

**Review Article**

**HERBAL MONOTHERAPY OF SIDHASARASAMHITA**

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**ABSTRACT**

Sidhasarasamhita is one of the important texts of Indian traditional medical literature. The exact period of the work is unknown, but according to the available evidence the work may be placed in the 8<sup>th</sup> century AD. Ravigupta's distinctive contribution to Ayurvedic literature seems to have been the arrangement of the traditional knowledge into 31 chapters, each dealing with a different subject. The author of sidhasarasamhita included many single and simple recipes useful in particular disease conditions. In total 151 single drug recipes are included in Sidhasarasamhita. After a thorough analysis of the Charakasamhita, Susruthasamhita and works of Vagbhata 16 recipes were noted, which may be considered as the contributions of Ravigupta to the Ayurvedic materia medica. It appears that medieval ayurvedic compendia have religiously followed Sidhasarasamhita in formulating various therapeutic recipes.

**Keywords:** Ravigupta, Sidhasarasamhita, Single drug recipes

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**INTRODUCTION**

Ayurvedic knowledge has been comprehensively documented in two samhitas namely Charakasamhita and Susrutasamhita. Later works like Ashtangahridaya, Vrindamadhava, Chakradutta, etc have utilized this source material and made succinct works which are more helpful to the general practitioners of Ayurveda. The authors of these works compiled the relevant matter essential and suitable to their contemporary needs. They designed safe and effective formulations in simplified and systematic manner. Sidhasarasamhita is one such work of the medieval period in which ayurvedic therapeutic information is presented in brevity to help the mediocre physician.

Sidhasarasamhita was written by Ravigupta, son of Durgagupta who is considered Baudha since he paid benedictions to Budha in the

beginning of his book. Nighantu part is appended in this samhita which is also referred as Sarottaranighantu [1]. The author has described that the subject content was dealt in 31 chapters with 1300 slokas. Acharya priyavrat sharma in his book 'Ayurved ka vaijnanik itihās' quoted Sidhasaranighantu as medieval work without mentioning its time of completion [2]. But in his work 'Introduction to Dravyaguna, he mentioned that Vrinda in his Sidhayoga (900AD) borrowed several verses from sidhasarasamhita and is often quoted by Candrata (early 10<sup>th</sup> century A. D). As it was quoted by Chandrata (10<sup>th</sup> AD) and Chakrapanidatta (11<sup>th</sup> AD), it can be placed before 10<sup>th</sup> AD [3].

**METHODS**

Sidhasarasamhita and other compendia were thoroughly reviewed to compile the single drug recipes.

**Table 1: Single drug recipes of Sidhasarasamhita**

S. No.	Drug	Anupana	Indication	Mode of administration	Sloka
1.	Vilwapesi	Paya	Jwara with parikartika (jwara with scissoring pain)	Oral	5/79
2.	Amandakamoolam	Paya	Jwara with parikartika	Oral	5/79
3.	Vrisha sarpi		Jwara, Kshaya, Svasa, Kasa, Pandu, Asrapittanut	Oral	5/85
4.	Pippalikalka	Ksheera	Vishamajwara (Intermittent fever)	Oral	5/108
5.	Pippalivardhamanaprayoga		Vishamajwara	Oral	5/108
6.	Ghritotbhrishta dhatrichoorna	Amla Tushambu	Dahanasana (relieves burning sensation)	Lepa(E/A)	5/121
7.	Badaridalotbhava phena		Dahanasana	Lepa(E/A)	5/121
8.	Mustakvatha	Makshika	Pakvatisara (chronic diarrhoea)	Oral	6/24
9.	Pippalikalka	Paya	Nirvahika (3days) (dysentery)	Oral	6/53
10.	Marichakalka	Paya	Nirvahika (3days)	Oral	6/53
11.	Akhuparnidalapishta poopika	Souveeraka	Krimi (worms)	Oral	6/77
12.	Vidanga choorna	Kshoudra	Krimi	Oral	6/78
13.	Paribhadraaka patra rasa	Madhu	Krimi	Oral	6/78
14.	Vasakvatha	Sita, Madhu	Raktapitta (Bleeding disorders)	Oral	7/15
15.	Vasarasa	Sita, Madhu	Raktapitta	Oral	7/15
16.	Draksha sidhapaya		Raktapitta	Oral	7/22
17.	Balasisidhapaya		Raktapitta	Oral	7/22
18.	Nagabalasisidhapaya		Raktapitta	Oral	7/22
19.	Swadamshtasisidhapaya		Raktapitta	Oral	7/22
20.	Satavarisisidhapaya		Raktapitta	Oral	7/22
21.	Sankaha kalka		Nasagataraktapitta	Nasya	7/27

22.	Gairika kalka		Nasagataraktapitta	Nasya	7/27
23.	Dhataki kalka		Nasagataraktapitta	Nasya	7/27
24.	Madhukakalka		Nasagataraktapitta	Nasya	7/27
25.	Nariksheera		Nasagataraktapitta	Nasya	7/27
26.	Dadimapushparasa		Nasagataraktapitta	Nasya	7/28
27.	Durva swarasa		Nasagataraktapitta	Nasya	7/28
28.	Amrasthirasa		Nasagataraktapitta	Nasya	7/28
29.	Palandurasa		Nasagataraktapitta	Nasya	7/28
30.	Paya	Sita, Madhu	Asrigdaram	Oral	7/30
31.	Suvarnagairika	Madhu, tandulajala	Pradara (Excessive vaginal discharge)	Oral	7/31
32.	Jambuparna	Madhu, tandulajala	Pradara	Oral	7/31
33.	Utpalakanda	Madhu, tandulajala	Pradara	Oral	7/31
34.	Anantakalka	Prasanna	Pradara	Oral	7/32
35.	Phalinikalka	Prasanna	Pradara	Oral	7/32
36.	Chandanakalka	Prasanna	Pradara	Oral	7/32
37.	Nagakesarakalka	Prasanna	Pradara	Oral	7/32
38.	Mudgaparni vipakva taila		Pradara	Pichu(E/A)	7/35
39.	Samoolapatranirgundirasa pakva ghritha		Ksheenita due to Yakshma	Oral	8/19
40.	Yashtikalkasidha tilataila		Yakshma,hritvatamaya, Pandu, Urdhajatrugadaroga, unmade, raktapitta, visarpa	Pana,Nasya	8/25
41.	Suktikshara	Paya	Plihodara(Disorders of spleen/ascites associated with spleenomegaly)	Oral	10/24
42.	Pippali	Paya	Plihodara	Oral	10/24
43.	Erandataila	Ksheera	Plihodara	Oral	10/27
44.	Erandataila	Gomutra	Udara (Ascites)	Oral	10/27
45.	Jyotishkataila with hingu or svarjikkashara	Paya	Udara	Oral	10/27
46.	Sringiverambu	Paya	Udara	Oral	10/34
47.	Guduchiswarasa	Madhu	Sarvamehajith (urinary disorders including diabetes)	Oral	11/14
48.	Patolaghrita		Pittarakta kushta (skin diseases)	Oral	12/15
49.	Darvighrita		Pittarakta kushta	Oral	12/15
50.	Khadiraghrita		Pittarakta kushta	Oral	12/15
51.	Nimbaghrita		Pittarakta kushta	Oral	12/15
52.	Kunati	Sikhipitta	Svitra (Leucoderma)	Lepa	12/27
53.	Balakabhasma		Svitra	Lepa	12/27
54.	Gajadarpa		Svitra	Lepa	12/27
55.	Malatikashara		Svitra	Lepa	12/27
56.	Guggulu	Gomutra or ushnajala	Tvakdosha,vrana,sopha	Oral	12/32
57.	Bakuchi	Ushnajala+ksheera bhojana sevana	Kushta	Oral	12/34
58.	Indrayavachurna	Ghritha	Tvakdosha	Oral	12/40
59.	Khadirajala		Sarvatvakdoshanasana	Pralepa,udvartana,sna na, pana, bhojana	12/44
60.	Abhaya	Guda	Arsa (Haemorrhoids)	Oral	13/15
61.	Gomutradyushita abhaya		Arsa	Oral	13/15
62.	Chitrakakta ghata sanjata takra/dadhi		Arsa	Oral	13/17
63.	Bharngi ghata sanjata takra/dadhi		Arsa	Oral	13/17
64.	Asphota ghata sanjata takra/dadhi		Arsa	Oral	13/17
65.	Guduchi ghata sanjata takra/dadhi		Arsa	Oral	13/17
66.	Asitatila(Prakunja pramana)	Seeta jala	Arsa	Oral	13/20
67.	Kutajaphanita	Ajakshira	Raktarsa	Oral	13/35
68.	Mayurakakalkam	Tandulambu	Raktarsa	Oral	13/35
69.	Guduchi	Madhu	Kamala (Jaundice)	Oral	14/14
70.	Darvi	Madhu	Kamala	Oral	
71.	Nimba	Madhu	Kamala	Oral	
72.	Dronapushpirasa		Kamala	Anjana	14/20
73.	Karkotamoola		Kamala	Nasyam	14/21
74.	Jaliniphala		Kamala	Ghranana	14/21
75.	Madhukam	Madhu	Hikka (Hiccup)	Nasya	15/11
76.	Pippali	Sarkara	Hikka	Nasya	15/11
77.	Nagara	Guda	Hikka	Nasya	15/11
78.	Abhaya	Madhu	Chardi (Vomiting)	Oral	17/6
79.	Sreephalakashaya	Madhu	Chardi	Oral	17/10
80.	Guduchikashaya	Madhu	Chardi	Oral	17/10
81.	Murva	Tandulambu	Chardi	Oral	17/10
82.	Kusumbha	Kshoudra,	Mutrakrichra (Dysuria)	Oral	18/8

83.	Silajit	Tandulambu Kshoudra,	Mutrakrichra	Oral	18/8
84.	Asmabhit	Tandulambu Kshoudra,	Mutrakrichra	Oral	18/8
85.	Pippali	Tandulambu Kshoudra,	Mutrakrichra	Oral	18/8
86.	Truti	Tandulambu Kshoudra,	Mutrakrichra	Oral	18/8
87.	Yavakshara	Sarkara	Mutrakrichra	Oral	18/10
88.	Kapotavankamoola	Sura	Asmari (Calculi)	Oral	18/11 -12
89.	Sigrumoolotha kwatha		Asmari	Oral	18/11 -12
90.	Varunamoolakwatha	Varunamoolakalka	Sarkara,Asmari	Oral	
91.	Erandatailam	Ksheera	Vridhi	Oral	18/29
92.	Dhatrirasa	Sarkara	Pittasoola	Oral	19/13
93.	Vidarirasa	Sarkara	Pittasoola	Oral	19/13
94.	Trayantirasa	Sarkara	Pittasoola	Oral	19/13
95.	Gostanirasa	Sarkara	Pittasoola	Oral	19/13
96.	Dhatrichurna	Makshikam	Pittasoola	Oral	19/14
97.	Lajatarpanam	Sarkara,makshika	Pittasoola	Oral	19/14
98.	Balakalakakwatha sidha tailam		Vatavyadhi (diseases due to deranged vata)		21/6
99.	Sairiyakalkakwathasidha tailam		Vatavyadhi		21/6
100.	Kanika	Ajapaya,Ghrita	Vatarakta	Lepa	21/29
101.	Satahva	Ksheera	Vatarakta	Lepa	21/30
102.	Erandabeeja	Ksheera	Vatarakta	Lepa	21/30
103.	Gudaharitaki		Vatarakta	Oral	21/33
104.	Guduchikwatha		Vatarakta	Oral	21/33
105.	Pippalivardhamana		Vatarakta	Oral	21/33
106.	Mudgayoosha	Sita	Pittajamadatyaya	Oral	22/9
107.	Sushkamoolakayoosha		Kaphajamadatyaya	Oral	22/12
108.	Yashti(pishtasidha	Ghrita, paya,yava	Vatikavisarpa	Lepa	23/9
109.	Guggulu	Gomutra	Sopha	Oral	24/10
110.	Pippali	Paya	Sopha	Oral	24/10
111.	Abhaya	Guda	Sopha	Oral	24/10
112.	Sunthi	Guda	Sopha	Oral	24/10
113.	Gudardraka	(ksheera yoosha rasasi)	Sopha,sosha,unmada,udara,gulma,arsa,s wasa	Oral	24/11
114.	Sakhotakatvaksidhataila		Gandamala(Lymphadenitis)	Navana	24/20
115.	Nimba sidhataila		Gandamala	Navana	24/20
116.	Asvamarasidhataila		Gandamala	Navana	24/20
117.	Nirgundisadhitaaila		Gandamala	Navana	24/20
118.	Yavakalka	Ghrita	Vranaropana	Lepa	25/9
119.	Erandasritaajaksheeram		Netrasoola	Aschyotana	26/10
120.	Darvikwatha	Madhu	Sarvaabhishtyanda	Aschyotana	26/17
121.	Vastrabhadhagosakritsvinna vanyakulatha		Akshikopaghna	Lepana at night	26/19
122.	Sankha	Kshoudra	Arjuna	Anjana	26/30
123.	Kataka	Saindhava	Arjuna	Anjana	26/19
124.	Samudraphena	Sita	Arjuna	Anjana	26/30
125.	Chagamootrabhavita devadaru		Pillaroga	Anjana	26/32
126.	Jatipatrarasa		Pootikarna	Karnapoorana	26/62
127.	Krishnajeerakachurna		Pratisyaya	Ghranana	26/66
128.	Brhatirasa	Madhu	Indralupta	Lepa	26/10 5
129.	Gunjamoolaphala		Indralupta	Lepa	26/10 5
130.	Bhallatakarasa		Indralupta	Lepa	26/10 5
131.	Chagamootrabhavita Vandhyakarkotajamoola	Kanchika	Vishopahatachetas	Nasya	27/16
132.	Tiktatumbibeeja	Gopitta	Vishahara	Oral	27/20
133.	Sahacharamoola	Kshoudra, tandulambu	Akhuvisha	Oral	27/39
134.	Tilakamanjari	Ksheera	Akhuvisha	Oral	27/39
135.	Varshardhamushita loharavidhadhatri	Madhu,ghrita	Rasayana	Oral	28/2
136.	Masasthita sarpimadhukshita kasmari	Payaannaupayogi	Rasayana	Oral	28/11
137.	Varahimoolachurna(Shatam)	Madhu, kheera (ksheerajyannabhuk)	Rasayana	Oral	28/12

138.	Varahimoola churna shruta ksheera (for 1 mo)	Ghrita, Madhu	Rasayana	Oral	28/13
139.	Punarnavamoola (half pala)[15 d/1 mo/1 y]	Ksheera	Rasayana	Oral	28/14
140.	Ashwagandha (15 d)	Taila/Ghrita/ksheera/Ushnodaka (Hitashana)	Rasayana	Oral	28/16
141.	Yashti (1 karsha)	Madhu,ghrita and ksheera	Vajeekarana	Oral	28/18
142.	Masha (1 pala)		Vajeekarana	Oral	28/18
143.	Vidarikanda swarasa bhavita vidarikanda churna	Madhu, Ghrita	Vajeekarana	Oral	28/20
144.	Lakshmana (4 Bindu)	Ksheera	Putrada	Nasya (left nostril)	29/10
145.	Vatashunga (4 Bindu)	Ksheera	Putrada	Nasya (left nostril)	29/10
146.	Beejapurakabeeja churna	Ghrita	Garbhada	Oral	29/11
147.	Nagakesara churna	Ghrita	Garbhada	Oral	29/11
148.	Parushakamoola		Moodhagarbha	Yoni & Nabhi lepa	29/26
149.	Langalimoola		Moodhagarbha	Yoni & Nabhi lepa	29/26
150.	Vasamoola		Moodhagarbha	Yoni & Nabhi lepa	29/26
151.	Yavakshara	Ghrita/Ushnodaka	Makkallashoola	Oral	29/27

The Ashtangas of ayurveda are mentioned in a concise form in 1300 slokas in anushtupp chandas in Sidhasarasamhita. The basic principles of ayurveda are described in brief in the first two chapters. In the second chapter Dravyaganas are described basing on ayurvedic classics. Salasaradi gana referred by Sushruta was described as saladigana. Arishtalakshanas are described in the third chapter and the author lucidly described that ayupareeksha should be done using arishtalakshanas. Annapanavidhi is given in the fourth chapter, different aharakalpanas along with the use and indication of anupana (gunadosha) are mentioned in it. Later chapters (5-22) are allocated to kayachikitsa and a concised description of etiological

factors is also given. Salya chikitsa prayoga is mentioned in the treatment of vrana, gandamala and asmari. Salakyatantra, agadatantra, rasayana vajikarana, balachikitsa along with bhootavidya and panchakarma are mentioned in the remaining chapters.

In total 151 single drug recipes were found after a thorough review of sidhasarasamhita. Maximum numbers of single drug recipes were found in Raktapitta adhyaya. The more frequently used dosage form is kalka. The author has utilized the information available in the Brhatrayi in designing the recipes.

**Table 2: Single drug recipes of Sidhasarasamhita mentioned in other Compendia**

S. No	Recipe	Botanical name of the drug used	Reference in other compendia
1.	Mudgaparnivipakva taila pichu in Pradararoga	<i>Phaseolus trilobus</i> Ait.	Vangasena. Striroga,[4]
2.	Samoolapatranirgundirasa pakva ghrita in rajayakshma	<i>Vitex negundo</i> Linn	Chakradutta 10/82, [5]
3.	Dhatrichurna with makshika in pittasoola	<i>Emblica officinalis</i> Gaertn.	Vrindamadhava 26.25-26,[6]
4.	Sakhotakatvaksidhataila in Gandamala	<i>Strebilus asper</i> Lour.	Vrindamadhava 41.51
5.	Chagamutrabhavita Vandhyakarkotaki mula nasya in Vishophata cheats	<i>Momordica dioica</i> Roxb. ex Willd	Vrindamadhava 68/16[7]
6.	Jatipatrarasa karnapoorana in putikarna	<i>Jasminum grandiflorum</i> Linn	Vrindamadhava 59.41, Gadanigraha 3.2.63, Vangasena karnaroga 90.
7.	Karkotamula nasya in kamala	<i>Momordica dioica</i> Roxb. ex Willd	Vrindamadhava 8.13; Gadanigraha 2.7.52 [8]
8.	Brihatirasa in Indralupta	<i>Solanum indicum</i>	Vrindamadhava 57.76 Gadanigraha 3.1.78
9.	Nagakesarakalka with prasanna in Pradara	<i>Mesua ferrea</i> Linn	Vangasena striroga.34
10.	Nagakesarachurna with ghrita as garbhada	<i>Mesua ferrea</i> Linn	Gadanigraha 6.5.21 Rajamarthanda 31.11
11.	Bijapoorakabija churna with ghrita as garbhada	<i>Citrus medica</i> Linn	Yogarathnakara strirogachikitsa, [9]
12.	Parooshkamoola yoni lepa in moodagarbha	<i>Grewia asiatica</i>	Vrindamadhava 65.13 Vangasena striroga.229
13.	Vasamula yonilepa in moodagarbha	<i>Adhatoda vasica</i> Nees	Gadanigraha 6.42 Chakradatta 63.17 Vaidyamanorama 13.28
14.	Jaliniphala ghranana in kamala	<i>Luffa echinata</i> Roxb.	Rajamarthanda 3.28, [10]
15.	Kusumbha with kshoudra and tandulambu in Mutakrichra	<i>Carthamus tinctorious</i>	-----
16.	Kanika(pippali)lepa with ajapaya and ghritha in vatarakta	<i>Piper longum</i> Linn	-----

16 single drug recipes which are mentioned in Sidhasarasamhita are found in different compendia including Vrindamadhava. These recipes are not as such available in the Brhatrayi. These may be the original contributions of Ravigupta. The use of Arjunakshirapaka in Hridroga which is an original contribution of Vrinda is not mentioned in Sidhasarasamhita. Asoka is not mentioned in pradarachikitsa.

Vrindamadhava mentions the use of powder of vacha along with honey in Apasmara. The use of Parasikayavani for the treatment of helminths (krimi) which is found in Vrindamadhava is not mentioned in Sidhasarasamhita. In kamala dronapushpirasa is mentioned for anjana and karkotamula for nasya. These recipes are available in Vrindamadhava. In sleepada and galaganda no drugs were mentioned.

Sakhotaka sidha taila which is prescribed in apachi by Susrutha [11] is indicated in gandamala by Ravigupta. Sakhotaka is indicated as the prime drug for sleepada by Sarngadhara [12]. Vangasena mentions the use of Nirgundirasidhaghrita in yakshma and nagakesarakalka in pradara which may be the original contributions of Sidhasarasamhita. Acharya Charaka mentions the use of kusumbha beeja with Draksha rasa in Ashmari and Mutrakuchra [13]. The author of Sidhasarasamhita mentions Kusumbha along with kshoudra and tandulambu in the management of mootrakrichra. Kanika (Pippali) is mentioned for lepa in vatarakta. Ravigupta mentions the use of brhatirasa lepa in indralupta, whereas kshudravartaka rasa is mentioned by Vaghbata [14]. Leafbuds of panchakshirivriksha were indicated for vranasandhana. Leaves of Karanja, plaksha, jambu as patradana (bandage) for vrana sodhana ropana was suggested. The author for first time described vishanasakvarga consisting of Eshwari, Kadali, Nagi, chanda, sweta, ghanaswana and nirgundi. Author has furnished kalpas with drugs namely Lashuna, palandu, erandataila, Bhallataka, pippali, shilajit, haritaki and dhatri. Vrindamadhava (9<sup>th</sup> AD) has introduced new drugs like parasikayavani and diseases like snayuka and vardhmaroga. These descriptions are not available in sidhasarasamhita. It appears that this samhita was written prior to Vrindamadhava and may be placed in 8<sup>th</sup> century.

#### CONCLUSION

Sidhasarasamhita written by Ravi Gupta is a book on ashtanga ayurveda written in anushtupp chandas. The author has given importance to single drug therapy and quoted several simple herbal recipes collected from various texts of Ayurveda. Total 151 single drug recipes were found in the book of which 16 recipes may be the original contributions of Ravigupta to the Ayurvedic materia medica. There is no clear indication regarding the time period of the work and based on the evidence available it may be placed in 8<sup>th</sup> century prior to Vrindamadhava.

#### CONFLICT OF INTERESTS

Declared none

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