



Review Article

www.ijrap.net



CHARAKA'S PERSPECTIVE OF MONO-HERBAL THERAPY: A CRITICAL REVIEW

C. Rajkumar ^{1*}, N. N. L. Bhagavathi ², R. Vidyath ³

¹Senior Research Fellow, IPGT & RA, Gujarat Ayurved University, Jamnagar, India

²Consultant Ayurvedic physician, NIN, Hyderabad, Telangana, India

³Professor, PG Department of Samhita & Siddhanta, Dr. B.R.K.R. Govt. Ayurvedic College, Hyderabad, Telangana, India

Received on: 03/05/17 Accepted on: 19/06/17

*Corresponding author

E-mail: rajkumarchinthala207@gmail.com

DOI: 10.7897/2277-4343.083164

ABSTRACT

In the present era, entire world is searching the system of medicine for drugs with minimum or no side effects and easy to execute as well. The result of the treatment depends upon multiple factors viz. season, age, habitat, dosage, potency and also the form of the drug used etc. Total herbal preparations in Ayurveda can be classified into three main categories viz. single, simple and compound recipes. Among them single recipes are very effective as well as easy to prepare. In Ayurvedic classics, ancient seers delineated numerous such kinds of single drug recipes or therapies which are successfully prescribing by the traditionally practicing Ayurvedic physicians in different disease conditions even in the present days also. Charaka Samhita is reputed to be one of the most ancient, comprehensive and authoritative works of Ayurveda and it occupies a very important place in the history of world's medical science. Acharya Drudhabala quoted one Shloka which aptly describes the significance of entire Charaka Samhita. It reveals that "The methods of treatment prescribed by Agnivesha are meant both for the healthy and diseased, whatever is mentioned in this work is available elsewhere and things not mentioned here cannot be found anywhere else." The present study is an attempt to list out the single herbal drugs mentioned by Charakacharya in various disease conditions along with Anupana and the mode of administration in a systematic manner which will be very helpful to the research scholars, pharmaceutical industries and physicians.

Keywords: Ayurveda, Charaka Samhita, Single herbal drugs, WHO.

INTRODUCTION

The World Health Organization determines that 80 percent of the world population depends on traditional healing modalities and herbs¹. Nowadays majority of prescriptions in the world accommodate compound preparations which are directly or indirectly derived from plants through semi-synthesis. Ayurveda requires immense reorientation to attain scientific reliability, as it is a traditional old system of medicine. Topographically, Ayurveda possesses an unexpected extension worldwide. So there is a definite need to renovate Ayurveda into potent, effective, scientifically validated and evidence based medicine as it holds its origin from rich knowledge base of oral tradition and scriptures. On the other side there is a gradual increased demand for herbal medicine in global market but meagerness of medicinal plants is becoming a challenge to the future of plant based traditional systems of medicine such as Ayurveda. The present situation anticipates the requirement for supplementary, simple and cost effective medicaments based on single drugs. In Ayurvedic classics, Acharyas delineated numerous such kinds of single drug recipes or therapies which are successfully prescribing by the traditionally practicing Ayurvedic physicians in different disease conditions.

Charaka Samhita is one among the 'Brihatrayi', acclaimed as the most ancient, comprehensive and authoritative works of Ayurveda which occupies a very important place in the history of world's medical science. Acharya Drudhabala furnished one

Shloka which aptly describes the significance of entire Charaka Samhita at the end of the treatise as:

रोगांस्तेषां चिकित्सां च स किमर्थं न बुध्यते
चिकित्सा वह्निवेशस्य सुस्थातुरहितं प्रति ५३
यदिहास्ति तदन्यत्र यन्नेहास्ति न तत्त्वचित्
अग्निवेशकृते तन्त्रे चरकप्रतिसंस्कृते ५४

2

It reveals that "The methods of treatment prescribed by Agnivesha are meant for both the healthy and the diseased, whatever is mentioned in this work is available elsewhere and the things not mentioned here cannot be found anywhere else."

Keeping this in view the present study has been taken to trace out the mono-herbal drugs and their recipes articulated in various disease conditions. For the present study, the original text of Charaka Samhita along with available commentaries are consulted. Total 120 chapters are thoroughly screened, identified the single herbal recipes and they are documented in a systemic manner.

Altogether 129 mono-herbal drugs which contribute 403 recipes are traced and the most efficacious and easily available ones are enlisted as under:

Table 1: Some of the cost effective and easily preparable mono-herbal recipes

Sl. No.	Name of the drug	Indication	Mode of administration along with Anupana	Reference
1.	Amalaki	Jwara (Fever)	Oral intake of Swarasa (juice) of Amalaki fruit fried in ghee	Cha. Chi. 3/230
		Hikka (Hiccups) & Shwasa (Asthma)	Oral intake of Curna (fruit powder) along with honey (make as linctus)	Cha. Chi.17/129
		Kaasa (Cough)	Oral intake of Curna with honey	Cha. Chi.18/165
		Shweta Pradara (Leucorrhoea)	Powder or juice along with honey as linctus	Cha. Chi.30/117
2.	Aragwadha	Jwara (Fever)	Oral intake of fruit pulp along with milk or juice of Mrudvika (Draksha)	Cha. Chi. 3/232
		Urdhwagata Raktapitta (Epistaxis)	Oral intake of fruit pulp with honey and sugar as it induces Virechana (purgation)	Cha. Chi. 4/57
		Pittaja Udara roga (Ascietis)	Oral intake of milk boiled with fruit pulp for Virechana	Cha. Chi. 13/70
3.	Ashwagandha	Hikka (Hiccups) & Shwasa (Asthma)	Oral intake of Kshara (Alkali) along with honey and ghee in a linctus form	Cha. Chi.17/117
		Grandhi Visarpa (Erysipelas)	External application of warm paste over the nodules	Cha. Chi. 21/123
4.	Atibala	Rasayana (Rejuvenation)	Oral intake of Swarasa along with milk	Cha. Chi. 1/2/12
5.	Atmagupta	Sanyasa (coma)	Avagharshana (rubbing) to bring out the consciousness	Cha. Su. 24/47
6.	Badari	Arshas (Hemorrhoids)	sitz-bath with the decoction of Kola (Badari)	Cha. Chi. 14/46
		Kaasa (Cough) & Swarabheda	Oral intake of mixture of Badari patra kalka sizzled with ghee and adding Saindhava lavana in little quantity	Cha. Chi. 18/180-81
7.	Bala	Rasayana (Rejuvenation)	Oral intake of juice along with milk	Cha. Chi. 1/2/12
		Raktapitta	Oral intake of cow's milk prepared from Balamoola	Cha. Chi. 4/84
8.	Bhadramusta	Morbid thirst in Kaphaja Madatyaya	Oral intake of water boiled with Musta	Cha. Chi. 24/167
9.	Bhanga	Arshas (Hemorrhoids)	Decoction of leaves is useful for cleansing	Cha. Chi. 14/169
10.	Bilva	Udara roga having Parshwashoola (pain in flanks)	Oral intake of oil processed with Bilva Kshara	Cha. Chi. 13/169-170
		Arshas (Hemorrhoids)	Swedana (Sudation) with Kwatha	Cha. Chi. 14/47
		Vibandha (arrested stool), Anaha and Adhmana	Oral intake of milk boiled with tender fruits of Bilva	Cha. Chi. 19/48
		Kaphaja Atisara	Oral intake of tender fruit	Cha. Chi. 19/114
11.	Bodhivriksha (Ashwattha)	Tridoshaja Vatarakta	Oral intake of Kwatha along with honey	Cha. Chi. 29/158
12.	Chandana	Rasayana (Rejuvenation)	Oral intake of Swarasa along with milk	Cha. Chi. 1/2/12
		Pittaja Shotha	External application of sandal wood paste	Cha. Chi. 12/69
13.	Chitraka	Mada and Murcha	Oral intake of Swarasa along with milk	Cha. Su. 24/57
		Hikka (Hiccups) & Shwasa (Asthma)	Oral intake of Chitraka Kalka along with warm water	Cha. Chi. 17/110
14.	Dadima	Vataja Gulma	Oral intake of ghee prepared from milk boiled with juice of Dadima	Cha. Chi. 5/68
15.	Dugdika	Grey hair	External application of paste with milk on the scalp after pulling out the grey hair	Cha. Chi. 26/266-267
16.	Duralabha	Pittaja Chardhi (vomiting)	Oral intake of Curna with honey	Cha. Chi. 20/38
17.	Durva	Raktapitta (Epistaxis)	Nasal administration of Swarasa with milk	Cha. Chi. 4/100
		Arshas (Hemorrhoids)	External application of Durva ghrita	Cha. Chi. 14/219
		Ulcers of Visarpa	External application of Durva ghrita	Cha. Chi. 21/96
18.	Edagaja (Chakramarda)	Sidhma Kushta	External application of Edagaja Kalka mixed with Kanji	Cha. Chi. 7/127
19.	Ela	Timira, Krimi, Pilla and Netra srava	Powder of seeds should be impregnated in goat's urine for three days, use this mixture as Anjana (collyrium)	Cha. Chi. 26/249
20.	Eranda	Vataja Gulma	Oral intake of Eranda Taila with milk	Cha. Chi. 5/93
		Constipation and obstruction of Vata in Shotha	Oral intake of Eranda Taila with milk	Cha. Chi.12/28
		Vatavyadhis	Oral intake of Eranda Taila along with milk for Virechana	Cha. Chi. 28/85
		Gulma, Arshas, Pleehavridhi	Oral intake of castor oil along with Mamsarasa or Triphala kwatha	Cha. Chi. 26/27-29
		Vatarakta	External application of kalka mixed with milk	Cha. Chi.29/140
21.	Godhuma	Vatarakta	External application of kalka mixed with goat's milk and ghee	Cha. Su. 3/23

22.	Gokshura	Raktapitta	Oral intake of milk boiled with seeds	Cha. Chi. 4/84
		Ashmari (renal calculi)	Oral intake of ghee prepared from the Swarasa	Cha. Chi. 26/74
23.	Guduci	Rasayana	Oral intake of Swarasa along with milk	Cha. Chi. 1/3/30-31
		Kamala (Jaundice)	Oral intake of Swarasa with honey in the morning time	Cha. Chi. 16/63-64
		Halimaka	Oral intake of ghee prepared from juice along with buffalo milk	Cha. Chi. 16/134
		Pittaja Chardi	Guduci sadhita jalapana (oral intake of water added with Guduci and kept for overnight)	Cha. Chi. 20/21
		Vatarakta	Oral intake of oil prepared with the Swarasa and milk	Cha. Chi.29/121
24.	Haritaki	Santarpana Janya Vikaara	Oral intake of Curna with honey	Cha. Su. 23/9
		Kaphaja Shotha	Oral intake of Curna with Gomutra (Cow's urine)	Cha. Chi.12/21
		Pleehodara	Oral intake of Curna with Guda (Jaggery)	Cha. Chi.13/78
		Udara roga	Oral intake of Curna with Gomutra (Cow's urine)	Cha. Chi. 13/151
		Arshas	Oral intake of Curna along with buttermilk	Cha. Chi. 14/67
		Ama condition (Indigestion)	Oral intake of Curna along with hot water	Cha. Chi. 15/98
25.	Ikshu	Kaphaja Pandu (anemia)	Oral intake of the paste of Curna (soaked in Gomutra) along with Gomutra	Cha. Chi.16/58
		Pittaja Chardi	Oral intake of Ikshu rasa	Cha. Chi. 20/31
26.	Kampillaka	Raktaja Swarabheda	Oral intake of Ikshu rasa	Cha. Chi. 26/288
		Oliguria	Oral intake of Ikshu rasa	Cha. Sha. 6/11
		Pittaja Gulma	Oral intake of Curna with honey	Cha. Chi. 5/130
27.	Kapittha	poison is located in throat	Oral intake of the pulp of raw fruit with honey and sugar	Cha. Chi. 23/184
28.	Karanja	Grandhi Visarpa	External application of the paste of Karanja bark as Pradeha	Cha. Chi. 21/124
29.	Karaveera	Kikkisa roga	Massaging with the oil boiled with the leaves	Cha. Sha. 8/32
		Kushta	External application of Ashwamara roots paste	Cha. Chi. 7/98
		Akalapalitya (pre-mature graying of hair)	The paste of Karaveera with milk is applied on the scalp after pulling out the grey hair	Cha. Chi. 26/266-67
30.	Khadira	Rasayana	Oral administration of Swarasa along with milk	Cha. Chi. 1/2/12
		Kushta	Oral intake of Khadirasara	Cha. Chi. 7/97
		Pittaja- Raktaja Kushta	External application of ghee prepared from the decoction and paste of Khadira	Cha. Chi. 7/135
31.	Kutaja	Pittaja Atisara (diarrhea)	Oral intake of Indrayava Kwatha in the quantity of one pala	Cha. Chi. 18/85-86
32.	Lashuna	Gulma, Udavarta & Udavarta	Oral administration of milk processed with dehusked and dried lashuna	Cha. Chi. 5/94-95
		Hikka & Shwasa	Nasya karma (Nasal administration) with Lashuna Swarasa	Cha. Chi. 17/131
33.	Madhuka	Kaphaja & Gradhita Raktapitta	Oral intake of Madhuka Kshara along with honey	Cha. Chi. 4/94
34.	Malapu (Kakodumbara)	Shweta Kushta (leucoderma)	Oral intake of Malapu Swarasa with jaggery for Sramsanana karma (purgation therapy)	Cha. Chi. 7/162
35.	Mandukaparni	Rasayana & Vajikarana	Oral intake of Mandukaparni swarasa	Cha. Chi. 1/3/30-31
36.	Maricha	Kshayaja Kaasa	Oral intake of Maricha churna mixed with honey, ghee and sugar	Cha. Chi. 18/180
37.	Matulunga	Sanyaasa	Oral administration of juice with Shunti churna	Cha. Su. 24/49
38.	Mocharasa	Adhogata Raktapitta (bleeding per rectum)	Oral administration of milk boiled with Mocharasa	Cha. Chi. 4/86
39.	Mulaka	Sidhma Kushta	External application of seed paste mixed with kanji	Cha. Chi. 7/127
		Grandhi Visarpa	External application as Pradeha with dried Mulaka	Cha. Chi. 21/124
40.	Nagabala	Rasayana	Oral intake of juice made from roots along with honey or ghee or milk	Cha. Chi. 1/2/11
41.	Nimba	Kushta	Oral intake of decoction made from leaves	Cha. Chi. 7/97
		Raktaja & Pittaja Kushta	External application of ghee boiled with the paste and decoction of Nimba bark	Cha. Chi. 7/135
		Arshas	Pratisarana with ghee made from leaves and bark	Cha. Chi. 14/220
		Kaamala	Oral intake of Patra swarasa along with honey in the morning time	Cha. Chi. 16/63-64
42.	Nirgundi	Vatavyadhi	Oral intake and external massage of oil made from the juice of Nirgundi roots	Cha. Chi. 28/134-135
43.	Nyagrodha	Yonisrava (vaginal discharge)	Cloth impregnated with decoction of Nyagrodha should be kept inside the genital tract	Cha. Chi. 30/118
44.	Palandu	Hikka & Shwasa	Nasya karma with Palandu Swarasa	Cha. Chi. 17/131
45.	Palasha	Raktapitta	Oral intake of Kshara along with honey	Cha. Chi. 4/89
		Atisara	Oral intake of fruit decoction along with milk	Cha. Chi. 19/59

			helps in cleansing the bowel	
46.	Patola	Raktaja & Pittaja Kushta	External application of ghee boiled with paste and decoction of leaves	Cha. Chi. 7/135
47.	Pippali	Mada & Murcha	Oral intake of Pippali powder with milk	Cha. Su. 24/57
		Rasayana	Oral intake of five or seven or eight or ten Pippali along with honey or ghee	Cha. Chi. 1/3/32
			Oral intake of three Pippali for three times in a day	Cha. Chi. 1/3/33
		Cough associated with fever	Oral intake of milk boiled with sugar, Pippali, ghee and adding honey	Cha. Chi. 11/79
		Vataja Kaasa	Oral intake of ghratabharjita Pippalikalka by adding little Saindhava lavana Anupana: Madhira or curd or whey	Cha. Chi. 18/64
48.	Priyala	Thrishna (morbid thirst)	Oral intake of milk boiled with seeds of Priyala	Cha. Chi. 22/30
49.	Priyangu	Kaphaja Raktapitta	Oral intake of Kshara along with honey	Cha. Chi. 4/94
50.	Rohitaka	Shweta Pradara (leucorrhoea)	Oral intake of the moolakalka along with water	Cha. Chi. 30/116
51.	Saptaparna	Kushta	Decoction is advised for both external and internal administrations	Cha. Chi. 7/97
52.	Sarshapa	Shleepada	External application of seed paste	Cha. Chi. 12/98
53.	Shalaparni (Amshumati)	Aggrevated vata in the Heart	Oral intake of milk boiled with Shalaparni	Cha. Chi. 28/96
		Vatarakta	Oral intake of milk boiled with the decoction of Amshumati (Shalaparni) and sugar	Cha. Chi. 29/80
54.	Shankhapushpi	Rasayana	Oral intake of paste of roots and flowers, it is the best Medhya rasayana	Cha. Chi. 1/3/30-31
55.	Shatavari	Raktaja Atisara	Oral intake of Moola kalka along with milk	Cha. Chi. 19/78
			Oral intake of ghee prepared with the decoction and paste of Shatavarimula	
56.	Shimshapa	Rasayana	Oral intake of Swarasa along with milk	Cha. Chi. 1/2/12
		Obstructed labour	Fumigation with the Shimshapa saara	Cha. Sha. 8/38
57.	Shirisha	All types of poisonous conditions	Oral intake of the recipe made by five parts of Shirisha (fruits, roots, bark, flowers and leaves) taken in equal quantity and mixed with equal quantity of ghee	Cha. Chi. 23/218
58.	Shobhanjana (Madhushigru)	Ashmari & Sharkara	Oral intake of the paste of roots along with cold water	Cha. Chi. 26/67
		Vatarakta	Paste of Madhushigru along with Kanji for external application	Cha. Chi. 29/151
		Arshas	Fumigation with the bolus of Shobhanjana	Cha. Chi. 14/42
59.	Shunti (Nagara/ sringabera)	Raktapitta	Oral intake of Milk boiled with Nagara	Cha. Chi. 4/84
		Aama (Indigestion)	Oral intake of Shunti Curna along with hot water	Cha. Chi. 15/98
		Hikka & Shwasa	Oral intake of Curna along with jaggery in equal quantities	Cha. Chi. 17/130
		Pittaja Pratishyaya	Oral intake of milk or ghee boiled with Sringabera	Cha. Chi. 26/144
		Stanya dushti (vitiated breast milk)	Oral intake of decoction of Shunti	Cha. Chi. 30/261
60.	Somavalkala	Prameha	Vasti(enema) with the decoction of Somavalkala	Cha. Si. 10/43
61.	Tala	Kshayaja Kaasa	Oral intake of milk or ghee boiled with fresh Tala fruits	Cha. Chi. 18/154
62.	Tamalaki	Thirsty condition in Rajayakshma	Oral intake of water boiled with Tamalaki	Cha. Chi. 8/70
63.	Tila	Pittaja Atisara	Oral intake of mixture made by one part of black Tila and four parts of sugar taken along with goat's milk	Cha. Chi. 19/84
		Vatarakta	External application of fine paste made by roasted Tila seeds soaked in goat's milk	Cha. Chi. 29/139
64.	Trivrut	Pittaja Pandu	Oral intake of Curna along with the double quantity of sugar	Cha. Chi. 3/231
		Pittaja Kaasa	purgation therapy with Curna	Cha. Chi. 18/85
		Visarpa	Oral intake of Curna along with ghee or milk or warm water or Mridvika rasa for purgation	Cha. Chi. 21/64
		Vatarakta	Oral intake of Curna along with milk	Cha. Chi. 29/84
65.	Tuvaraka	Yoni Dourgandhya (foul smell in vagina)	Decoction is advised for Prakshalana (cleaning) or paste should be kept inside the vaginal tract	Cha. Chi. 30/124
66.	Uma	Vatarakta	External application with the fine paste of seeds which are soaked in milk	Cha. Chi. 29/140
67.	Utpala	Kaphaja or Gradhita Raktapitta	Oral intake of Kshara mixed with honey and ghee	Cha. Chi. 4/93
68.	Vasa	Raktapitta	Oral intake of Ghee prepared from the decoction of leaves, roots and stem along with honey	Cha. Chi. 4/88

69.	Vatsaka (Kutaja)	Raktapitta	Oral intake of ghee along with honey, prepared from the paste of Vatsaka bark	Cha. Chi. 4/89
70.	Vata	Adhagata Raktapitta (bleeding per rectum)	Oral intake of milk boiled with Avaroha and Shrunaga of Vata	Cha. Chi. 4/86
71.	Vibhitaki	Burning sensation with Shotha (edema)	external application with the paste of fruit pulp	Cha. Chi. 12/71
		Visarpa	External application as Pradeha with the paste of bark	Cha. Chi. 21/124
72.	Vidanga	Krimi (Intestinal worms)	After proper purgation, to prevent the recurrence of ailment oral intake of Vidanga's decoction is advisable	Cha. Vi. 7/19
73.	Vidarikanda	Kaphaja Mutrakriccha	Oral intake of Cold decoction along with honey and sugar	Cha. Chi. 26/51
74.	Yasthimadhu	Medhya Rasayana	Oral intake of powder along with milk	Cha. Chi. 1/3/30-31
		Burning sensation in Rajayakshma	Parisheka with the cold decoction	Cha. Chi. 8/118
		Visarpa	Decoction advised for external use	Cha. Chi. 21/94
		Pittaja & Raktaja Vrana (ulcers)	Sprinkling of cold decoction	Cha. Chi. 25/64-65
75.	Yava	Abdominal pain	Paste of seeds mixed with buttermilk advised for external application over the abdomen	Cha. Su. 3/20
		Hikka and Shwasa	Dhoomapana (Smoking) with the barley powder mixed with ghee	Cha. Chi. 17/78

Abbreviations: Cha.Su.- Charaka Sutra sthana, Cha. Vi- Charaka Vimana, Cha. Sha.- Charaka sharira sthana, Cha. Chi- Charaka Chikitsa sthana; Cha. Ka- Charaka Kalpa sthana; Cha. Si- charaka Siddhi sthana.

DISCUSSION

Single drugs are useful in specific conditions. One should be cautious about their properties and the specific conditions in which they are indicated. Charakacharya clearly stated that even an acute poison can become an excellent drug if it is properly administered. On the other hand even a drug, if not properly administered, becomes an acute poison. He had described five types of pharmaceutical preparations (Panchavidha Kashaya Kalpana) as Swarasa (Juice), Kalka (Paste), Shruta (Decoction), Sheeta (cold infusion) and Phanta (hot infusion)³. The potentiality of the medicines of the preceding category is greater than the succeeding ones; so these preparations should be prescribed with due regard to the strength of the patient and seriousness of the disease. All the preparations are not equally useful in all cases⁴. It is the beauty of Bhaishajya Kalpana in Charaka Samhita as it describes a single drug in various forms for different types of Bala, Satva, and Sara etc. of the patient.

For example Pippali Vardhamana Rasayana is indicated as Kalka (Paste) form in Pravara Bala, Kwatha (Decoction) form in Madhyama Bala and Curna (Powder) form in Avara Bala individuals⁵.

On a critical study of entire compendium of Charaka Samhita it is found that total formulations are 1950. Among them single recipes are 403 contributed by 129 herbal drugs which occupy around 20 percentage of the total formulations. In that Haritaki for 22 times, Pippali and Eranda for 14 times, Trivrut and Ikshwaku for 11 times, Guduci and Draksha for 10 times, Shunti for 9 times, Yasthimadhu and Daruharidra for 8 times, Bilva and Jimutaka for 7 times, Ikshu, Trayamana, Madanaphala and Nimba for 5 times are repeated. It indicates that these herbs are used in many conditions vividly and are also easily available. The detailed list of herbs along with the references and their indications are enlisted systemically in the below mentioned table.

Table 2: Details of single herbs and their citations in Charaka Samhita

S. No.	Name of the Herb	Botanical name	References of the single recipes
1.	Agaru	<i>Aquilaria agallocha</i> Roxb.	Cha. Chi. 1/2/12, 24/133
2.	Amalaki	<i>Emblia officinalis</i> Gaertn.	Cha. Chi. 1/2/8, 3/230, 12/100, 17/129, 18/165, 30/117, 30/117
3.	Amrasthi	<i>Spondias pinnata</i>	Cha. Chi. 4/101
4.	Aragvadha	<i>Cassia fistula</i> Linn.	Cha. Chi. 3/232, 4/57, 13/70; Cha. Ka. 8/8
5.	Asana (Beejaka)	<i>Pterocarpus marsupium</i> Roxb	Cha. Chi. 1/2/12, 4/94
6.	Ashwagandha	<i>Withania somnifera</i> Dunal.	Cha. Chi. 17/117, 21/123
7.	Ashwatha	<i>Ficus religiosa</i> Linn.	Cha. Chi. 29/158
8.	Asphota	<i>Jasminum angustifolium</i> O. Ktze.	Cha. Chi. 17/110
9.	Atibala	<i>Abutilon indicum</i> (Linn.) Sweet.	Cha. Chi. 1/2/12
10.	Atmagupta	<i>Mucuna pruriens</i> DC.	Cha. Su. 24/47
11.	Badari	<i>Ziziphus jujube</i> Lam.	Cha. Chi. 18/180-81, 14/46
12.	Bala	<i>Sida cordifolia</i> Linn	Cha. Chi. 1/2/12, 4/84, 29/119-120
13.	Bhadramusta	<i>Cyperus rotundus</i> Linn	Cha. Su. 21/22; Cha. Chi. 24/167
14.	Bhallataka	<i>Semicarpus anacardium</i> Linn	Cha. Vi. 7/23; Cha. Chi. 1/2/13, 1/2/14
15.	Bhanga	<i>Cannabis sativa</i> Linn	Cha. Chi. 14/169
16.	Bhurja	<i>Betula utilis</i> Wall	Cha. Sha. 8/38
17.	Bilva	<i>Aegle marmelos</i> (Linn.) Corr.	Cha. Chi. 3/235, 13/169-170, 14/47, 19/48, 114, 119; Cha. Si. 7/53
18.	Chanaka	<i>Cicer arietinum</i> Linn.	Cha. Chi. 20/31
19.	Chandana	<i>Santalum album</i> Linn.	Cha. Chi. 1/2/12, 12/69, 14/221, 17/131
20.	Chitraka	<i>Plumbago zeylanica</i> Linn.	Cha. Su. 24/57; Cha. Chi. 17/110
21.	Dadima	<i>Punica granatum</i> Linn.	Cha. Chi. 5/68
22.	Danti	<i>Baliospermum montenum</i> Muell-Arg	Cha. Chi. 16/51, 16/59

23.	Daruharidra	<i>Berberis aristata</i> DC.	Cha. Chi. 7/61, 7/97, 7/135, 14/220, 14/221, 16/63-64, 26/202, 30/97
24.	Devadaru	<i>Cedrus deodara</i> (Roxb.) Loud.	Cha. Chi. 17/105, Cha. Si. 9/8
25.	Dhamargava	<i>Luffa acutangula</i> (Linn.) Roxb	Cha. Kal. 4/7, 4/7, 4/9; Cha. Si. 11/12
26.	Dhava	<i>Anogeissus latifolia</i>	Cha. Chi. 1/2/12
27.	Draksha	<i>Vitis vinifera</i> (Linn.)	Cha. Su. 27/4; Cha. Chi.3/233, 4/84, 16/52, 20/30, 24/142, 24/146, 26/288, 29/121, 30/261
28.	Dugdika	<i>Euphorbia prostrata</i> W. Ait.	Cha. Chi. 26/266-67
29.	Duralabha	<i>Alhagi pseudalhagi</i> (Bieb.) Desv.	Cha. Chi. 20/38
30.	Durva	<i>Cynodon dactylon</i> (Linn.) Pers.	Cha. Chi. 4/100, 14/219, 21/96
31.	Edagaja (Chakramarda)	<i>Cassia tora</i> Linn.	Cha. Chi. 7/127
32.	Ela	<i>Elettaria cardamomum</i> Maton.	Cha. Chi. 26/249
33.	Eraṇḍa	<i>Ricinus communis</i> Linn.	Cha. Chi. 3/235, 5/92-93, 93, 12/28, 13/172-173, 15/79, 19/48, 26/27-29, 28/85, 28/197, 29/83, 29/140; Cha. Si.7/50
34.	Gavakshi (Indravaruni)	<i>Citrullus colocynthis</i> Schrad	Cha. Chi. 4/57
35.	Gavedhuka	<i>Coix lachryma-jobi</i> Linn.	Cha. Chi. 20/31
36.	Godhuma	<i>Triticum aestivum</i> Linn.	Cha. Su. 3/23
37.	Gokshura	<i>Tribulus terrestris</i> Linn.	Cha. Chi. 4/84, 26/74
38.	Grinjanaka	<i>Daucus carota</i>	Cha. Chi. 17/131
39.	Guduci	<i>Tenospora cordifolia</i> (Willd.) Miers.	Cha. Chi. 1/3/30-31, 3/299, 16/63-64, 134, 20/31, 22/22, 45, 29/71, 29/117, 29/121
40.	Guggulu	<i>Commiphora mukul</i> (Hook. ex. Stocks) Engl.	Cha. Chi. 28/242, 29/159
41.	Hapuṣa	<i>Juniperus communis</i> Linn.	Cha. Chi. 14/43
42.	Haritaki	<i>Terminalia chebula</i> Retz.	Cha. Su. 23/9; Cha. Chi. 1/1/29-37, 3/298, 12/21, 12/27, 13/78, 13/151, 14/65, 14/67(2), 15/98, 16/50, 16/58, 16/68, 16/97, 19/17, 20/21, 26/233, 27/28, 29/84, 30/255(2)
43.	Hingu	<i>Ferula assa-foetida</i> Regel	Cha. Si. 9/8
44.	Himsra	<i>Capparis spinosa</i> Linn.	Cha. Chi.30/62
45.	Hribera	<i>Phagonia odorata</i> WILLD.	Cha. Chi. 24/165
46.	Ikshwaku	<i>Lagenaria siceraria</i>	Cha. Ka. 3/5, 3/6-7 (4), 3/7-8, 3/9-10, 3/11, 11-12, 13; Cha. Si. 11/12
47.	Ikshu	<i>Saccharum officinarum</i> Linn.	Cha. Chi. 19/88, 20/31, 23/47, 26/288; Cha. Sha. 6/11
48.	Jimutaka	<i>Luffa echinata</i> Roxb.	Cha. Ka. 2/5-6 (5), 7; Cha. Si. 11/12
49.	Kadamba	<i>Anthocephalus indicus</i> A. Rich	Cha. Chi. 18/154
50.	Kampillaka	<i>Mallotus philippinensis</i> Muell.-Arg.	Cha. Chi. 5/130
51.	Kapittha	<i>Feronia limonia</i> (Linn.) Swingle	Cha. Chi. 23/184
52.	Karanja	<i>Pongamia pinnata</i> (Linn.) Swingle	Cha. Chi. 21/124
53.	Karaveera	<i>Nerium odorum</i> Mill	Cha. Sha. 8/32; Cha. Chi. 7/98, 26/266-267
54.	Katphala	<i>Sida rhombifolia</i> Linn.	Cha. Chi. 19/113
55.	Khadira	<i>Acacia catechu</i> (Linn. f.) Willd.	Cha. Chi. 1/2/12, 7/97, 18/64, 7/135
56.	Kiratatikta	<i>Swertia chirata</i> Buch.-Ham	Cha. Chi. 30/262
57.	Kritavedhana	<i>Luffa acutangula</i> (L.) Roxb.	Cha. Ka. 6/5; Cha. Si. 11/13
58.	Kushta	<i>Saussurea lappa</i> C.B. Clarke	Cha. Chi. 7/159, 23/196
59.	Kutaja	<i>Holarrhena antidysenterica</i> (Roth) A. DC.	Cha. Chi. 19/86, 23/188; Cha. Si. 11/12
60.	Lashuna	<i>Allium sativum</i> Linn.	Cha. Chi. 5/94-95, 17/131
61.	Lodhra	<i>Symplocos racemosa</i> Roxb.	Cha. Chi. 26/233, 28/84; Cha. Ka. 9/8
62.	Madanaphala	<i>Randia dumetorum</i> Lam.	Cha. Ka. 1/17, 1/20; Cha. Si. 11/13; Cha. Chi. 4/59, 8/118
63.	Madhuka	<i>Madhuca indica</i> J.F. Gmel	Cha. Chi. 4/94, 15/150-151
64.	Malapu	<i>Ficus hispida</i> Linn. f.	Cha. Chi. 7/162
65.	Mandukaparni	<i>Centella asiatica</i> Linn.	Cha. Chi. 1/3/30-31
66.	Marica	<i>Piper nigrum</i> Linn.	Cha. Chi. 18/180
67.	Masha	<i>Vigna mungo</i> (L.) hepper	Cha. Chi. 28/97-98; Cha. Sha. 8/19
68.	Matulunga	<i>Citrus medica</i> Linn.	Cha. Su. 24/49
69.	Mocharasa	<i>Bombax ceiba</i> Linn.	Cha. Chi. 4/86; Cha. Si. 10/36
70.	Mulaka	<i>Raphanus sativus</i> Linn.	Cha. Chi. 7/127, 14/42, 21/124
71.	Munjataka	<i>Orchis latifolia</i> Linn.	Cha. Chi. 22/30
72.	Murva	<i>Marsdenia tenacissima</i> Wight. & Arn.	Cha. Chi. 17/110, 20/33
73.	Nagabala	<i>Sida veronicaefolia</i> Lam.	Cha. Chi. 1/2/11
74.	Nimba	<i>Azadiracta indica</i> A.Juss.	Cha. Chi. 7/97, 7/135, 14/220, 16/63-64, 24/160
75.	Nirundi	<i>Vitex nirgundo</i> Linn.	Cha. Chi. 28/134-135
76.	Nyagrodha	<i>Ficus benghalensis</i> Linn.	Cha. Chi. 30/118
77.	Padma	<i>Nelumbo nucifera</i> Gaertn.	Cha. Chi. 4/94(2)
78.	Palandu	<i>Allium cepa</i> Linn.	Cha. Chi. 17/131
79.	Palasha	<i>Butea monosperma</i> (Lam.) Kuntze	Cha. Chi. 4/89(2), 5/173, 19/59
80.	Patola	<i>Trichosanthes dioica</i> Roxb.	Cha. Chi. 7/135
81.	Phenila (Arishtaka)	<i>Sapindus trifoliatus</i> Linn.	Cha. Chi. 24/161
82.	Pilu	<i>Salvadora persica</i> Linn.	Cha. Chi. 13/145
83.	Pippali	<i>Piper longum</i> Linn.	Cha. Su. 24/57; Cha. Chi. 1/3/32, 33, 36-40, 2/3/12-13, 11/79, 13/78, 13/102, 13/106, 17/76, 18/64, 18/166, 19/113, 27/28

84.	Pitadaru	<i>Berberis asiatica</i> DC.	Cha. Chi. 17/110
85.	Plaksha	<i>Ficus lacor</i> Buch. – Ham	Cha. Chi. 30/119
86.	Prapaundarika	<i>Cassia absus</i> Linn.	Cha. Chi. 19/95
87.	Priyala	<i>Buchanania lanzan</i> Spreng	Cha. Chi. 22/30
88.	Priyangu	<i>Callicarpa macrophylla</i> Vahl	Cha. Chi. 4/94
89.	Punarnava	<i>Boerhaavia diffusa</i> Linn.	Cha. Chi. 1/2/12, 10/32
90.	Rasna	<i>Pluchea lanceolata</i> Oliver & Hiem.	Cha. Chi. 14/43
91.	Rice (Shashtika dhanya)	<i>Oryza sativa</i> Linn.	Cha. Sha. 8/19; Cha. Chi. 2/2/27, 4/34
92.	Rohitaka	<i>Tecomella undulate</i> (G.Don) Seem.	Cha. Chi. 13/81-83, 30/116
93.	Sahachara	<i>Barleria prionitis</i> Linn.	Cha. Chi. 28/144-146
94.	Saptaparna	<i>Astonia scholaris</i> R. Br.	Cha. Chi. 7/97
95.	Sarshapa	<i>Brassica campestris</i> Linn.	Cha. Sha. 8/19; Cha. Chi. 12/98, 27/53
96.	Sarjarasa	<i>Shorea robusta</i> Roth.	Cha. Chi. 7/127, 14/220
97.	Satala	<i>Hibiscus cannabinus</i> Linn.	Cha. Chi. 28/84
98.	Shalaparni	<i>Desmodium gangeticum</i> (L.)	Cha. Chi. 28/96, 29/80
99.	Shalmali	<i>Bombax ceiba</i> Linn.	Cha. Si. 7/60, 10/36
100.	Shankhapushpi	<i>Convolvulus prostratus</i> Forsk.	Cha. Chi. 1/3/30-31
101.	Shatahva	<i>Anethum sowa</i> Roxb.	Cha. Chi. 29/140
102.	Shatavari	<i>Asparagus racemosus</i> Willd.	Cha. Chi. 19/78 (2)
103.	Shimshapa	<i>Dalbergia sissoo</i> Roxb. ex DC.	Cha. Sha. 8/38; Cha. Chi. 1/2/12
104.	Sirisha	<i>Albizia lebbek</i> (Linn.) Willd.	Cha. Chi. 23/218
105.	Shitivaraka	<i>Oryza sativa</i> Linn.	Cha. Chi. 26/56
106.	Shringataka	<i>Trapa bispinosa</i> Roxb.	Cha. Chi. 26/51
107.	Shobhanjana (Shigru)	<i>Moringa oleifera</i> Lamk.	Cha. Chi. 14/42, 26/67, 29/151,
108.	Shunti	<i>Zingiber officinale</i> Rosc.	Cha. Chi. 4/84, 12/27, 12/47-48, 49, 15/98, 17/129, 26/144, 232, 30/261
109.	Somavalkala	<i>Acacia ferruginea</i> DC.	Cha. Si. 10/43
110.	Tagara	<i>Valeriana jatamansi</i> Jones.	Cha. Chi. 23/184
111.	Tala	<i>Borassus flabellifer</i> Linn.	Cha. Chi. 18/154
112.	Tamalaki	<i>Phyllanthus niruri</i> Linn.	Cha. Chi. 8/70
113.	Tanduliyaka	<i>Amarantus spinosus</i> Linn.	Cha. Chi. 30/96
114.	Tila	<i>Sesamum indicum</i> Linn.	Cha. Chi. 19/84, 29/139
115.	Tinisha	<i>Ougeinia dalbergioides</i> Benth.	Cha. Chi. 1/2/12, 7/98
116.	Trayamana	<i>Gentiana kurroo</i> Royle.	Cha. Chi. 4/90, 3/232, 4/57, 19/60, 21/65
117.	Trivrut	<i>Operculina turpethum</i> Linn.	Cha. Chi. 3/231, 3/232, 16/57, 18/85, 21/64, 29/82, 29/84, 30/110-111; Cha. Kal. 7/21, 7/23-24, 7/59
118.	Tuvaraka	<i>Gentiana kurroo</i> Royle.	Cha. Chi. 30/124
119.	Uma (Atasi)	<i>Linum usitatissimum</i> Linn.	Cha. Chi. 29/140
120.	Utpala	<i>Nymphaea alba</i> Linn.	Cha. Chi. 4/93, 14/221
121.	Vasa	<i>Adhatoda vasaka</i> Nees	Cha. Chi. 4/88
123.	Vatsaka	<i>Holarrhena antidysenterica</i> (Roxb.ex Flem.) Wall.	Cha. Chi. 4/89, 14/194
124.	Vata	<i>Ficus benghalensis</i> Linn.	Cha. Chi. 4/86, Cha. Si. 7/61
125.	Vibhitaka	<i>Terminalia bellirica</i> Roxb.	Cha. Chi. 12/71, 21/124
126.	Vidanga	<i>Embelia ribes</i> Burm. f.	Cha. Vi. 7/19; Cha. Chi. 7/15
127.	Vidarikanda	<i>Pueraria tuberosa</i> (Roxb. ex Willd.) DC.	Cha. Chi. 18/154, 26/51, 288
128.	Yashtimadhu	<i>Glycyrrhiza glabra</i> Linn.	Cha. Sha. 8/24; Cha. Chi. 1/3/30-31, 8/85-86, 118, 21/94, 25/64-65, 29/115-116; Cha. Chi. 7/53
129.	Yava	<i>Hordeum vulgare</i> Linn.	Cha. Su. 3/20; Cha. Chi. 17/78, 11/19, 30/71-72

CONCLUSION

The present study is mainly focused on single herbal drugs articulated by Charaka in various disease conditions and many of these therapeutic indications are not scientifically revalidated till now. So, it will be definitely help the young scientists, pharmaceutical industries and the clinicians if these therapeutic indications get to be revalidated in scientific manner. These single herbs are to be reevaluated according to their particular mode of administration or with their respective adjuvant (Anupana) allocated in the treatise. Traditional practitioners should concentrate more seriously on such kind of therapy as it can help in saving the numerous endangered medicinal plants at present situation. So, finally it can be concluded that the non-availability of reliable and standard drugs, their high cost, ambiguity in the identification of active ingredient in case of compound preparations, identification of the medicinal plant in case of controversial drugs are the major problems encountered

today in the utilization of single herbs in Ayurveda. So there is an urgent need to reemphasize the use of single herbal recipes recorded in the classical texts.

REFERENCES

1. Available from http://apps.who.int/iris/bitstream/10665/92455/1/9789241506090_eng.pdf
2. Agnivesha. Charaka Samhita, refined and annotated by Charaka, redacted by Drudhabala, Ayurveda Deepika commentary by Chakrapanidatta, Siddhi sthana Uttaravastisiddhi Adhyaya, Verse no. 53-54, edited by Yadavji Trikamji Acharya. Varanasi: Chaukhamba Prakashana; Reprint 2013, Pp: 738.
3. Agnivesha. Charaka Samhita, refined and annotated by Charaka, redacted by Drudhabala, Ayurveda Deepika commentary by Chakrapanidatta, Sutra sthana Shadvirechanashatasriteeyam Adhyaya, Verse no. 7, edited

- by Yadavji Trikamji Acharya. Varanasi: Chaukhamba Prakashana; Reprint 2013, Pp: 31.
4. Agnivesha. Charaka Samhita, refined and annotated by Charaka, redacted by Drudhabala, Ayurveda Deepika commentary by Chakrapanidatta, Sutra sthana Shadvirechanashatasriteeyam Adhyaya, Verse no. 7, edited by Yadavji Trikamji Acharya. Varanasi: Chaukhamba Prakashana; Reprint 2013, Pp: 31.
 5. Agnivesha. Charaka Samhita, refined and annotated by Charaka, redacted by Drudhabala, Ayurveda Deepika

commentary by Chakrapanidatta, Sutra sthana Rasayana Adhyaya, 3rd paada pranakameeyam, Verse no. 36-40, edited by Yadavji Trikamji Acharya. Varanasi: Chaukhamba Prakashana; Reprint 2013, Pp: 385.

Cite this article as:

C. Rajkumar *et al.* Charaka's perspective of mono-herbal therapy: A critical review. Int. J. Res. Ayurveda Pharm. 2017; 8(Suppl 3):25-32 <http://dx.doi.org/10.7897/2277-4343.083164>

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

Disclaimer: IJRAP is solely owned by Moksha Publishing House - A non-profit publishing house, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJRAP cannot accept any responsibility or liability for the site content and articles published. The views expressed in articles by our contributing authors are not necessarily those of IJRAP editor or editorial board members.