> , <u><i>Phala majja taila</i></u> - <i>Nasya</i> for <i>Palita</i>
77	<i>Vilwa</i>	<i>Tridoshaja chardi, Sthavara and Jangama visha</i>
78	<i>Vishnukranta moola</i>	<i>Parinama soola</i>
79	<i>Yava</i>	<i>Mashi</i> - external application for all types of <i>Agni dagdha vrana</i>
80	Animal origin	
81	<i>Aja ksheera</i>	<i>Vataja Abhishyanda</i>
82	<i>Basta / Chaga mootra</i>	Pain due to <i>Karna soola</i> and <i>Karna paka</i>
83	<i>Ghrita</i>	For <i>Gandoosha- Daha</i> in mouth due to burns caused by <i>kshara</i> etc, <i>Visha-kshara-agni dagdha vrana</i> in mouth For <i>Aschotana</i> - Pain in eyes due to <i>Vataja</i> and <i>Rakthaja Abhishyandas</i>
84	<i>Ksheera</i>	For <i>Parisheka -Vataja Abhishyanda</i> , For <i>Gandoosha - Vataja mukha rogas, Visha-kshara-agni dagdha vrana</i> in mouth, <i>Daha</i> in mouth due to burns caused by <i>kshara</i> etc
85	<i>Ksheera sarpi</i>	For <i>Aschotana</i> - Pain in eyes due to <i>Vataja</i> and <i>Rakthaja Abhishyandas</i>
86	<i>Laksha</i>	<i>Rakta kshaya, Uroghata</i> and <i>Kshaya</i>
87	<i>Madhu</i>	Causes <i>mukha vaisadya</i> , For <i>Gandoosha -Mukha vrana; Daha</i> and <i>Trishna</i> due to <i>Visha-kshara agni dagdha</i>
88	<i>Mrigashringa</i>	<i>Hrit soola</i>
89	<i>Sambooka</i>	<i>Karna naadi</i>
90	<i>Stanya</i>	For <i>Aschotana</i> in <i>Raktha, Pitha</i> and <i>Vataja Abhishyandas</i>
91	<i>Sweta Aswakhura</i> (Hoof of white horse)	<i>Vyanga</i>
92	Earth / Mineral origin	
93	<i>Haritala</i>	<i>Karna keeta</i> (ear worms)
94	<i>Krishna Mrithika</i> (Black soil)	<i>Lepana</i> externally for <i>sopha</i> due to contact with <i>Bhallataka</i>
95	Liquid preparations	
96	<i>Kanjika</i>	For <i>Gandoosha - Mukha sosha</i> and <i>mukha vairasya</i>
97	<i>Ushna jala</i>	<i>Medo dosha</i>

Conclusion

The classical treatises of Ayurveda are a huge repository of medicines for various ailments. But due to overexploitation, many of the drugs used in Ayurveda are facing the threat of extinction which in turn leads to the usage of substitutes and adulterants. This may result in reduced efficacy or adverse effects. The scenario demands search for effective, easily available drugs preferably based on single drugs. Many single drug usages can be seen in Ayurvedic classics and *Sarngadhara Samhita* is the most important of them. The drugs indicated as *ekala oushadhas* by *Acharya Sarngadhara* are easily available and the mode of administration and usage are also simple and effective. By incorporating these single drugs in treatment, we can control the overexploitation of available drug sources and reduce the complexity of treatment procedures. These remedies can be utilized for various research works for the mankind.

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