Review Article

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REVIEW OF EKALA DRAVYA PRAYOGA WITH SPECIAL REFERENCE TO YOGARATNAKARA PURVARDHA

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ABSTRACT

Yogaratnakara (1676 AD) is one among the most renowned literatures in Ayurveda. It's a compilation book from different classical texts available at that time period ranging from ancient period to later part of the 17th century AD. One of the specialties of this book is compilation of single drug in different form specific to different disease conditions. To simplify the preparation and treatment author has focused on the use of ekala dravya in every chikitsa-prakarana. This work has been taken up to have a compilation of data of single drug in the given condition. The purpose of this study is to enlist the ekala dravya prayoga (single drug uses) mentioned for various conditions and diseases based on Yogaratnakara purvardha. Detail review of purvardha khanda of Yogaratnakara was carried out based on Hindi Commentary, Vidyotini teeka by Vaidya Sastri Laksmipati and edited by Sastri Brahmasankar, published by Chaukhamba publication. Single drug uses mentioned in chikitsa prakarana of each and every disease have been noted. Botanical identification and use of plant parts in some cases were referred from relevant books. Total 125 single drug uses have been noted from yogaratnakara purvardha.

Keywords: Yogaratnakara, Ekaladravya, Single drug uses, Ayurveda, Medicinal plants, Ekmoolika prayoga.

INTRODUCTION

Yogaratnakara (1676 AD) is one of the most renowned literatures in Ayurveda. The author of this book explains almost all specialty of Ayurveda. The author has taken references from several classical literatures available at that time period ranging from ancient period Charaka Samhita, 2nd - 3rd Century AD to later part Yogatarangini, 17th Century AD.[1] There is detail and systematic explanation of padachatustya (Bhishaka, Bhaishajya, Paricharaka and Atura), concept of Ayurveda, guna karma of different varga like Dhanya varga, Saka varga etc. One of the specialties of this book is use of single drug in different form specific to different disease conditions. To simplify the preparation and treatment author has focused on the use of ekala dravya in every chikitsa-prakarana. Anupana, sahapana or bhavana of easily available dravyas like madhu, sunthi swarasa, jala, godugdha to enhance the potency and bioavailability of drugs aided to the efficacy with simplicity of the drug uses.

There are very few publications of Yogaratnakara available in the market viz. Anandashrama Press (Pune, 1889); Navare (Nirnaya Sagar Press, Bombay, 1907); Marathi translation by Dikshit (1917); Vidyotini teeka by Sastri Laksmipati and edited by Sastri Brahmasankar (Chaukhamba); English translation by Madhava Shetty and Suresh Babu (Chaukhamba).[2] Among them detail review of purvardha khanda of Yogaratnakara was carried out based on Hindi Commentary, Vidyotini teeka by Vaidya Sastri Laksmipati and edited by Sastri Brahmasankar published by Chaukhamba publication, Varanasi. Single drug uses mentioned in chikitsa prakarana of each and every disease has been noted. Name of drug, route of drug administration, used part, and form of medication, anupana, sahapana, indication and specific references were noted. Single drug with multiple anupana also have been included in the study. Botanical name and family of single drug and used part in some cases were referred from Bhvaprakash Nighantu, Hindi commentary by Chunekara KC and Dravya Guna Vigyana, Sharma PV.[3,4]

Single drug use in various diseases and conditions are tabulated in Table 1[3,4,5]

Table 1: Illustrates detail of single drug with its botanical name, family, used part, dosage form, route of administration, anupana, indications and references, based on disease

Botanical name	Name of drug	Family	Used part	Dosage form	Route of drug administration	Anupana	Indication and Reference
Abrus precatorius Linn.	Gunja	Fabaceae	Phala	Kalka	Lepa	----------	Vatavyadhi ch./Gunjaphala lepa 1-2
Achyranthes aspera Linn.	Apamarga	Amaranthaceae	Beeja	Kalka	Oral	Tandulodaka	Arsharoga ch./8
Acorus calamus Linn.	Vacha	Liliaceae	Kanda	Churna	Oral	Madhu	Apasmara ch./Madhuvachayoga 1
Adhatoda vasica Nees.	Vasa	Acanthaceae	Patra	Svarasa	Oral	Madhu and sarkara	Raktapitta ch./24
Adhatoda vasica Nees.	Vasa	Acanthaceae	Patra	Ghritapaka of panchangakalka and kwatha	Oral	Madhu	Raktapitta ch./vasadighrita 1
Adhatoda vasica Nees.	Vasa	Acanthaceae	Patra	Svarasa	Oral	Madhu	Kasa ch. / katphaladi 2
Aegle marmelos Corr.	Bilva	Rutaceae	Phala majja	Kalka	Oral	Guda	Atisara ch./22
Aegle marmelos Corr.	Bilva	Rutaceae	Phala majja	Kalka	Oral	Patha churna	Arsharoga ch./7
Aegle marmelos Corr.	Bilva	Rutaceae	Phala majja	Kalka	Oral	Jala	Bhasmakaroga ch./10
Aegle marmelos Corr.	Bilva	Rutaceae	Tvak	Kwatha	Oral	Madhu	Chhardi ch./ shrangadharabilvadi 1
Alangium salvifolium (Linn.f.); Wang.)	Ankola	Alangiaceae	Moola	Kalka	Oral	Madhu and tandulambu	Atisara ch./1
Alhagi pseudalhagi (Bieb.) Desv.	Duralabha	Fabaceae	Moola	Kwatha	Oral	Ghrita	Trishna ch./Vaidyajivanat 1
Allium cepa Linn.	Palandu	Liliaceae	Kanda	Svarasa	Nasya	----------	Raktapitta ch./53
Allium sativum Linn.	Rasona	Liliaceae	Phala	Kalka	Oral	Ghee or oil	Vishamajvara ch./2
Aloe vera Tourn. ex Linn.	Ghrita kumari	Liliaceae	Moola	Kalka	Oral / Vamana	Ushnodaka	Vishamajvara ch./12
Amorphophallus campanulatus Blume	Surana	Araceae	Kanda	Putapaka	Oral	Tilataila & saindhavalavana	Arsharoga ch./1
Amorphophallus campanulatus Blume	Surana	Araceae	Kanda	Putapaka	Oral	Tilataila and guda	Arsharoga ch./2
Anethum sowa Kurz.	Satahva	Apiaceae	Phala	Kwatha or kalka	Oral	Taila paka	Vatarakta ch./Satahvadi taila 1
Asparagus racemosus Willd.	Shatavari	Liliaceae	Kanda	Churna	Oral	Madhu	Svarabheda ch./pittaja 3
Azadirachta indica A. Juss	Nimba	Meliaceae	Tvak	Churna	Oral	Madhu	Krimi ch./2
Azadirachta indica A. Juss	Nimba	Meliaceae	Pallava	Churna	Oral	Madhu	Krimi ch./7
Bauhinia variegata Linn.	Kanchanara	Fabaceae	Puspa	Churna	Oral	Madhu	Raktapitta ch./49
Benincasa hispida (Thunb.) Cogn.	Kushmanda	Cucurbitaceae	Moola	Churna	Oral	Ushnodaka	Swasha ch./churna 1
Boerhavia diffusa Linn.	Rakta punarnava	Nyctaginaceae	Moola	Kwatha or kalka	Oral	Taila paka	Vatarakta ch./ Satahvadi taila 1
Butea monosperma (Linn.) Kuntze	Palasha	Fabaceae	Beeja	Churna	Oral	Madhu	Krimi ch./7
Butea monosperma (Linn.) Kuntze	Palasha	Fabaceae	Tvak	Kalka or kwatha	Oral	Sarkara	Raktapitta ch./47
Celastrus paniculatus Willd	Jyotismati	Celastraceae	Beeja	Kalka	Lepa	----------	Arsharoga ch./lepa 4
Citrullus colocynthis Schrad	Vishala	Cucurbitaceae	Phala	Dhoopana / dhooma	Nasal	Keep ripen fruit in hot iron pan and give its fumigation to Danta Krimi	Krimi ch./2
Citrullus colocynthis Schrad	Vishala	Cucurbitaceae	Moola	Svarasa or kwatha	Oral	Kshira	Kamala ch./16
Citrus lemon (Linn.) Brm. F.	Jambira	Rutaceae	Phala	Svarasa	Oral	Ushna jala	Ajirna ch./2
Citrus medica Linn.	Matulunga	Rutaceae	Keshara	----------	Oral	Ghrita and saindhavalavana	Grahani ch. / 2 (Aruchi)
Citrus medica Linn.	Matulunga	Rutaceae	Phala	Svarasa	Oral	Madhu and saurvachala	Hikka ch./3

						lavana	
Citrus medica Linn.	Matulunga	Rutaceae	Keshara	----------	Oral	Saindhava lavana and Madhu	Arochoka ch./1
Cocos nucifera Linn.	Narikela	Araceae	Jala	Jala	Oral	Sattu and sarkara	Trishna ch./chikitsasarat 1
Coriandrum sativum Linn.	Dhanyaka	Apiaceae	Phala	Shrita	Oral	Sarkara	Daha ch./10
Crocus sativus Linn.	Kumkuma	Iridaceae	Keshara	Kalka in ajakshira	Oral	Ajakshira	Raktapitta ch./20
Cuminum cyminum Linn.	Jiraka	Apiaceae	Phala	Churna	Oral	Guda	Vishamajvara ch./13
Cuminum cyminum Linn.	Jeeraka	Apiaceae	Phala	Dhoopana	Nasal	----------	Chhardi ch./ Yogasara jirakadho dhoopa
Curcuma longa Linn.	Haridra	Zingiberaceae	Kanda	Ghritapaka	Oral	----------	Pandu ch./2
Curcuma longa Linn.	Haridra	Zingiberaceae	Kanda	Churna	Oral	Dadhi	Kamala ch./12
Cynodon dactylon (Linn.) Pers	Durva	Poaceae	Panchanga	Svarasa	Nasya	----------	Raktapitta ch./54
Cyperus rotundus Linn.	Musta	Cyperaceae	Kanda	Kwatha	Oral	Kshira and Jala	Atisara ch./30
Cyperus rotundus Linn.	Musta	Cyperaceae	Kanda	Siddha jala	Oral	----------	Panatyayadi ch./Vriddant 2
Cyperus rotundus Linn.	Musta	Cyperaceae	Kanda	Churna	Oral	Godugdha	Apasmara ch./Mustakamoola yoga 1
Embelia ribes Burm. f.	Vidanga	Myrsinaceae	Phala	Churna	Oral	Madhu	Krimi ch./7
Embelia ribes Burm. f.	Vidanga	Myrsinaceae	Phala	Kalka	Kavala	Madhu	Arochoka ch./1
Emblica officinalis Gaertn.	Amalaki	Euphorbiaceae	Phala	Svarasa	Oral	Madhu and Pippali	Hikka ch./4
Emblica officinalis Gaertn.	Amalaki	Euphorbiaceae	Phala	Kalka (fry in ghee and make kalka)	Shiro lepa	----------	Raktapitta ch./55 Nasagataraktapitta
Feronia elephantum Correa	Kapittha	Rutaceae	Phala	Svarasa	Oral	Madhu and Pippali	Hikka ch./4
Ficus bengalensis Linn.	Vata	Moraceae	Ankura	Kalka in tandulambu	Oral	Takra	Atisara ch./5
Ficus bengalensis Linn.	Vatankura	Moraceae	Ankura	Kalka	Oral	Sheeta jala	Panatyayadi ch./pitta panatyaya 1
Ficus glomerata Roxb.	Udumbara	Moraceae	Tvak	Churna or Kshirapaka	Oral	Naari kshira	Bhasmakaroga ch./11
Ficus glomerata Roxb.	Udumbara	Moraceae	Phala	Whole Fruit	Oral	Guda or madhu	Raktapitta ch./52
Fumaria parviflora Linn.	Parpataka	Fumariaceae	Panchanga	Kwatha	Oral	Madhu	Chhardi ch./ Yogataranginyan parpata kwatha
Glycyrrhiza glabra Linn.	Yastimadhu	Fabaceae	Moola	Kshirapaka	Oral	Sarkara or madhu	Raktapitta ch./21
Glycyrrhiza glabra Linn.	Madhuka	Fabaceae	Moola	Churna	Nasya	Madhu	Hikka ch./2
Glycyrrhiza glabra Linn.	Yastimadhu	Fabaceae	Moola	Churna	Oral	Madhu followed by warm milk	Hikka ch./2
Glycyrrhiza glabra Linn.	Yastimadhu	Fabaceae	Moola	Kashaya	Oral	Ghrita	Svarabheda ch./pittaja 2
Glycyrrhiza glabra Linn.	Yastimadhu	Fabaceae	Moola	Kalka	Oral	Kushmanda beeja rasa	Apasmara ch./Kushmandadi 1
Glycyrrhiza glabra Linn.	Yasthimadhu	Fabaceae	Moola	Kwatha or kalka	Oral	Taila paka	Vatarakta ch./ Satahvadi taila 1
Holarrhena antidysenterica Wall.	Kutaja	Apocynaceae	Tvak	Ghrita preparation with kalka	Oral	Goghrita and jala	Atisara ch./11
Ipomoea reniformis Chois.	Akhukarni	Convolvulaceae	Panchanga	Churna	Oral	Chanaka pista and Kanji of Sauvira	Krimi ch./5
Laccifer lacca (Kerr)	Laksha	Lacciferidae	Rala	Churna	Oral	Madhu followed by kshira	Raktapitta ch./22
Laccifer lacca (Kerr)	Laksha	Lacciferidae	Rala	Kalka	Oral	Kushmanda Svarasa	Rajayakshma ch./6 (Raktakshaya)
Laccifer lacca (Kerr)	Laksha	Lacciferidae	Rala	Churna	Oral	Goghrita, madhu and godugdha	Rajayakshma ch./5 (Raktasthivana during khsaya)
Luffa aegyptiaca Mill.	Koshataki	Cucurbitaceae	Phala	Churna	Mardana	----------	Arsharoga ch./lepa 4
Mangifera indica Linn.	Amra	Anacardiaceae	Pallava	Kwatha	Oral	Madhu or laja	Chhardi ch./1
Mangifera indica Linn.	Amra	Anacardiaceae	Phala	Fruit	Oral	----------	Ajirna ch./2

Mangifera indica Linn.	Amra	Anacardiaceae	Pallava	Kwatha	Oral	Madhu	Trishna ch./ 2
Mesua ferrea Linn.	Naga keshara	Guttiferae	Puspa/ Keshara	Churna	Oral	Sharkara	Arsharoga ch./4
Momordica dioca Roxb.	Karkotaka	Cucurbitaceae	Phala	Svarasa	Oral	Ghritabhrista with sunthichurna	Kasa ch. /4
Ocimum sanctum Linn.	Tulasi	Lamiaceae	Patra	Svarasa	Oral	Marica churna	Vishamajvara ch./3
Oxalis curniculata Linn.	Changeri	Oxalidaceae	Panchanga	Ghrita preparation with kalka	Oral	Goghrita	Atisara ch./ Gudabhramsa 3
Phoenix sylvestris Roxb.	Kharjura	Arecaceae	Phala	Ashava	Oral	Dhatakipuspa for sandhana karma while preparing asava	Rajayakshma ch./4 Kharjurasava
Piper longum Linn.	Pippali	Piperaceae	Phala	Churna	Oral	Vardhamana pippali yoga with Madhu or Guda	Urustambha ch./Pipplyadi 1
Piper longum Linn.	Pippali	Piperaceae	Phala	Churna (Vardhamana yoga)	Oral	Kshira	Vishamajvara ch./13-14
Piper longum Linn.	Pippali	Piperaceae	Phala	Churna	Oral	Madhu	Raktapitta ch./41
Piper longum Linn.	Pippali	Piperaceae	Phala	Kalka	Oral	Guda and ajakshira	Kasa ch. / kshayajakasapipply adighrita 1
Piper longum Linn.	Pippali	Piperaceae	Phala	Churna	Oral	Sarkara followed by warm milk	Hikka ch./2
Piper nigrum Linn.	Marica	Piperaceae	Phala	Churna	Oral	Goghrita	Svarabheda ch./vataja 1
Piper nigrum Linn.	Marica	Piperaceae	Phala	Churna	Oral	Madhu and khandasarkara	Kasa ch./2
Plumbago zeylanica Linn.	Chitraka	Plumbaginaceae	Moola	Boil in Ksheera and prepare its Takra	Oral	----------	Arsharoga ch./11
Plumbago zeylanica Linn.	Chitraka	Plumbaginaceae	Moola	Takra preparation	Oral	----------	Arsharoga ch./15
Podophyllum hexandrum Royle	Aranya trapushi	Berberidaceae	Moola	Churna	Nasya	----------	Apasmara ch./ yogataranginya 1
Pongamia glabra Vent.	Karanja	Fabaceae	Beeja	Bharjita pieces	Oral (chewing)	----------	Chhardi ch./ Karanjabeeja 1
Pongamia glabra Vent.	Karanja	Fabaceae	Pallava	Kwatha	Oral	Saindhava lavana & amla dravya	Chhardi ch./1
Punica granatum Linn.	Dadima	Punicaceae	Phala Tvak	Putapaka Svarasa	Oral	Madhu	Atisara ch./1
Punica granatum Linn.	Dadima	Punicaceae	Tvak	Kwatha	Oral	Tilataila	Krimi ch./2
Punica granatum Linn.	Dadima	Punicaceae	Puspa	Svarasa	Nasya	----------	Raktapitta ch./53
Punica granatum Linn.	Dadima	Punicaceae	Beeja	----------	Oral	----------	Arochoka ch./2
Punica granatum Linn.	Dadima	Punicaceae	Beeja	----------	Oral	Madhu	Arochoka ch./1
Ricinus communis Linn.	Eranda	Euphorbiaceae	Beeja (Sodhita)	Kalka	Oral	Kshira paka	Amavata ch./Erandabeeja yoga 1
Saccharum officinarum	Sarkara	Poaceae	Kaanda	----------	Oral	Madhu and Navanita	Rajayakshma ch./8 (Balavardhaka)
Saussurea lappa C.B. Clarke	Kustha	Astraceae	Moola	Kwatha or kalka	Oral	Taila paka	Vatarakta ch./ Satahvadi taila 1
Sesbania grandiflora Linn.	Agastya	Fabaceae	Patra	Svarasa	Nasal /Nasya	----------	Vishamajvara ch./ 6
Shorea robusta Gaertn. f.	Rala	Dipterocarpaceae	Niryasa	Churna	Nasal	Sarshapa taila	Arsharoga ch./dhoopa2
Sida cordifolia Linn.	Bala	Malvaceae	Puspa	Churna	Oral	Apamarga moola kshirapaka	Unmada ch./yogataranginya 1
Syzygium cumini (Linn.) Skeels.	Jambu	Myrtaceae	Pallava	Kwatha	Oral	Madhu or laja	Chhardi ch./1
Syzygium cumini (Linn.) Skeels.	Jambu	Myrtaceae	Pallava	Kwatha	Oral	Madhu	Trishna ch./ 2
Teramnus labialis Spreng.	Masha	Fabaceae	Phala	Modaka	Oral	Navanita	Vatavyadhi ch./ardit 1
Terminalia arjuna (Roxb.) W.& A	Kakubha	Combretaceae	Tvak	Churna	Oral	Vasa svarasa and madhu	Kasa ch. / kshayajakasaKakubhachurna 1
Terminalia bellirica Roxb.	Vibhitaki	Combretaceae	Phala	Avaleha kalpana	Oral	Ajamutra	Kasa ch./1

Terminalia chebula Retz.	Haritaki	Combretaceae	Phala	Churna	Oral	Guda	Arsharoga ch./3
Terminalia chebula Retz.	Haritaki	Combretaceae	Phala	Churna	Oral	Takra	Arsharoga ch./13
Terminalia chebula Retz.	Haritaki	Combretaceae	Phala	Churna	Oral	Eranda taila	Ajirna ch./6
Terminalia chebula Retz.	Haritaki (Chetaki)	Combretaceae	Phala	Churna	Oral	Madhu	Vishamajvara ch./13
Terminalia chebula Retz.	Haritaki	Combretaceae	Phala	Churna	Oral	Madhu + Guda	Kamala ch./11
Terminalia chebula Retz.	Haritaki	Combretaceae	Phala	Churna	Oral	Bhavana with vasa svarasa	Raktapitta ch./41
Terminalia chebula Retz.	Haritaki	Combretaceae	Phala	Churna	Oral	Madhu	Chhardi ch./ haritakyavaleha 1
Tinospora cordifolia Willd Miers ex Hook f. & Thoms	Guduchi	Menispermaceae	Kaanda	Kwatha	Oral	Madhu	Chhardi ch./ shrangadharadi bilvadi 1
Tinospora cordifolia Willd Miers ex Hook f. & Thoms	Guduchi	Menispermaceae	Kaanda	Kwatha or kalka	Oral	Taila paka	Vatarakta ch./ Guduchyadi tailam 1
Tinospora cordifolia Willd Miers ex Hook f. & Thoms	Amrita	Menispermaceae	Kaanda	Kalka or kwatha	Oral	Ghrita paka	Vatarakta ch./Amritadi ghrita 1
Tinospora cordifolia Willd Miers ex Hook f. & Thoms	Guduchi	Menispermaceae	Kaanda	Svarasa or kalka or churna or kwatha	Oral	----------	Vatarakta ch./Guduchi yoga 1
Tinospora cordifolia Willd Miers ex Hook f. & Thoms	Guduchi	Menispermaceae	Kaanda	Svarasa Ghritapaka	Oral	Kshira and ghrita of mahisha with jala	Kamala ch./ghritani /1
Trachyspermum ammi Sprague Linn.	Yavani	Apiaceae	Beeja	Churna	Oral	Saindhavalavana	Grahani ch. / 2 (bishtambhi)
Vitex negundo Linn.	Nirgundi	Verbenaceae	Beeja	Ankura kalka	Nasya	----------	Apasmara ch./ yogataranginya 1
Zingiber officinale Roscoe.	Shunthi	Zingiberaceae	Kanda	Kalka Ghritapaka	Oral	Goghrita and jala	Grahani ch. / 1
Zingiber officinale Roscoe.	Ardraka	Zingiberaceae	Kanda	Svarasa	Oral	Madhu	Kasa ch./1
Zingiber officinale Roscoe.	Ardraka	Zingiberaceae	Kanda	Raw	Oral	Saindhavalavana	Arochoka ch./1
Zingiber officinale Roscoe.	Shunthi	Zingiberaceae	Kanda	Churna	Oral	Takra	Atisara ch./2 (purishakshaya)
Zingiber officinale Roscoe.	Shunthi	Zingiberaceae	Kanda	Kwatha	Oral	----------	Ajirna ch./2
Zingiber officinale Roscoe..	Shunthi	Zingiberaceae	Kanda	Kalka	Oral	Eranda moola Svarasa with madhu prakshepa	Amavata ch./Sarangadhara sunthikalka 1
Zingiber officinale Roscoe..	Shunthi	Zingiberaceae	Kanda	Ghrita	Oral	Goghrita	Amavata ch./Shunthi ghrita 1
Ziziphus jujuba Lam.	Badara	Rhamnaceae	Patra	Kalka	Oral	Ghritabharjit with saindhavalavana	Kasa ch./2
Ziziphus jujuba Lam.	Badara	Rhamnaceae	Patra	Kalka	Oral	Ghritabharjit with saindhavalavana	Svarabheda ch./ kadamvata 1

Total 125 drug uses have been enlisted along with relevant data. Some repeatedly used drugs are Haritaki (7), Ardraka & Shunthi (7), Yasthimadu (6), Guduchi (5), Dadima (5), and Pippali (5).

DISCUSSION & CONCLUSION

There are few publications of Yogaratnakara available, among them Vidyotini teeka by Vaidya Sastri Laksmipati and edited by Sastri Brahmasankar published by Chaukhamba publication has been taken up for the present study, as it is the latest publication in Hindi. Botanical identity and used part in some cases were considered from other relevant books.
Total 68 numbers of single drugs were found to be used for preparation of 125 formulations.

Regarding disease highest number of single drug uses is found for Raktapitta (14) and Arsha (12). Regarding used part highest number of single drug is found from Phala (31) and Kanda (17). Uses of single drug are repeated in the same chikitsa prakarana with different used part or anupana or dosage form is also included eg: Karanja beeja and Karanja pallava in case of chhardi chikitsa.

Churna, Svarasa, Kalka, and Kwatha have been mentioned as common dosage form. In some cases Ghrita paka, Asava, and Avaleha preparation of single drug have been also mentioned eg: Kharjurasava, Changeri ghrita, Vibhitaki avaleha.

Oral route is mentioned as choice of route of drug administration in majority of cases. Few other route of drug administration has been also mentioned viz. nasal route eg: nasya, dhoopana; local application eg: lepa, mardana.

As the basic principles of ayurveda focuses on tridosha siddhanta and samanya vishesh siddhanta, use of single drugs helps to explain the mode of action of drug in particular disease in specific way, regarding the modern pharmacology it is easier and more scientific to explain the pharmacokinetics and pharmacodynamics of a drug.

Table 2: Illustration of total number of formulations based on disease

Disease	Number of single drug formulations
Pandu	1
Svasa	1
Daha	1
Unmada	1
Urustambha	1
Bhasmaka	2
Panatyaya	2
Vatavyadhi	2
Grahani	3
Amavata	3
Ajirna	4
Kamala	4
Rajayakshma	4
Svarabheda	4
Arochaka	5
Trishna	4
Apasmara	5
Vishamajvara	**7**
Krimi	7
Hikka	6
Vatarakta	7
Atisara	8
Kasa	8
Chardi	9
Arsha	12
Raktapitta	14
Total	**125**

Table 3: Illustration of detail of total number of parts use

S.N.	Used part	Number of drugs
1.	Narikela Jala	1
2.	Niryasa	1
3.	Beeja-ankura	1
4.	Phala tvak	1
5.	Ankura	2
6.	Phala majja	3
7.	Panchanga	4
8.	Kaanda	6
9.	Pushpa	5
10.	Keshara	5
11.	Rala	6
12.	Pallava	6
13.	Patra	7
14.	Tvak	7
15.	Beeja	8
16.	Moola	14
17.	Kanda	17
18.	Phala	31
	Total	**125**

As many medicinal plants are under the verge of extinction, use of single potent drug will contribute for conservation. So, this literary survey has been taken up to have a compiled data of single drug in specific disease condition with its anupana, sahapana, bhavana dravya, used part, route of drug administration, and dosage form.

Single drug uses mentioned in yogaratnakara needs to be updated and validated by evidence based clinical trials and experimental studies. Further, yogaratnakara uttarardha can be explored for the single drug uses given in chikitsa prakarana. Treatment mentioned in Yogaratnakara with single drugs uses are very useful and easy to prepare, hence it can be practiced regularly.

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