



## Rajamartanda - A Literary Treasure on Monoherbal Therapies

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### Abstract

Rajamartanda is one of the important texts of Indian traditional medical literature. It is believed to be a work of 11<sup>th</sup> century AD by King Bhoja. This text was also called by the name Yogasarasangraha or Nanavidhayogasarasangraha. The subject contents were described in 34 chapters starting with Sirorogadhikara and ending in Pasurogadhikara. The author of Rajamartanda included many single and simple recipes useful in different disease conditions. A total of about 226 monoherbal therapies can be seen in this work. Instead of using the habitual way of explaining jvara chikitsa primarily like other Ayurvedic compendia, here the author commenced its first chapter as sirorogadhikara. The importance of Rajamartanda cannot be ignored in the field of Ayurvedic ministration.

**Key words:** Rajamarthanda, Single drug recipes

### Introduction

Ayurveda, the life science has beautifully and clearly described the functioning of human system- its normalcy, abnormality and remedies to cope up with these abnormalities. At present each and every day is at the risk of occurrence of new diseases and pathogens. Ayurvedic science has a vast medicinal treasure that which never ends up ever. But the main problem facing the present scenario is the scarcity of medicinal herbs rather than the known formulations for a particular disease. Here comes the importance of single drug therapy. Besides the formulations which contain many drugs, a single drug will be capable of curing the same condition as usually the formulation does.

Ayurvedic classics put forward a lot of works exploring single drug therapies. Rajamarthanda is one such work with many single drug recipes compiled meticulously. The preparations given therein are simple and easy that they are in access of common man to put into use. Rajamartanda is also known as Yogasarasangraha or Nanavidhayogasangraha. Internal evidence from this work demonstrates clearly that it was written by King Bhoja. It is believed to be a work of 11<sup>th</sup> century AD. The subject contents were described in 34 chapters starting with Sirorogadhikara and ending in Pasurogadhikara<sup>1</sup>. While arranging the order of chapters, Rajamartandakara gave prime importance to Salakyatantra as the first five chapters are dealt with urdhvangarogas instead of general morbid conditions like jvara, raktapitta, atisara etc. Like other Vaidya granthas, this text also starts with an invocation prayer to Lord Shiva, which denotes that the author was a devout person. Despite of being started with jwara chikitsa, Rajamartandakara selected sirorogadhikara as the first chapter, from which we can assume that author has followed the concept “Urdhwamoolam adha saakham”. The chapter Pasurogadhikara clearly asserts that the author was a person who loves every creatures in equal status

**Table 1:** Single drug recipes in Rajamartanda

SI No.	Drug	Bhavana	Anupana	Indication	Mode of Administration	Reference
1.	Akasavalli moola taila			Nadivrana	Abhyanjana	26/13
2.	Alambusha taila			Sthanavridhi	Nasya,Pana	6/7
3.	Amalaki churna		Madhu, ghrita,taila	Vakpravriti, kanti, navayouvana vapu	Pana	33/6
4.	Ambudara moola kalka	Tandulodaka		Kritrima vishahara	Pana	29/9
5.	Ankola patra			Matsya damsa	Dhoopa	29/19
6.	Ankolamoola/ Arkamoola	Tandulambu		Kamala	Nasya	3/18
7.	Apamarga bija taila			Siroruja	Abhyanga	1/24
8.	Apamarga moola/ paribhadra moola/ Kakajangha moola/ Nimba moola			Sukha prasava	Kati bandhana	31/26
9.	Apamarga patra swarasa			Pradara	Lepa on head	31/7
10.	Apamarga patra/ punarnava swarasa			Yonisoola	Yonidharana	31/35
11.	Apamarga swarasa			Raktasthambhana	Lepa	26/10
12.	Apamarga taila			Sastraghata vyadha	Swedana	26/7
13.	Apamarga/ Lakshmana panji moola		Dugdha	Vandhya	Pana during ritukala	31/13
14.	Apamarga/patha moola			Sukhaprasava	Yonidharana	31/27
15.	Arka svarasa			Gulma	Lepa	27/4
16.	Arkapatra lavana		Mastu	Pleehodara	Pana	7/3
17.	Arkapatra swarasa			Karnavyadhi	Karnapurana	2/3
18.	Arkapushpi kalka		Godughda	Mutrasmari	Pana	16/5
19.	Asthisamharika			Bhagna, vatavyadhi	Bhakshana (15 days)	22/5
20.	Aswagandha churna		Ksheera, madhu,ghrita	Vridhoapi bhavetyuva	Pana	33/11
21.	Babbula patra kalka		Jala	Atisara	Pana	14/1
22.	Bakuchi Ghrita		Madhita, madhu	Switra	Pana	8/7

23.	Bakula bija churna			Chaladanta	Lepa	5/4
24.	Balamoola kalka	Tandulavari		Pradara	Pana	31/4
25.	Balamoola kalka	Kshira		Pradara	Pana	31/5
26.	Bhadroudani moola			Arunshika	Murdhnilepa	32/10
27.	Bhallataka/ Brihati phala	Eranda taila		Indralupta	Lepa	1/6
28.	Bharangimoola	Tandulavari		Galaganda, gandamala,kuranda	Lepa	17/1
29.	Bhujanga kanchuki			Masaka	Gharshana	24/4
30.	Bhunjanga kanchuki mashi	Madhu		Mudhagarbha	Lepa	31/29
31.	Bijapura patra churna		Madhu	Apanavata durgandha	Aparahna khadana	31/54
32.	Brahmadandi swarasa			Dantakrimi	Lepa on sringa	34/5
33.	Chakramarda moola churna	Jala		Chakshu sula	Anjana	3/9
34.	Chitra moola kalka/ musalikanda/ chiravilwa tvak		Gomutra	Arsas	Pana	19/7
35.	Dadima phala	Sarshapa taila		Sthanavridhi	Lepa	6/5
36.	Dantacharvita sarapunkha swarasa			Vranaropana	Lepa	26/2
37.	Danti moola		Tandulavari	Garbhasthambhana	Pana	31/15
38.	Dantotpala swarasa			Vranaropana	Kshalana, purana	26/3
39.	Daruharidra	Kushmand a swarasa		Graha rakshasa vikara	Anjana on Pushya nakshatra	28/6
40.	Devadali phala churna			Kamala	Ghrana	3/18
41.	Devadaru churna	Ajadugdha (30 days)		Pakshmasata	Lepa	3/6
42.	Devadaru taila			Karnasula	Karnapurana	2/1
43.	Devadaruphala taila	Vaji varchas		Sira kantha roga hara	Nasya	5/12
44.	Dhatrighala rasa			Tridoshaja akshiroga	Akshipurana	3/10
45.	Dhattura moola (collected during Pushya nakshatra)			Garbhanirodha	Katibandha	31/18
46.	Dhattura phala	Asana kwatha		Alarka visha	Pana	29/28

47.	Dhattura swarasa		Paya,sarpi, guda	Alarka visha	Pana	29/26
48.	Dronapushpi	Tandulambu		Netrapatala roga	Nasya	3/17
49.	Dronapushpi swarasa			Kamala	Akshipurana	3/17
50.	Dronapushpi swarasa/Hingu			Kamala	Anjana	3/20
51.	Durva churna		Tandulodaka	Chardi	Pana	20/1
52.	Eswarimoola			Kuranda	Lepa/ bandha with mushaka charma over testes	17/6
53.	Ghrita		Sarkara	Madya janita madam	Pana	29/12
54.	Ghritakumari			Charmakila	Veshtana	24/1
55.	Girikarnika moola	Sitajala		Swetakushta	Lepa	8/8
56.	Girikarnika moola			Garbhapata nirodha	Yoni Dharana	31/22
57.	Godhuma churna		Ghrita	Pinasa	Pana	10/1
58.	Gojihva	Jala,madhu		Danta nakha visha	Lepa	29/29
59.	Gorakshakarkati moola kalka		Paryushita jala	Asmari	Pana (3 days)	16/3
60.	Goshtivallimoola, patra			Charmakila	Lepa	24/2
61.	Guduci/Vilwa kvatha		Madhu	Chardi	Pana	20/1
62.	Gunja	Brihatipha la swarasa		Indralupta	Lepa	1/8
63.	Gunja bija			Indralupta	Lepa	1/13
64.	Gunja bija	Haiyangav eena		Kushta	Lepa	8/5
65.	Gunja bija			Vajinetra roga	Anjana	34/12
66.	Gunja bija cut int two halves			Jarayupatana	One half in cows mouth and other one in vagina	34/3
67.	Gunja ghrita	Boil in mahishadu gdha		Karnapali vardhana	Abhyanga	2/8
68.	Gunjamoola	Ajamutra		Timira	Anjana	3/16
69.	Gunjamoola/ Varahikarni/ Dugdhika/ Kamalini/Snuhi			Krimidanta	Charvana	5/13-14
70.	Halahala puccha sadhita sarshapa taila			Yonilomaharana	Lepa	31/53
71.	Haridra churna	Jala		Kantivardhaka	Udwartana	8/16

72.	Haridra churna		Madhu and Amalaki svarasa	Prameha	Pana	15/1
73.	Haridra churna	Snuhi ksheera		Arsas	Lepa	19/5
74.	Harinasringa bhasma		Goghrita	Hritprishta soola	Pana	13/2
75.	Indravaruni moola			Pleehodara	Throwing it away for a long distance	7/2
76.	Indravaruni moola/Ajasringi moola kalka			Salya nirghatana	Lepa	26/12
77.	Indravaruni mula	Eranda taila	Go dugdha	Kuranda	Pana	17/5
78.	Indravaruni swarasa			Vranaropana	Lepa	34/7
79.	Indravarunimoola kalka	Vrisha mutra		Charmakeela	Lepa	17/2
80.	Indravarunimoola / Girikarnika		Gomutra	Gandamala	Pana	5/29
81.	Ingudi twak kalka	Jala		Luta visha	Lepa	29/31
82.	Ingudiphala majja	Atisisira jala		Vyanga	Lepa (21 days)	5/17
83.	Jambu kashaya			Kantivardhaka for purusha	Abhyanga	8/21
84.	Japa pushpa	Krishna gavi mutra		In Indralupta to get ghanakesa	Lepa	1/7
85.	Jatipatra			Mukharoga	Charvana	5/4
86.	Jatipatra swarasa	Gomutra		Putikarna,karnasula	Karnapurana	2/6
87.	Jatiphala kalka / sasa rakta			Vyanga	Lepa	5/16
88.	Jeemutaka churna	Jala (kept over night)		Kamala	Nasya	3/19
89.	Jeemutaka moola kalka	Tandulavari	Kshoudra	Pradara	Pana	31/5
90.	Kadalikanda processed with ghrita and guda			Udarakrimi	Pana	7/7
91.	Kadalikshara jala vilepi			Udararoga	Pana(3 days)	7/6
92.	Kadaliphala		Ghrita	Pradara	Bhakshana	31/3
93.	Kakadani moola	Kanji		Mandali sarpavisha	Pana and lepa	29/7
94.	Kakajangha moola			Tandra	Moordhni bandhana	21/18
95.	Kakajangha moola			Vranaropana (3 days),soola, swayathu	Lepa	26/5

96.	Kakajangha moola/ Neeli pushpa churna/ Rasanjana	Goksheera		Sosha	Pana	12/4
97.	Kakodumbara moola churna	Tandulambu		Vadanasruk	Pana	5/3
98.	Kalama Sali churna		Ksheera	Sthanya vridhi	Pana	31/38
99.	Kandharika moola	Ushna jala		Godheraka visha	Nasya	29/19
100.	Kanguni moola		Khanda sarkara	Nadivrana	Asana	26/15
101.	Kapikacchu moola churna	Jinghinika swarasa		Griva bhuja skandha roga	Nasya	5/33
102.	Karanjabija	Palasa swarasa		Netrapushpa,panduta	Netravarti	3/14
103.	Karavella moola/ paste of Indragopa and ghrita			Yonibhramsa	Yonilepa	31/43
104.	Karavellamoola	Aswamutra		Neeliroga	Anjana	3/5
105.	Karkandu churna		Ghrita,guda	Pradara	Bhakshana	31/3
106.	Karpasa moola varti			Yoni soola	Yoni dharana	31/42
107.	Karpasa/ mundi kalka	Eranda taila		Yonisoola	Yonidharana	31/36
108.	Karpasakashta			Chirapraruda masaka	Agnidahana	24/5
109.	Karpasasthi taila			Yonisoola	Yonilepa	31/42
110.	Karpura	Ghrita		Vranaropana/ pakavarjana	Lepa	26/1
111.	Kasmariphala ksheera paka			Sitapitta	Pana	8/12
112.	Katutumbi bija kalka	Kanji		Arsas	Lepa	19/3
113.	Katutumbi moola	Paryushita jala		Nasarsas	Nasya	4/2
114.	Katutumbi moola			Dantodbhava janya vedana	Galabandhan a	32/6
115.	Kodrava		Mahisha dadhi	Nadivrana	Bhakshana	26/14
116.	Kodrava mashi	Jala		Darunaka	Lepa	1/16
117.	Kosatakibija taila			Yonilomaharana	Lepa	31/52
118.	Krishna ankola churna/ kwatha			Kritrima visha	Pana (3 days)	29/13
119.	Krishnatila		Butter (Haiyangavee na)	Raktarsas	Pana	19/6
120.	Kumari moola	Jala		Kamala	Nasya	3/19
121.	Kushmanda swarasa		Guda	Kodravotha bhrama	Pana	29/9

122.	Kushta churna	Taila bhrishta		Sirokandu,daha,vran a	Lepa	1/25
123.	Kushta churna		Goghrita	Protects the child from visha,vyadhi, bhaya and angalavanyadayaka m	Pana	32/2
124.	Kushta churna		Madhu,ghrita	Mattamatangabala, vagmi, cirayusha	Nityasevana	33/10
125.	Lajjalulu moola			Sarpagrahana	Hastalepa	29/5
126.	Lajjalulu moola taila			Vranaropana, pakavarjana	Lepa	26/6
127.	Lakshaghrita		Godugdha	Pradara	Pana	31/7
128.	Lakshmana moola kalka			Garbhadharanam	Yonilepa	34/1
129.	Lakshmanapanji moola kalka		Ghrita	Putraprapti	Nasya during ritukala	31/12
130.	Langali			Krimidanta	Lepa over thumb nail	5/15
131.	Langali moola kalka	Jala		Salya nirghatana	Lepa	26/11
132.	Lasuna swarasa/ Snuhi swarasa			Karnaroga	Karnapurana	2/4
133.	Malatimoola ksheerapaka using ajaksheera			Mutrasmari	Pana	16/5
134.	Marica churna	Agastya phala svarasa		Bhuta graha	Nasya	28/2
135.	Mashapayasa			Vajeekarana	Pana	33/13
136.	Mayurasikha moola			Graha pisaca raksha	Galabandhan a	32/3
137.	Meghanada moola kalka	Jala	Makshika, sarkara	Raktatisara	Pana	14/2
138.	Mulaka bija	Apamarga swarasa		Sidhmakushta	Lepa	8/15
139.	Musalikanda churna	Mahisha navanita		Karnapali vardhana	Abhyanga	2/7
140.	Mushika taila			Yonibhramsa	Yonilepa	31/42
141.	Musta	Jalam		Timira	Anjana	3/16
142.	Nagabala churna		Ghrita, makshika	Kshayaroga	Leham	12/1
143.	Nagakesara churna		Ghrita, godugdha	Vandhya	Pana during ovulation	31/11
144.	Navaneeta			Vaji netra roga	Anjana	34/12
145.	Nilini bija	Amla kanji		Vishajanita pidaka	Lepa	29/32
146.	Nilini moola/Lajjalulu moola		Tandulavari	Mandaki sarpavisha	Pana	29/8

147.	Nilinimoola churna	Goksheera		Kshayaroga	Nasya	12/2
148.	Nilisarojakanda churna		Sarkara, madhu	Garbhapata upadrava	Pana	31/24
149.	Nimba moola	Sitajala		Sandhivata	Pana	22/3
150.	Nimba twak			Yonidourgandhya	Kshalana, dhupana	31/49
151.	Nirgundi patra			Graha	Dhuma	32/16
152.	Nirgundimoola collected from eastern direction			Dantodbhava janya vedana	Galabandhana	32/5
153.	Palasa bhasma ghrita			Arsas	Pana	19/4
154.	Palasa bija	Ghrita,ma dhu		Garbhanirodha	Lepa	31/16
155.	Palasa bija kalka			Samudraphenajanita sopa	Lepa	26/17
156.	Parada	Tambula patra swarasa		Yuka,liksha	Sirobandha	1/20
157.	Paravata purisha	Tandulam bu		Garbhiniraktasrava	Pana	31/23
158.	Paryushita jala		Madhu	Sheetala	Pana	30/5
159.	Patalagarudi moola	Jala		Antidote for snake poisoning	Nasya, Anjana, Lepa	29/4
160.	Patalagarudi moola collected on Pushya nakshatra	Jala		Protects from vrischika and sarpa up to 6 months	Pana	29/3
161.	Phanijaka niryasa			Varati visha	Lepa	29/24
162.	Pippali churna	Snuhi ksheera (21 days)		Udararoga	Pana	7/4
163.	Pippali churna	Madhu	Ajapaya/ Godugdha	Hridroga/kasa/ vishama jwara	Pana	21/15
164.	Punarnava moola			Mudhagarbha patana	Yonidharana	31/34
165.	Rajju mashi		Sitajala	Apasmara in males	Pana	28/1
166.	Raktasali	Paya,madhu		Pradara	Pana	31/5
167.	Ring made by Chatri			Vrischika visha	Dharana in anguli	29/16
168.	Sahachara moola kalka/ godha mamsa	Jala		Garbhavridhi	Pana	31/14
169.	Sahadevi moola			Nayanamaya	Karnabandha na	3/3
170.	Saindhava churna yukta ghrita			Vrischikadamsa upadrava like swasa, kampa,srama,tapa	Pana	29/17



171.	Saindhava lavana	Ajamutra		Karnapaka	Karnapurana	2/5
172.	Saindhava lavana khanda			Garbhanirodha	Yonidharana	31/17
173.	Salaparni rasa			Sthanyavridhi	Pana	31/39
174.	Salmali			Jarayupatana	Bandhana on gava sringa	34/2
175.	Salmali twak	Jala		Padadaha	Lepa	23/1
176.	Sankhabhasma		Kwathita udaka	Parinamasoola	Pana	13/1
177.	Sankhabhasma	Suvarchika swarasa		Masaka	Lepa	24/4
178.	Sankhapushpi bhasma			Navanitanasa	Apply on the inner wall of milk collecting utensil	34/9
179.	Sarapunkha moola			Mudhagarbha	Yonidharana	31/30
180.	Sarapunkha moola			Pleehodara	Charvana	7/1
181.	Sarparudhira			Bhagandhara	Lepa	18/3
182.	Sarshapa taila			Mukharoga	Vaktra lepana	34/8
183.	Sasarkara ksheera			Dhattura visha	Pana	29/10
184.	Satapushpa kalka	Ghrita		Makshika dashta visha	Lepa	29/23
185.	Sephalika moola			Kantasalooka, Upajihvika,, Nasagataraktapitta	Charvana	5/11
186.	Sigrupatra rasa	Kshoudram		Akshiruja	Akshipurana	3/3
187.	Sirisha pushpa	Snuhi ksheera		Manduka visha	Nasya	29/25
188.	Sisira jala		Dadhi	Pinasaroga	Pana	10/2
189.	Sleshmataka taila	Kanji		Mukharoga, siroroga	Nasya,Abhyanga	1/30-32
190.	Snuhikheera			Mudhagarbha	Murdhnilepa	31/30
191.	Sriphala kashaya/ Guda vari			Kesavridhi	Snana	1/19
192.	Sudarsana moola churna	Paya		Pradara	Pana	31/1
193.	Suddha guggulu			Bhagandhara	Pana	18/1
194.	Sugandhisali		Sita, udumbara kwatha	Garbhapatopadrava	Pana	31/16
195.	Sveta Eranda patra, moola	Processed in goat's milk		Vataja akshisula	Akshipurana	3/11
196.	Sweta aparajita moola	Tandulavari	Ghrita	Bhuta graha	Nasya	28/2

197.	Sweta aparajita moola churna		Godugdha / ghritha	Apachi	Pana	5/31
198.	Sweta aparajita moola collected on Pushya nakshatra			Apachi	Galabandhana	5/31
199.	Sweta aparajita/kakani moola			Garbhapatakaraka	Yonidharana	31/31
200.	Sweta punarnava moola	Jala (Pushya nakshatra)		Vrischika visha	Pana	29/1
201.	Swetakaravira pushpa rasa			Nayana prakopa (redness of eye)	Akshipurana	3/1
202.	Swetapunarnava moola churna/ Patha/ Guduci		Tandulavari	Pleehodara	Pana	7/5
203.	Tagara moola kalka/Nirgundi	Takra		Sandhivata	Pana	22/4
204.	Tamrachooda paksha	Goghrita		Balagraha badha	Dhoopa for 7 days	32/1
205.	Taruna eranda moola	Amla kanji		Siroroga	Lepa	1/34
206.	Tila	Mahisha dugdha		Bhallatakotha swayathu	Lepa	25/3
207.	Tilamoola kshara		Ksheera & makshika/ saindhava lavana & rucaka lavana	Mutrasmari	Pana (3 days)	16/2
208.	Tilataila/ Aranala			Inflammation caused by Sudha	Gandusha	5/9
209.	Tulasiswarasa		Puranaguda, madya	Sutikasoola	Pana	31/33
210.	Udumbaraphala		Madhu, guda	Nasagata raktapitta	Internal administration	4/3
211.	Uttarinimoola			Jarayupatana	Padadharana	31/32
212.	Uttindika (bimbi)	Sitajala		Grandhi,arbuda, gandamala	Lepa	27/2
213.	Uttindika moola/Gojihva		Tandulavari	Sheetala	Pana	30/2
214.	Vanara mamsa		Goksheera	Kshayaroga	Bhakshanam	12/1
215.	Varuna twak	Ajapaya		Removes dirt on face	Lepa	5/19
216.	Vatamoola kalka	Gavya takra		Atisara	Pana	14/1
217.	Vataripatra vrinta			Masaka	Gharshana	24/3
218.	Vibhitaki churna		Madhu	Swasa	Leham	11/5

219.	Vibhitaki phala majja			Sukradosha	Anjana during early morning	3/15
220.	Vidarikanda churna		Ksheera	Sthanyavidhi	Pana	31/38
221.	Vilwa taila			Karnasula	Karnpurana	2/1
222.	Vilwaphala majja			Arsas	Pana	19/6
223.	Visala phala	Gomutra		Bhutagraha brahma rakshasa vikara	Nasya	28/4
224.	Yava churna	Ghrita		Sringi matsyavisha	Lepa	29/22
225.	Yavakshara		Kwathita jala	Makkallasoola	Pana	31/37
226.	Yavamashi	Tilataila		Agnidagdha ruja	Lepa	25/2

**Table 2:** Single recipes in each Adhikarana

Sl no.	Adhikara	No. of single recipes
1.	Sirorogadhikara	11
2.	Karnarogadhikara	8
3.	Netrarogadhikara	19
4.	Nasarogadhikara	2
5.	Mukharogadhikara	15
6.	Sthandarogadhikara	2
7.	Udararogadhikara	7
8.	Kushtarogadhikara	7
9.	Raktapittadhikara	0
10.	Pinasa-swasabhangadhikara	2
11.	Kasa-swasadhikara	1
12.	Rajyakshmadhikara	4
13.	Sooladhikara	2
14.	Atisaradhikara	3
15.	Pramehadhikara	1
16.	Ashmari-Mutrakricchadhikara	4
17.	Vridhyupadamsadhikara	4
18.	Bhagandaradhikara	2
19.	Arsorogadhikara	6
20.	Chardi-Trishnadhikara	2
21.	Jwaradhikara	2
22.	Vatarogadhikara	3
23.	Padarogadhikara	1
24.	chamakiladhikara	6
25.	Agnidagdhadhikara	2
26.	Vranadhikara	13
27.	Grandhyarbudadhikara	2
28.	Apasmaronmadadhikara	5
29.	Visharogadhikara	24
30.	Kshudrarogadhikara	2
31.	Sthirogadhikara	44
33.	Rasayana-Vajikaranadhikara	4
34.	Pasurogadhikara	9

## **Discussion**

After a thorough review of Rajamartanda, about 226 single drug recipes were found in total. Number of single drug recipes found in Sthrirogadhikara is in large numbers whereas only one single drug recipe is mentioned in Kasa-swasadhikara, Pramehadhikara and Padarogadhikara. Pana and lepa are the mode of administration frequently used in the work. The indication of Asthisamharika in Asthibhagna and Vataroga was mentioned firstly by Bhoja in Rajamartanda. A special type of preparation is mentioned in Apasmaronmadadhikara, which is Rajju mashi prayoga, where an ash is prepared by burning the rope and it is said to be administered along with cold water for the cure of Apasmara. This yoga can also be seen in Rasaratna Samucchaya, which could be adapted from Rajamartanda<sup>2</sup>. Thus in order to ascertain the specific contributions of Rajamartandakara, a thorough review on other Ayurvedic classics before and after the time period of Rajamartanda were also needed. But it is not included here. In total 250 herbs, 20 minerals and 48 animal substances were incorporated in different formulations. Main diseases are classified into 33 chapters and included 166 signs or symptoms along with simple herbal recipes. Ashtangas of Ayurveda are mentioned in these 33 chapters. First five chapters are allocated to Salakyatantra, next chapters from 6-15 mentioned about Kayachikitsa. Salyatantra, Agadatantra, Rasayana Vajikarana, Balachikitsa along with Bhootavidya are discussed in the remaining chapters. Last chapter deals with the formulations which can be applied to cure diseases of animals.

## **Conclusion**

Rajamartanda written by King Bhoja is a work which gives more importance to herbal monotherapies and quotes several simple herbal recipes. A total of 226 single herbal recipes were mentioned in 34 chapters. In the last chapter of the work, the ending quotation states that Rajamartanda, the work by King Bhoja is compilation of variety of formulations useful in the management of different diseases. Eventhough Rajamartanda is a small compendium, it incorporates a lot of simple and utilitarian recipes. It is very unfortunate that this book has not been explored in its full sense in the arena of clinical practice yet.

## **Reference**

1. K.Nishteswar, R Vidyanath. Raja Marthandam, (English translation),Varanasi:Chaukamba orientalia, 2008.
2. P.V. Sharma. Ayurveda ka vaijnanika itihasa, Varanasi: Chaukhambha orientalia, 1976; p.217.