



Review Article

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EKMOOLIYA DRAVYA PRAYOGA IN YAKRUTODARA: A REVIEW

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ABSTRACT

Ayurveda is the ancient system of medicine which emphasizes on holistic and individualized treatment approaches. It mainly aims at maintaining and promoting good health, preventing and treating the disease. Yakrutodara is a condition characterized by Yakrut Vriddhi, caused due to various causative factors. In Ayurveda Ekamooliya Prayoga focuses use of single medicinal herb in treating the disease. Depending upon the Rasa, Guna, Virya, Vipaka and Prabhava the drug is selected to treat the disease. Herbs like Katuki, Bhumyamalaki have hepato-protective, antioxidant-like property which help in treating Yakrutodara condition. These approaches provide a cost effective, accessible and potent alternative to multi drug regimen and enhance the patient compliance. It also helps in making treatment easy and convenient.

Keywords: Ayurveda, Yakrutodara, Ekamooliya Dravya Prayoga.

INTRODUCTION

Ayurveda is the ancient science which aims at prevention and treatment of the disease. Acharyas have explained various Hetu, Rupa, Samprapti and Nidana of the disease; along with it there is also mention about most potent, effective and result-oriented medicines which play an important role in treating the disease condition. With increasing global interest in Ayurveda, many people see it as a promising and holistic source of treatment.

Acharyas described that Yakrut is formed from Ratka Dhatu during the embryonic stage. It is considered as the Moola Sthana of Raktavaha Srotas and also the Sthana of Ranjaka Pitta, Raktadhara Kala and Pittadhara Kala. Yakrutodara is the type of Udara Roga which is characterised by Yakrut Vriddhi. The factors that lead to Yakrutodara are excess consumption of Vidahi, Abhishyandhi Ahara. Excessive jerking or travelling immediately after consumption of food, overindulgence in sexual activities, carrying load more than the capacity are also the other causes for such health issues. The components that are involved in the formation of Samprapti of Yakrutodara are Pitta and Kapha Dosha, Rasa, Rakta and Meda as Dushya and Rasavaha, Raktavaha, Annavaha, Purishavaha and Medhavaha Srotas. The condition is associated with Daurbalya, Aruchi, Tamapravesh, Angamarda, Chardi, Mrudu Jwara, Agnimadhyha like symptoms.

Ekamooliya Dravya Prayoga in Ayurveda focuses on use of single herb in treating the disease. This approach allows the selection of drugs based on its known effect in particular condition. It can be used in various forms such as in the form of Churna, Kwatha, Swaras, Vati, Taila. The Dravyas which have hepatoprotective, anti-inflammatory, antioxidant like actions is used in the treatment of Yakrutodara condition¹.

To enlist various Dravya that can be used in the treatment of Yakrutodara condition.

Single drugs used in Yakrutodara²

Katuki:



Latin name: *Picrorhiza kurroa*.

Guna: Ruksha, Laghu

Rasa: Tikta

Vipaka: Katu

Virya: Sheeta

Dosha Karma: Kapha-Pittahara

Karma: Dipana, Yakruta-uttejaka, Pitta Sarak, Rechaka, Raktashodhaka.

Haritaki:



Latin name: *Terminalia chebula*

Guna: Laghu, Ruksha.

Rasa: Pancha Rasa, Kashaya Pradhana.

Vipaka: Madhura.
Virya: Ushana.
Prabhava: Tri-doshahara.
Karma: Dipana, Pachana, Yakrut-Uttejaka, Srotas Shodhana, Rasayana, Mrudurechana, Hridya.

Bhumyamalaki:



Latin name: *Phyllanthus niruri*.
Guna: Laghu, Ruksha.
Rasa: Tikta, Madhura, Kashaya.
Vipaka: Madhura.
Virya: Sheeta.
Dosha Karma: Kapha-Pitta Shamaka.
Karma: Dipana, Pachana, Yakrut-Utejaka, Rakta Shodhaka.

Guduchi:



Latin name: *Tinospora cordifolia*
Guna: Guru, Snigdha.
Rasa: Tikta, Kashaya.
Vipak: Madhura.
Virya: Ushana.
Dosha Karma: Tri-Dosha Shamaka.
Karma: Dipana, Pachana, Pitta Saraka, Rakta Shodhaka, Rakta Vardhaka, Rasayana.

Rohitaka:



Latin name: *Ammora rohituka* (Syn: *Aphanamixis polystachya*)
Guna: Laghu, Ruksha.
Rasa: Katu, Tikta, Kashaya.
Vipaka: Katu.
Virya: Sheeta.
Prabhava: Pleehaghna.
Dosha karma: Kapha-Pitta Nashaka.
Karma: Dipana, Krimigna, Pleeha Sankochaka, Rakta Shodhaka.

Sharapunkha:



Latin name: *Tephrosia purpurea*
Guna: Laghu, Ruksha.
Rasa: Tikta, Kashaya.
Vipaka: Katu.
Virya: Ushana.
Prabhava: Pleehaghna.
Dosha karma: Kapha-Vata Shamaka.
Karma: Dipana, Pitta Saraka, Rakta Shodhaka.

Shigru:



Latin name: *Moringa oleifera*
Guna: Laghu, Ruksha, Tiksha.
Rasa: Katu, Tikta.
Vipaka: Katu.
Virya: Ushana.
Dosha Karma: Vata-Kapha Hara.
Karma: Dipana, Pachana, Shoola Prashamana, Rakta Vardhaka.

Kalamegha:



Latin name: *Andrographis paniculata*.
Guna: Laghu, Ruksha.
Rasa: Tikta.
Virya: Ushana.
Vipaka: Katu.
Dosha Karma: Kapha-Pitta Hara.
Karma: Dipana, Pachana, Yakrut-utejaka, Pitta Saraka, Rakta Shodhaka, Shotha Hara.

Pippali:



Latin name: *Piper longum*.
Guna: Laghu, Snigdha, Tikshana.
Rasa: Katu.
Vipaka: Madhura.
Virya: Anushana.
Dosha Karma: Kapha Vata Shamaka.
Karma: Rakta-Utkleshaka, Dipana, Shoola-Prashamana, Yakrut-Utejaka, Pleeha Vriddhahara, Rakta Shodhaka

Bringaraja:



Latin name: *Eclipta alba*
Guna: Ruksha, Laghu.
Rasa: Katu, Tikta.
Vipaka: Katu.
Virya: Ushana.
Dosha Karma: Kapha-Vata Shamaka
Karma: Shotha Hara, Dipana, Pachana, Rakta Prasadhaka, Rakta Bhara Shamaka, Shoola Prashamana, Bala Vardhaka, Rasayana.

Daruharidra:



Latin name: *Berberis aristata*.
Guna: Laghu, Ruksha.
Rasa: Tikta, Kashaya.
Virya: Ushna.
Dosha karma: Kapha-Pitta Rogas.
Karma: Shotha Hara, Dipana, Pitta Saraka, Yakrut-Utejaka, Rechana, Rakta-Shodhaka.

Kakamachi:



Latin name: *Solanum nigrum*
Guna: Laghu, Ruksha.
Rasa: Tikta.
Vipaka: Katu.
Virya: Anushna.
Doshakarma: Tri-Doshaghna
Karma: Shotha Hara, Dipana, Yakrut-Utejaka, Pitta-Saraka, Rakta Shodhaka, Mutrala

DISCUSSION

In Ayurveda there are various herbs which are used in the management of Yakrutodara due to their hepato-protective properties and other mechanism of action. Katuki have hepato-protective, anti-inflammatory, anti-microbial, anti-oxidant-like property which helps in liver regeneration and detoxification. Rohitaka due to Dipana quality improves digestion and act as Rakta Shodhaka. Haritaki acts as laxative and help in detoxification, it also has rejuvenating and hepato-protective action. Bhumyamalaki have anti-viral and hepato-protective effect. Guduchi with its immuno-modulatory and anti-oxidant properties, support liver cell and boost overall immunity. Sharapunkha is effective in treating Yakrut Vikara as it helps in detoxification and act as Rakta Shodhaka. Shigru act as Rakta Vardhaka, due to Katu, Tikta Guna it improves appetite and act as hepato-protectant. Kalmegha exhibits Shotha Hara properties aiding in liver detoxification. Pippali due to Dipana like qualities improve digestion, act as Rakta Shodhaka and stimulate liver function. Bhringraja have regenerative and protective effect. Daruharidra contain berberine which has hypolipidemic action, it also possesses antioxidant and anti-inflammatory properties. Kakamachi is utilized for its hepato-protective and detoxifying action⁵. Hence all these herbs protect, support, regenerate, and detoxify the Yakrut. It also acts on Rakta Dhatu and help in maintaining the proper condition of Agni. These properties of the herbs effectively help in treating the Yakrutodara condition⁶⁻⁸.

CONCLUSION

Ekmooliya Prayoga has a potent approach in treating Yakrutodara condition by offering protective, supportive, detoxifying and regenerative action. It also helps in purifying and strengthening Rakta Dhatu and ensures proper condition of Agni. This holistic approach not only help in treating the disease but also prevent further complications and support overall well-being, making Ekmooliya Prayoga a valuable medicine.

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