YOGĀRATNĀKARA — AN IMPORTANT SOURCE BOOK IN MEDICINE

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Yogāratnākara aims at determining the history of different drugs when they first appeared in Ayurvedic texts, like Yogaratna Samuccaya (10th century AD), Yogaratnāvali (1574 AD), Yogasāra (1600 AD), Yogaśata (15th century AD) and Yogāratnākara (17th century AD). It has given details of nādi parikṣā, aṣṭasāhāna parikṣā, etc. and has also provided additional useful information regarding pharmaceutical preparations and their administration, modified prescriptions for composition and potency of drugs based on scripture, tradition and experience. It is an important source book for getting a better understanding of the history of Indian medicine and also lays special emphasis on specific diseases and their cures.

Yogāratnākara is one of the most renowned treatises on Indian medicine. It is an extract of Indian medicine discussed in several books ranging from ancient period to later part of the 17th century AD. It is a compiled work and masterpiece of Indian medical system, except anatomy and surgery.

It depicts the periodwise development of Indian medicine, which was an outcome of influx and immigration of different races of the world. Had there not been this indispensable book, we would have been deprived of the history of Indian medicine available in variegated books of which it is an epitome.

Yoga means collection of many drugs in a medicinal preparation. When the physicians of Indian medicine found themselves helpless to cure complicated disorders in human body, they were forced to innovate many new formulae of medicines. They compounded many drugs to increase the potentiality of the therapeutics. This increase of curing power in various formulae was very essential, because the commonly used medicines were unable to cure chronic diseases. In due course, these new formulae collections (Yoga Samgraha) were given the shape of a treatise. Many new books beginning with the name of Yoga were written during 10th century AD and onwards.

YOGARATNA SAMUCCAYA¹ (10th century AD)

The aforesaid definition of formulae collection (Yoga Samgraha) was fulfilled when Candrata wrote his Yogaratna Samuccaya in the 10th century AD.

*Based on the Project Report submitted to INSA on 29 May 1991.
He is regarded as the first physician of Indian medicine who cleared the path of *Yoga Samgraha*. Candrata was followed by Sodhala.

Candrata is son of Tisata. Candrata is quoted by Cakrapāṇi (11th century AD) and he himself quotes lejjeta (9th century AD). Thus, Candrata may be placed between this period. *Yogaratna Samuccaya* was compiled in 10th century AD or 1000 AD.

**YOGARATNĀVALĪ (1574 AD)**

It was written in the reign of Emperor Akbar at Ahmedabad in 1574 AD. The whole treatise is divided into twelve chapters. The writer of *Yogaratnāvalī* was Dāstanaya Gangādharkṛta.

**YOGASĀRA (1600 AD)**

*Yogasāra* was compiled by Dakaśa, son of Vānara. In it, a medicinal preparation, *Madan Modak*, made from *Vijaya* (*Bhāṅga-Cannabis sativa* Linn.), a narcotic drug, is cited. This citation proves that this treatise was written after 14th century AD.

**YOGAŚATA (15th century AD)**


Aufrecht has mentioned *Nāgārjunīya Yoga Śatak*, Madan Singh & Lakshmidas type *Yoga Śatak*.

**YOGATARĀNGINI (Middle of the 17th century)**

*Yogatarāṅgini* of Trimalla 1751, the well known collection of recipes, must, however, be much older, as L, 203 — the MS written in 1498 of another work by Trimalla — is recorded. Trimalla flourished between 1383 and 1499 AD. according to Prof. H.D. Velankar (Catal, BBRAS,MSS, Vol. I, 1925, p. 59). He was a Talianga Brāhman, son of Vallabha, grandson of Śiṅgaṇabhaṭṭa, father of Śankarabhaṭṭa, the author of *Rasapradīpa*.

Trimalla Bhaṭṭa (17th century AD) has mentioned in his *Vṛhatyogatarāṅgini* (Part II, Tārāṅga 27), the use of Śankhīya (Arsenic, metallic poison) in *Firaṅga roga* (syphilis) for the first time.

There are two editions of Trimalla Bhaṭṭa's treatise. The first is *Yogatarāṅgini* and the other is *Vṛhat Yogatarāṅgini*. *Yogatarāṅgini* is
comparatively short. This whole treatise is completed in 81 taraṅgas. Materia Medica is mainly described in it. Trimalla Bhaṭṭa flourished after Bhāva Miśra and Lolimbarāja, because the references of these two are quoted in Yogataraṅgini. On the other side, Yogāratnākara has quoted Trimalla Bhaṭṭa. So, the period of Yogataraṅgini is between Lolimbarāja (beginning of seventeenth century) and Yogāratnākara (last phase of seventeenth century). Thus, the justification of Yogataraṅgini’s period could be done as middle of the seventeenth century AD.

**YOGĀRATNĀKARA (1676 AD)**

Though Yogāratnākara is very popular among Ayurvedic physicians as a handbook of therapeutics, no serious attempt has been made as yet to study the work critically and historically. That is why the name of its author and his date is not common in the circle of scholars. Yogāratnākara is a text containing collection of material used in medicine. Such therapeutic texts date back to 9th century AD, when Vṛṇḍa wrote his book entitled ‘Sidhayoga’, popularly known as Vṛṇḍamādhava. It was followed successively by Chakradatta (11th century AD), Gadanigraha (12th century AD), Sārangdhara (13th century AD), Bhāvaprakāśa (16th century AD), and Yogataraṅgini (17th century AD). Yogaratnākara comes last in this chain but before Bhaiṣajyaratnāvali (18th century AD).

Because it is out and out a collection work, it reflects the image of that age and as such is valuable in supplying information for fixing the date of the work and also for having a correct picture of that period. Some of the important points to be noted are as follows:

1. Most of the drugs which were introduced by foreign contact in this country are seen in abundant use in this text.

   *Ahiphena, Akarakarabha, Salama (Salab)* are seen in various preparations. These drugs were introduced by Muslims near about 12th century AD. Perhaps the first work incorporating these drugs is Sodhala’s Gadanigraha followed by Sāraṅgadhara and others.

2. *Vijaya*, though known from very early period, was used for its fibre previously. Its narcotic and other properties came to light in mediaeval period, when it began to be used in various preparations as hypnotic, analgesic, stomachic, astringent and aphrodisiac. Bhāvamiśra popularised this drug to a great extent. Yogaratnākara has also made its use in all these indications.

3. *Rasakarpura*, though introduced earlier, was popularised by Bhāvamiśra in the treatment of *Phiraṅgaroga* (syphilis). This is also seen in Yogaratnākara being used in Upadāmśa though the word ‘Phiraṅga’ is not mentioned. But there are the words ‘Candraka Vraṇa’ (hard chancre) and ‘Putiprameha’ (gonorrhoea). Similarly, *Copacini* has been described by Bhāvamiśra as
Dvipântaravâca, which has been used in Yogâratnâkara in the form of powder and paka.

4. One very conspicuous thing found in Yogâratnâkara is the description of tobacco (Tâmâkhu). It is to be noted that tobacco was introduced in India by Portuguese in 15th century AD.

5. Snayuka, Śitala and Somaroga have been described according to Bhâvaprakâśa.

6. The symptoms of śitavâta, sparsavâta are taken from Rasaratnasamuccya. Postmortem symptoms of drowning are also described. A new term ‘Kuraṇḍaka’ (infantile hernia) is seen for a disease.

7. Similarly, Bhimasenī Karpura in eye diseases is a new contribution of Yogâratnâkara.

8. It is surprising that Yasada is not seen in this work. This name was introduced in this country from Persia in 13th century AD. Perhaps Madanpâla Nighatâ (14th century AD) is the first work mentioning Yasad.

9. Many food preparations, such as Sara, Aṅgavika, Paṇaka, Ragakhândavas, are introduced by Yogâratnâkara.

Authorship and Date

No indication whatsoever is found in the text about authorship. Scholars say that it was composed by a Jain priest named Nârâyana Śekhara. Some take him as Nayâna Śekhara. The confusion arises due to the fact that there is another work by this name in Hindi written by Nayâna Śekhara in 1680 AD.

As regards the date of the work, the authors and the works quoted are listed in Table I.

As would appear from the list (Table I), the author has utilised all the available material right from Caraka to Yogâtaraṅgini. Lolimbarâja has been quoted abundantly, but the last work quoted is Trimalla Bhaṭṭa’s Yogâtaraṅgini. In fact, it follows the Yogâtaraṅgini in style and content. Trimalla Bhaṭṭa is placed in middle 17th century AD. As regards the lower limit, Bhaisajyâ Ratnâvali of Govindadâsa (18th century AD) has followed this work. Moreover, there is an MS at Anandasarâma, Poona dated 1746 AD and as such it cannot be placed later than this. Hence, the work may be placed in the end of the 17th century AD.

Among the existing works related to Ayurvedic medicine, Yogâratnâkara occupies an important position. The work can broadly be divided into two major parts: Purvârdha and Uttar khaṇḍa. The work deals with four necessary elements (pâdacatusṭaya), as physician, drugs, nursing staffs and the patient, different
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<td>Yoga</td>
<td>200</td>
<td>10th century AD</td>
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<td>38</td>
<td>Yogaratana Samuccaya</td>
<td>100</td>
<td>10th century AD</td>
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<td>39</td>
<td>Yogaratnāvali</td>
<td>182</td>
<td>5th century AD</td>
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<td>40</td>
<td>Yogāsāra</td>
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<td>41</td>
<td>Yoga śata</td>
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<td>15th century AD</td>
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<td>42</td>
<td>Yogataraṅgini</td>
<td>182</td>
<td>Middle of the 17th century AD</td>
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</table>
regimens to be followed up in the day, night and seasons. Besides, there is
description of drug preparations like liquors, paste, medicated ghees, etc. And also
there is enumeration of different metals and the processes for their calcination.
There is description about dietetics. Other means of diagnosis, such as stool,
urine, eye, etc. are also indicated.

In so far as description of pulse examination as a means of diagnosis is
concerned, it has been described in the first chapter of the book under the heading
‘Rogiparikṣa’ examination of the patient.

‘Aṣṭasthāna-Parīkṣā’

The physician should examine a patient’s appearance, eye, tongue, skin,
pulse, voice, urine and faeces.

When disease grows from bad to worse condition, a physician should study
the patient’s pulse before and after the disease. Pulses reveal the symptoms of
diseases as a string instrument produces all musical notes. The main cause of all
diseases is only Vātadik faeces which in its worse state gives rise to
maladjustment of various metabolic activities of the body. At times, one disease
becomes the cause of another one. Whatever the disease may be, a physician
should first of all examine pulse, tongue, eye, urine, etc. and then cure the
disease. The physician who does not follow the symptoms of pulse, urine and
tongue, etc. kills his patient soon and thus forfeits fame, name and power

Nāḍīparīkṣā

Description of pulse in Yogārātnākara is condensed within 48 verses.
Thirty-three varieties of pulse are of clinical importance, among which 14 types
are completely devoted to the description of bad prognosis and death. One type
indicates good prognosis. Eighteen varieties deal with the characteristics of pulse
in some physiological and other general pathological conditions. The whole pulse
lore can be considered under the following heads:

(A) Indication of sites and the method of pulse examination.
(B) Pulse in physiological conditions and mental states.
(C) Pulse in pathological conditions.
(D) Pulse indicating bad prognosis.

(A) Indication of sites and methods of pulse examination

A physician, after attaining the state of mental stability and peace of soul and
mind, should examine by his right hand the pulse below the left thumb in the case
of female and that below the right thumb in the case of male. Particularly in the
case of female, the physician is advised to examine also the pulse of left leg by
applying the knowledge gained from the classical literature, tradition and
self-experience. The pulse below the thumb detects the case and diseased condition of the patient.

As regards methodology and allied aspects of pulse examination, first the elbow (Kurpar) of the patient should be slightly flexed to the left and the wrist slightly bent to the left with the fingers distended and dispersed. In this position, the physician should examine the pulse in the first three hours (ek prahar) of the morning. The physician, after attaining concentration of mind, should examine the pulse repeatedly three times by giving and releasing the pressure alternately over it. By this procedure, he should decide the condition of Doṣas in their respective places and the condition of the pulse, whether the pulse is slow, medium or fast, and also whether they are involved singly, or in combination of two or all the three are at fault together. This way the physician may be able to know the good and the bad prognosis of the patient. The pulse should not be examined just after the bath, in hungry or thirsty states or during sleep and just after awakening or when the patient has anointed himself with oil. Repeated practice of pulse examination makes the physician perfect in the art and science of it.

(B) Pulse in physiological conditions and mental states

**Good hunger**
Appetite
Satisfaction after appetite
Lust (Kāma)
Anger (Krodha)
Anxiety (Cintā)
Fear (Bhaya)

*Fast and light*
Tremulous
Steady
Fast
Fast
Feeble
Feeble

*Vegawati and Laghwi*
Capala
*Sthira*

*(C) Pulse in general pathological states*

Various characteristics of pulse in these conditions are given below.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Types of pulse</th>
<th>Characteristics of pulse</th>
<th>Simile to movement of animals</th>
<th>Relation to fingers</th>
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<tr>
<td>1</td>
<td>Vātika</td>
<td>-</td>
<td>Snake and leech</td>
<td>Index finger</td>
</tr>
<tr>
<td>2</td>
<td>Paittika</td>
<td>-</td>
<td>Crow, lark and frog</td>
<td>Middle finger</td>
</tr>
<tr>
<td>3</td>
<td>Kaphaja</td>
<td>-</td>
<td>Swan, pigeon cock</td>
<td>Ring finger</td>
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<tr>
<td>4</td>
<td>Vātapaittika</td>
<td>-</td>
<td>Snake and frog</td>
<td>-</td>
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<td>5</td>
<td>Vāta Kaphaja</td>
<td>-</td>
<td>Snake and swan</td>
<td>-</td>
</tr>
</tbody>
</table>
6 Pitta Kaphaja - Monkey and swan -
7 Sannipāṭika - Moves very fast with intermittent pause, like the acts of wood pecker (Kāṣṭhakūṭṭa) when cutting the wood -
8 Fever Very hot and fast - -
9 When carrying flesh (Mansvāha) Heavy - -
10 Poor appetite and cachexia Slow - -
11 Full of blood (Raktapurṇa) Heavy and hot - -
12 Auto-intoxication Heavy - -
13 Vāṭika fever Curvilinear, tremulous and cold - -
14 Kaphaja fever Slow, steady, cold and slimy (Pichila) - -
15 Kapha Pitta fever Fast, long and simple - -
16 Vāṭa Paittika fever Curvilinear, a bit tremulous and hard - -
17 Vāṭa Kaphaja fever Slow and slight - -
18 Pitta Kaphaja fever Weak, steady and cold - -

(D) Pulse indicating bad prognosis

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Periods indicating death</th>
<th>Characteristics of the pulse</th>
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<tbody>
<tr>
<td>1</td>
<td>Death within three hours</td>
<td>Pulse moves like fringe of shawl, coinciding with perspiration and cold.</td>
</tr>
<tr>
<td>2</td>
<td>Death within a day</td>
<td>Pulse appears and disappears alternatively and moves disappears alternatively and moves like a drum which is shaped like an hour glass (Ḍamaru).</td>
</tr>
</tbody>
</table>
3 Death within two days Pulses carrying excessive amount of metabolites and cold to touch indicates death within two days.

4 Death within three days Pulse not felt at the proximal end, cold in the middle and appears tired at the terminal part.

5 Death within seven days Pulse becomes speedy at the proximal end, sometimes cold and sweaty and slimy skin, indicates death within seven days.

6 Death within 15 days Pulse is hot, fast and the body is cold and patient takes mouth breath.

7 Patient nearly dead Pulse extremely weak, runs very fast and cold.

8 Sudden death Pulse adopts curvilinear motion like that of lightning and alternately appears and disappears. Pulse with intermittent pause indicates bad prognosis. Slow, tremulous with intermittent pause, weak, visible sometimes in the finger, indicates death; it is a sannipātiika pulse. Pulse first Vātiika, then Paitiika and then Kaphaja, and assumes circular movement and horrible, weak, and disappears from its place, indicates bad prognosis. Pulse excessively tremulous, too much jumping, appearing beneath the fingers indicates bad prognosis. The pulse which is amalgam of the three Dosas indicates bad prognosis. Pulse moves zigzag (Tiryaka) and also like snake, hot and fast and the throat of the patient is full of cough indicates death.

9 Pulse indicating good prognosis The pulse moves like swan and elephant and the patient is happy. If the pulse beats 30 times in its place in one “man”, the patient shall survive, otherwise not.

Thus, in describing pulse examination, Yogāratnākara enumerates certain more points of importance than the previous works, such as Śāraṅgdhāra Samhitā and Bhāvaprakāśa. First, there is indication that besides examining left hand in
the case of female, stress has also been laid on examination of the pulse of the left leg in this case. Secondly, he has clearly mentioned the importance of mental peace to reach at the diagnosis accurately by examining the pulse. Thirdly, there is mention of detailed anatomical position of the forearm, including wrist, during pulse examination. Fourth, there is indication of the fixed time when pulse should be examined. Fifth, there is description of quantitative form of the pulse as 30 times. Sixth, there is indication to examine the pulse repeatedly three times in the same period. Seventh, the work advocates the practice of pulse examination as much as it can be to get mastery over the science. Eighth, there is clear indication that the knowledge of pulse examination can be achieved only by constant practice and applying one's own thinking. Ninth, there is enumeration of greater number of pulse incications of bad prognosis and death. Of course, the work does not make a mention about the pulse of a healthy person. In the end, there is instruction to the physician to wash his hand after examining the patient\textsuperscript{15}.

Yogaratnākara delineates upon how to diagnose and cure the following diseases for which a few important formulae are given blow.

\textit{Fever born of Vata} — Guduchyādi group, Kiratādi group, Kāsmaryādi group, Merichādi group.

\textit{Pitta born fever} — Katphalādi group, Drāksādi decoction.

\textit{Kapha born fever} — Tiktādi group, Triphalādi group.

\textit{Fever born of Veta and Pitta} — Kirāta itikādi group.

\textit{Mature and intermittent fevers} (quoted from Bheda, 7th century AD) — Sudarsana Cūrna (quoted from Sāraṅghara, 1325 AD), Laghu Lāksesādi Tāila, Vṛhat lakhādi Tāila, Angāraka Tāila.

\textit{Acute fevers} (quoted from Rasarājalakṣmi, 14th century AD) — Navajwarankuśa Rasa, Jwarāgni Guṭikā, Tralokyataphara Rasa, Mṛtyunjaya Rasa, Candraśekhara Rasa.

\textit{Immature or acute diarrhoea} (quoted from Cikitsā kalikā, 10th century AD) — Kalingādi, Kutajāvaleha (quoted from Aswanikumāras, Ancient period), Kutajāstaka, Dadimavaleha (Vijaya [Bhāṅg] Cannabis indica is used), Mṛtsanjivano Rasa (Vijaya [Bhāṅg] Cannabis indica is used), Dādimaputpaka (Opium is used), Sankhodara Rasa (Opium is used). Aṭisāra Pathyāni (Opium is used).

\textit{Piles} — Agasti Modaka.

\textit{Loss of appetite and indigestion} — Hingwaṣṭaka Cūrna, Svalpa Agnimukha Cūrna, Lavana Bhāskara Cūrna, Sankha Baṭi (quoted from
Rasārnava, 1200 AD), Śāṅkha Baṭī (another variety), Amrita Haritaki. Agnikumāra Rasa (quoted from Rasendra Cintāmaṇi, 1600 AD), second Agnikumāra Rasa.


Phthisis — Lavangādi Cūrṇa, Kapurādyā Cūrṇa, Elādi Cūrṇa, Aśvagandhādyā Cūrṇa, Chavanaprāśa (quoted from Cikitsakalika, 10th century AD), Drāksāśava (quoted from Virs inhāvaloka, 1383 AD), Ratnagarbhapottulli Rasa, Rāja Mrgānka Rasa, Mrgānka Rasa (quoted from Rasaratnapradipa, 1500 AD).

Bronchitis — Maricādi Guṭikā (quoted from Vṛṇda, 9th century AD).

Hiccup and asthma — Śringyādi Cūrṇa (quoted from Yoga śata, 15th century AD), Haridrā Cūrṇa, Bhārigigaryādī Leha.

Hoarseness of Voice— Vyāghri Gṛṭa (quoted from Cikitsāsāra, 10th century AD).

Disgust for food — Yavanikhaṇḍa Cūrṇa, Ārdra Matulungāvalehu (quoted from Sāraṅgdhara, 1325 AD).

Burning of skin — Candaṇādi Cūrṇa.

Insanity — Kalyānaka Gṛṭa (quoted from Yogataraṅgini, middle of the 17th century AD), Caitasa Gṛṭa (quoted from Yogataraṅgini, 17th century AD).

Epilepsy — Kuśmāṇḍa Gṛṭa (quoted from Vṛṇda, 9th century AD). Kalyāṇa Cūrṇa

Diseases of the Nervous system — Rāsnādi Pācana, Trayodaśāṅgā Guggula.

Bronchitis — Sacchanda Bhairava Rasa (quoted from Sāraṅgdhara, 1325 AD).

Gout — Piṇḍa taila.

Leprosy and other skin diseases — Amrādī Gṛṭa.

Severe diarrhoea — Ajamodādi Cūrṇa.

Haemorrhoids — Pañcasama Cūrṇa.

Pain (colic) — Śāṅkha Cūrṇa (quoted from Hārīta, 10th century AD to 12th century AD).

Pain (tūrināma Śūla) — Kṣira Mandura.
Pain — Satavari Mandura.

Pain, abdominal tumors, and stony tumors — Samudrādyā Cūṇa.

Gonorrhoea — Candraprabhā Guṭi (quoted from Yogaratnāvali, 17th century AD).

Diabetes — Tārakeśvara Rasa.

Elephantiasis — Pippalyādi Cūṇa.

Elephantiasis of the legs — Kṛṣṇādi Modaka, Vidangādi Oil.

Elephantiasis of the legs, bronchocele, goitre, hernia — Saureovara Ghṛta.

Fistula-in-ano — Khadirādi Kvātha.


Fistula-in-ano, piles, asthma, cough, dropsical swellings, abdominal dropsy, hernia, elephantiasis of the legs, malignant boils, sinus, leucoderma, strangury, calculi, gonorrhoea — Saptavignātika Guggulu.

Fistula-in-ano, boils and sores improves the complexion — Viṣyandana Oil.

Leprosy and leucoderma — Mahā Bhallāataka Avaleha.

Skin diseases, leprosy, fistula-in-ano, malignant boils, intestinal worms — Pañcatiktā Ghṛta.

Leprosy, blood bile, piles characterised by copious discharge of blood, erysipelas, sour bile, tubercular leprosy, chlorosis, eczema born of malignant boils — Mahātiktāka Ghṛta.

All varieties of leprosy — Mahākhandira Ghṛta.

Severe varieties of leprosy, chest disease, chlorosis (leucoderma), external tumors, abdominal tumors — Khadirāriṣṭa.

Leprous sores, eczema, psoriasis, ring worm, itching, malignant boils, the effect of age, and black and brown spots on the face — Vṛhat Maricādyā Oil.

Small-pox — Nimbādi, Kāncanādi — Kvātha, Paṭolādi-Kvātha.
Internally cures measles — Khadirāṣṭaka Kvāṭha.

Diseases of women — Phala Ghṛta.

Puerperal diseases, diarrhoea, and disease of the ‘Graham’ — Saubhāgya Sunthi.

Liquidity of the semen and loss of virile power — Kāmāgnisandipana Modaka.

Increases strength, energy, and sexual power. Cures blood bile, consumption, fever — Candanādi Oiil.

Important Ingredient: Some preparations are named after the important ingredient, for example,

Pippalādi Cūrṇa.

Authorship: The name of the sage or rṣi who first discovered or patronized the formula is used in naming the drug, for example, Agastya haritaki.

Therapeutic property: The disease for which the formula was indicated is at times used in naming preparation, for example, Atisāra Pathyānī, Kṛmimudgara Rasa.

First ingredient of the formula: The drug that heads the list in the formula is sometimes used in naming the preparation, for example, Khadirā riṣṭa.

Quality of components: At times, the preparation is named after the quality of components used, for example, Pancasama Cūrṇa.

Part of the plant: The drug is at times named after the part of the plant used, for example, Daśā mūladi Kvāṭha (Yogāratnākara, Vol.I, p. 431).

There are medicines having the same name but a number of different formulae, so much so that each differs from the other in composition, ratio of ingredients, method of preparation, mode of administration, mode of action, dosage and anupana. A typical example is Agnikumāra Rasa.

ŚODHANA OR PURIFICATION

Pure aconite ‘Vatsanābha’, for example, cannot be administered as freely as śodhita aconite. Aconite, which is a cardiac depressant, becomes a cardiac stimulant after śodhana with cow’s urine.
Some gum resins, such as guggulu and some drugs containing volatile oils, such as kushta are also described to undergo sodhana when boiled with milk, go-māra, etc. Boiling of these drugs, however, definitely reduces the volatile oil content, which is supposed to be therapeutically very active, for example, Nava Kārṣika Guggulu, Saptaviśātika Guggulu.

Yogāratnākara exhibits the medieval impact in its recipes. Dādimavaleha (Vihaya [Bhāng]Cannabis indica is used), Mrtsanjīvano Rasa(Vijaya [Bhāng] Cannabis indica is used), Dādimaputpaka (opium is used), Śankhodara Rasa (opium is used), Atisāra Pathyāni (opium is used), Agnikumāra Rasa (mercury, sulphur, and fried borax is used), second Agnikumāra Rasa (mercury, sulphur, and fried borax is used), Kṛrimudgara Rasa (mercury, sulphur is used), Ratnagarbha pottali Rasa (Rasa-sindura, diamond, pearl, Svarṇamāksika, coral is used), Mrigānka Rasa (mercury, ashes of gold, pearls, sulphur and fried borax is used), Sacchanda Bhairava Rasa (mercury, sulphur is used). Candraprabhā Gūṭi (Agathotes Cerayta is used). Tārakeśvara Rasa (Rasa sindura is used). Kāmāgni-sandipana Modak (mercury, sulphur, mica is used). Candanāḍi Oil (musk is used).

Yogāratnākara deals with the influence of modern medical system. It mentions syphilis (Phiraṅga) introduced by the Portuguese and its remedy cobacini, which must have been imported about 1535. Nicotiana tabacum Linn. (Fam. Salanaceae) is cited for the first time in Yogāratnākara. Most of the tobacco addicts think that their bowels are cleaned and urination becomes smooth, but it is only their way of thinking. It is due to the intoxicating effect of nicotine present in tobacco. Postmortem symptoms of drowning are also described for the first time in Yogāratnākara.

Thus, in “Yogāratnākara”, an attempt has been made to present a systematic and periodwise development of Indian medicine by analysing the other books on the subject. Each book depicts the influence of contemporary society. So, the formulae quoted in Yogāratnākara can be correlated to the period of referred works. Having the same name, quantity and number of drugs used in a recipe vary in every treatise. Each formula bears the name of physician or the fact that the text was prepared during his time. So the determined period of each referred work can be justified as a period when the particular recipe was compounded and quoted by the author of Yogāratnākara. An attempt has also been made to classify various recipes with the date of composition of referred books. Many new drugs were used during mediaeval and modern periods of Indian history of medicine by our physicians. These drugs helped the Indian physicians to innovate some new formulae and they also modified many old formulae of Indian medicine to suit the needs and to cure the complicated disorders, which by then had crept in as a sequel to immigration from Europe and Central Asia.
REFERENCES

2. Yogaratnakara. p.182.
4. Author of Yogaratnavali is Gangadhara, son of Das.
5. Yogaratnakara, p.39.
8. Ibid., p.182.
11. Salama (Salab) is used in the formula Salama Pak, Yogaratnakara, Vol II, page 89, published by Chaukambha Sanskrit Sansthan, Varanasi, 3rd Ed.
12. Aufrecht does not mention this author. He mentions only Yogaratnakara, a work on Yoga by Vireswaranand quoted in Lauhapradipa.
13. The figure indicates page numbers of the Nirnaya Sagar edition of Yogaratnakara.