

## AN INSIGHT INTO EKALA DRAVYA PRAYOGA IN CHAKRADATTA: WITH EMPHASIS ON ANNAVAHA SROTOVIKARAS

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## ABSTRACT

In Ayurveda, the concept of srotas (bodily channels) is fundamental to maintaining health by facilitating the transport of vital nutrients and substances throughout the body. Among the various srotas, Annavaaha srotas holds significant importance, as it directly influences digestion, absorption, and elimination. This review article delves into the use of Ekala Dravya Prayogas (single-herb therapies) described in Chakradatta for managing disorders related to Annavaaha srotas, including Ajeerna (Indigestion), Arochaka (Anorexia), Chardi (Vomiting), Amlapitta (Hyperacidity), and other related conditions. The review highlights the clinical applications of these herbs, offering a comprehensive understanding of their role in the treatment of Annavaaha sroto vikaras.

**Keywords:** *Annavaha srotas, Chakradatta, Ekala Dravya Prayoga, Gastrointestinal Disorders.*

## INTRODUCTION

The concept of *srotas* plays a central role in Ayurvedic physiology. As stated in *Sushruta Samhita*, "*Srotomayam hi shareeram*" means the body is composed of these channels that transport essential nutrients and substances. The term *Susravana* derives from the root

meaning "to ooze" or "to flow," emphasising these bodily channels' dynamic and fluid nature.

While the number of *srotas* is conceptually infinite, classical Ayurvedic texts mention specific types, each serving a unique function. According to *Charaka*,

there are 13 types of *srotas*,<sup>1</sup> while Sushruta describes 22,2 classified in pairs known as *Yogavahi*. Among these, *Annavaha srotas*, which govern digestion, absorption, and the movement of nutrients, are considered *Maha srotas*. They are directly linked to the functioning of the gastrointestinal system, which includes the Oesophagus, Stomach, and Intestines. Disorders of the *Annavaha srotas* such as *Ajeerna*, *Arochaka*, *Chardi*, *Amlapitta* and other gastrointestinal conditions are common and clinically significant. *Chakradatta*, an important Ayurvedic text, offers numerous single-herb therapies (*Ekala Dravya Prayogas*) that can be used to manage these disorders effectively.

#### AIMS AND OBJECTIVES:

This review aims to provide a detailed analysis of the single herb remedies (*Ekala Dravya Prayogas*) mentioned in *Chakradatta* for treating disorders of the *Annavaha srotas*. The focus is on the identification, therapeutic properties, and clinical applications of these remedies in managing gastrointestinal disorders.

#### MATERIALS AND METHODS:

This review is based on the classical Ayurvedic literature of *Chakradatta* and additional references from contemporary studies and internet resources. The aim is to correlate the Ayurvedic concepts of *Annavaha sroto vikaras* with the pharmacological properties and clinical uses of the herbal remedies documented in the text.

#### ANNAVAHA SROTAS:

According to *Acharya Charaka*, *Annavaha srotas* consists of several anatomical components, including the *Gala* (throat), *Vaamaparshva* (left side of the abdomen), *Amashaya* (stomach), and *Laghu antra* (small intestine)<sup>3</sup>. The *Moola* of *Annavaha srotas* is the *Amashaya*, which plays a critical role in digestion. The primary causes of *srotodushti* include *Atimatra Bhojana* (overeating), *Akala Bhojana* (eating at inappropriate times), and *Ahita Bhojana* (eating improper or unwholesome food)<sup>4</sup>.

When these factors disturb the functioning of the *Annavaha srotas*, it can lead to symptoms such as *Anannabhilasha* (lack of desire for food), *Arochaka* (anorexia), and *Avipaka* (impaired digestion)<sup>5</sup>. Disorders of the *Annavaha srotas* require careful treatment to restore balance to the digestive system.

#### EKALA DRAVYA PRAYOGA FOR ANNAVAHA SROTO VIKARAS IN CHAKRADATTA:

*Chakradatta* offers a variety of single-herb remedies for treating disorders related to the *Annavaha srotas*. These herbs are chosen for their specific properties to address the root causes of gastrointestinal dysfunctions. Below are some of the key herbs and their therapeutic applications:

**Table no.01: SHOWING EKALA DRAVYA PRAYOGA IN GRAHANI<sup>6</sup>**

DRAVYA	BOTANICAL NAME	FAMILY	PART USED	MODE OF ADMINISTRATION
1. Nagara	Zingiber officinale	Zingiberaceae	Rhizome	Processed with <i>Ghrita</i>
2. Chitraka	Plumbago zeylanica	Plumbaginaceae	<i>Moola</i>	Processed with <i>Ghrita</i>

**Table no.02: SHOWING EKALA DRAVYA PRAYOGA IN AGNIMANDYA <sup>7</sup>**

DRAVYA	BOTANICAL NAME	FAMILY	PART USED	MODE OF ADMINISTRATION
1. Hingu	Ferula foetida	Apiaceae	Niryasa (exudate)	Added with <i>annamanda</i> and <i>souvarchala lavana</i>
2. Ardraka	Zingiber officinale	Zingiberaceae	Rhizome	With <i>lavana</i> before meal ( <i>Bhojanaagre</i> )
3. Vacha	Acorus calamus	Araceae	Rhizome	Added with <i>lavana toya</i> and <i>vamana</i> is induced
4. Lavanga	Syzygium aromaticum	Myrtaceae	Flower bud	Processed with <i>jala</i> in <i>pipasa</i> and <i>utklesha</i>
5. Jatiphala	Myristica fragrans	Myristicaceae	Seed and Aril	Processed with <i>Jala</i> in <i>pipasa</i> and <i>utklesha</i>
6. Bhadra Musta	Cyperus esculentus	Cyperaceae	Moola	Processed with <i>jala</i> in <i>pipasa</i> and <i>utklesha</i>

**Table no.03: SHOWING EKALA DRAVYA PRAYOGA IN PARINAMA SHOOLA <sup>8</sup>**

DRAVYA	BOTANICAL NAME	FAMILY	PART USED	MODE OF ADMINISTRATION
1. Narikela	Cocos nucifera	Arecaceae	Fruit	<i>Narikela sa toya</i> is filled with <i>Lavana</i> and cooked on <i>mandagni</i>
2. Pippali	Piper longum	Piperaceae	Fruit	Processed with <i>Ghrta</i>

**Table no.04: SHOWING EKALA DRAVYA PRAYOGA IN CHARDI <sup>9</sup>**

DRAVYA	BOTANICAL NAME	FAMILY	PART USED	MODE OF ADMINISTRATION
1. Haritaki	Terminalia chebula	Combretaceae	Phala	<i>Churna</i> with <i>kshaudra</i> as <i>lehya</i>
2. Parpataka	Fumaria parviflora	Fumariaceae	Whole plant	<i>Kwatha</i> with <i>Madhu</i>
3. Guduchi	Tinospora cordifolia	Menispermaceae	Stem, leaf	<i>Hima</i> or <i>Kashaya</i> with <i>Madhu</i>
4. Shreephala	Aegle marmelos	Rutaceae	Apakva phala	<i>Kashaya</i> with <i>Madhu</i>
5. Murva	Marsdenia tenacissima	Asclepiadaceae	Root	With <i>tandula ambu</i>
6. Ashwattha	Ficus religiosa	Moraceae	valkala	<i>Nirvapita jala</i> with dried and burnt <i>aswattha valkala</i>

**Table no.05: SHOWING EKALA DRAVYA PRAYOGA IN UDAAVARTA <sup>10</sup>**

DRAVYA	BOTANICAL NAME	FAMILY	PART USED	MODE OF ADMINISTRATION
1. <i>Rasona</i>	Allium sativum	Liliaceae	Bulb	With <i>Madhya</i> on an empty stomach ( <i>pratah</i> )
2. <i>Amlamoolaka</i>	Raphanus sativus	Brassicaceae (Cruciferae)	<i>Moola</i>	With <i>agaru dhooma taila</i> and <i>saindhava</i> given as <i>guda varti</i> after <i>swedana</i> to anus
3. <i>Nirgundi</i>	Vitex negundo	Verbenaceae	<i>patra</i>	
4. <i>Dusparsha</i> ( <i>Duralabha</i> )	Fagonia cretica	Zygophyllaceae	<i>Panchanga</i>	<i>Swarasa</i>
5. <i>Kakubha</i>	Terminalia arjuna	Combretaceae	Bark	<i>Kashaya</i>
6. <i>Ervaaru</i>	Cucumis sativus	Cucurbitaceae	<i>Beeja</i>	<i>Lavaneekritha toya</i>
7. <i>Draksha</i>	Vitis vinifera	Vitaceae	Fruit	<i>Rasa</i> processed with <i>ksheera</i>
8. <i>Ela</i>	Elettaria cardomomum	Zingiberaceae	Fruit, Seed	With <i>Madhya</i>

*Dusparsha, Kakubha, Ervaru, Draksharasa and Ela* are indicated specifically for *Mootranirodhaja Udavarta*.

**Table no.06: SHOWING EKALA DRAVYA PRAYOGA IN AMLAPITTA <sup>11</sup>**

DRAVYA	BOTANICAL NAME	FAMILY	PART USED	MODE OF ADMINISTRATION
1. <i>Haritaki</i>	Terminalia chebula	Combretaceae	<i>Phala</i>	With <i>Madhu/guda</i>
2. <i>Pippali</i>	Piper longum	Piperaceae	<i>Phala</i>	With <i>madhu</i> or <i>Ghrita</i> with <i>madhupluta</i> (profuse honey) taken in <i>prataha</i>
3. <i>Jambira</i>	Citrus medica	Rutaceae	<i>Phala</i>	<i>Rasa, sayam peeta</i> (evening)

**Table no.07: SHOWING EKALA DRAVYA PRAYOGA IN UDARA** <sup>12</sup>

DRAVYA	BOTANICAL NAME	FAMILY	PART USED	MODE OF ADMINISTRATION
1. Pippali	Piper longum	Piperaceae	Fruit	<ul style="list-style-type: none"> <li>With <i>Takra and lavana</i> in <i>vatodara</i></li> <li>With <i>takra</i> and <i>madhu</i> in <i>Chidro-dara</i></li> </ul> Or as <i>pippali vardhamana rasayana</i>
2. Maricha	Piper nigrum	Piperaceae	Fruit	With <i>sharkara</i> in <i>Pittaja udara</i>
4. Trivrut	Operculina turpethum	Convolvulaceae	Root	<i>Kalka</i> mixed with <i>ksheera</i> as <i>Virechana</i>
5. Eranda	Ricinus communis	Euphorbiaceae	beeja	<i>Ksheera</i> cooked with <i>Eran-da beeja</i> as <i>Virechana</i>
6. Arka	Calotropis procera	Asclepicadaceae	Patra	<i>Arkapatra</i> coated with <i>lavana</i> is burnt, and that <i>kshara</i> is taken with <i>mastu</i>
7. Indravaruni	Citrullus colocynthis	Cucurbitaceae	moola	<i>Moolikotpatana</i>
8. Ashwagandha	Withania somnifera	Solanaceae	Root	<i>Churna</i> with <i>gomutra</i>

## DISCUSSION

“Rogah sarve api mandagneh” *Mandagni* is the root cause of all the diseases. Hence, the prayogas mentioned in *Chakradatta* related to *Annava* srotas mainly focus on enhancing *Agni* and aiding proper digestion.

- **Grahani:** *Mandagni* causes semi-digested food (*Vidaha*) to move irregularly in the GI tract. When the *pakva* and *apakva ahara* move downward, this condition is called *Grahani*. So, *Chitraka* and *Nagara* have been mentioned as they both possess *Katu rasa*, *Ushna veerya* and *Teekshna guna*, which does *Deepana pachana vatanulomana* and is thus beneficial in treating the root cause of *grahani*.
- **Agnimandya:** *Mandagni*, a *kapha*-dominant disorder, impairs digestion even with small amounts of food. As mentioned by *Chakradatta*, *Hingu*, when taken with *Annamanda* and *Sauvarchala*, transforms *Vishamagni* into *samagni* and does *Deepana* in the case of *Mandagni* <sup>13</sup>. *Ardraka*, when taken with *lavana* before every meal, clears

*jihwa kanta* and does *Agnideepana* <sup>14</sup>. In the case of *amajeerna*, he advises *vamana* with *Vacha lavana ambu*; thereby, *ama* is removed as it possesses *katu tikta rasa*, *ushna veerya*, and *laghu Tikshna guna*. In case of *Atyagni – Udumbara twak* is given with *naari ksheera* as it possesses *shita veerya guru ruksha guna* and *Kashaya rasa*.

- **Parinama Shoola:** The *shoola* which occurs due to the transformation of the food is called *Parinama shoola*. *Narikela lavana* is alkaline and has activated charcoal, reducing hyperacidity (link mbl) <sup>15</sup>. *Pippali ghrta* has been mentioned in this case where *pippali* acts as *vatanulomaka* and *shoolaprashamaka* due to its *snigdha – ushna guna* and does *Agni Deepana* due to *Katu rasa*. *Ghrta* does *vata pitta hara*, *shoola prashamana*, *snehana*, *agnideepana*, *vra*na ropana. Hence, this formulation may act as cytoprotective in the patients of *Parinama shoola* <sup>16</sup>.
- **Chardi:** *Kapha* and *pittaja chardi* can be managed by *shodhana*. Hence, *Haritaki churna with madhu* is given, which causes a downward movement of the aggravated *doshas*, which have the tendency to move upward. *Guduchi*, which is

tridoshaghna in the form of hima, can be given as *pitta shamana*. It is also *hridya* and *Sadhya san-tarpaka*. Also, herbs like *Shriphala* and *Parpa-taka* with *tikta rasa* also treat *chardi*.

- *Udavarta*: Due to *nidana*, *vata prakopa* occurs in *pakwashaya*, which deranges *Apana Vata* and obstructs *Adhoga Srotas*, leading to *Udavarta*. *Vatanulomana* is the prime *karma* to be adopted after assessing *agni*. Drugs having the properties of *Teekshna*, *Ushna*, *Sara*, *Deepana*, *pachana*, and *rechana* should be administered.
- *Amlapitta*: *Haritaki* is *tridosha shamaka*. *Madhura vipaka* of *haritaki* antagonizes *Laghu guna* of vitiated *pitta*. *Amlodgara*, due to the *dra-va guna* of *pitta*, will be combated by the *ruksha guna* of *Haritaki*. It is also *dipaneeya*, *Pachani-ya*, *Yakrut-uttejaka*, *sroto shodhaka*. *Pippali* does *Deepana pachana dosha samshodhana* by its *ka-tu rasa* and does *vatanulomana* by its *ushna sara guna* and *pitta samshamana* by *shaitya prasada Madhura guna*. *Ghrita* is *agnideepaka* and *pit-tashamaka* and does *samprapti vighatana* in *Amlapitta*. *Shatavari ghrita* acts as *deepaka* and *pa-chaka*, and by *Prabhava*, it improves *pachakagni*. Chemical testing has shown it had a high acid-neutralizing capacity and high buffering capacity.<sup>17</sup>
- *Udara*: It is mainly caused by *Agni dushti*. Hence, *dipaneeya* drugs like *Pippali* and *Maricha* have been mentioned. Also, *nitya virechana* is the line of treatment in this case, given with *Trivrut kalka*, *Eranda beeja*. Special preparation of *Arka lavana* has been mentioned when taken with *dadhi mastu* does *samprapti vighatana* by mitigating *Kapha* and *Vata* leading to *marga vishodhana* thereby *prakruta karma* of *pitta* like *Deepana pachana* will be brought back. *Moolikotpatana* of *Indravaruni moola*, which acts by *Prabhava*, has also been mentioned.

## CONCLUSION

In Chakradatta, Ekala Dravya Prayogas are skillfully used to address a range of gastrointestinal disorders associated with the Annavaha srotas. These remedies,

carefully selected for their specific properties, focus primarily on enhancing Agni and addressing the root causes of digestive dysfunctions.

The emphasis on single-herb therapies in Chakradatta highlights the importance of precise treatment strategies in Ayurveda, where each herb is chosen for its therapeutic action and its ability to restore balance to the digestive system.

By utilising these Ekala Dravya Prayogas, practitioners can effectively manage a wide range of Annavaha sroto vikaras, ensuring the restoration of digestive health and the prevention of chronic diseases associated with impaired digestion.

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