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A review on *Ekal Dravya Prayoga* in various *Yonivyapada*

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ABSTRACT

We have progressed greatly over time to reach the contemporary day, where everything has altered at the grassroots level due to globalization. Dietary changes have occurred alongside changes in culture, society, and the economy. Numerous ailments have emerged as a result of dietary and lifestyle changes, particularly in women who must juggle work and home obligations. Since *Artava* is the *Updhatu* of *Rasa Dhatu* and changes in *Ahara* result in *Rasa Dhatu Dushti*, *Artava Dhatu* leads to a variety of *Yonivyapadas*. 87% of women reported having dysmenorrhea, 86% premenstrual syndrome, 72% abnormal menstrual flow, and 63% genital infections, according to the study. The average impact of gynecological issues on employed women was 56.13%. The impact of these issues on their social and occupational performance was rated as mild by 8% of women, severe by 16%, and moderate by 76% of women.^[1] In terms of living forms, ferns (2 species, 2.99%), trees (7 species, 10.45%), shrubs (15 species, 22.39%), and sedge (1 species, 1.49%) were the most common life forms utilized in gynecological treatments (42 species, 62.69%).^[2] *Bandhyatva*, *Garbhadhan*, *Garbhasrava* and *Garbhpatha*, *Pradararoga*, and several other *Yonivyapadas* mentioned by *Acharyas* can all be treated with *Ekal Dravya*, such as *Ashoka*, *Udumbara*, *Durva*, *Kadalli*, *Tagara*, *Shunthi*, *Gokshura*, *Atibala*, *Yashtimadhu*, *Vacha*, and so on. Several *Yonivyapadas* will be discussed in this study along with other classical facts about the *Ekal Dravyas*.

Key words: Lifestyle and Diet, Yonivyapad, Ekal Dravya

INTRODUCTION

Prasuti Tantra in *Ayurveda* is the branch which deals with health of female reproductive system which is concerned with the healing of ailments viz. *Garbhpatha*, *Garbhasrava*, *Artavavyapada*, *Shwetapradara* and *Bandhyatava* etc. Women do not

consider *Artavavyapada* problems to be particularly important, yet these shouldn't be overlooked because they can disturb women's daily activities. Due to the limitations of modern therapy, Indian ladies prefer using traditional medicines or a spice box at home. In this context, the concept of *Ekal Dravya* is explored from many Ayurvedic classics for the treatment of gynecological disorders. *Acharyas* have different interpretation regarding *Ekal Dravyas* as

1. An *Ekal Aushadh*
2. An *Ekal Aushadh* with *Anupana*.
3. An *Ekal Aushadh* with *Bhavana Dravya*

The classics make no mention of the specific meaning of *Ekal Dravya*, however in Sanskrit, *Ekal* implies alone, single, solitary, sole, and so on. Thus, *Ekal Dravya* refers to treatment with a single *Dravya*, such as the *Pradhanaushadh*. Every *Dravya* is made up of *Panch Mahabhutas*, each with its own quality due to the

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distinct *Rasa Panchaka*, which determines their *Karmas*. For better *Karma*, *Dravya* formulations are adjusted through methods such as *Bhavana*, intervention at specific times, processing with other substances, and so on. As a result, *Yukti Pramana* is utilized to treat a variety of *Stree Roga*. A single *Ekal Dravya* can be employed in a variety of *Rogas*. Rather than supplying several *Dravyas*, *Ekal Dravya* is preferred for *Sampraptivighatana* of *Roga*.

AIMS AND OBJECTIVES

To encourage the use of *Ekal Dravya* in daily treatment procedures to improve female reproductive health.

MATERIALS AND METHODS

Collected material on *Ekal Dravya* for *Prasuti Tantra Evam Stree Roga* from classical texts and commentaries, as well as relevant *Ayurvedic* sources and published studies.

OBSERVATION

Plants used in various *Yonivyapada* and other related attributes, categorized by botanical name, family, part used, and uses, are listed below:

1. Gokshura^[3-6]

Botanical Name	<i>Tribulus terrestris</i>
Family name	Zygophyllaceae
Chemical constituents	Kaemferol, Tribuloside, flavonoids
Rasa Panchaka	<i>Rasa - Madhur</i> <i>Guna - Guru, Snigdha</i> <i>Vipak - Madhur</i> <i>Virya - Sheeta</i>
Doshakarma	Vatapitta Shamak
Part Used	<i>Panchanga</i>
Uses	Extract of <i>Gokshura</i> can be use in <i>Udavartini Yonivyapada</i>

Probable Scientific Validation	<i>Gokshura</i> has <i>Vednasthapak</i> , <i>Shothhara</i> and <i>Balya</i> properties. So, the <i>Anuloman</i> of <i>Apanavayu</i> and <i>Shaman</i> of <i>Kupita</i> or <i>Vitiated Apana</i> , helps in turn normalizing the direction of Menstrual flow
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2. Kadalli^[8,9]

Botanical Name	<i>Musa paradisiaca</i>
Family name	Musaceae
Chemical constituents	Calcium, Phosphorus, Oxalic acid, Vitamins
Rasa Panchaka	<i>Rasa - Madhura</i> <i>Guna - Guru, Snigdha</i> <i>Virya - Sheeta</i> <i>Vipaka - Madhura</i>
Doshakarma	<i>Vata- Pittahara</i>
Part Used	Tuber, Flower, Fruit, Stem
Uses	<i>Kadali</i> fruits mixed with <i>Ghrita</i> should be taken in <i>Asrija Yonivyapada</i>
Anupana	<i>Ghrita</i>
Probable Scientific Validation	The plant is reported to have haemostatic, muscle relaxant, analgesic

3. Darbha^[10,11]

Botanical Name	<i>Imperata cylindrical</i>
Family name	Poaceae
Chemical constituents	saponins, glycosides, flavonoids, coumarins
Rasa Panchaka	<i>Rasa - Madhura, Kashya</i> <i>Guna - Laghu, Snigdha</i> <i>Virya - Sheeta</i> <i>Vipaka - Madhura</i>

Doshakarma	<i>Tridosha Ghana</i>
Part Used	Root
Uses	<i>Udavartini Yonivyapada</i>
Probable Scientific Validation	<i>Darbha</i> has Anti-Microbial and Anti-Oxidant Properties parts of this plant have been proven analgesics, anti-pyretic and anti-inflammatory activity so useful in Dysmenorrhea and that's why sleeping on <i>Darbha</i> mat helps to get relief from Bodyache and Backache

4. *Mundi*^[12,13]

Botanical Name	<i>Sphaeranthus indicus</i>
Family name	Asteraceae
Chemical constituents	Sphaeranthin, Uginot
Rasa Panchaka	<i>Rasa - Tikta, Katu</i> <i>Guna - Laghu, Ruksha</i> <i>Virya - Ushna</i> <i>Vipaka - Katu</i>
Doshakarma	<i>Tridoshara</i>
Part Used	<i>Panchanga</i>
Uses	Its powder and decoction are used in vaginal discharge. Local application its root as a suppository is absorbent, tonic and desiccant. <i>Halwa Mundi</i> is effective in leucorrhoea, burning micturition and uterine inflammation.
Probable Scientific Validation	<i>Mundi</i> contains the phytoconstituent flavonoids that protect cells because of its powerful antioxidant property which prevents or repair the damage done to red cells by free radicals

5. *Badara*^[14,15,16]

Botanical Name	<i>Ziziphus mauritiana</i> L.
Family name	Rhamanaceae

Chemical constituents	Leucocyanidin, Mauritines, berberine, quercetin, kaempferol, sitosterol, stigmasterol, lanosterol, diosgenin
Rasa Panchaka	<i>Rasa - Madhura, Amla</i> <i>Guna - Guru, Snigdha</i> <i>Virya - Sheeta</i> <i>Vipaka - Madhura/ Amla</i>
Doshakarma	<i>Vaata-Pittahara</i>
Part Used	Fruit, Root, Leaf
Uses	Fine Powder of <i>Badara</i> mixed with equal quantity of <i>Ghee</i> and <i>Jaggery</i> can be used in <i>Raktayoni</i>
Anupana	<i>Ghee</i> and <i>Jaggery</i>
Probable Scientific Validation	Anti-inflammatory, Analgesic, Antioxidant activity, Hepatoprotective activity,

DISCUSSION

Ayurveda, the world's oldest science, is wide and without bounds. There are billions of plant species on Earth that have been discovered, with many more still to be discovered. According to *Acharya Charaka*, there is no element on Earth that cannot be used as medicine. This article only discusses plant-based therapies. A thorough understanding of medicinal plant action is required to fully comprehend their potential and mechanism of action. Medicinal plants can also reverse the pathophysiological process and balance the *Dosha*. Traditional Ayurvedic plant remedies have demonstrated long-term efficacy against any ailment. In this instance, self-medication with Ayurvedic medicines should be avoided. Bioavailability determines the degree and quantity of a herbal drug's permeation. Individual heterogeneity in intestinal microbiota and hepatic activity also influences systemic absorption.

CONCLUSION

After reviewing all of the classics, it is clear that *Ekal Dravyas* are a crucial component of the treatment and should not be overlooked. They've been utilized for

treatment for quite some time. Classics state that *Ekal Dravyas* can be used as a single medicine or in combination with other *Anupanas* or *Bhavana Dravyas* to boost their power. After a thorough analysis of the Classics, it was discovered that *Ekal Dravya* was employed in total seven basic themes i.e.

SN	Various forms of <i>Ekal Dravya</i> concept
1.	Single substance
2.	Single substance with <i>Anupaan</i> or <i>Sahpaan</i>
3.	Single substance <i>Siddha Dugdha</i>
4.	Single substance <i>Siddha Ghrita</i>
5.	Single substance <i>Siddha Taila</i>
6.	Single substance <i>Bhaavit</i> with some other substance
7.	Single substance <i>Siddha Mutra</i>

Many times, it has been seen that treatment with *Ekal Dravya* is sufficient for any type of ailment; nevertheless, in many cases, *Ekal Dravya* cannot treat the disease. There are numerous situations where the usage of a single ingredient is sufficient for disease management, but there are also multidimensional diseases that require a formulation-based treatment or treatment with more than one drug, such as *Anupaan*, *Sahapaan*, or processed *Dravya*. As a result of the necessity for time, *Ekal* substances containing *Anupaan*, *Sahapaan*, or single processed *Dravya* are also included in the *Ekal Dravya Chikitsa* criterion. A single *Dravya* can be utilized in many forms depending on the condition, and it can also be employed in different diseases simply by changing its *Anupaan* suitably. For example, garlic *Swaras* is utilized for oral intake alone in gynaecdisoeders, with ghee in *Visham Jwar*, with milk in *Kshayaroga*, and with oil for *Karnapooran* in *Karnashool*. According to *Acharya Charka*, the patient's treatment can be modified based on *Yukti pramana*, depending on the patient's situation.

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