



CLASSICAL REVIEW OF YASHTIMADHU

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ABSTRACT

Yashtimadhu i.e. *Glycyrrhiza glabra* Linn. Family – 'Leguminosac' commonly known as Licorice / Liquorice, Sweet wood. *Mulhatti* and *Yashtimadhu*. *Glycyrrhiza glabra* is a widely used classical medicinal plant and is found in numerous traditional formulas. The root of *Glycyrrhiza Glabra* relieves thirst, cough, asthma, bronchitis, abdominal colic, eye troubles and cures ulcers. According to *Charak* and *Bhav Prakash Yashtimadhu Rasa is Madhura. Guna-Guru & Snigdha, Virya-Sheet, Vipaka-Madhura*. Due to this virtue it performs various *Karmas-such as Balya, Chakshuya. Sukrajanan, Varnya. Keshya, Vatapittajit Raktaprasadana, shothhar, Vishghan, Chhardighan, Pipasahar, Kshayhar, Glanihar etc.* The present article attempts to provide comprehensive information on the classical uses of *Yashtimadhu* for further research.

KEYWORDS :

Yashtimadhu in *Samhita & Nighantu*Historical background of review of *Yashtimadhu*

Vedic kala- Up to 7th cent. A.D. The reference of *Yashtimadhu* has been made in *Atharvaveda*² by the term *wadtigha*. The meaning of *Madhuga* is taken as *Yashtimadhu* where in the drug is used in the form of Lep (The meaning of the term *Madhuga* is taken as *Jayesthi Madhuga* by the commentator of *Kaushiksutra* also. In the *Bhashya* of *Atharveda*² Sayana has referred to this as *Madhur Vriksha* or *Yashtimadhuka*. No description regarding about *Jalaja* or *Sthalaja Klitaka* is found.

Samhita Kala

*Charakasamhita*³ (1000 B.C. 4A.D)

Acharya Charaka dealt with *Yashtimadhu* in various contexts, In the very first chapter of the *Charaka Samhita, klitaka* has been mentioned as being of two type's viz. *Anupa* and *Sthalaja* under *Phalini Varga*. Commentator *Chakrapani* has attempted to equate these types as being that of *Yashtimadhu*. In Other context regarding ingredients of *Brihatshatavarighrita* the word *Dwiyathimadhukaih* is found. *Yashtimadhu* is included in 11 *Ganas*⁴ in *Charak Samhita*. Charka has described *Yashtimadhu* churn as one of *Medhya* (Brain & Nerve tonic) out of four *Rasayan*.

*Sushruta Sanhita*⁵ (1000 B.C. 2nd A.D)

Acharya Susruta has not clearly mentioned about the variety of *Yashtimadhu*. References of *Klitaka* are in two contexts in *Sushruta Samhita*. *Klitaka* is stated to be one of the *Moola Vishas* in one context. Second contexts in the preparation of *Kalka of Klitaka* is mentioned. *Dalhana*, commenting on this equates *klitaka* was *Yashtimadhu*. Various synonyms mentioned in different contexts include *Yashiyahwa Madhukahwa, Madhuga*, out of 36 *Vargas* in 8 *Varga Yashtimadhu* is mentioned. *Acharya Sushruta* has mentioned it as a wound healer and beneficial in throat diseases.

Table 1: Classification according to Varga / Gana in Samhita and Nighantu

Charaka Samhita Ch. Sm. Su St 5/5	<i>Jivaniya, Sandhaniya, Varnya, Kanthya, Snehopaga Kandugna</i>	<i>Rasayan, Kshatsheenta (Trauma & wound),</i>
	<i>Vamanopaga, Asthanapanopaga,</i>	<i>Haridaya rog (heart</i>
	<i>Mutravirajaneeyaa Angamardaprashama na, Shonitashthapana</i>	<i>diseases), Garbh Pushti, Vatarakta</i>
<i>Sushruta Samhita</i> Su.Sm. Su St. 37	<i>Haridradi, Brihatyadi, Kakolyadi Sarivadi, Anjanadi,</i>	<i>Ardhvbhedak (Migraine), Pandu</i>
	<i>Ambasthadi, Nyagrodhadi Utapaladi</i>	<i>(Anaemia), Adhoga Raktipitta (Rectal, Uterine Bleeding)</i>

Ashtanga Haridaya	<i>Vamana, Niruhana, Pittagna</i>	<i>Rasayan, Parna, Raktar</i>
As Hr. SH. St. 15 ⁶	<i>Sarivadi, Padmakadi, Anjanadi</i>	<i>Raktarsha (AH 8-113)</i>
	<i>Aragwadhadi, Haridradi,</i>	<i>Yashtimadhubala tail</i>
	<i>Ambasthodi, Nyagrodhadi</i>	<i>In Vatpittaroga, AH 22</i>
Ashtanga Samgraha ⁷ As. Su. Su St. 15	<i>Sarivadi, Anjanadi, Nyagrodhadi</i>	<i>Balshoshnashaka 2-50 Pittahara, Jeewaniya – 4</i>
	<i>Vachadi, Ambasthadi</i>	<i>11AH</i>

Table No: 2 Classification according to Varga Gana in Nighantu and their karmas.

Nighantu	Parga	Karma & Uses- Pharmacological Action
Dhanantari Nighantu ⁸	Guduchyadi Varga	<i>Shitapittavinashini</i> (cures urticarial) <i>Vrishya</i> (aphrodisiac), <i>Soshanashkaka</i> (cures cachexia), <i>Kashayahara</i> (cures phthisis), <i>Chhardivinashini</i> (cures emesis)
Kaiyadeva Nighantu ⁹	<i>Aushadhi</i> varga	<i>Prishya</i> (aphrodisiac), <i>Varnya</i> Complexion promoter), <i>Svarya</i> (good for voice), <i>Kshayahara</i> (cures phthisis), <i>Sofanashaka</i> (cures oedema), <i>Vrana-hareta</i> (cures ulcer)
Bhavaprakas Nighantu ¹⁰	Haritkyadi varga	<i>Chakshusya</i> (vision promoter), <i>Balavarnakruta</i> (promotes physical strength, complexion), <i>Shukrala</i> (increases semen), <i>Keshahara</i> (good for hair), <i>Savarya</i> (good for voice) <i>Sothanashaka</i> (cures inflammation), <i>Vishahara</i> (cures poison), <i>Chhardihara</i> (cures emesis), <i>Trushnahara</i> (cures thirst) <i>Glanihara</i> (cures exhaustion), <i>Kshayapaha</i> (cures phthisis), <i>Vatapittajit</i> (Reduces vitiated Vata and Pitta)
Raj Nighantu ¹¹	Pipalyadi varga	<i>Chakshusya</i> (vision promoter), <i>Soshajit</i> (cures inflammation), <i>Trushnanashaka</i> (cures thirst), <i>Vranapaham</i> (cures ulcer)
Shaligrama Nighantu ¹²	Astha Varga	<i>Swarbhnga, Stnayashodhak, Apsamar</i> (epilepsy)
Priya Nighantu ¹³	Shatapushpa di varga	<i>Chakshusya</i> (Vision promoter), <i>Vrishya</i> (aphrodisiac), <i>Kanthya</i> (good for throat)
Nighantu Aadarsha ¹⁴	Palashadi varga	<i>Trushnanashaka</i> (cures three Doshas)
Madanapat a Nighantu ¹⁵	Abhayadi varga	<i>Balya</i> (Immune booster), <i>Trushnanashaka</i> (cures thirst), <i>Chhardihara</i> (cures emesis), <i>Pittajita</i> (reduces vitiated Pitta)
Shodhala Nighantu ¹⁶	Guduchyadi varga	<i>Soshanashini</i> (cures cachexia) <i>Tridoshanashaka</i> (cures three Doshas) <i>Vajikarna, Hikkayam</i>
Dravyagun a Vigyana ¹⁷	Chhedanadi Varga	<i>Shleshmahara</i> (reduces Kapha)
Nighantu Shesha ¹⁸	Gulmakand	<i>Raktavamana, Sadhkshata</i> (acute trauma)

Madhav Nighantu ¹⁹	Vividhaushadhi	Raktapittagna (cures bleeding disorders), Vranasodhanaropanam (cures ulcer)
Haritkyaaadi Nighantu ²⁰	Heargaaritakya di- Guduchiyadi Varga	Chakshusya (Vision Promoter) (Balavarnakruta (Promotes Physical strength, complexion)
Dravyaguna Hastamalaka ²¹	Aparajitadi kula	Vat-pittashamaka (reduces vitiated vata and pitta humors), Snehana (emollient), Sosthahara (cures ulcer), Kanthya (beneficial for throat), Mutrajanam (diuretic)

Table No. 4 Traditional uses of Yashtimadhu in India (Kumar A and Dora J, 2012) [37]

Disease	Mode of application	Text References
Haemorrhoids	After application of <i>Kshara</i> , ghee mixed with <i>Yashtimadhu</i> should be application haemorrhoids.	<i>Su Sm. Ch St. 6/4</i>
Pain In Head, Sides and Shoulders	The parts should sprinkled with milk and decoction of <i>Yashtimadhu</i> .	<i>Ch Sm. Ch St. 8/85</i>
Hoarseness of Voice	<i>Payasa</i> (rice –milk) prepared with <i>Yashtimadhu</i> and mixed with ghee	<i>Su Sm Ut St. 53/13</i>
As Pressed snuff	<i>Yashtimadhu</i> mixed with honey or Pipalimixed with fine sugar	<i>Su Sm Ut St 50/16</i>
Wound cleaning agent	Paste of <i>Yashtimadhu</i> mixed with <i>Nimba</i> (<i>Azadirachtaindica</i> A. Juss)	<i>Dr Premwati T Vr. Md 12/3</i>
Wound Healing	Paste of <i>Yashtimadhu</i> and tilamixed with ghee	<i>Ch Sm. Ch St. 25/85</i>
Burns Caused By Alkali	Ghee mixed with <i>Yashtimadhu</i>	<i>Dr. Premwati T Vr Md. 44/33</i>
In <i>Vata</i> <i>raktapredominant</i> in <i>vata</i>	Goat milk mixed with half oil and <i>Madhuka</i> 10 gm. should be given	
Promotes Growth of Foetus	Milk processed with <i>Sharkara</i> , <i>Kashmaria</i> (Gmelina arborea Linn.) and <i>Yashtimadhu</i> .	<i>Su Sm Su. St. 11/9</i>
Promotes Lactation	Cow's milk with <i>Yashtimadhu</i> and sugar	<i>Ch. Sm. Ch. St. 8/85</i>
Rasayana particularly intellec- Anaemia	Intake of <i>Yashtimadhu</i> powder with milk.	<i>Ch. Sm. Ch. St. 1/1/30</i>
Anaemia	A decoction of <i>Madhuka</i> or its powder	
As An Aphrodisiac	10g <i>Madhuka</i> powder mixed with honey followed by intake of milk	<i>Charaka</i>
Cardiac Tonic	Prescribed a paste of liquorice and Picrorrhiza Kurroawith sugar-water.	<i>Charaka</i>
In Haematemesis	<i>Yashtimadhu</i> and <i>Santalum</i> album powdered with milk	<i>Charakadatta</i>
In Intrinsic Haemorrhage	Prescribed the paste of <i>Yashtimadhu</i> 10 mg.	<i>Sushruta</i>
In odema	The paste of licorice, Sesamum indicum	
On ulcers, bruises and burns	Warm clarified butter mixed with licorice, was applied topically	
On Erysipelas	A decoction of <i>Madhuka</i> was applied	

Yashtimadhu has been used in medicine for more than 4000 years. The earliest record of its use in medicine is found in 'code Humnubari' (2100 BC). According to *Ayurvecla* texts in it is *Vara* and *Pitta Shamakaand* in the treatment of all types of wounds and inflammations *Yashtimadhu* is considered the drug of choice. In various types of *Vrana*, *Chakradziaa* has advocated the use of this drug. *Charaka* has advocated these of this drug in *Vataja* and *Raktaja* diseases at various places and to increase *Bala*. *Yarn. Swar* and Immunity. In *Sushruta Samhita* it finds description at so many places as to its use in pain following operation and in various surgical and medical diseases. Further evaluation needs to be carried out in order to explore the concealed areas and their practical clinical applications, which can be used for the welfare of the mankind.

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