



A REVIEW ARTICLE ON *RĀJAMĀRTĀṆḌA*, A GREAT WORK ON *ĀYURVEDA* BY THE KING BHOJA

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ABSTRACT

The *Rājamārtāṇḍa*, an influential text on *Āyurveda*, authored by King Bhoja in the 11th century, is a concise compendium of practical medicinal formulations known for its accessibility and relevance to general practitioners. Also called *Yogasārasaṅgraha* or *Nānāvidha-Yogasaṅgraha*, this work organizes therapeutic recipes into 34 chapters covering all eight branches of *Āyurveda*, with one chapter uniquely dedicated to veterinary medicine. Designed for ease of use, *Rājamārtāṇḍa* provides over 450 formulations that address a wide array of ailments, from common conditions to specific cosmetic treatments, making it an accessible manual for practitioners and students alike. Notably, King Bhoja's scholarly contributions extend beyond medicine to fields like astronomy, philosophy, and literature, attesting to his intellectual prowess.

Distinctive features of *Rājamārtāṇḍa* include its emphasis on formulation simplicity and the exclusion of extensive etiological discussions, focusing instead on practical, symptom-based recipes. Bhoja often employs analo-

gies, such as treatments yielding a “gold-like radiance” to the skin, and uses rare synonyms for diseases and herbs, reflecting his literary sophistication. Each chapter is crafted with limited formulations, ranging from mono-herbal to complex recipes, facilitating ease of study and practice for novices and seasoned practitioners alike.

This study aims to revive interest in *Rājamārtāṇḍa*'s practical applications and encourage further clinical research to validate its efficacy, thus reaffirming its place as an invaluable resource in traditional and integrative medical practice.

Keywords: *Rājamārtāṇḍa*, King Bhoja, *Ayurveda*, Veterinary medicine, Accessible resource, Cosmetic treatments, Symptom-based recipes.

INTRODUCTION

Rājamārtāṇḍa is a *Laghu Cikitsā-Grandha*, in which the medicinal formulations are compiled meticulously by King Bhoja during the 11th century AD for the welfare of his people.[1] The prescriptions given in it are straightforward, easy to prepare, and easily accessible to the common man. It is also called by the name *Yogasārasaṅgraha* or *Nānāvidha-Yogasaṅgraha*. [2] King Bhoja belongs to the Paramar dynasty and ruled Malwa from 1010 to 1055 AD. [3] Among all the rulers of the Paramar dynasty, King Bhoja was the most prolific. He was a courageous king, majestic and virtuous, as well as a great scholar. He was the author of many books on various subjects like Astronomy and Astrology, Medicine, *Śilpaśāstra*, Grammar, Philosophy, Dharma *Śāstra*, *Arthaśāstra*, *Alaṅkāra*, Poetry and Prose, and Lexicography etc. [4] Among them the book written on medicine named *Rājamārtāṇḍa* is beneficial for the

practitioners as well as the fraternity of *Āyurveda* to study, learn and practice easily since it is composed only in 34 chapters.

Since this book contains a total of 450 efficacious formulations that are useful for managing various disease conditions, it serves as a handbook or a practical prescriber for a general practitioner.[5]

Material

Chief Source Material:

Rājamārtāṇḍa edited by Yadav ji Trikamji
Rājamārtāṇḍa English Translation of Dr. K. Nishteswar & Dr. R. Vidyanath

Secondary Source Material:

Bhoja Raja - P.T. Srinivasa Ayyangar

Review of Literature:

The following are the specialities noted by studying the book *Rājamārtāṇḍa*

1. The author has composed the entire book in 34 chapters, which covers all eight branches of *Āyurveda*, and one chapter has been allocated exclusively for veterinary diseases.

The chapters that are described in the work *Rājamārtāṇḍa* are as follows [6]

S. No.	Name of the Chapter	S. No.	Name of the Chapter
1.	<i>Śiro rogādhikāra</i>	18.	<i>Bhagandarādhikāra</i>
2.	<i>Karṇa rogādhikāra</i>	19.	<i>Arsodhikāra</i>
3.	<i>Netra rogādhikāra</i>	20.	<i>Chardi-tṛṣādhikāra</i>
4.	<i>Nāsā rogādhikāra</i>	21.	<i>Jvarādhikāra</i>
5.	<i>Mukha rogādhikāra</i>	22.	<i>Vātarogādhikāra</i>
6.	<i>Stana rogādhikāra</i>	23.	<i>Pādarogādhikāra</i>

7.	<i>Udara rogādhikāra</i>	24.	<i>Carmakīlādhikāra</i>
8.	<i>Kuṣṭha rogādhikāra</i>	25.	<i>Agnidagdhādhikāra</i>
9.	<i>Raktapittādhikāra</i>	26.	<i>Vraṇādhikāra</i>
10.	<i>Pīnasa-Svarabhaṅgādhikāra</i>	27.	<i>Granthyarbudādhikāra</i>
11.	<i>Kāsa-Śvāsādhikāra</i>	28.	<i>Apasmāronmādādhikāra</i>
12.	<i>Rājayakṣmādhikāra</i>	29.	<i>Viśarogādhikāra</i>
13.	<i>Pramehādhikāra</i>	30.	<i>Kṣudrarogādhikāra</i>
14.	<i>Śūlādhikāra</i>	31.	<i>Strīrogādhikāra</i>
15.	<i>Atīsārādhikāra</i>	32.	<i>Bālarogādhikāra</i>
16.	<i>Aśmarī-Mūtrakṣhrādhikāra</i>	33.	<i>Rasāyana-Vājīkaraṇādhikāra</i>
17.	<i>Vṛddhyupadaṃśādhikāra</i>	34.	<i>Paśurogādhikāra</i>

Table no: - 1

- In this book, the author has composed only the formulations helpful in managing different disease conditions without touching the aetiology, pathogenesis, symptomatology, or even the line of treatment.
- The author has followed his method to describe the treatment of various ailments from head to toe.
- A minimum number of formulations are composed in each chapter, and these range from only one formulation (in *Raktapittādhikāra*) [7] to a maximum of 55 (in *Strīrogādhikāra*). [8] In each chapter, only 7 to 8 formulations are seen in the entire book. Thus, it will be easy for a mediocre student to study and practice.
- The author mostly tried to show his skill in literature and his own style of writing by mentioning unusual names of diseases and rare synonyms of herbs.

For Example:

S. No.	Common Name of the Disease	Unusual Names Used by the Author of this Book
1.	<i>Indralupta</i>	<i>Śakralupta</i> ^[9] <i>Śatamakhalupta</i> ^[10] <i>Surādhīpatilupta</i> ^[11]
2.	<i>Karṇāśūla</i>	<i>Śṛtirandhra Pīḍa</i> ^[12] <i>Karṇavyadha</i> ^[13]
3.	<i>Caḅṣu-śūla</i>	<i>Akṣirujā</i> ^[14]
4.	<i>Nāsāgata Raktapitta</i>	<i>Nāsāntara Śoṇita</i> ^[15]
5.	<i>Pādadāha</i>	<i>Pāda-Santāpa</i> ^[16]
6.	<i>Pādadārī</i>	<i>Āṅghri-sphuṭana</i> ^[17]
7.	<i>Kṛmidanta</i>	<i>Ghuṇadanta</i> ^[18] <i>Daśanakṛmi</i> ^[19]
8.	<i>Arśas</i>	<i>Gudakīla</i> ^[20]
9.	<i>Upadaṃśa</i>	<i>Liṅgāmaya</i> ^[21]
10.	<i>Mūtrakṣcchra</i>	<i>Mūtranirodha Pīḍā</i> ^[22]
11.	<i>Mūṣīkāviṣa</i>	<i>Ākhu Garala</i> ^[23]
12.	<i>Vṛścīkā-daṃśa</i>	<i>Kharjūraka-daṃśa</i> ^[24]
13.	<i>Agnidagdha</i>	<i>Hutāśa-dagdha</i> ^[25]

14.	<i>Apasmāra</i>	<i>Apasmṛti</i> ^[26]
Example for Herbs		
S. No.	Common Name of the Herb	Rare Synonym Used by the Author of this Book
1.	<i>Indravāruṇī</i>	<i>Suranāyakaavāruṇī</i> ^[27] <i>Suravāruṇī</i> ^[28]
2.	<i>Aśvagandhā</i>	<i>Turaṅgagandhā</i> ^[29] <i>Vājigandhā</i> ^[30]
3.	<i>Guḍūcī</i>	<i>Chinnaruhā</i> ^[31]
4.	<i>Pippalī</i>	<i>Māgadhiḱā</i> ^[32] <i>Upakulyā</i> ^[33]
5.	<i>Meghanāda</i>	<i>Ghananāda</i> ^[34]
6.	<i>Bilva</i>	<i>Śrītaru</i> ^[35]
7.	<i>Vibhītakī</i>	<i>Kalitaru</i> ^[36] <i>Akṣaphalā</i> ^[37]
8.	<i>Candana</i>	<i>Śrīkhaṇḍa</i> ^[38] <i>Malayaja</i> ^[39] <i>Malayodbhava</i> ^[40]
9.	<i>Haridrā</i>	<i>Niśā</i> ^[41]
10.	<i>Apāmārga</i>	<i>Pratyakpuṣpī</i> ^[42] <i>Mayūraka</i> ^[43]
11.	<i>Girikarṇikā</i>	<i>Sitādrīkarṇyā</i> ^[44] (<i>Śveta Aparājītā</i>)
12.	<i>Agastya</i>	<i>Munivṛkṣa</i> ^[45]
13.	<i>Śarapuñkhā</i>	<i>Bānapuñkhā</i> ^[46]
14.	<i>Eraṇḍa</i>	<i>Vātāri</i> ^[47]
15.	<i>Mustā</i>	<i>Payodharā</i> ^[48]
16.	<i>Dhattūra</i>	<i>Unmattaka</i> ^[49] <i>Harapriya</i> ^[50]
17.	<i>Snuhī</i>	<i>Kulaśa-dṛma</i> ^[51]
18.	<i>Āragyadhā</i>	<i>Kṛtamāla</i> ^[52] <i>Vyādhighna</i> ^[53]

Table: - 2

6. In this work, the author seems to have emphasised cosmetology by describing formulations useful for the beauty care of the body from head to toe.
7. For example: Formulations useful for - Khālitya, Pālitya, Indralupta, Dāruṇaka, Mukha Daurgandhya, Stanavṛddhi, Carma Saundarya, Lingavṛddhi, Pādādārī etc.
8. Since the author has devoted separate chapters to Stanaroga, Pādaroga, Carmakīla, etc.,

his uniqueness is seen in this book as such classification is not available in any other compendia.

- a) Although it may seem exaggerated, the author uses analogical expressions to explain certain result-oriented formulations.
- b) Lodhrādi Lepa: तप्त काञ्चन प्रेक्ष्य [54]– External application of the Lodhrādi Lepa makes the face as bright as refined gold (Mukha rogādhikāra 5 / 20).

9. Priyaṅgvādi Lepa: शशाङ्कदधिकां ध्युति [55]- External application of the Priyaṅgvādi Lepa confers radiance to the face and makes it brighter than moon (Mukha rogādhikāra 5 / 22).

10. A thorough study of this treatise reveals that it contains several mono-herbal and simple Yogās useful in different disease conditions.

Limited research has been carried out on Rājamārtāṇḍa so far, and hence, the present work has been undertaken to establish the greatness of King Bhoja's work on ayurveda.

CONCLUSION

- Since *Rājamārtāṇḍa* contains only 450 formulations and covers all eight branches of *Āyurveda*, it is very easy to study, understand and practice even by a mediocre student also. Thus, it can be considered a Handbook or Practical Guide for a general practitioner.
- I hope that there is a lot of scope for young scientists to work on the useful and practically proven formulations which are documented in this work to re-establish their efficacy by conducting clinical research.

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