



REVIEW ARTICLE

TOP 25 HERBS MONO THERAPY OF CHAKRADUTTHA

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ABSTRACT

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

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

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INTRODUCTION

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

Chakraduttha, also popularly known as Chakrapani, has composed a landmark publication on Ayurvedic medical management entitled as 'Chikitsasangraha'. *Chakrapani* belongs to *Lodhravali* family. His father *Narayanadatta* was kitchen superintendent during the period of Gouda king *Nayapala* and his brother *Bhanudatta*

was court physician. Most of the historians fixed the period of *Chakrapaniduttha* as 11th century A D ⁽¹⁾. A verse at the end of *Chakraduttha* clearly indicates that he followed the text of *Vrinda's Siddhayoga* clearly suggests that this work is considered as post *Vrinda* treatise ⁽²⁾. According to *Nischalakara*, it is known that he has traced the sources of many verses of *Chakraduttha* are from as many as 49 works of preceding authors viz. Charaka, Susruta, Harita, Bhela, Kharanada, Krishnatreya, Videha, Ksharapani, Nagarjuna, Vagbhata, Chandrata, Ravigupta, Vrinda etc.

Material and methods:

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

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

Observations:

Top 25 drugs of chakraduttha

S.No	Herb	Botanical name	Repetition no.
1.	Shunti	<i>Zingiber officinale Roscoe</i>	331
2.	Pippali	<i>Piper longum Linn.</i>	311

3.	Guduchi	<i>Tinospora cordifolia (Willd.)Miers</i>	288
4.	Madhuka	<i>Glycyrrhiza glabra Linn.</i>	228
5.	Haritaki	<i>Terminalia chebula Retz.</i>	215
6.	Chitraka	<i>Plumbago zeylanica Linn.</i>	193
7.	Musta	<i>Cyperus rotundus Linn.</i>	193
8.	Vacha	<i>Acorus calamus Linn.</i>	140
9.	Devadaru	<i>Cedrus deodara (Roxb.) Loud.</i>	139
10.	Kushta	<i>Saussurea lappa C.B. Clarke</i>	138
11.	Nimba	<i>Azadirachta indica A.Juss.</i>	138
12.	Vidanga	<i>Embelia ribes Burm.f.</i>	134
13.	Amalaki	<i>Emblica officinalis Gaertn.</i>	130
14.	Candana	<i>Santalum album Linn.</i>	128
15.	Maricha	<i>Piper nigrum Linn.</i>	128
16.	Hingu	<i>Ferula foetida Regel.</i>	112
17.	Patola	<i>Trichosanthes dioica Roxb.</i>	108
18.	Katukarohini	<i>Picrorhiza kurroa Royle ex Benth.</i>	105
19.	Bala	<i>Sida cordifolia</i>	104
20.	Haridra	<i>Curcuma longa Linn.</i>	99
21.	Draksha	<i>Vitis venifera Linn.</i>	97
22.	Eranda	<i>Ricinus communis Linn.</i>	93
23.	Bilva	<i>Aegle marmelos (Linn.) Corr.</i>	91
24.	Trivruth	<i>Operculina turpethum (Linn.) Silva Manso</i>	86
25.	Manjista	<i>Rubia cordifolia Linn</i>	85

Single recipes:

Shunti:

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

- Nasal administration of **Nagara** (*Shunti*) and *Guda* (jaggery) alleviates *Hicca* (hiccough).⁽⁶⁾
- Regular usage of **Shunti** Churna (10gr) with *Kanjika* pacifies *Amavāta* (rheumatoid arthritis).⁽⁷⁾
- Intake of the warm decoction of **Shunti** stimulates digestive fire and relieves *Kasa*(cough), *Swasa* (dyspnoea), *Vata*, *Soola*(pain) and *Hridroga* (heart disease).⁽⁸⁾
- **Shunti** with equal quantity of *Guda* (jaggery) alleviates *Shotha* (oedema).⁽⁹⁾
- Intake of Intake of *Guda* **Nagara** (jaggery with dry ginger) starts with 1 *Karsha* (12 gm.) and increasing one *Karsha* per day up to a maximum of 3 *Pala* (144 gm.) for a period of *Paksha* (15 days) or *Masa* (30 days), relieves *Shodha* (oedema), *Pratisyaya* (sinusitis), *Gala roga*(throat diseases), *Swasa* (dyspnoea), *Kasa* (cough), *Aruchi* (tastelessness), *Pinasa* and *Kapha-vata roga*.⁽¹⁰⁾
- **Shunti** decoction mixed with jaggery can be considered as the best recipe for conducting *Nasya* in both the conditions *Karnanada* (tinnitus) and *Badhriya*(deafness).⁽¹¹⁾
- **Viswa** (*Shunti*) mixed with *Guda* (jaggery) and used as *Nasya* in *Urdhwajatrugata roga*.⁽¹²⁾

Pippali:

- Intake of the powder of **Upakulya(Pippali)** with honey relieves *Kasa* (cough), *Swasa*(dyspnoea), *Jwara* (fever), *Pleeha* and *Hicca* (hiccough) .This is the best recipe even for children.⁽¹³⁾
- Intake of the water processed with **Pippali** is useful as *Anabhishtyandi*, *Dipana*, *Vata-slehma Vikaraghna*, *Pleeha* and *Jwara nasaka* .⁽¹⁴⁾
- Intake of *Guda* (jaggery) combined with **Pippali** alleviates *Kasa* (cough), *Ajirna*, *Aruchi*, *Swasa*(dyspnoea), *Hridroga*(heart disease), *Pandu* (anaemia), *Krimi* (worms), *Jirnajwara* (fever) and *Agnisada*.⁽¹⁵⁾
- Intake of the paste of **Pippali** with milk alleviates chronic case of *Pravahika* (amoebiasis) within 3 days.⁽¹⁶⁾
- Regular intake of *Upakulya* (**Pippali**) with *Guda* alleviates *Amajirna*, *Gudamya* (anal disorders) and *Varcho-vibandha* .⁽¹⁷⁾
- Nasal administration of **Pippali** and *Sarkara* (sugar) alleviates *Hicca* (hiccough).⁽¹⁸⁾
- Intake of the powder of **Krishna** (*Pippali*) mixed with *Madhu* (honey) also relieves *Murcha* (fainting).⁽¹⁹⁾
- Ghee cooked with paste and decoction of **Pippali** is mixed with honey and

taken with milk. It relieves *Parinamashula*.⁽²⁰⁾

- Intake of **Pippali** with milk is useful in *pleeha vruddhi* (spleenomegaly).⁽²¹⁾
- Intake of **Pippali** mixed with milk is useful in *Shotha*(oedema).⁽²²⁾
- Intake of jaggery with **pippali** starts with 1 *Karsha* (12 gm.) and increasing one *Karsha* per day up to a maximum of 3 *Pala* (144 gm.) for a period of *Paksha* (15 days) or *Masa* (30 days), relieves *Shodha* (oedema), *Pratisyaya* (sinusitis), *Gala roga*, *Swasa*(dyspnoea), *Kasa* (cough), *Aruchi*, *Pinasa* and *Kapha-vata roga*.⁽²³⁾
- Intake of **Pippali** mixed with *Madhu* destroys *Amlapitta* (acid gastritis).⁽²⁴⁾
- Intake of ghee cooked with the paste and decoction of **Pippali** is to be taken early in the morning after added with *Madhu* (honey) for the management of *Amlapitta* (acid gastritis).⁽²⁵⁾
- Keeping the paste of **Pippali churna** mixed with honey and ghee in the mouth alleviates *Dantasoola* (toothache) it is the chief remedy for toothache.⁽²⁶⁾
- *Kavala* with **Pippali** mixed with honey is useful in treatment of *Adhimamsa*.⁽²⁷⁾
- **Pippali** mixed with *Saindhava* and used as *Nasya* in *Urdhwajatrugata roga*.⁽²⁸⁾

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

Guduchi:

- Intake of juice of **Guduchi** mixed with honey destroys *Kamala* (jaundice).⁽³⁰⁾
- Internal administration of *Hima* (cold infusion) of **Guduchi** mixed with honey is wholesome for *Chardi* (vomiting) caused by all the *Tridosha*.⁽³¹⁾
- Intake of Decoction of **Guduchi** mixed with honey useful in *Pittaja Chardi* (vomiting).⁽³²⁾
- Intake of **Guduchi Swarasa** checks *Trishna* (polydipsia).⁽³³⁾
- Intake of **Guduchi** mixed with castor oil relieves from severe *Vatarakta*(gout arthritis).⁽³⁴⁾
- Intake of **Guduchi** mixed with *Shunti* relieves from *Amavāta* (rheumatoid arthritis).⁽³⁵⁾
- Regular use of **Guduchi** in any one of the forms of *Swarasa* (fresh juice), *Kalka* (paste), *Churna* (powder) or *Quadha* (decoction) alleviates *Vatarakta* (gout arthritis).⁽³⁶⁾
- Ghee cooked with **Guduchi Quadha** and *Kalka* along with *Paya* (milk) alleviates even severe case of *Vatarakta*(gout arthritis) and *Kushta* (leprosy).⁽³⁷⁾

- Intake of **Amara Swarasa (Guduchi)** mixed with **Madhu** useful for the management of all types of **Prameha** (diabetes).⁽³⁸⁾
- Regular use of the juice of **Guduchi** mixed with oil alleviates **Slipada** (filaria).⁽³⁹⁾
- Regular intake of **Guduchi swarasa** according to the strength of the patient and by keeping on diet with **Mudga Yusha** added with ghee makes even the putrefied body as glorious in appearance.⁽⁴⁰⁾
- Intake of **Guduchi Swarasa** mixed with **Sarkara** and **Madhu** alleviates **Pittaja Asrigdara**.⁽⁴¹⁾
- Intake of **Guduchi Rasa (Sa moola** i.e. whole plant) perform as **Medhya Rasayana**.⁽⁴²⁾

Yashtimadhu:

- Nasal administration of **Madhuka** (**Yashtimadhu**) mixed with **Madhu** alleviates Hicca (hiccough).⁽⁴³⁾
- Nasal administration of **Yashtimadhu** alleviates even severe case of **Trishna** (polydipsia).⁽⁴⁴⁾
- Intake of **Madhuka siddha kshira** (milk processed with **Yashtimadhu**) mixed with sugar is useful for the management of **Pittaja Hridroga** (heart disease).⁽⁴⁵⁾

- Intake of **Madhuka** mixed with **Sita** (sugar) is effective in **Udarda**(urticaria).⁽⁴⁶⁾
- **Anjana** with **Madhuka sara** mixed with **Madhu** is useful for the management of **Sukra**.⁽⁴⁷⁾
- Intake of **Yashtimadhu churna** mixed with **Kshira** works as **Medhya Rasayana**.⁽⁴⁸⁾
- Intake of 1 **Karsha** (12gm) of **Madhuka churna** mixed ghee and honey followed by milk results in constant urge for sex.⁽⁴⁹⁾

Haritaki:

- Intake of **Haritaki** mixed with jaggery alleviates scabies, itching and destroys piles.⁽⁵⁰⁾
- **Haritaki** steeped with **Gomutra** for overnight and taken with **Guda** alleviates **Arshas**(piles).⁽⁵¹⁾
- Regular intake of **Pathya (Haritaki)** with **Guda** alleviates **Amajirna**, **Gudamya** (anal disorders) and **Varcho-vibandha**.⁽⁵²⁾
- In **Kaphaja Pandu (anaemia)** **Haritaki** impregnated with cow's urine should be taken.⁽⁵³⁾
- Intake of **Abhaya (Haritaki) Churna** mixed with **Guda** and **Kshoudra** useful for the management of **Kamala** (jaundice).⁽⁵⁴⁾

- Intake of **Pathya** (*Haritaki*) with *Madhu* (honey) alleviates *Raktapitta* (innate haemorrhage).⁽⁵⁵⁾
- Intake of the powder of **Abhaya** (*Haritaki*) with *Madhu* (honey) acts as *Pachana* and *Dipana*. It alleviates *Sleshma* (*Kapha*), *Raktapitta* (innate haemorrhage), *Soola* and *Atisara* (diarrhoea).⁽⁵⁶⁾
- Internal administration of **Haritaki** *churna* mixed with *Makshika* (honey) controls *Chardi* (vomiting) quickly if the *Doshas* are located in *Adhobhaga* (lower part of G.I.T.)⁽⁵⁷⁾
- Intake of the ghee cooked with **Pathya** *Quadha* (decoction of *Haritaki*) alleviates *Mada* and *Murcha* (fainting).⁽⁵⁸⁾
- Intake of **Pathya** *churna* (*Haritaki*) mixed with *Madhu* useful for the management of all types of *Prameha* (diabetes).⁽⁵⁹⁾
- Intake of **Haritaki** with equal quantity of *Guda* (jaggery) alleviates *Shotha*(oedema).⁽⁶⁰⁾
- Intake of jaggery with *Haritaki* starts with 1 *Karsha* (12 gm.) and increasing one *Karsha* per day up to a maximum of 3 *Pala* (144 gm.) for a period of *Paksha* (15 days) or *Masa* (30 days), relieves *Shodha* (oedema), *Pratisyaya* (sinusitis), *Gala* *roga*, *Swasa*(dyspnoea), *Kasa* (cough), *Aruchi*, *Pinasa* and *Kapha-vata roga*.⁽⁶¹⁾
- **Haritaki** boiled in *Mutra* and mixed with *Taila* and *Lavana* is to be taken early in the morning for the management of diseases caused by *Kapha* and *Vata*.⁽⁶²⁾
- External application of *Pathya* (**Haritaki**) mixed with honey alleviates all the diseases of penis (*Sarva Linga-Gadapaham*).⁽⁶³⁾
- **Haritaki** mixed with *Draksha* or *Kshoudra* or *Guda* also useful for the management of *Amlapitta* (acid gastritis).⁽⁶⁴⁾
- Initially take the fruits of **Pathya** and boil with *Gomutra* and then make *Haritaki* into fine powder. Intake of such powder alleviates *Shodha* (oedema), *Pandu* (anaemia), *Gulma* (abdominal lump), *Meha*, *Kapha*, *Kacchu* (itching of scrotum) and *Pama* (scabies).⁽⁶⁵⁾
- Intake of **Haritaki** *Kashaya* alone mixed with *Makshika* (honey) is useful in *kantha roga* (diseases of throat).⁽⁶⁶⁾
- Regular intake of 2-2 fruits of **Haritaki** with *Guda* or *Madhu* makes the person to live happily for one hundred years.⁽⁶⁷⁾

Chitraka:

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

Mustha

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

Vacha:

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

Devadaru:

- External application of *Sukhoshna Devadaru Kalka* (lukewarm paste of

Devadaru) pounded with *Gomutra* useful for the management of *Slipada* (filaria).⁽⁷⁵⁾

Kushta:

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

Nimba:

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

Vidanga:

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

Amalaki:

- External application of the **Amalaki** fried in ghee and pounded with sour gruel relieves burning sensation.⁽⁸⁵⁾
- Application of paste of finely powdered **Amalaki** fried with Ghrita on the scalp (*Murdhni Pralepa*) controls epistaxis as the rapid flow of water by a dam.⁽⁸⁶⁾
- Intake of the powder of **Amalaka** taken with cow-milk removes Svarabheda (hoarseness of voice).⁽⁸⁷⁾
- Intake of the ghee cooked with **Dhatri rasa (Amalaki swarasa)** alleviates *Mada* and *Murcha* (fainting).⁽⁸⁸⁾
- Intake of **Amalaki Swarasa** after adding with sugar relieves pain caused by *Pitta*.⁽⁸⁹⁾
- The powder of **Amalaki** taken with honey alleviates *Pittaja Soola*.⁽⁹⁰⁾
- Intake of the equal quantity of *Guda* (jaggery) and **Amalaki** acts as *Vrishya* (aphrodisiac), *Sramaghna* (relieves fatigue), *Tarpana* (satiating). It is also useful for alleviating *Raktapitta* (innate haemorrhage), *Daha*, *Soola* and *Mutrakricchra* (difficulty in micturation).⁽⁹¹⁾
- Intake of **Amalaki** rasa mixed with honey and *Haridra* destroys all types of *Prameha* (diabetes).⁽⁹²⁾

- Administration of **Amalaki** mixed with *Guda* (jaggery) alleviates *Udarda* (urticaria).⁽⁹³⁾
- **Amalaki rasa** mixed with ghee is useful as purgative recipe in *Visarpa* and *Jwara* (fever).⁽⁹⁴⁾
- *Purana* (eye drops) with **Dhatriphala Nirayasa (Amalaki juice)** is useful for the management of *Navadrikkopam* (acute case of conjunctivitis).⁽⁹⁵⁾
- juice of **Amalaki** fruit collected directly from the tree by piercing is useful for the management of all types of eye diseases, used as *Pana*, *Nasya*, *Anjana* etc.⁽⁹⁶⁾
- Intake of **Amalaki Kalka** in a dose of 1 *Aksha* (12gm) liquefied with *Madhu* is useful in *Kaphaja Asrigdara* (menorrhagia).⁽⁹⁷⁾
- The powder of **Amalaki** is to be impregnated with *Amalaki Swarasa* and to be taken internally after mixing with *Sarkara*, *Madhu* and *Sarpi* followed by intake of milk. By this even a man of eighty years old can be stimulated like a young person.⁽⁹⁸⁾
- Intake of **Amalaka bija Kalka** mixed with *Sita* and *Madhu* should be taken with water alleviates *Kaphaja Asrigdara*(menorrhagia).⁽⁹⁹⁾

Chandana:

- Nasal administration of **Chandana** mixed with *Sthanya* (breast milk) useful for the management of *Hicca* (hiccough).⁽¹⁰⁰⁾
- Intake of **Chandana** with *Tandulambu* (rice water) after mixing with *Sarkara* (sugar) relieves *Ushnavata* (interstitial cystitis) associated with blood.⁽¹⁰¹⁾

Maricha:

- Intake of the paste of **Maricha** with milk alleviates chronic case of *Pravahika* (amoebiasis) within 3 days.⁽¹⁰²⁾
- Use of *Anjana* which is prepared from **Maricha** impregnated with go- pitta in the sun for a month reveals from disorted vision, loss of memory and evil spirits.⁽¹⁰³⁾
- Application of collyrium by means of *Varti* prepared by pounding **Ushana** (*Maricha*) with *Kshoudra* (honey) alleviates *Naktandhya* (night blindness) (night blindness).⁽¹⁰⁴⁾
- *Anjana* with **Maricha** rubbed with *Dadhi* is good for *Naktandhya* (night blindness).⁽¹⁰⁵⁾

Hingu:

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

- *Anjana* with **Ramatha** (*Hingu*) mixed with honey is useful in *Naktandhya* (night blindness).⁽¹⁰⁷⁾
- Intake of **Hingu** and *Sindhu* (rock salt) with *Grihambu* (sour gruel) expels foetus (*Garbhapakarshana*).⁽¹⁰⁸⁾

Patola:

- Intake of *Yusha* prepared with **Patola phala** is *Vrishya* (aphrodisiac), *Vatahara* and *Laghu* (light).⁽¹⁰⁹⁾
- Intake of ghee cooked with the paste of **Kulaka (Patola)** is considered as the best recipe for the management of *Kapha* and *Pitta*.⁽¹¹⁰⁾

Katukarohini

- Intake of the powder of **Katukarohini** in a dose of 1 *Aksha* (12 gm) along with sugar followed by hot water alleviates *Kapha-pitta Jwara* (fever).⁽¹¹¹⁾
- Intake of **Katuka** with *Sita* (sugar) is efficacious in *Amlapitta* (acid gastritis).⁽¹¹²⁾

Bala:

Bala moola mixed with *Madhu* and taken with *Dugdha* alleviates *Pradara*.⁽¹¹³⁾

- To removes the aversion towards her by husband initially offer *Dugdha Bhakta* (Rice and milk) and then collect **Sita Bala moola** on *Pushya* constellation and pound it by a virgin (*Knaya*) and to be given to the woman along with food.⁽¹¹⁴⁾

- **Vatya bija (seeds of Bala)** are useful for the management of giddiness.⁽¹¹⁵⁾
- Nasal administration of **Balamoola Swarasa** for a period of one month makes the arm of a man as strong as *Vajra (Vajrasamana Bahu)*.⁽¹¹⁶⁾
- Intake of *Yusha* prepared with **Vatya (Bala)** is considered as the best one for alleviating *Vata*.⁽¹¹⁷⁾
- Intake of **Bala siddha kshira** (milk processed with *Bala*) mixed with sugar is useful for the management of *Pittaja Hridroga*(heart disease).⁽¹¹⁸⁾

Haridra:

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

Draksha:

- Intake of ghee prepared by cooking ½ *Prastha* of **Draksha** with one *Prastha* of *Purana Sarpi* alleviates *Kamala* (jaundice), *Gulma* (abdominal lump), *Pandu* (anaemia), *Jwara* (fever), *Prameha* (diabetes) and *Udara*(abdominal enlargement).⁽¹²⁰⁾
- Intake of **Draksha rasa** mixed with sugar controls epistaxis.⁽¹²¹⁾
- Intake of **Draksha Swarasa** removes *Udavarta* caused by retention of urine.⁽¹²²⁾

- Intake of **Gosthana (Draksha)** with *Madhu* (honey) alleviates *Raktapitta (innate haemorrhage)*.⁽¹²³⁾
- Nasal administration of **Gosthana (Draksha)**, alleviates even severe case of *Trishna (polydipsia)*.⁽¹²⁴⁾

Eranda

- Intake of the milk processed with **Eranda moola** relieves fever associated with *Parikartika* (cutting pain in the rectum).⁽¹²⁵⁾
- Regular intake of **Eranda Taila** mixed with *Gomutra* for a period of one month relieves *Gridhrasi (sciatica)* and *Urusthambha (paraplegia)*.⁽¹²⁶⁾
- Usage of **Eranda** taila with milk is efficacious in *Kroshtukasirsha*.⁽¹²⁷⁾
- External application of the paste prepared by pounding **Urubuka bija** (castor seeds) with *Chaga Dugdha* (goat's milk) helpful in *Vatarakta*(gout arthritis).⁽¹²⁸⁾
- Regular intake of **Eranda Taila** mixed with *Kshira* for a period of one month relieves *Vataja Vriddhi*.⁽¹²⁹⁾

Bilwa:

- Intake of **Bilwa** mixed with *Guda* (jaggery) relieves *RaktAtisara (diarrhoea)*, *Ama*, *Soola (pain)*, *Vibandha (constipation)* and *Kukshiroga* (abdominal disorders).⁽¹³⁰⁾

- The decoction of **Bilwa salata** (tender fruits of *Bilwa*) alleviates *Raktarshas*(bleeding piles).⁽¹³¹⁾
- Intake of Decoction of **Sriphala** (*Bilwa*) mixed with honey useful in *Vataja Chardi* (vomiting).⁽¹³²⁾
- Oil cooked with **Bilwa phala** pounded with urine along with *aja-kshira*. It alleviates *badhira* (deafness) by *karnapuran*.⁽¹³³⁾

Trivrit:

- Intake of ½ *Pala* of the powder of **Trivrit** and *Sarkara* prepared by taking in a ratio of 1: 2 relieves *Pittaja Pandu* (anaemia).⁽¹³⁴⁾
- Intake of **Tribhandi** (*Trivrit*) and *Sarkara* alleviates *Kamala* (jaundice).⁽¹³⁵⁾
- *Kavala* with **Trivrit Ghrita** is useful in treatment of *Danta Harsha* (sensitivity of teeth).⁽¹³⁶⁾

Manjishta:

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

CONCLUSION:

The author has given importance to single drug therapy and quoted several simple herbal recipes collected from various texts of Ayurveda. After through scanning in this treatise total 486 herbs are identified. In these

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

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