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## Review Article

### CONCEPT OF *EKAL DRAVYA CHIKITSA* (SINGLE DRUG THERAPY) IN SUSHRUT SAMHITA

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#### ABSTRACT

Ayurveda is a holistic health care system which, aims to offer the user an optimum health by alleviating diseases and helps in maintaining, promoting health by advising proper daily and seasonal regimen along with rationalized therapeutics when indicated. A good physician is one who uses minimum substances for desired effect or maximum results. From ancient past, it has been revealed that Ayurveda had a vast knowledge in the field of application of medicinal plants. Medicinal plants have significant importance in human life as it helps in maintaining human health and in improving the quality of life. Also this application in the form of single dravya has also been evidenced in many of Ayurveda texts.

Sushrut Samhita is one of the classical text of Ayurveda, basically a part of *Brihatrayee*, have been surviving from ancient time and considered to be an important treatise on medicine and surgery. It is one of the two foundational Hindi texts alongside the Charak Samhita, which includes knowledge about medicine as well as surgical training, instruments and procedures. Likewise in charak samita, use of EDC has been also mentioned in Sushrut Samhita for both intervention as well as surgical management of disease. Using *Ekal Dravya* for curing many disease has been mentioned in past by many of *Aacharyas*, considering Sushrut Samhita as the first Samhita of Ayurveda to use therapeutic interventions as well as surgical procedure for the management of clinical condition, It has been reviewed to assess the extent of use of EDC.

Using single herb for managing diseased condition has been evidenced at various instances in Sushrut Samhita in conceptual as well as in applied form. This provides an evidenced based proof that EDC was mentioned in our ancient Ayurveda texts which now need to be explored, so as to minimize the load on biodiversity for using minimum herbs in a disease where it is sufficed.

#### INTRODUCTION

Ayurvedic model of health has been defined as, one who is self established, who has all *Dosas* in balanced state, balanced *Agni, Dhatu* formed properly, eliminating *Malas* in proper form, body processes functioning well and whose soul, mind and senses are happy<sup>[1,2]</sup> (su.su.15/38). *Aacharya* Sushrut describes health in both philosophical and functional way of the individual constitution. The primary objective of Ayurveda is stated to be restoration and maintenance of this

balance<sup>[3]</sup> (ch.su.1/53). Proper rational and plan of action along with its proper execution leads to success in any therapeutic management<sup>[4]</sup> (ch.cu. 1/34). Ayurveda is unique among all systems of health care because it gives utmost importance to the physician and his rationale. Therefore, one can observe the different approaches by different physicians owing to their own logic.

Concept of *Ekal Dravya* is a vast one, consisting of various concepts. Different people

have different definition of EDC. Some consider *Ekal Dravya* as single substance, whereas some refers it as a single formulations.

Interpretation of EDC (different experts have interpreted EDC in different ways as follows)

1. A single ingredient/ substance formulation.
2. A single formulation with multiple ingredients.
3. A single ingredient/ substance formulation with *Anupaan*.
4. A single ingredient/substance formulation processed with some other substance.

There is no direct reference in the texts which can clearly derive the exact meaning of EDC. Grammatically, *Ekal* is a Sanskrit word which means alone/ single/ solitary/ sole<sup>[5-8]</sup> etc. Thus, grammatically EDC means treatment with a single *Dravya* or a single *Dravya* as the primary ingredient. *Dravya* is made up of five *Mahabhutas* and comprises of certain sets of *Guna* (properties), based on which it performs certain actions. The actions of a *Dravya* can be modified owing to various other factors during the course of processing and use like *Bhavna*, intervention at particular time, processing with other substance etc. therefore, a physician by using robust and imaginative logic can use a single substance for the remedy of multiple clinical condition. This approach is appreciated in our texts because *Chikitsa* is said to be better when a medicinal substance in

minimum quantity is used. Using minimum substance for breaking the pathology of disease is always preferred over the multiherbal formulations and proved to be beneficial in reference to cost, feasibility, easy availability, adulteration, and load on biodiversity, but there are many multifaceted disease which demands for the use of compound formulation, here it is need of condition and patient which needs an intervention which can manage this pathophysiology.

## MATERIALS AND METHODS

### Materials

Sushrut Samhita with their commentaries and other relevant texts of Ayurveda and allied subjects.

### Methods

Compilation of information with respect to word *Ekal* from all available resources.

Conceptual review of *Ekal Dravya Chikitsa*.

Compilation of various form of *Ekal Dravya* used in *Sushrut Samhita*.

### OBSERVATIONS

After a complete review of Sushrut Samhita, it has been observed that all sources of *Dravya*- plant origin, animal origin and metal or mineral origin has been taken for use as *Ekal Dravya*. Total no. of 177 *dravya* has been used in *Ekal* form in various diseases which have been classified below in table no. 1.

1.	Plant Origin	154
2.	Metal Origin	11- <i>Kaasish; Loha; Manhashila; Shilajatu; Swarna; Swarnamaakshik; Gairika; Mrittika; Trapu/tin; Lavan; chaandi</i>
3.	Animal Origin	11- (Milk; Curd; Buttermilk; <i>Ghee; Faanit; Honey; Urine; Stool; Others; Samudrafen, Shukti</i> )
	Milk	Cow ; Buffalo; Goat ; Camel; Human breast milk
	Curd / <i>Dahi</i>	Solid part, Mastu
	Ghee	<i>Ghritmand; Shatdhaut ghrita; Puraan ghrita; Ksheersarpi</i> (newly taken ghee)
	Urine / <i>Mutra</i>	All 8 types; <i>Gomutra; Goat; Ushtra / camel; Sheep</i>
	Stool / <i>Sakrit</i>	<i>Go sakrit</i> (cowdung); Horse dung; Donkey faeces;
	Others	<i>Mayur pitta</i> (peacock bile); <i>Krishna sarpa mashi</i> (ash of black cobra); Goat liver and bile; Blood of black deer; Cows horn; Cow skin; Ash of peacock feather; Godha liver Liver of alligator; <i>Hastidant</i>
4.	<i>Jala</i>	<i>Ushna jala</i> (hot water); <i>Sheet jala; Mridbhrishta jala</i>

### Observations found in Sushrut Samhita- 177

**Table 2: Animal Origin- 11**

Animals- Others			
1.	Well burnt ash of black cobra and <i>Bibhitika</i> oil, are mixed together and rubbed by applying as paste	<i>Switra</i> (vitiligo)	Shu.chi.9/17
2.	LA of paste of the peacock bile mixed with burnt <i>Hriber</i>	<i>Switra</i>	Shu.chi.9/26

3.	Drink blood of black deer mixed with honey	<i>Raktapitta</i>	Shu.uttr.45/28
4.	Eat goats raw liver with bile	<i>Raktapitta</i>	Shu.uttr.45/28
5.	Smoke of cows horn, skin, hair and uncted with ghee;	<i>Hikka</i>	Shu.uttr.50/18
6.	Ash of peacock feather mixed with honey and ghee	<i>Hikka</i>	Shu.uttr.50/20
7.	LA- powder of <i>Hastidant</i>	Alopecia	Shu.chi.1/101
8.	Liver of alligator collyrium	Nightblindness	Shu.uttr.17/24
9.	Cooking, goat liver with <i>Pippali</i> and used as collyrium	Nightblindness	Shu.uttr.17/25

<b>Sakrit / Stool</b>			
1.	<i>Gosakrit rasa - Shirovirechana dravya</i>		Shu.su.39/6
2.	LA with juice of horse dung mixed with rock salt	<i>Arumsika</i>	Shu.chi.20/28
3.	Juice of horse faeces mixed with honey	<i>Raktapitta</i>	Shu.uttr.45/31
4.	Lick powdered faeces of horse with honey	<i>Krimi (worm)</i>	Shu.uttr.54.27
5.	<i>Pradhman nasya</i> (Blowing snuff)- Faeces of horse	<i>Shirogat krikmi</i>	Shu.uttr.54/35
6.	Drink Juice of faeces of horse or ass	Suppression of urge of urine	Shu.uttr.55/23
7.	Intake of juice of faeces of ass and horse	Disorders of urine ( <i>mutra ruja</i> )	Shu.uttr.58/35
8.	LA of cowdung juice	cyst on head- due to use of poisoned comb	Shu.kalpa.1/58
9.	Fomentation with cowdung	Scorpion bite	Shu.kalpa.8/68
10.	Oil cooked with decoction of cowdung- snuff ( <i>nasya</i> )	<i>Kaphaj timir</i>	Shu.uttr.17/32

<b>Shukti</b>			
1.	Drink alkali of marine oyster shell with milk	<i>Pleehodar (Splenomegaly)</i>	Shu.chi.14/13

<b>Samudrafen</b>			
1.	Collyrium with <i>Samudrafen</i> mixed with <i>gorochana</i>	In poisoned collyrium	Su.kalpa.1/71
2.	<i>Vrana-mukh - gharshan</i> (rubbing)	<i>Atirakta sraava</i>	Shu.su1/36
3.	Samudrafen mixed with honey as collyrium	<i>Pittaj abhishyanda</i>	Shu.uttr.10/11

<b>Dugdha - Milk</b>			
1.	Regular use in <i>Kaarshya</i>	For <i>Brihana</i>	Shu.su.15/40
2.	Take camel milk only in diet	<i>Udar Roga</i>	Shu.chi.14/9
3.	Buffalos urine taken with milk observing fast for a week	<i>Udar Roga</i>	Shu.chi.14/10
4.	Cow milk-when taken singly or in combination	Sustains youthful age	Shu.chi.27/6
5.	<i>Ardhodaka</i> (milk mixed with half quantity of water)- <i>Aaschyotan / Seka</i>	<i>Abhishyanda/ Adhimantha</i>	Shu.uttr.9/13
6.	Cold milk mixed with rock salt - <i>Netra Seka</i> (irrigation of eye)	<i>Shushka akshipaka</i>	Shu.utt.9/22
7.	Drink milk	<i>Pittanubandha vataj shiroroga</i> <i>Kaphanubandha vataj shiroroga</i>	Shu.uttr.26/3
8.	<i>Sheetal parisheka</i> (cold irrigation)	<i>Raktaj /pittaja shiroroga</i>	Shu.uttr.26/12
9.	Sedated with milk	<i>Prasramsini yoni</i> (prolapsed uterus)	Shu.uttr.38/28

10.	Administration of milk- suffering from chronic fever		Shu.uttr.39/144
11.	Intake of milk after boiling with 3 parts of water	<i>Atisaar</i>	Shu.uttr.40/101
12.	Drink milk	<i>Udeerna pravahika</i> (not cured by <i>Langhan, Paachan</i> )	Shu.uttr.40/140
13.	<i>Payo ambusamam</i> - (mixed with equal quantity of water)	<i>Rakta pitta</i>	Shu.uttr.45/30
14.	Milk mixed with sugar- <i>Nasya</i>	<i>Nasagat rakta pitta</i> (epistaxis)	Shu.uttr.45/36
15.	Drink human milk- by nose or mouth	<i>Murchha</i> (in fainting)	Shu.uttr.46/18
16.	Drink milk mixed with sugar	<i>Trishna nirodhaj daha</i>	Shu.uttr.47/72
17.	Intake of warm milk	<i>Hikka</i> (Hiccough)	Shu.uttr.50/17
18.	<i>Sharkara siddha dugdha- Pana</i>	<i>Hikka</i>	Shu.uttr.50/22
19.	Intake of goats milk mixed with sugar	<i>Hikka</i>	Shu.uttr.50/22
20.	Drink cows milk	In suppression of sleep	Shu.uttr.55/35
21.	Milk added with plenty of sugar	Scorpion stung	Shu.klp.8/69
22.	Cooled milk mixed with jaggery	If stung by scorpion with mild poison	Shu.klp .8/69

#### **Dahi/ Curd**

1.	Regular use in <i>Kaarshya</i>	For <i>Brihana</i>	Shu.su.15/40
2.	<i>Nashta aartav</i>		Shu.sha.2
3.	Curd mixed with black salt- taken as drink	<i>Gulma (Vatik colic)</i>	Shu.uttr.42/92
<b>Mastu</b>			
1.	<i>Sheetal parishek</i> (cold irrigation)	<i>Raktaj, Pittaj shiroroga</i>	Shu.uttr.26/12
2.	Curd water mixed with black salt taken as drink	In <i>vatika colic</i>	Shu.uttr.42/92

#### **Faanit / Treacle**

2.	Treacle mixed with honey - collyrium	<i>Siraharsha</i>	Shu.uttr.12/17
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#### **Ghrita / Ghee**

1.	Regular use in <i>Kaarshya</i>	For <i>Brihana</i>	Shu.su.15/40
2.	sprinkled with ghee	fracture or dislocated finger	Shu.chi.3/24
3.	Foot should be anointed with ghee	fracture in bones of sole	Shu.chi.3/25
4.	Stretched carefully after anointing with ghee	Fracture of leg and thigh	Shu.chi.3/26
5.	musculature should be rubbed after anointing with ghee	Fracture of ribs	Shu.chi.3/29
6.	irrigating with plenty of ghee	Crooked or contracted ear	Shu.chi.3/45
7.	Fracture of skull- without extrusion of brain matter- drink gee for a week		Shu.chi.3/46
8.	All cooling measure- part should be irrigated with ghee	<i>Pushkarika</i>	Shu.chi.21/11
9.	When taken singly	Sustains youthful age	Shu.chi.27/6
10.	Massage with ghee foll	In excessive application of emesis	Shu.chi.34/11
11.	Unctuous enema with ghee extracted of milk	<i>Virechan atiyoga</i>	Shu.chi.34/11
12.	massaged with ghee and pressed	In excessive application of emesis- if eyes are moved upward	Shu.chi.34/12
13.	Massage with ghee	<i>Virechan atiyoga</i> - in prolapse ani	Shu.chi.34/13
14.	In <i>pitta</i> predominance- unctuous enema	<i>Parikartika vyaapad</i> (cutting pain)	Shu.chi.34/16

	with ghee scum ( <i>Ghritamand</i> )	with burning sensation in anus)	
15.	Ghee should be used immediately as saturating filling in eyes	In poisoned collyrium- sliminess due to lacrymation, burning sensation, pain, defects of vision, even blindness	Shu.klp.1/69-71
16.	<i>Pana</i> (before meal)	<i>Anyatovata, vataparyaya</i>	Shu.uttr.9/18
17.	Intake of ghee	General management of ear disease	Shu.uttr.21/3
18.	Intake of ghee after meals	<i>Karnashool</i> (Earache)	Shu.uttr.21/11
19.	<i>Nasya</i>	<i>Nasashosha</i>	Shu.uttr.23/11
20.	Intake of ghee	all types of <i>pratisyaya</i> (rhinitis), except the newly arise	Shu.uttr.24/18
21.	Intake of ghee with post drink of milk	<i>Pitta anubandha vata shirorog</i>	Shu.uttr.26/3
22.	Oral intake and snuff ( <i>Nasya</i> ); <i>Akshi tarpan</i>	<i>Sankhak</i> <i>Ardit</i>	Shu.uttr.26/38
23.	Anointed with ghee then reintroduced	<i>Prasramsini yoni</i>	Shu.uttr.38/28
24.	Intake of ghee- fever		Shu.uttr.39/133
25.	In chronic fever located in skin- anoitment of ghee; Fever with chills- fomentation and paste is applied	Fever	Shu.uttr.39/175
26.	Anointing with <i>ghee</i> washed 100 times ( <i>sathdhaut ghrita- lepa</i> )	Fever- burning sensation	Shu.uttr.39/283
27.	Administration of ghee in all types of fever- after 12 days	Fever- after <i>Dosha paachan</i> -for <i>snehan, poshan</i> (nourishment)	Shu.uttr.39/320
28.	Administration of ghrita mixed with <i>Hingu</i>	In <i>Gulma</i> (abdominal lump)- <i>Paarswashool-</i> (pain in flanks, cardiac region and pelvis)	Shu.uttr.42/121
29.	Drink Ghee extracted from milk and mixed with sugar	<i>Raktapitta</i>	Shu.uttr.45/29
30.	Ghee extracted of milk, mixed with sugar- <i>nasya</i>	<i>Nasagat raktapitta</i>	Shu.uttr.45/37
31.	Ghee extracted of milk	<i>Kshayaj Trishna</i> (thirst due to depletion of <i>rasa</i> )	Shu.uttr.48/28
32.	<i>Paan</i> - drinking of ghee extracted of milk	<i>Vataj chhardi</i>	Shu.uttr.49/18
33.	Intake of ghee mixed with rocksalt	<i>Vataj chhardi</i>	Shu.uttr.49/19
34.	<i>Sukhoshna ghril</i> (Intake of warm ghee)	<i>Hikka</i> (Hiccough)	Shu.uttr.50/17
35.	Drink <i>ghee</i> (80 gm) mixed with <i>saindhav lavan</i> (40 gm)		Shu.uttr.50/24
36.	Intake of warm ghee mixed with milk and honey		Shu.uttr.50/24
37.	Drink lukewarm ghee (unprocessed ghee)	<i>Vatika kasa</i> (cough)	Shu.uttr.52/27
38.	Drink ghee with postdrink of milk	<i>Paittika</i> type of hoarseness of voice	Shu.uttr.53/13
39.	Massage with ghee mixed with a bit of <i>Yavakshara</i> and <i>Saindhava</i>	Suppression of urge of vomiting	Shu.uttr.55/31
<b>Puraan Ghrita</b>			
1.	<i>Snehan</i> (Uction)	<i>Vata Abhishyanda, adhimantha</i> (conjunctivitis)	Shu.uttr.9/3
2.	<i>Asanskrita purana ghrita</i> (unprocessed old ghee)	<i>Vata abhishyanda</i>	Shu.uttr.9/9

3.	<i>Pana- Sanshaman</i> (pacificatory)- old ghee	<i>Amyadhyushita</i>	Shu.uttr.10/14
4.	Unprocessed Old <i>Ghrita- Nasya, Anjana, Pana</i>	<i>Kapha vidagdha drishti, pitta vidagdha drishti</i>	Shu.uttr.17/5
5.	Old <i>Ghee</i> kept in iron container	<i>Sarva timir roga-</i> disease cause by <i>vata</i>	Shu.uttr.17/30
6.	Intake of old <i>Ghee</i>	<i>Tridoshaja shiroroga</i>	Shu.uttr.26/24
7.	Intake of old <i>Ghee</i>	In premonitory stage of fever	Shu.uttr.39/97
8.	Drink 10 year old ghee	If regains consciousness in fainting ( <i>murchha</i> )	Shu.uttr.46/24
9.	Drink old <i>Ghee</i>	<i>Hikka, swaas</i>	Shu.uttr.51/46
10.	Drink and massage with old ghee	<i>Apasmaar</i>	Shu.uttr.61/22

**Ksheersarpi**

1.	<i>Nasashosha</i>	<i>Nasya</i>	Shu.uttr.23/11
2.	<i>Pittaj shiroroga</i>	<i>Snehan basti</i> mixed with <i>Sharkara</i>	Shu.uttr.26/17
3.	<i>Sankhak</i>	<i>Nasya, Pana</i>	Shu.uttr.26/38
4.	<i>Ardita</i>	<i>Akshi tarpan</i>	
5.	<i>Nasa gata raktapitta</i>	<i>Nasya</i> with <i>Sharkara</i>	Shu.uttr.45/37
6.	<i>Kshayaj trishna</i>	<i>Pana</i>	Shu.uttr.48/28
7.	<i>Vataj chhardi</i>	<i>Pana</i>	Shu.uttr.49/18

**Madhu - Honey**

1.	<i>Atisthauilya</i> - regular use in corpulence	Shu.su.15/38
2.	When taken singly or in combination of 2, 3 or all- Sustains youthful age	Shu.chi.27/6
3.	Vomit by drinking cold water mixed with honey- thirst In <i>Pittaj jwar</i>	Shu.uttr.39/180

**Mutra - Urine**

1.	<i>Gomutra- Atisthauilya</i> - regular use in corpulence	Shu.su.15/38
3.	Irrigation with cows urine- <i>Krimiyukta kustha</i> (organism appears in <i>kustha</i> )	Shu.chi.9/52
4.	One should drink camels urine - for 6 months- <i>Krimiyukta Kustha</i>	Shu.chi.9/69
5.	Goats urine- intake- In premonitory symptoms of <i>pramehapidika</i>	Shu.chi.12/4
6.	<i>Gomutra - Nashta aartav</i>	Shu.sha.2
7.	Earfilling with one of the lukewarm eight urine- <i>Karnashool</i> (Earache)	Shu.uttr.21/27
8.	Inhalation of urine of goat and sheep- <i>Hikka</i> (Hiccough)	Shu.uttr.50/22

**Takra - Buttermilk**

1.	<i>Nashta aartav</i>	Shu.sha.2
2.	Buttermilk should be used daily for a month- <i>Arsha</i> (invisible piles)	Shu.chi.6/13
3.	Administration of buttermilk- <i>Atisaar</i>	Shu.uttr.40

**Table 3: Metal / Mineral- 11**

**Kashish**

1.	<i>Kashish</i> with honey- collyrium - in <i>Arjuna</i>	Shu.uttr.12/24
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**Loha - Iron**

1.	<i>Loha bhasma</i> - regular use in corpulence	Shu.su.15/38
2.	<i>Loha kitta</i> - drink iron slag kept in cows urine	<i>Kumbhkaamla</i> and
3.	Iron slag heated, powdered- licked with honey	<i>Paandu roga</i> (anemia)
		Shu.uttr.44/32
		Shu.uttr.44/32

<b>Mrittika - Soil</b>			
1.	Black earth of ant hill pounded with cows urine is useful	In bite and stings by ants, flies and mosquitoes	Shu.kalpa.8/55

<b>Shilajita - Asphaltum</b>			
1.	<i>Atisthaulya</i> – regular use	<i>Rukshan-medoghna, chedan –strotovisodhana</i>	Shu.su.15/38
2.	With cows urine	<i>Urustambha</i> , heart disease, <i>gulma</i> , internal abscess	Shu.chi.5/35
3.	<i>Kshaya roga</i> (combustion)		Shu.uttr.41/57
4.	Drink <i>Shilajita</i> with cows urine	<i>Kumbhkaamla</i>	Shu.uttr.44/31

<b>Swarna - Gold</b>			
1.	<i>Anjana</i> (collyrium) made of in copper vessel	<i>Pittaja Abhishyanda</i>	Shu.uttr.10/9
2.	Water heated mildly by dipping heated metal (gold, silver)	Thirst	Shu.uttr.48/18

<b>Swarna Makshika</b>			
1.	Drink <i>Swarnamakshik</i> with cowurine	<i>Kumbhkaamla</i>	Shu.uttr.44/31

<b>Lavan - Salt</b>			
1.	<i>Gharshana, lepa</i> (rubbing and apply its paste)	<i>Granthik upadrava</i>	Shu.su.16/26
2.	<i>Saindhav lavan- ushkaadi gana</i>		Shu.su.38
3.	Snuff with powdered <b>rock salt</b> mixed with water	<i>Hikka</i>	Shu.uttr.50/18
4.	<i>Vida lavan</i> miked with <i>sarshap</i> oil	<i>Visuchika</i>	Shu.uttr.56/15,16

<b>Chaandi/ Silver</b>			
1.	Water heated mildly by dipping heated silver, mixed with sugar and honey	<i>Trishna</i>	Shu.uttr.48/18

<b>Swarnagairik / Ochre</b>			
1.	<i>Swarna gairik</i> (Red ochre) singly with honey - Collyrium	<i>Sirotpata</i>	Shu.uttr.12/17
2.	Powder mixed with cows urine- taken regularly	<i>Paandu</i>	Shu.uttr.44/21
3.	Ash of <i>Swarnagairik</i> licked with honey	Hiccough	Shu.uttr.50/19

<b>Manhashila</b>			
1.	<i>Avapeed nasya</i> (pressed snuff) mixed with honey	<i>Ardhaav bhedak</i>	Shu.uttr.26/33
2.	Smoke produced of realgar and uncted with ghee	<i>Hikka</i>	Shu.uttr.50/18

<b>Trapu / Tin</b>			
1.	Tin rubbed with curd water - taken for 7 days	<i>Kaphaj and purishaj krimi</i>	Shu.uttr.54/33

<b>Table 4: Jala-1</b>			
1.	Cool water when taken singly	Sustains youthful age	Shu.chi.27/6
2.	Sprinkling or dipping bath with very cold water	<i>Virechan atiyoga</i>	Shu.chi.34/11
3.	Warm water	<i>Apinasa, putinasya</i>	Shu.uttr.23/3
4.	Water boiled and bring to half	<i>Kapha jwara, vata jwara, kaphavata jwara</i>	Shu.uttr.39/106
5.	(Loshtra- jala )- Water heated mildly by dipping	Thirst	Shu.uttr.48/18

	heated clod or sand or mixed with sugar and honey		
6.	Drink hot water	Thirst caused by intake of fatty substance	Shu.uttr.48/31

Table 5: Plant Origin- 154

<b>Aadrak - Zingiber officinale Rosc.</b>			
1.	Milk processed with the juice of fresh ginger 100 <i>Aadhak</i>	<i>Vatic colic</i>	Shu.chi.14/10
2.	Fresh ginger with equal quantity of jaggery	<i>Shoth</i> (oedema)	Shu.chi.23/12
3.	Lukewarm juice of <i>Aadraka -Karna pooran</i>	<i>Karnashool</i>	Shu.uttr.21/17
4.	Intake of <i>Aardarak</i> with jaggery	For maturation of <i>Pratishyaya</i>	Shu.uttr.24/18
5.	Fresh ginger with milk - for maturation of rhinitis)	<i>Nav pratishyaya</i>	Shu.uttr.24/19
6.	Milk mixed with fresh ginger	<i>Gulma</i>	Shu.uttr.42/55

<b>Aamalki - Embelica Officinalis Gaertn.</b>			
1.	Intake of Old ghee cooked with <i>Aamalki swaras</i>	all cases of <i>vatarakta</i>	Shu.chi.5/12
2.	Fine powder of <i>aamlaka</i> macerated with its own juice, licked after mixing sugar, honey and ghee	<i>Vaajikaran</i> formulation	Shu.chi.26/24
3.	<i>Aamalki paayas</i> ( <i>swaras</i> cooked in milk)	<i>Timir</i>	Shu.uttr.17/48
4.	Drink juice of <i>Aamalki</i> fruits mixed with honey- for purgation	<i>Paandu</i>	Shu.uttr.44/18
5.	Take powder of <i>Aamalki</i> fruit with honey	<i>Paandu</i>	Shu.uttr.44/27
6.	Ghee processed with juice of <i>Aamalki</i>	<i>Murchha</i>	Shu.uttr.46/19
7.	<i>Gandusha</i> (gargle) with powder	<i>Trishna</i> (of tastelessness in mouth)	Shu.uttr.48/17
8.	<i>Aamalki</i> powder cooked with ghee taken with milk	<i>Kasa</i>	Shu.uttr.52/36
9.	Drink juice of <i>Aamalki</i> fruits mixed with honey for 3 days	<i>Udaavarta</i>	Shu.uttr.55/22
10.	Juice of <i>Aamalki</i> 160 ml mixed with honey	Disease and pain in urine	Shu.uttr.58/40

<b>Aamra - Mangifera indica Linn.</b>			
1.	<i>Karnapooran</i> (ear filling)- Juice of tender leave of <i>Aamra</i> ; Sesame oil cooked with the juice of tender leaves of <i>Aamra</i>	<i>Karna sraava</i>	Su.uttr.21/46

<b>Aartagal</b>			
2.	Processed ghee with <i>swaras</i>	<i>Swarbheda</i> ( <i>Vatika</i> type hoarseness of voice)	Shu.uttr.53/10

<b>Agnimanth - Premna mucronata Roxb.</b>			
1.	Decoction of <i>Agnimanth</i>	<i>Vasameha</i>	Shu.chi.11/9
<b>Vaijyanti</b>			
2.	Decoction of <i>Vaijyanti</i>	<i>Ikshumeha</i>	Shu.chi.11/9

<b>Amaltaas - Cassia fistula Linn.</b>			
1.	Oil taken from pulp of <i>aragvadh</i> , used in children upto 12 yr age, taken with castor oil or kustha oil	purgative in <i>vata kaph</i> disorders	Shu.su.44/75
	Decoction of <i>Amaltaas</i>	<i>Haridrameha</i>	Shu.chi.11/9
3.	<i>Dushtavrana sneha</i> - oil used in vitiated wounds		Shu.chi.31/5

	Bark of <i>varnaka</i> pounded in woman milk -collyrium	<i>Pittaja abhishyand</i>	Shu.uttr.10/10
	<i>Ankur (Komal patra)- Ghrit bhrusht</i> (fried in ghee)	<i>Gulma</i>	Shu.uttr.42/61
	<i>Kwatha</i> for <i>virechan</i>	<i>Paandu</i>	Shu.uttr.44/16
	Young leaves of white <i>Karnikaar</i> licked mixed with honey	<i>Raktapitta</i>	Shu.uttr.45/19

**Ankota - *Alangium salvifolium* Linn. F. Wang.**

1.	Flowers- as an collyrium	In poisoned collyrium	Shu.kalpa.1
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**Apaamarga - *Achyranthes aspera* Linn.**

1.	<i>Apamarga</i> root with rice water mixed with honey	Invisible piles	Shu.chi.6/12
2.	Pressed snuff with oil processed with fruits	<i>Apachi (Scrofula)</i>	Shu.chi.18/23
3.	<i>Shirovirechan sneha</i> - Oil act as head evacuatives		Shu.chi.31/5

**Arka - *Calotropis procera* Ait. R.Br.**

1.	Decoction of <i>Arka</i>	<i>Krimiyukta Kustha</i> (Organism appears in <i>Kustha</i> )	Shu.chi.9/51
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**Ashwagandha - *Withania somnifera***

1.	In <i>Kaarshya</i>	For <i>Brihana</i>	Shu.su.15/40
2.	Drink milk boiled with <i>Ashwagandha</i>	<i>Shosh</i>	Shu.uttr.41/42
3.	Intake of ghee extracted from milk boiled with <i>Ashwagandha</i> , added with plenty of sugar in morning with post drink of milk		Shu.uttr.41/42

**Atibala - *Abutilon indicum***

1.	Regular use in <i>Kaarshya</i> – for <i>Brihana</i>		Shu.su.15/40
2.	Root half <i>Pala</i> with water	Sustenance of long age, <i>Shosh, Raktapitta</i>	Shu.chi.27/10

**Badar - *Ziziphus mauritiana***

1.	Take boiled <i>badar</i> fruits mixed with jaggery and oil	<i>Atisaar</i>	Su.uttr.40/133
2.	<i>Badar</i> leaves fried in ghee mixed with rock salt	<i>Kasa</i>	Su.uttr.52/20

**Baakuchi - *Psoralea corylifolia***

1.	One half <i>Pala</i> (20gm) of lump of the black variety of <i>Bakuchi</i> administered suspended in cows urine in morning when redness of the sun has disappeared	<i>Rasayan yoga</i>	Shu.chi.28/3
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**Bargad / Vata / Banyan Tree- *Ficus bengalensis***

1.	3 or 4 drops of tender leaves pounded with milk- instilled into right nostril of the woman	For male child	Shu.sa.2/34
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**Bhallataka- *Semecarpus anacardium***

1.	Flowers of <i>Bhallatak</i> - as an collyrium	In poisoned collyrium	Shu.kalpa.1
2.	Oil of <i>Bhallatak</i> mixed with latex of <i>Snuhi</i>	Excellent depilatory	Shu.chi.1/105
3.	<i>Vardhmaan bhallatak</i> - 1000 fruits	All types of <i>Kustha</i> , piles, becomes strong, healthy and attains lifespan of 100 years	Shu.chi.6/17
4.	Use of <i>Bhallatak</i>	Destroys all types of <i>Arsha</i> (piles)	Shu.chi.6/19
5.	Oil of <i>Bhallatak</i> – for massage	<i>Kaphaj kustha</i>	Shu.chi.9/7

**Bhaargi - Clerodendrum serratum**

1.	Lick <i>bhargi</i> mixed with ghee and honey	Dyspnea	Shu.uttr.51/39
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**Bhrinjaraj - Eclipta prostrata**

1.	LA- Juice of <i>bhringaraj</i>	inflammatory swelling caused by nail scratching	Shu.klpa.8/56
2.	Oil cooked with 10 times of <i>Bhringraj</i>	<i>Kaphaj swaas</i> (dyspnea)	Shu.uttr.51/30

**Bibhitaki - Terminalia bellirica roxb.**

1.	Seed kernel of bibhitak mixed with honey- collyrium	<i>Savrana sukra</i> (corneal ulcers)	Shu.uttr.12/33
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**Bijapurak - Citrus medica**

1.	Intake of <i>Bijapurak</i> seeds mixed in ghee	In <i>Gulma</i> (abdominal lump)- <i>Paarswashool-</i> (pain in flanks, cardiac region and pelvis)	Shu.uttr. 42/121
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**Bijak/ Vijaysaar - Pterocarpus marsupium**

1.	Use of <i>Bijak</i>	All types of <i>Kustha</i>	Shu.chi.6/19
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**Bilva - Aegle marmelos**

1.	Ear filling with Oil –oil cooked with the paste of <i>Bilva</i> pounded with cows urine along with water and milk	<i>Baadhirya</i> (deafness)	Shu.uttr.21/35
2.	Take young fruit of <i>Bilva</i> with treacle mixed with honey and oil	<i>Atisaar-</i> If patient passes liquid stool with blood	Shu.uttr.40/125

**Braahmi - Bacopa monnieri**

1.	Root of <i>Kapotavanka</i> should be taken with sour or wine ;	Pain caused in <i>ashmari</i> (calculus)	Shu.chi.7/25
2.	Milk processed with <i>Kapotvanka</i> (root) should be taken		
3.	Take juice of <i>Brahmi</i> sanctified by 1000 oblations according to strength	<i>Rasayan</i> attains excellent brilliance and intellect	Shu.chi.28/5
4.	Oils useful in <i>ashmari</i> (gravels and calculus)		Shu.chi.31/5

**Chandan - Santalum album**

1.	Apply a thin paste of sandal	पानात्यय - For relieving burning sensation	Shu.uttr.47/55
2.	Sandal wood rubbed in <i>Aamalki</i> juice taken with green gram <i>kwaatha</i>	<i>Chhardi</i>	Shu.uttr.49/33
3.	<i>Nasya - rakta chandan</i> pounded with human breast milk	<i>Hikka</i>	Shu.uttr.50/17
4.	<i>Sweta chandan</i> mixed with warm ghee and <i>saindhav lavan- nasya</i>	<i>Hikka</i>	Shu.uttr.50/17

**Chameli- Jasminum grandiflorum**

1.	Application of <i>jaati swaras</i>	Cyst on head due to use of poisoned comb	Shu.kalp.1/58
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**Chirbilva/ Putika - Pongamia glabra**

1.	Drink <i>chirbilva patra swaras</i> with honey	Worms originated in faeces and <i>kapha</i>	Shu.uttr.54/32
2.	Drink juice of leaves of <i>putikaranja</i> according to strength-	Elephantiasis	Shu.chi.19/60

**Chitrak - Plumbago zeylanica**

1.	Use in food and drink buttermilk, sour or non sour- formed in jar pasted inside with the pulp of <i>chitrak</i> root.	Invisible piles	Shu.chi.6/13
2.	Finely pounded <i>chitrak</i> with cows urine	<i>Kustha</i>	Shu.chi.9/45
3.	Decoction of <i>chitrak</i>	<i>Siktameha</i>	Shu.chi.11/9

**Daaruhaldi - Berberis aristata**

1.	<i>Daruhaldi kwaath</i> mixed with cows urine	<i>Vridhhi</i> ( <i>Kaphaj scrotal</i> enlargement)	Shu.chi.19/13
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**Danti - Baliospermum montanum**

1.	Danti processed in buffalows urine	<i>Paandu</i>	Shu.uttr.44/16
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**Dhaamargava - Luffa cylindrical**

1.	Fruit pulp- For emesis	In artificial poisoning, <i>gulma</i> , <i>Udar Roga</i> , cough, dyspnea, disease of <i>kapha</i> , <i>vayu</i> situated in site of <i>kapha</i>	Shu.su.43
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**Dhaanyak - Coriandrum sativum**

1.	<i>Dhanyak kalka</i> mixed with sour and salt	<i>Chhardi</i> (Vomiting )	Shu.uttr.49/30
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**Dhava - Anogeissus latifolia**

1.	Juice of tender leave of <i>dhava - karnapooran</i> (ear filling);	<i>Karnasraava</i> (otorrhoea)	Shu.uttr.2 1/46
2.	Sesame oil cooked with swaras of tender leaves - <i>karnapooran</i>		

**Draaksha - Vitis vinifera**

1.	<i>Draaksha swaras</i> mixed with sugar- <i>nasya</i>	<i>Nasagat raktapitta</i> (epistaxis)	Shu.uttr.45/37
2.	Paste of <i>draksha</i> licked with ghee and honey	<i>Kasa</i>	Shu.uttr.52/16
3.	Drink milk boiled with <i>draksha swaras</i>	Suppression of urges of urine	Shu.uttr.55/26
4.	Paste of <i>draksha</i> 10 gm kept in water overnight and well cooled should be used	Painful disorders of urine	Shu.uttr.58/38

**Dravanti- Chlorophytum tuberosum**

1.	LA of <i>musikaparni swaras</i>	cyst on head due to use of poisoned comb	Shu.kalpa.1/58
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**Ela - Elettaria Cardamomum**

1.	Intake of <i>ela</i> with milk	In suppression of urine	Shu.uttr.55/22
2.	<i>Ela choorna</i> with <i>Aamalki swaras</i> mixed with honey	Disorders of urine	Shu.uttr.58/41

**Eranda - Ricinus communis Linn.**

1.	Castor oil mixed with milk induces purgation	<i>Virechan</i> - in children, old people, wasted due to chest wound and delicate person	Shu.su.44/76
2.	Drink castor oil mixed with milk	<i>Vridhhi</i> (In <i>Vataj</i> scrotal enlargement)	Shu.chi.19/6

3.	Drink castor oil for 1 month	<i>Vatika Shotha</i> (oedema )	Shu.chi.23/11
4.	Processed goat milk <i>Seka</i> (irrigation by luke warm), aaschyotan (eye drops by cold )-	<i>Vataj abhishyanda</i>	Shu.utt.9/11
5.	Intake of Castor oil mixed with milk- ( <i>Virechan</i> )	<i>Vataj timir</i>	Shu.uttr.17/29
6.	Purgation- milk processed with <i>Eranda</i> root	<i>Atisaara</i>	Shu.uttr.40/131
7.	Administration of - castor oil with curd water; castor oil with milk	In <i>Gulma, Paarswashool</i>	Shu.uttr.42/122
8.	<i>Pana -Sneha virechana-</i> unctuous purgative, warm and salty is useful	<i>Vataj chhardi</i>	Shu.uttr.49/20
9.	Purgation	In severe <i>Udavarta</i>	Shu.uttr.55/42
10.	Castor oil single/ mixed with cows urine / mixed with milk	<i>Udar Roga</i>	Shu.chi.14/9

**Ervaaru -Snake cucumber**

1.	Seeds mixed with a bit of salt with water	Suppression of urges of urine	Shu.uttr.55/25
2.	paste of seeds 10 gm, mixed with rocksalt along with sour gruel	<i>Mutrakrichha</i> (dysuria)	Shu.uttr.58/29

**Gangeruki - Grewia hirsute**

1.	For boy child		Shu.sa.2/34
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**Gavaakshi / Indravaaruni- Citrullus colocynthis**

1.	Intake of <i>indravaaruni</i> with jaggery	<i>Kamala</i> (jaundice)	Shu.uttr.44/30
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**Godhuma- Triticum sativum**

1.	Regular use in <i>Kaarshya</i>	For <i>Brihana</i>	Shu.su.15/40
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**Gokshura- Tribulus terrestris**

1.	Powder of seeds mixed with honey, taken with ewe's milk	Calculus	Shu.chi.7/19
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**Guda / Jaggery**

1.	Jaggery cooked in decoction of <i>haritaki</i> - virechan	<i>Paandu roga</i>	Shu.uttr.44/16
2.	Jaggery mixed in water	Thirst caused by exertion	Shu.uttr.48/30

**Guduchi - Tinospora cordifolia Willd**

1.	<i>Rakta pitta vrana -Patra aachhadan</i> (wound should be covered by <i>Guduchi</i> )	<i>Atidagdha</i> (in deep burn) - <i>Ushma har, Vranropan</i>	Shu.su.12/26
2.	<i>Guduchi swaras</i> ; <i>Guduchi kwaath</i> (decoction); Ghee processed with <i>Guduchi swaras</i> ; Ghee processed with decoction of <i>Guduchi</i> ;	<i>Kustha</i> - in every morning- get rid in 1 month	Shu.chi.10/14
3.	Ghee cooked with <i>guduchi swaras</i> - eye drops	<i>Kukunak</i>	Shu.uttr.19/13
4.	<i>Kwaath</i> (decoction )	(fever caused by <i>Vata</i> associated with <i>Kapha</i> )	Shu.uttr.39/17 0
5.	<i>Phant</i> (cold infusion)	(fever caused by <i>Vata</i> associated with <i>Pitta</i> )	
6.	Cold infusion of <i>Guduchi</i> and mixed with honey is wholesome	<i>Sannipataj chhardi</i> (all types of vomiting )	Shu.uttr.49/24

<b>Guggulu- Commiphora mukul</b>			
1.	Guggulu with cows urine or with <i>punarnava kwatha</i>	Shotha (oedema)	Shu.chi.23/12
2.	Fumigation with <i>guggulu</i>	Karnadurgandh (foetid ear)	Shu.uttr.21/53
3.	Guggulu with cows urine	Urustambha	Shu.chi.5/35

<b>Gunja - Abrus precatorious</b>			
1.	After scrappingg deeply, apply paste of <i>gunja</i>	Indralupta (alopecia)	Shu.chi.20/25

<b>Haridra - Curcuma longa</b>			
1.	Powder of <i>haridra</i> mixed with latex of <i>snuhi-LA</i>	Arsha (Pile)	Shu.chi.6/12
2.	Use of <i>haridra</i>	In 16 types of <i>prameha</i>	Shu.chi.6/19
3.	Using <i>haridra</i> 1 pala with cows urine	Kustha	Shu.chi.9/45
4.	<i>haridra</i> mixed with honey- along with <i>amalaka swaras</i>	Prameha	Shu.chi.11/8
5.	Intake of ghee cooked with paste of <i>haridra</i>	Anemia- after evacuation	Shu.uttr.44/15

<b>Haritaki (Terminalia checula Retz.)</b>			
1.	Haritaki choorna- With <i>sunthi; guda; Saindhav lavan</i>	Agnideepan, vata anulomana, vrishya, indriya prasaadan, santarpan rog naashak	Shu.su.44/68, 69
2.	LA- fruits kept in goats milk	restoring normal pigmentation of skin	Shu.chi.1/95
3.	Use <i>haritaki</i> with jaggery	all types of <i>vatarakta</i>	Shu.chi.5/12
4.	Palliative treatment- in morning, <i>haritaki</i> mixed with jaggery	Arsha	Shu.chi.6/13
5.	100 fruits of <i>haritaki</i> should be cooked in cows urine (1 drona)		Shu.chi.6/13
6.	<i>Haritaki</i> mixed with jaggery	Udar Roga	Shu.chi.14/10
7.	Powder of <i>haritaki</i> with grapes <i>swaras</i> ; Powder of <i>haritaki</i> with sugarcane juice	<i>granthi</i> (In <i>paittika</i> cyst)	Shu.chi.18/9
8.	<i>Haritaki kalka</i> with one of the urine	In <i>kaphaj shlipad</i>	Shu.chi.19/5
9.	<i>Haritaki</i> with equal quantity of jaggery	<i>Sawathu</i> (Oedema)	Shu.chi.23/12
10.	Take powder of <i>sharkara</i> and <i>haritaki</i> with honey	In fever- after elimination of <i>Dosas</i> , if one suffers from gidiness	Shu.uttr.39/30 8
11.	<i>Virechan</i>	If passes stool frequently with pain, difficulty and retention	Shu.uttr.40/31
12.	<i>Haritaki</i> with jaggery	<i>Gulma</i>	Shu.uttr.42/62
13.	<i>Haritaki</i> powder mixed with honey and ghee	In Anemia	Shu.uttr.44/14
14.	<i>Haritaki</i> with sugar	<i>Murchha</i> (fainting)	Shu.uttr.46/17
15.	Ghee processed with decoction of <i>haritaki</i>	<i>Murchha</i> (fainting)	Shu.uttr.46/19
16.	Take <i>haritaki</i> with post drink of warm water	Hiccough	Shu.uttr.50/24

<b>Hingu - Ferula assafoetida</b>			
1.	Ghee mixed with <i>Hingu</i>	In <i>Gulma</i> ; <i>Paarswashool</i>	Shu.uttr.42/121
2.	<i>Hingu</i> (5gm) taken with sour gruel; or any sour fruit juice	<i>Kasa</i> (Cough)	Shu.uttr.52/21

<b><i>Ikshu - (Saccharum officinarum Linn.)</i></b>			
1.	<i>Ikshu- Sheetal parisheka</i> (cold irrigation)	<i>Raktaj shiro roga /Pittaja Shiroroga</i>	Shu.uttr.26/12
2.	Drink sugar cane juice	Fever	Shu.uttr.39/318
3.	sugarcane juice mixed with honey- for purgation	<i>Paandu</i> (anemia)	Shu.uttr.44/18
4.	Cold infusion taken mixing with powder of <i>nilotpal</i> and honey	<i>Shonitpitta</i> (intrinsic haemorrhage)	Shu.uttr.45/21
5.	Cooled <i>Ikshu swaras</i> mixed with sugar- <i>Nasya</i>	<i>Nasagat raktapitta</i>	Shu.uttr.45/37
6.	Drink sugar cane juice	<i>Trishna nirodhaj daha</i>	Shu.uttr.47/72
7.	Water mixed with sugarcane juice	<i>Trishna</i>	Shu.uttr.48/32
8.	Emesis by intake of sugarcane juice	In patient of hiccough	Shu.uttr.50/17
9.	ghee cooked in <i>Ikshu swaras</i>	<i>Pittaj kasa</i>	Shu.uttr.52/35

<b><i>Ikshvaaku- Langenaria siceraria</i></b>			
1.	Powder of <i>Ikshvaaku</i> flower with milk	<i>Vaman</i> - in cough, dyspnea, vomiting, disease of <i>Kapha</i>	Shu.su.43/8

<b><i>Ingudi- Balanites aegyptiaca</i></b>			
1.	<i>Ingudi Twak choorna- shirovirechana</i> (evacuation)	<i>Kaphaj shiroroga</i>	Shu.uttr.26/20
2.	Kernel of <i>ingudi</i> mixed with honey and sugar	<i>Raktapitta</i>	Shu.uttr.45/26

<b><i>Jeemutak- Luffa echinata</i></b>			
1.	Supernated layer of milk processed with hard hairy fruits	<i>Emesis in Kapha, anorexia, Swaas, Kasa, Pandu, Kaarshya</i>	Shu.su.43/7
2.	Upper layer of curd made by milk processed with non hairy fruits		Shu.su.43/7
3.	Curd made with milk processed with green pale fruits		Shu.su.43/7

<b><i>Duralabha -Fagonia cretica</i></b>			
1.	Paste of the root of <i>kacchura</i> ( <i>duralabha</i> )	<i>Pakwa atisaar</i>	Shu.uttr.40/74
2.	<i>Duralabha swaras</i>	Urine disorder	Shu.uttr.55/25

<b><i>Kadali - Musa paradisiacal</i></b>			
1.	Lukewarm <i>kadali swaras</i> - filling of ear- <i>Karnapooran</i>	<i>Karnashool</i>	Shu.uttr.21/17

<b><i>Kadamb- Neolamarckia cadamba</i></b>			
1.	Seeds of small <i>Kadamb</i> mixed with honey along with rice water	<i>Swaas</i>	Shu.uttr.51/40
2.	Powder of <i>Nrittakaundaka</i> ( <i>Laghu kadamb</i> ) seeds liked with ghee and honey		Shu.uttr.51/34

<b><i>Kaaleyak - Coseinium fenestratum</i></b>			
1.	<i>Ghrita</i> cooked with paste of <i>Kaleyak</i> and added with <i>Haridra</i>	<i>Kamala</i>	Shu.uttr.44/31

<b><i>Kaalmegha /Aksapida / Yavatikta - Andrographis Panniculata</i></b>			
1.	Ghee cooked with decoction of <i>Aksapida</i> made in cows urine	<i>Kustha</i>	Shu.chi.9/48

**Kamal - Nelumbo nucifera**

1.	Rakta pitta vrana –Kamal Patra aachhadan	Atidagdha	Shu.su.12/26
2.	Drink Alkali water of <i>Indivara</i> mixed with honey	Raktapitta	Shu.uttr.45/35
3.	Intake of stem and stalk of lotus with cold water	Murchha (fainting)	Shu.uttr.46/17

**Kaanchnaar - Bauhinia purpurea**

1.	Elechearies made of powdered flower of <i>Kaanchnaar</i>	Raktapitta	Shu.uttr.45/19
2.	Syrup prepared of <i>kovidaar</i> flower	Thirst ( <i>Kshataj trishna</i> )	Shu.uttr.48/26

**Kantakari - Solanum virginianum**

1.	Mustard oil cooked with decoction of <i>Kantakari</i>	Alasa	Shu.chi.20/22
2.	Goats milk cooked with root of <i>Kantkaari- Seka</i> (irrigation by luke warm); <i>Aaschyotan</i> (eye drops by cold)	Abhishyanda/ Adhimantha	Shu.uttr.9/12
3.	<i>Kantkari swaras</i> - 160 ml, in morning	Disorder of urine	Shu.uttr.58/39

**Kapikacchhu - Mucuna pruriens**

1.	<i>Kapikacchhu</i> with honey- <i>Anjan</i> (collyrium)	<i>Pitta vidagdha drishti</i> (apply collyrium at night), <i>Kapha vidagdha drishti</i> (apply at day time)	Shu.uttr.17/7
2.	Rubbing fruits of <i>Kapikacchhu</i>	Coma ( <i>Sanyaas</i> )	Shu.uttr.46/23

**Kapittha - Feronia limonia**

1.	Flowers of <i>Kapittha</i> – as an collyrium	In poisoned collyrium	Shu.kalpa.1/71
2.	Paste of peduncle of <i>Kapittha</i> with honey- as collyrium	<i>Pittavidagdha drishti</i> (apply at night) and <i>Kaphavidagdha drishti</i> (apply c in day)	Shu.uttr.17/7
3.	<i>Kapittha</i> along with <i>Tandulambu</i>	<i>Chhardi</i> (Vomiting)	Shu.uttr.49/30

**Karanja/ Naktamaal/ Bruhatkaranja -Pongamia pinnata**

1.	Raw oil of <i>Karanja</i> - LA	In wounds of <i>Kustha</i>	Shu.chi.9/53
2.	Drink <i>Patra swaras</i> of <i>Putikaranja</i> according to strength	Elephantiasis	Shu.chi.19/60
3.	oil of <i>Naktamal</i> - L.A	<i>Sarkaraarbuda</i>	Shu.chi.20/18
4.	<i>Karanja</i> seeds mixed with sugar and honey	<i>Urdhwa Raktapitta</i>	Shu.uttr.45/25
5.	<i>Karanja</i> seeds mixed with salt taken with curd water	<i>Urdhwa Raktapitta</i> – <i>Kaphanubandh</i>	Shu.uttr.45/26
6.	Intake of <i>Beej kalka</i> mixed with honey	<i>Raktapitta</i> - situated in throat	Shu.uttr.45/35

**Karpaas - Gossypium arboreum**

1.	Pounded fruits of wild and cultivated <i>Karpasi</i>	<i>Kshataj trishna</i> (Thirst)	Shu.uttr.48/27
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**Karvellaka - Momordica charantia Linn.**

1.	<i>Swaras</i> - <i>Sreshta virechana</i> (best purgative)		Shu.su.44/3
2.	Ghee cooked with <i>Kalka</i> and <i>Kwaath</i> - for sprinkling ( <i>Parisheka</i> )	<i>Vatarakta</i>	Shu.chi.5/12

**Kaashmarya - Gmelina Arborea**

1.	Intake of <i>Kashmarya</i> fruit with honey	<i>Raktapitta</i>	Shu.uttr.45/19
2.	Administration decoction of <i>Gambhari</i> fruit mixed with sugar	<i>Pittaj jwar</i>	Shu.uttr.39/179

**Kathphal - Myrica esculenta**

1.	<i>Karnapooran- katphal swaras</i>	Disorder of hearing- if ear oil is poisoned	Shu.kalpa.1
2.	<i>Katphal powder - Aaschyotan (eye drops)</i>	<i>Pittaja abhishyanda</i>	Shu.uttr.10/12
3.	<i>Choorna- Pradhman nasya</i>	<i>Kapahj shiroroga</i>	Shu.uttr.26/21

**Kebuk - Costus speciosus**

1.	Drink <i>kebuka swaras</i> with honey (after <i>aasthapan basti</i> )	Worm infestation	Shu.uttr.54/25
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**Ketaki - Pandanus tectorius**

1.	Alkali of <i>ketaki</i> taken with oil	Pacifies <i>gulma</i> caused by <i>vata</i>	Shu.uttr.42/45
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**Khadir -Acacia catechu**

1.	Use of <i>Khadir</i> - All types of <i>kustha</i>		Shu.chi.6/19
2.	Bath with <i>Khadir</i> water, then drink gruel processed with the same	<i>Kustha</i>	Shu.chi.9/66
3.	Use <i>Khadir</i> in all ways- bath, drink, food	<i>Kustha</i>	Shu.chi.9/70
4.	<i>Khadir swaras</i> - mixing with <i>Aamalki swaras</i> , honey and ghee		Shu.chi.10/13
5.	<i>Khadir</i> kwath mixed with <i>Amalaki juice</i> , honey and ghee		Shu.chi.10/13
6.	Powder of the heartwood of <i>Khadir</i> used every morning		Shu.chi.10/13
7.	Ghee cooked with decoction of <i>Khadira</i> heartwood should be used		Shu.chi.10/13
8.	Decoction of <i>Khadira</i>	<i>Sanairameha</i>	Shu.chi.11/9
9.	Processed ghee	<i>Kusth</i>	Shu.chi.13/11

**Kharjura - Phoenix dactylifera**

1.	Intake of <i>kharjura</i> fruit with honey	<i>Raktapitta</i> (intrinsic haemorrhage)	Shu.uttr.45/19
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**Kodrav / Kodo Dhaan- Paspalum scrobiculatum**

1.	For washing- alkali water of <i>kodrava</i> plant	<i>Daarunak</i> (dandruff)	Shu.chi.20/30
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**Kordushaka**

1.	Regular use - <i>Rukshan, medoghna, chedan - strotovisodhana</i>	<i>Atisthaulya</i>	Shu.su.15/38
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**Koshaamra -Schleichera trijuga**

1.	In wounds of <i>kustha</i> raw oil of <i>kosaamra</i> - LA	<i>Kustha</i>	Shu.chi.9/53
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**Kulattha -Dolichos biflous**

1.	<i>Nashtaaartav</i>		Shu.sha.2/23
2.	Intake of <i>yavakshara</i> mixed with alkali water of <i>kulatha</i>	<i>Krimi</i>	Shu.uttr.54/39

**Kumkum / Kesar - Crocus sativus**

1.	Drink In morning 10gm <i>kumkum</i> kept overnight mixed with honey	<i>Mutrakrichha</i>	Shu.uttr.58/31
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**Kutaj -Holarrhena antidysentrica**

1.	Use of <i>kutaj</i>	All types of <i>arsha</i> ( <i>rakta pittaj</i> type)	Shu.chi.6/19
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**Kutaki -Picrorhiza kurroa**

1.	<i>Katuka</i> powder mixed with sugar, taken with warm water	Fever	Shu.uttr.39/198
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<b>Laaja</b>			
1.	Intake of saturating food of parched paddy mixed with sugar and honey	Fever	Shu.uttr.39/140
2.	Parched paddy flour mixed with honey	For all types of vomiting	Shu.uttr.49/28
3.	Parched paddy mixed with ghee and honey	Vomiting	Shu.uttr.49/32

<b>Laaksha -Laccifer lacca</b>			
1.	<i>Laaksha choorna- vranamukh- gharshan</i>	<i>Vrana- Atirakta sraav</i>	Shu.Su.14/36
2.	After removal of tartar, LA of <i>lac</i> mixed with honey	<i>Dantsharkara (tartar)</i>	Shu.chi.22/37

<b>Lakshamana -Ipomoea sepiaria</b>			
1.	3 or 4 drops of <i>Lakshamana</i> pounded with milk- <i>Nasya</i>	For boy child	Shu.sa.2/34

<b>Laangali - Gloriosa superba</b>			
1.	<i>Laangli mula kalka</i> - (LA of paste of pulp of <i>Laangli</i> root on palm and sole of a women)	If placenta is retained	Shu.sa.10/23

<b>Madanphala -Randia spinosa</b>			
1.	Powder of fruit pulp impregnated with its decoction, - for emesis	In fever	Shu.su.43/6
2.	Creamy layer of processed milk mixed with honey	In downward intrinsic haemorrhage and burning in cardiac region	Shu.su.43/6
3.	Milk cooked with fruit pulp of <i>Madan</i>		Shu.su.43/6
4.	Upper layer of curd or curd of the curdled milk processed with <i>Madan</i> fruit pulp- <i>Vaman</i>	in excessive mucous secretion, vomiting, fainting, feeling of darkness	Shu.su.43/6
5.	Patient should be vomited quickly with saline water mixed with <i>Madan</i> fruit	If drug does not move upwards or downwards	Shu.chi.34/10

<b>Madhuk/ Mahua - Madhuca indica</b>			
1.	Emesis by smelling the necklace sprinkled with powder of dry flower		As.hr.kalpa.1/34
2.	Pressed snuff- oil processed with <i>Madhuka</i> seeds	<i>Apachi (Scrofula)</i>	Shu.chi.18/23
3.	Oils used in disorders caused by <i>vayu</i> combined with <i>Pitta</i>		Shu.chi.31/5
4.	Syrup prepared of <i>Madhuk</i> flower	<i>kshataj trishna</i>	Shu.uttr.48/26

<b>Mandukparni - Centella asiatica</b>			
1.	<i>Mandukparni swaras</i> mixed with milk or afterdrink of milk	<i>Rasayan</i>	Shu.chi.28/4

<b>Marich - Piper nigrum</b>			
1.	Lick <i>maricha</i> with honey	<i>Kasa</i>	Shu.uttr.52/21

<b>Maasha/ Black Gram - Vigna mungo</b>			
1.	black gram with honey and ghee followed by intake of milk	<i>Vaajikaran</i>	Shu.chi.26/29

<b>Maatulunga - Citrus medica</b>			
1.	fruit mixed with honey and rock salt, kept in mouth ( <i>gandush</i> )	Fever	Shu.uttr.39/1
2.	Pounded roots and flowers - taken with rice wash	<i>Nasagat raktapitta</i>	Shu.uttr.45/36
3.	<i>Gandusha</i> (gargle)	<i>Trishna - mukha virasta</i> (tastelessness in mouth)	Shu.uttr.48/17

<b>Meshshrungi / Vishaanika - Gymnema sylvestre</b>			
1.	Collyrium with <i>swaras</i> or flower	poisoned collyrium	Shu.kalpa.1/70
2.	Ghee processed with milk and <i>meshshrungi</i>	<i>Anyatovata</i> / <i>Vataparyaya</i>	Shu.utt.9/19
3.	Ghee processed with fruit <i>kalka</i>	<i>Netra roga</i> (eye disease due to <i>vata</i> )	Shu.utt.17/31
4.	<i>Choorna Nasya- Shirovirechana</i> (head evacuation)	<i>Kaphaj shiroroga</i>	Shu.uttr.26/20

<b>Mulak</b>			
1.	Lukewarm juice of <i>mulak- karnapooran</i> (filling of ear)	<i>karnashool</i>	Shu.uttr.21/17
2.	Administration of soup of tender raddish	<i>Vata</i> and <i>kaphaj</i> fever	Shu.uttr.39/139

<b>Mulethi (Glycyrrhiza glabra Linn.)</b>			
1.	Sprinkling warm ghee mixed with <i>yastimadhu</i> (for <i>Vedana shaanti</i> )	severe pain due to insertion of sharp instrument	Shu.Su.5/42
3.	Vomiting with decoction	indigestion, or excessively excited <i>kapha</i>	Shu.chi.33/17
4.	unctuous enema with <i>yastimadhu</i>	Rough drug taken	Shu.chi.34/9
5.	unctuous enema with processed oil	<i>Parikartika vyaapad</i>	Shu.chi.34/16
6.	unctuous enema with <b>processed oil- vata predominance</b> ; Vomiting with <b>rice water with yastimadhu</b> - in pitta dominant loss of consciousness		Shu.chi.34/19
7.	<i>madhuksaar</i> mixed with honey- collyrium	<i>Savrana sukra</i>	Shu.uttr.12/33
8.	<i>karnapooran</i> (ear filling)- Juice of tender leave of <i>mulethi</i> -;	<i>Karnasraava</i>	Shu.uttr.21/46
9.	Sesame oil cooked with juice of tender leaves	(otorrhoea)	
10.	<i>Shirovirechana</i> (evacuation)- <i>madhuka sara</i>	<i>Kaphaj shiroroga</i>	Shu.uttr.26/20
11.	<i>Avapeedan nasya</i> - with <i>madhuk</i> mixed with honey	<i>Ardhaav bhedaka</i>	Shu.uttr.26/33
12.	Enema with processed oil added with honey	<i>paittika</i> heart disease	Shu.uttr.43/17
13.	Drink decoction of <i>yastimadhu</i> mixed with honey; Linctus of powder of <i>yastimadhu</i> with honey	<i>Paandu</i> (anemia)	Shu.uttr.44/20
14.	Emesis mixed with <i>yastimadhu</i> and honey	<i>Adho raktapitta</i>	Shu.uttr.45/15
15.	Elechearies made of powdered flower of <i>madhuk</i>	<i>Raktapitta</i>	Shu.uttr.45/19
16.	Paste of <i>yastimadhu</i> with honey -taken with rice wash water	<i>Raktapitta</i>	Shu.uttr.45/24
17.	Unctuous enema with processed ghee	In excessive purgation	Shu.uttr.45/38
18.	Pressing snuff with <i>yastimadhu</i> mixed with honey	Hiccough	Shu.uttr.50/17
19.	Drink Decoction of <i>madhuk</i>	<i>Kshayaj trishna</i>	Shu.uttr.48/28

<b>Munga - Vigna radiate</b>			
1.	<i>Atisthaulya</i> - regular use		Shu.su.15/38
2.	Eat old green gram cooked in <i>nimba</i> water and mixed with oil	<i>Kustha</i>	Shu.chi.9/51

<b>Murva / Madhurasā - Marsdenia tenacissima</b>			
1.	Madhurasā mixed with honey and taken with rice water	Chhardi	Shu.uttr.49/28

<b>Mushkak - Stereospermum suaveolens</b>			
1.	Collyrium- mushkak swaras mixed with gorochana	In poisoned collyrium	Shu.klp.1/71

<b>Nagarmotha / Musta (Cyperus rotundus Linn.)</b>			
1.	Processed milk	Comprehensive procedure treatment of Ama	Shu.uttr.40/47
2.	Decoction of musta alone mixed with honey	Pakwa atisaar	Shu.uttr.40/72

<b>Naagabala Sida veronicaefolia</b>			
1.	Regular use in Kaarshya	For Brihana	Shu.su.15/40
2.	Take nagbala root half pala with honey	Balya, Shosha, Raktapitta	Shu.chi.27/10
3.	Naagbala with milk	Kshaya roga	Shu.uttr.41/57

<b>Nimba /Neem (Azadirachta indica A. Juss)</b>			
1.	leaves kalka with honey - LA- cleansing agent in wound	Vranarohan	Shu.chi.1/67
2.	Drink nimba kwaatha	Krimiyukta kustha	Shu.chi.9/51
3.	Drink nimba kwaatha	Surameha	Shu.chi.11/9
4.	After blood letting, irrigate with decoction of nimba	Arumsika	Shu.chi.20/27
5.	Vomiting with decoction of nimba;	Padminikan tak (acne)	Shu.chi.20/38
6.	Ghee cooked with decoction of nimba and mixed with honey		Shu.chi.20/39
7.	Oils used in prameha		Shu.chi.31/5
8.	Induce vomiting with decoction of nimba leaves mixed with honey and treacle	Fever with burning sensation	Shu.uttr.39/28 2
9.	Emesis with hot decoction of nimba leaves	Kaphaj trishna	Shu.uttr.48/21
10.	Induce vomiting- nimba kwaath,	Kaphaj arochak	Shu.uttr.57/8

<b>Nirgundi - Vitex negundo</b>			
1.	Ghrita cooked with juice of Nirgundi leaves	Kasa caused by kapha	Shu.uttr.52/30

<b>Palaash (Butea monosperma Lm.)</b>			
1.	Ghee cooked with ash of Palaash	Granthibhut shukra (in knotty semen)	Shu.sha.2/8
3.	Pushpa choorna - Anjana (collyrium)	Pittaabhis hyanda	Shu.uttr.10/7
4.	Collyrium made of Palaash flower rubbed in breast milk and mixed with honey - in copper vessel		Shu.uttr.10/9
5.	LA of well cooked paste of palaash leaves pounded with sour gruel	Fever- burning sensation	Shu.uttr.39/28 5
6.	Ghee cooked with alkali- water of Palaash	Raktagulma	Shu.uttr.42/19
7.	ghee cooked with decoction of palaash, mixed with honey	Raktapitta	Shu.uttr.45/29
8.	Palaash leaves fried in ghee mixed with rock salt	Kasa	Shu.uttr.52/20
9.	Use decoction or paste of Palaash seeds with rice wash	Krimi	Shu.uttr.54/25

<b>Paraibhadra/ Bakayan - Erythrina indica</b>			
1.	Patra swaras with honey	Krimi (Worm infestation)	Shu.uttr.54/26
2.	Decoction of Paarijata- drink	Udakameha	Shu.chi.11/9

<b>Paatla - Stereospermum suaveolens</b>			
1.	Fruit and flower of Paatla used with honey	In all types of hiccough	Shu.uttr.50/27
2.	Ash of Paatla decanted and mixed with a bit of oil	Urine disorders	Shu.uttr.58/46

<b>Pattura- Aerva lanata</b>			
1.	Drink Pattura swaras with honey	Worm infestation	Shu.uttr.54/26

<b>Pilu (Salvadora persica Linn.)</b>			
1.	Fried fruits of Pilu mixed with salt taken with urine;	Gulma	Shu.uttr.42/64
2.	Fried fruits of Pilu mixed with salt taken with milk;		
3.	Fried fruits of Pilu mixed with salt taken with Draaksha swaras		

<b>Pipal/ Aswattha Ficus religiosa</b>			
1.	Decoction of Aswattha	Neelmeha- pittaj prameha	Shu.chi.11/9
2.	Processed milk mixed with sugar and honey	Vaajikaran formulation	Shu.chi.26/27
3.	Use of Aswattha grown on Mahanimba (sobhanjana)	In poisoning of all types of bite	Shu.kalpa.8
4.	Processed Oil	Earache	Shu.uttr.21/9

<b>Pippali Piper longum</b>			
1.	Vardhman pippalli	In all types of Vata Rakta, intermittent fever, anorexia, anaemia, splenomegaly, piles, cough, oedema, consumption, diminished digeston, heart disease, Udar Roga	Shu.chi.5/12
2.	Pippali vardhmaan use	Udar Roga	Shu.chi.14/9
3.	1000 Pippali impregnated with latex of snuhi		Shu.chi.14/10
4.	Excise it and treat with Pippali mixed with honey- gargle	Adhimansa	Shu.chi.22/25
5.	Ghee processed with Pippali - intake	In poisoned collyrium	Shu.kalpa.1
6.	Pippali vardhmana, keeping on milk diet	Visham jwar (quartan fever)	Shu.uttr.39/21 6
7.	Induce vomiting with water mixed with pippalli and saindhav and then should be managed with fasting	ama with colic and flatulence	Shu.uttr.40/26
8.	Pippali with milk	Kshaya roga (consumption)	Shu.uttr.41/57
9.	Induce vomiting with decoction of Pippali	Kaphaj colic- pain aggravated just after meal	Shu.uttr.42/10 9
10.	Pippali should be used with milk according to digestive power	Paandu	Shu.uttr.44/20
11.	Pippali with honey	Murchha	Shu.uttr.46/17
12.	Water mixed with pippali powder	Trishna (Polydipsia)	Shu.uttr.48/16
13.	Pippalli powder mixed with ghee, honey, sugar	Vomiting	Shu.uttr.49/32
14.	Pressing snuff with Pippali mixed with powder sugar	Hiccough	Shu.uttr.50/16
15.	Pippali mixed with rocksalt and taken with warm water	Kasa	Shu.uttr.52/16
16.	Intake of Pippalimula with goats urine	Kaphaj and purishaj krimi	Shu.uttr.54/32

<b>Priyangu - <i>Callicarpa macrophylla</i></b>			
1.	Elechearies made of powdered flower of <i>Priyangu</i>	<i>Raktapitta</i>	Shu.uttr.45/19
2.	Syrup prepared of <i>priyangu</i> flower	<i>Kshataj Trishna</i>	Shu.uttr.48/26

<b>Punarnava- (<i>Boerhavia diffusa</i> Linn.)</b>			
1.	Milk processed with <i>Punarnava</i>	Pain of calculus caused by <i>vata</i> and <i>kapha</i>	Shu.chi.7/26

<b>Putrajeevak -<i>Putranjiva roxburghi</i> Wall.</b>			
1.	<i>Putrajivaka swaras</i>	<i>Shlipad</i> (elephantiasis)	Shu.chi.19/61

<b>Rajaadan - <i>Mimusops hexandra</i></b>			
1.	Syrup prepared of <i>Rajaadan</i>	Thirst ( <i>kshataj trishna</i> )	Shu.uttr.48/26

<b>Rasaanjana - Extract of <i>Berberis aristata</i></b>			
1.	<i>Rasaanjan</i> - externally and internally.	<i>Guda paka</i> (inflammation of anus in children)	Shu.sa.10/49
2.	<i>Rasaanjan</i> with cows urine- taken internally and externally	<i>Kustha</i>	Shu.chi.9/46
3.	Collyrium of <i>rasanjan</i> , ghee and honey	<i>Sirotpaat</i>	Shu.uttr.12/15
4.	<i>Rasaanjan</i> mixed with honey- collyrium	<i>Siraharsh</i>	Shu.uttr.12/17
5.	<i>Rasaanjan</i> mixed with honey- collyrium	<i>Arjuna</i>	Shu.uttr.12/23
6.	<i>Rasaanjan</i> rubbed with breast milk and mixed with honey	Chronic <i>Putikarna</i> with discharge	Shu.uttr.21/49

<b>Rason (<i>Pluchea lanceolata</i> C.B.Clarke)</b>			
1.	Lukewarm juice of <i>garlic- Karnapoorana</i> (filling of ear)	<i>Karna shool</i>	Shu.uttr.21/17
2.	Fresh juice of garlic – early morning	<i>Yoni roga</i>	Shu.uttr.38/30
3.	Garlic with ghee- every morning	<i>Visham jwar</i>	Shu.uttr.39/213
4.	<i>Rason</i> with milk	<i>Kshaya roga</i>	Shu.uttr.41/57

<b>Saathi</b>			
1.	For regular use in <i>Kaarshya</i>	<i>Brihana</i>	Shu.su.15/40

<b>Saakhotak - <i>Streblus asper</i></b>			
1.	Oil cooked with juice of <i>saakhotaka</i> bark – <i>Avapeedan nasya</i>	<i>Apachi</i>	Shu.chi.18/23

<b>Sana <i>Crotalaria juncea</i> Linn.</b>			
1.	Milk processed with fruits of <i>Sana</i>	not suffer from Deterioration of age	Shu.chi.27/13

<b>Saptaparna -<i>Alstonia scholaris</i></b>			
1.	Drink decoction of <i>Saptaparna</i>	<i>Krimiyukta kustha</i>	Shu.chi.9/51
2.	Decoction of <i>Saptaparna</i>	<i>Saandra meha</i>	Shu.chi.11/9

<b>Saariva -<i>Hemidesmus indicus</i></b>			
1.	Ghrita processed in double quantity of the decoction of <i>saariva</i>	<i>Swaas</i>	Shu.uttr.51/26

<b>Sarja - <i>Vateria indica</i></b>			
1.	Collyrium- <i>Sarja swaras</i> mixed with <i>gorochan</i>	In poisoned collyrium	Shu.kalpa.1/72
2.	Juice of <i>Karpasi</i> fruit mixed with powder of <i>Sarja</i> bark and honey- <i>Karnapooran</i>	<i>Karnasraava</i> (Otorrhoea)	Shu.uttr.21/43
3.	Inhalation- smoke produced of <i>sarjaras</i> uncted with <i>ghee</i>	Hiccough	Shu.uttr.50/18

<b>Sarso / <i>Sarshapa</i> - <i>Brassica campestris</i> Linn</b>			
1.	In wounds of <i>Kustha</i> raw oil of <i>Karanja</i> - LA	<i>Kustha</i>	Shu.chi.9/53
2.	Drink mustard oil according to strength	<i>Shlipad</i> - elephantiasis	Shu.chi.19/60
3.	gargles with yellow mustard and rock salt	<i>Kaphaj kantik</i>	Shu.chi.22/47
4.	Oils used in <i>Prameha</i>		Shu.chi.31/5
5.	<i>Karnapooran</i> (filling of ear) with mustard oil	<i>Krimikarna</i>	Shu.uttr.21/52
6.	Filling ear with mustard oil <i>Karna pooran</i>	<i>Karna sweda</i>	Shu.uttr.21/54
7.	<i>Karna pooran</i> with mustard oil	<i>Karna vidradhi</i> (ear abscess)	
8.	Sprinkle- mustard oil	Unripe and painful abscess caused by <i>Kapha</i>	
9.	Mustard seeds mixed with plenty of jaggery	<i>Visuchika</i>	Shu.uttr.56/15,16
10.	Snuffing and massage with mustard oil	<i>Unmaad</i>	Shu.uttr.62/16

<b>Shala - <i>Sorea robusta</i></b>			
1.	<i>Karnapooran</i> (ear filling)-Juice of tender leave of <i>Shala</i> ;	<i>Karnasraava</i> (otorrhoea)	Shu.uttr.21/46
2.	Sesame oil cooked with juice of tender leaves of <i>Shala</i>		

<b>Shalmali - <i>Shalmalia malbarica</i></b>			
1.	Cold infusion prepared of petioles of <i>Shalmali</i> and kept overnight to be taken after mixing with honey and <i>Yastimadhu</i>	<i>Diarrhoea</i>	Shu.uttr.40/98

<b>Shallaki - <i>Boswellia serrata</i> Roxb.</b>			
1.	<i>Swaras</i> with <i>Sharkara</i> + <i>madhu</i>	<i>Pittaj abhishyanda</i> - <i>Anjana</i>	Shu.uttr.10/7

<b>Sharkara</b>			
1.	<i>Sharkarodak</i> (sugar solution mixed in water) - <i>Sheetal parishek</i>	<i>Raktaj, pittaj shiroroga</i>	Shu.uttr.26/12
2.	<i>Sharkarodak</i>	<i>Pittaj jwara- twak gat</i> (Fever caused due to residual <i>pitta</i> , after elimination, localized in skin)	Shu.uttr`39/318
3.	<i>Sharkarodak</i> - <i>Nasya</i>	<i>Nasagat Raktapitta</i>	Shu.uttr.45/36
4.	Drink plenty of cold water mixed with sugar	<i>Trishna nirodhaj daha</i>	Shu.uttr.47/72
5.	<i>Sharkarodak</i>	<i>Trishna</i>	Shu.uttr.48/32
6.	<i>Sharkara siddha dugdha</i> - <i>Pana</i>	<i>Hikka</i>	Shu.uttr.50/22

<b>Shaali - <i>Oryza sativa</i></b>			
1.	Regular use in <i>Kaarshya</i>	For <i>Brihana</i>	Shu.su.15/40
2.	LA- paste of <i>shaali</i> type of rice flour after letting off the vitiated blood	If junction of nail (white skin) is crushed and is full of vitiated blood	Shu.chi.3/23
3.	Eat boiled <i>Shaali</i> with plenty of milk	Fever caused due to residual <i>pitta</i> , after elimination, localized in skin	Shu.uttr.39/318

<b>Shaalparni - <i>Desmodium gangeticum</i> DC.</b>			
1.	for Brihana	Regular use in <i>Kaarshya</i>	Shu.su.15/40

<b>Shatavari - <i>Asparagus racemosus</i></b>			
1.	For Brihana	In <i>Kaarshya</i>	Shu.su.15/40
2.	Paste of <i>Shatavari</i> root with milk	Palliative treatment for invisible piles	Shu.chi.6/13
3.	<i>shatavari</i> root powder with milk	<i>Balya, Shosha, Raktapitta</i>	Shu.chi.27/10
4.	Ear filling- <i>Shatavari swaras</i> mixed with ghee and honey	Disorder of hearing, swelling, pain and discharge from ear- if ear oil is poisoned	Shu.kalpa.1/67
5.	<i>Payasa</i> (milk processed with the root of <i>Shatavari</i> )	<i>Timir</i>	Shu.uttr.17/49
6.	Lick <i>Shatavari choorna</i> mixed with plentiful honey and ghee	Hoarseness of voice	Shu.uttr.53/14

<b>Shati /Kachura - <i>Curcuma zedoaria</i></b>			
1.	Useful in <i>Kaarshya</i>		Shu.su.15
2.	Intake of ghee cooked with <i>shati</i>	<i>Granthibhut shukra</i> (if semen is knotty)	Shu.sha.2/8

<b>Shigru - <i>Moringa oleifera</i> Lam.</b>			
1.	Raw oil of <i>Shigru</i> - LA	In wounds of <i>Kustha</i>	Shu.chi.9/53
2.	Pressed snuff with oil cooked with fruits of <i>shigru</i>	<i>Apachi</i> ( <i>Scrofula</i> )	Shu.chi.18/23
3.	Lukewarm juice of <i>Shigru/ Murangi- karnapooran</i>	<i>Karnashool</i> (earache)	Shu.uttr.21/17
4.	<i>Shirovirechan</i> (seeds pounded with cow urine)	<i>Kaphaj shiroroga</i>	Shu.uttr.26/28
5.	Fruits of <i>shigru</i> mixed with <i>saindhav-</i> with warm water	<i>Paandu</i> (anemia)	Shu.uttr.44/26
6.	Elechearies made of powdered flower of <i>Shobaanjan</i>	<i>Raktapitta</i>	Shu.uttr.45/19

<b>Shirish - <i>Albizzia lebbek</i> Benth.</b>			
1.	Heartwood, seed and bark of <i>Shirish</i> taken with honey	<i>Kashaya dant</i> rat bite- produces sleep, dryness of cardiac region and emaciation	Shu.kalpa.7/19

<b>Shyamaka - <i>Echinochloa frumentacea</i></b>			
1.	<i>Atisthaulya</i> - regular use	<i>Rukshan- medoghna, chedan - Shrotovishodhana</i>	Shu.su.15/38

<b>Simsapa - <i>Dalbergia sissoo</i></b>			
1.	Decoction	<i>Vasameha</i>	Shu.chi.11/9
2.	Processed Milk	Fever	Shu.uttr.39/203

<b>Sleshmatak - <i>Cordia myxa</i></b>			
1.	Bark of <i>Sleshmatak- paan, abhyanga</i>	Poisoning with all types of bites	Shu.kalpa.8/120
2.	Oils used in disorders caused by <i>vayu</i> combined with <i>pitta</i>		Shu.chi.31/5

<b>Snuhi / Sudha - <i>Euphorbia neriifolia</i></b>			
1.	Latex of <i>snuhi- Sreshta virechana</i>		Shu.su.44/4
2.	latex of <i>Snuhi</i> must be sprinkled on head of women	Retained placenta	Shu.sa.10/23
3.	Purgation- with ghee processed with latex of <i>Snuhi</i>	<i>Kaphaj Udar Roga</i>	Shu.chi.14/7
4.	Cows milk added with latex of <i>Snuhi</i> should be cooked, after it is well cooked it should be put down and when cooled should be churned with a stick and butter extracted which should be again be	<i>Udar Roga</i>	Shu.chi.14/10

	cooked with latex of <i>Snuhi</i> - use for a month or a fortnight		
5.	Drink cow milk processed with latex of <i>Snuhi</i>	<i>Shosh</i>	Shu.uttr.41/44

**Sunthi - Zingiber officinale Rosc.**

1.	<i>Sunthi</i> rubbed with breast milk and mixed with ghee - <i>Anjana</i> (collyrium)	<i>Shushka akshi paka</i>	Shu.uttr.9/23
2.	<i>Sunthi</i> with jaggery	<i>Kaamla</i>	Shu.uttr.44/30
3.	Intake of goats milk processed with decoction of <i>sunthi</i>	<i>Hikka</i>	Shu.uttr.50/22

**Warji Kshaar**

1.	<i>Swarjikshara</i> mixed with <i>Bijapurak swaras</i> and honey	<i>Hikka</i>	Shu.uttr.50/21
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**Taal - Borassus flabellifer**

1.	Paste of new root of <i>Taal</i> with <i>Shalitandula wash</i> ; Paste of new root of <i>Taal</i> with <i>Trapush swaras</i>	Urine disorders	Shu.uttr.58/41
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**Tanduliyak - Amaranthus viridis**

1.	Lick <i>Tanduliyak kalka</i> mixed with honey	Rat bite	Shu.kalpa.7/10
2.	Lick powder of <i>Tanduliyak</i> mixed with honey	<i>Raktapitta</i>	Shu.uttr.45/31

**Tandulodak**

1.	Induce Vomiting with rice wash ( <i>Tandulodak</i> ) mixed with honey	<i>Virechan atiyoga</i> - In excessive application of purgation	Shu.chi.34/11
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**Tila /Sesame -Sesamum indicum**

1.	<i>Nashta aartav</i>		Shu.sha.2
2.	<i>LA- Tila kalka</i> ; <i>Tila kalka</i> mixed with honey	<i>Vranarohan</i> – <i>shodhan and ropan</i> (in case of wounds of which slough is removed,)	Shu.chi.1/65
3.	After excision- apply paste of <i>tila</i> mixed with ghee	<i>Ustragriva bhagandar</i> (type of fistula in ano)	Shu.chi.8/21
4.	Apply paste of sesame profusely mixed with honey and ghee after opening the sinus	<i>Naadi vrana</i> (Sinus caused by foreign body)	Shu.chi.17/26
5.	<i>Tila taila- Seka</i>   <i>Vataja, vedanayukta, aam Vidradhi</i>		Shu.uttr.21/54
6.	Patient should be anointed with sesame oil mixed with rocksalt followed by unctuous sudation.	<i>Swaas</i> and <i>Hikka</i>	Shu.uttr.51/48
7.	Intake of sesame impregnated with decoction of <i>Vidanga</i>	<i>Krimi</i>	Shu.uttr.54/29

**Tilvaka /Rodhra- Symplocos racemose**

1.	Use daily in morning- <i>Tilvaka ghrita</i>	Abscess caused by <i>kapha</i>	Shu.chi.16/37
2.	<i>Sneha virechan dravya</i>		Shu.chi.31/5
3.	processed ghee - <i>Pana</i>	<i>Amladhyushita Sansodhan</i> (evacuation)	Shu.uttr.10/14
4.	<i>Tilvak ghrita paan</i>	<i>Pitta vidagdgha drishti, kaphavidagdgha drishti</i>	Shu.uttr.17/5
5.	Ghee cooked with <i>tilvak</i> - for purgation	<i>Paandu roga</i> (anemia) - <i>Shodhan paschaat, dosha shaanti</i> (after evacuation- for remaining <i>dosas</i> )	Shu.uttr.44/15
6.	Purgation with <i>tilvaka ghrita</i>	<i>Pittaj chhardi</i> - in severe pitta vomiting	Shu.uttr.49/22
7.	Ash of <i>Tilvak</i> licked with honey and ghee	<i>Hikka</i>	Shu.uttr.50/19

8.	After scraping and drained, rub ( <i>Gharshan</i> ) with <i>lodhra</i> powder followed by sprinkling with milk	<i>Jambula upadrava</i>	Shu.su.16/46
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**Trapushi (*Cucumis sativus*)**

1.	<i>Trapushi mula kalka</i> mixed with honey, taken with rice wash	<i>Raktapitta</i>	Shu.uttr.45/24
2.	<i>Trapushi swaras</i> with milk in morning	Disorders of urine	Shu.uttr.58/42

**Trivrutta / Nisotha (*Operculina turpethum* Linn.)**

1.	<i>Avaleha</i>	<i>Pitta nashak virechana</i>	Shu.su.44/19
2.	<i>Trivrutta</i> with honey- internally	Burning sensation in <i>kustha</i>	Shu.chi.9/50
3.	Uction with <i>Trivrutta sneha</i>	<i>Vataj vriddhhi -Vataj scrotal enlargement</i>	Shu.chi.19/4
4.	Gargles of <i>Trivrutta ghrita</i>	<i>Danta harsha</i> (tingling sensation of teeth)	Shu.chi.22/34
5.	<i>Trivrutta ghrit paan</i>	<i>Kaphavidagdh drishti</i>	Shu.uttr.17/5
6.	Purgation with ghee processed with <i>Trivrutta</i>	<i>Kaphaj timir</i>	Shu.uttr.17/30
7.	Purgation with oil processed with <i>Trivrutta</i>	<i>Tridoshaj timir</i>	Shu.uttr.17/30
8.	Take <i>Trivrutta</i> with sugar	<i>Kaamala</i> (jaundice)	Shu.uttr.44/30
9.	Intake of syrup prepared with <i>Trivrutta</i>	patient of excessive intoxication	Shu.uttr.47/35

**Tuvrak -*Hydnocarpus laurifolia***

1.	Oil of <i>Tuvrak</i> – for massage	<i>Kaphaj Kustha</i>	Shu.chi.9/7
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**Uchata -*Abrus precatorius***

1.	Powder of <i>Uchata</i> taken with milk	Promote potency	Shu.chi.26/35
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**Udumbar/ Gular - *Ficus racemosa***

1.	Cows milk processed with unripe fruits of <i>Udumbara</i>	in stabilized foetus	Shu.sha.10/6
2.	Drink fruit <i>swaras</i> of <i>udumbar</i> along with honey	<i>Raktapitta</i>	Shu.uttr.45/23
3.	Drink juice of ripe <i>Udumbara</i> fruits added with sugar; Cooled water decocted with ripe <i>Udumbara</i> fruits	<i>Trishna</i>	Shu.uttr.48/22
4.	Ash of <i>Udumbar</i> mixed with honey and ghee	<i>Hikka</i>	Shu.uttr.50/20

**Uddyalaka - *Cordia myxa***

1.	<i>Atisthaulya</i> - regular use	<i>Rukshan- medoghna, chedan - shrotovishodhana</i>	Shu.su.15/38
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**Vacha - *Acorus calamus***

1.	lump of <i>haimvati vacha</i> of the size of an <i>amalaka</i> fruit sanctified by 1000 oblations mixed with milk.	<i>Rasayan yoga</i>	Shu.chi.28/7
2.	Intake of ghee processed 100 times with decoction or paste of <i>Vacha</i>	<i>Galgand, Apachi, Shlipad, Swarbheda</i>	Shu.chi.28/8
3.	Vomiting with decoction of <i>vacha</i>	<i>Vataj type of Arochak</i> (anorexia)	Shu.uttr.57/6

**Vanshlochan - *Bambusa arundinacia***

1.	<i>Vamshalochana</i> mixed with honey	<i>Raktapitta</i>	Shu.uttr.45/32
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**Varahikand - *Dioscorea bulbifera***

1.	Powdered root of <i>Varahi</i> mixed with honey and profuse quantity of milk	Attains life span of 100 years and inexhaustibleness	Shu.chi.27/11
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<b>Vartaku - Solanum melongena</b>			
1.	Karnadhoopan (smoking and fumigation)	Krimikarna	Shu.uttr.52

<b>Varuna - Carataeva nurvala</b>			
1.	Collyrium with Juice of Varuna	In poisoned collyrium	Shu.kalpa.1

<b>Vasa - Adhatoda vasica</b>			
1.	Oil cooked in decoction of Vasa root	promotes intellect and lifespan	Shu.chi.28/18
2.	Processed Ghee with honey	tuberculosis, cough, dysponea and anemia	Shu.uttr.41/44
3.	Vasa swaras mixed with sugar and honey	Raktapitta	Shu.uttr.45/31
4.	Vasa ghrith	Swaas and kasa	Shu.uttr.51/20
5.	Intake of Vasa ghritha	Pittaj swaas	Shu.uttr.51/29
6.	Ghee cooked with Vasa swaras	Vatika kasa	Shu.uttr.52/26

<b>Vaastuka - Chenopodium murale</b>			
1.	Lick powder of vaastuk seed mixed with honey or rice wash	Raktapitta	Shu.uttr.45/31

<b>Vidanga (Embelia ribes)</b>			
1.	All foods taken should be mixed with Vidanga	Krimiyukta kustha	Shu.chi.9/52
2.	Shirovirechan (of seeds pounded with cow urine)	Kaphaj shiroroga	Shu.uttr.26/28
3.	Drink of sour gruel mixed with plentiful vidanga- purgation	Hridaystha krumi (organism located in heart fall down)	Shu.uttr.43/21
4.	Kaphaj kasa	Pana	Shu.uttr.52/29
5.	Ghritha cooked in juice or decoction of vidanga	Kaphaj kasa	Shu.uttr.52/29
6.	Lick powder of vidanga with honey	Krimi	Shu.uttr.54.27
7.	Powder of dehusked Vidang seeds taken with- Bhallatak kwaath added with honey; Draaksha kwaath added with honey; Aamalki swaras added with honey; Guduchi kwaath	These alleviates piles, destroys worms. Produces power of acquisition and retention	Shu.chi.27/7

<b>Vidaarikanda - Pueraria tuberosa</b>			
1.	Regular use in Kaarshya	Brihana	Shu.su.15/40
2.	Lick the Fine powder of vidaari macerated with its own juice mixed with ghee and honey	Vaajikaran formulation	Shu.chi.26/23
3.	The paste of Vidaari root equal to an Udumbara fruit taken with boiled milk	Vajikaran yoga	Shu.chi.26/28
4.	Powdered Vidaari with milk	In all disease	Shu.chi.27/10

<b>Yava - Hordeum vulgare</b>			
1.	Atisthaulya- regular use corpulence		Shu.su.15/38
2.	Regular use in Kaarshya	For Brihana	Shu.su.15/40
3.	Powdered yavakshaar with warm water; Yavakshaar choorna with Pippalli kwatha	Makkal roga	Shu.sa.10/25
4.	LA of barley mixed with honey	Vrana	Shu.chi.1/69
5.	Sudation with yavakshara and urine	Urustambha	Shu.chi.5/35
6.	Yavakshar with decanted alkali of palaash	Pleehodar	Shu.chi.14/13

7.	<i>Yavakshaar</i> with alkali water of <i>palaash</i>		(splenomegaly)	
8.	After being scraped, it should be rubbed with <i>Yavakshaar</i>		<i>Upajivha</i>	Shu.chi.22/48
9.	Drink ghee mixed with <i>Yavakshaar</i> and salts	In condition where <i>vayu</i> is not normalized even if <i>ama</i> and griping are subsided		Shu.uttr.40/54
10.	Drink ghee mixed with <i>yavakshaar</i>	If got free from <i>ama</i> but is painful		Shu.uttr.40/75
11.	preparations of barley with milk	<i>Gulma</i> - retention of faeces and flatus		Shu.uttr.42/65
12.	Barley impregnated with decoction of the leafbuds of <i>Arka</i>	<i>Swaas</i> (Dyspnoea)		Shu.uttr.51/37

## DISCUSSION

A single substance has been evidenced to be used in various diseases in variety of formulations either with different *anupaan* or in processed form. After a complete review of Sushrut Samhita, it has been found that *Ekal Dravya* has been used in total 7 basic concepts.

**Table 6: Various forms of EKAL DRAVYA concept**

1.	Single substance
2.	Single substance with <i>anupaan</i> or <i>sahpaan</i> (adjuvant)
3.	Single substance <i>siddha dugdha</i> (processed milk)
4.	Single substance <i>siddha ghrita</i> (processed ghee)
5.	Single substance <i>siddha taila</i> (processed oil)
6.	Single substance <i>bhaavit</i> (processed) with some other substance
7.	Single substance <i>siddha mutra</i> (processedurine)

There are many instances where use of single substance is sufficient for the management of disease, but also found multifaceted disease which demands a formulation based treatment or treatment with more than one substance which may include *anupaan* or *sahapaan* or processed *dravya*. So considering this fact as a need of time, substance with *anupaan* or *sahapaan* or single processed *dravya* is also included in the criteria of EDC. A single *Dravya* can be used in different forms according to diseases, also it can be used in different diseases only by altering its *Anupaan* accordingly. For example, garlic *Swaras* is used for oral intake alone in gynaec disorders; with ghee in *Visham jwar*; with milk in *Kshaya roga* whereas for *Karnapooran* in *Karnashool*.

**Table 7: List of Ekal Dravya Processed with Rason (Garlic)**

1.	Lukewarm juice of Garlic- <i>Karnapoorana</i> (filling of ear)	<i>Karna shool</i>	Shu.uttr.21/17
2.	Fresh juice of garlic - early morning	<i>Yoni roga</i>	Shu.uttr.38/30
3.	Garlic with ghee- every morning	<i>Visham jwar</i>	Shu.uttr.39/213
4.	<i>Rason</i> with milk	<i>Kshaya roga</i>	Shu.uttr.41/57

The observed data was analyzed critically and the resultant findings are given below-

1. A single substance processed with ghee, milk, oil, or urine may either increase the potency of a single substance or alter the property of medium in which it is being processed for achieving optimum results. Some examples are listed below.

**Table 8: List of Ekal Dravya Processed with Ghee (Siddha ghee)**

1.	Ghee processed with <i>Pippali</i> - intake	In poisoned collyrium	Shu.kalpa.1
2.	Ghee processed with <i>Aamalki swaras</i>	<i>Murchha</i>	Shu.uttr.46/19
3.	Processed ghee with <i>Aartagal swaras</i>	<i>Swarbheda</i>	Shu.uttr.53/10
4.	Ghee cooked with <i>Guduchi swaras</i> - eye drops	<i>Kukunak</i> (eye disorder)	Shu.uttr.19/13
5.	Intake of ghee cooked with <i>Haridra Kalka</i>	Anemia- after evacuation	Shu.uttr.44/15

**Table 9: List of Ekal Dravya Processed with Oil**

1.	Processed Oil with Swaras of <i>Saakhotaka</i> bark - <i>Avapeedan nasya</i>	<i>Apachi</i> (scrofula)	Shu.chi.18/23
2.	Mustard oil cooked with decoction of <i>Kantakari</i>	<i>Alasa</i>	Shu,chi.20/22
3.	Sesame oil cooked with swaras of tender leaves of <i>Aamra</i> - <i>karnapooran</i>	<i>Karnasraava</i> (otorrhoea)	Shu.uttr.21/46

4.	Mustard oil cooked with decoction of <i>Kantakari</i>	<i>Alasa</i>	Shu.chi.20/22
5.	Oil cooked in decoction of <i>Vasa</i> root	promotes intellect and lifespan	Shu.chi.28/18

1.	<i>Aamalki paayas</i> ( <i>Swaras</i> cooked in milk)	<i>Timir</i>	Shu.uttr.17/48
2.	Drink milk boiled with <i>Ashwagandha</i>	<i>Shosh</i>	Shu.uttr.41/42
3.	Drink milk boiled with <i>Draksha swaras</i>	Suppression of urges of urine	Shu.uttr.55/26
4.	Purgation- milk processed with <i>Eranda</i> root	<i>Atisaara</i>	Shu.uttr.40/13 1
5.	Milk processed with the juice of fresh ginger 100 <i>Aadhak</i>	<i>Vatic colic</i>	Shu.chi.14/10

1.	20 gm <i>Danti</i> boiled in buffalows urine (16 times)- reduced to 1/4 <sup>th</sup> - take 80 ml dose for purgation	<i>Paandu</i>	Shu.uttr.44/16
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1.	Drink juice of <i>Aamalki</i> fruits mixed with honey- for purgation	<i>Paandu</i>	Shu.uttr.44/18
2.	Seed kernel of <i>Bibhitak</i> mixed with honey- collyrium	<i>Savrana shukra</i>	Shu.uttr.12/33
3.	<i>Nasya - rakta chandan</i> pounded with human breast milk	<i>Hikka</i>	Shu.uttr.50/17
4.	Application of <i>Jaati swaras</i>	Cyst on head due to use of poisoned comb	Shu.kalp.1/58
5.	Drink <i>Chirbilva patra swaras</i> with honey	Worms	Shu.uttr.54/32

1.	<i>Apamarga</i> root with rice water mixed with honey	Invisible piles	Shu.chi.6/12
4.	Take boiled <i>Badar</i> fruits mixed with jaggery and oil	<i>Atisaar</i>	Su.uttr.40/133
2.	Lick <i>Bhargi</i> mixed with ghee and honey	Dysponea	Shu.uttr.51/39
3.	Paste of <i>Draksha</i> licked with ghee and honey	<i>Kasa</i>	Shu.uttr.52/16
3.	<i>Ela choorna</i> with <i>Aamalki swaras</i> mixed with honey	Disorders of urine	Shu.uttr.58/41

1.	<i>Palaash</i> leaves fried in ghee mixed with rock salt	<i>Kasa</i>	Shu.uttr.52/20
2.	1000 <i>Pippali</i> impregnated with latex of <i>snuhi</i>	<i>Udar roga</i>	Shu.chi.14/10
3.	Intake of sesame impregnated with decoction of <i>Vidanga</i>	<i>Krimi</i>	Shu.uttr.54/29
4.	<i>Badar</i> leaves fried in ghee mixed with rock salt	<i>Kasa</i>	Su.uttr.52/20
5.	LA- fruits kept in goats milk	restoring normal pigmentation of skin	Shu.chi.1/95

2. *Ekal dravya* in various forms has been indicated to be used in different diseases.

<b>Kwaath/ Decoction</b>			
1.	<i>Agnimanth Kwaath</i>	<i>Vasameha</i>	Shu.chi.11/9
2.	<i>Amaltaas Kwaath</i> for <i>virechan</i>	<i>Paandu</i>	Shu.uttr.44/16
3.	<i>Guduchi mula kwaath</i>	fever caused by vata associated with <i>kapha</i>	Shu.uttr.39/170
4.	<i>Aswattha Kwaath</i>	<i>Neelmeha- pittaj prameha</i>	Shu.chi.11/9
5.	<i>Khadira Kwaath</i>	<i>Sanairameha</i>	Shu.chi.11/9
6.	<i>Mulethi kwaath</i>	indigestion, or excessively excited <i>kapha</i>	Shu.chi.33/17

<b>Swaras/ Juice</b>
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1.	<i>Ikshu- Sheetal parisheka</i> (cold irrigation)	<i>Raktaj /Pittaja shiroroga</i>	Shu.uttr.26/12
2.	LA- <i>bhringaraj swaras</i>	inflammatory swelling caused by nail scratching	Shu.klpa.8/56
3.	Lukewarm <i>kadali swaras</i> - filling of ear- <i>karnapooran</i>	<i>Karnashool</i>	Shu.uttr.21/17
4.	<i>Kantkaari swaras</i> - 160 ml, in morning	Disorder of urine	Shu.uttr.58/39
5.	<i>Karnapooran- katphal swaras</i>	Disorder of hearing- if ear oil is poisoned	Shu.kalpa.1

#### Faant / Cold Infusion

1.	<i>Faant</i> (cold infusion)	(fever caused by Vata associated with <i>Pitta</i> )	Shu.uttr.39/170
2.	Cold infusion prepared of petioles of <i>Shalmali</i> and kept overnight to be taken after mixing with honey and <i>Yastimadhu</i>	<i>Diarrhoea</i>	Shu.uttr.40/98

#### Kalka/ Paste

1.	After scrapping deeply, apply paste of <i>gunja</i>	<i>Indralupta</i> (alopecia)	Shu.chi.20/25
2.	Paste of the root of <i>Kacchura</i> ( <i>duralabha</i> )	<i>Pakwa atisaar</i>	Shu.uttr.40/74
3.	<i>Laangli mula kalka</i> - (LA of paste of pulp of <i>Laangli</i> root on palm and sole of a women)	If placenta is retained	Shu.sa.10/23
4.	LA- <i>Tila kalka</i> ; <i>Tila kalka</i> mixed with honey	<i>Vranarohan - Shodhan</i> and <i>Ropan</i> (in case of wounds of which slough is removed,)	Shu.chi.1/65
5.	<i>Trapushi mula kalka</i> mixed with honey, taken with rice wash	<i>Raktapitta</i>	Shu.uttr.45/24

#### Choorna/ Powder

1.	<i>Ingudi Twak choorna- Shirovirechana</i> (evacuation)	<i>Kaphaj shiroroga</i>	Shu.uttr.26/20
2.	<i>Katphal Choorna- Pradhman nasya</i>	<i>Kapahj shiroroga</i>	Shu.uttr.26/21
3.	<i>Laaksha choorna- vranamukh- gharshan</i>	<i>Vrana- Atirakta sraav</i>	Shu.Su.14/36
4.	<i>Meshshrungi Choorna Nasya- Shirovirechana</i>	<i>Kaphaj shiroroga</i>	Shu.uttr.26/20

#### Tail/ Oil

1.	oil of <i>naktamal</i> - L.A	<i>Sarkaraarbuda</i>	Shu.chi.20/18
2.	In wounds of <i>kustha</i> raw oil of <i>Kosaamra</i> - LA	<i>Kustha</i>	Shu.chi.9/53
3.	Drink mustard oil according to strength	<i>Shlipad</i> - elephantiasis	Shu.chi.19/60
4.	<i>Karnapooran</i> (filling of ear) with mustard oil	<i>Krimikarna</i>	Shu.uttr.21/52

3. Sushrut Samhita is an important text of ayurveda based on both intervention as well as surgical treatment. Use of *ekal dravya* is not limited only for intervention use, but also treating surgical conditions. List of some *dravya* used in these conditions have been mentioned below-

**Table 16: Ekal Dravya Used in Surgical Conditions**

1.	After scraping- gargles with yellow mustard and rock salt	<i>Kaphaj kantik</i>	Shu.chi.22/47
2.	After tearing open the sinus, foreign body should be removed and the track cleansed. Apply paste of sesame profusely mixed with honey and ghee should be applied.	<i>Naadi vrana</i> (Sinus caused by foreign body)	Shu.chi.17/26
3.	After being scraped, it should be rubbed with <i>Yavakshaar</i>	<i>Upajivha</i>	Shu.chi.22/48
4.	After being scraped, it should be rubbed with <i>Yavakshaar</i>	<i>Upajivha</i>	Shu.chi.22/48
5.	After scraping and drained, rub ( <i>Gharshan</i> ) with <i>lodhra</i> powder followed by sprinkling with milk	<i>Jambula upadrava</i>	Shu.su.16/46

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