

YASHTIMADHU (GLYCYRRHIZA GLABRA LINN): A MIRACULOUS RASAYANA

***Dr. Parulkar Geeta D., M.D. (Chikitsa) (Mum), Ph.D. (Chikitsa) (Mum), Professor
(Chikitsa)**

R.A. Podar (Govt.) Medical College, Attached to M.A. Podar Hospital, Worli, Mumbai,
Maharashtra.

Article Received on
13 April 2018,

Revised on 02 May 2018,
Accepted on 23 May 2018,

DOI: 10.20959/wjpr201811-12482

***Corresponding Author**

Dr. Parulkar Geeta D.

R.A. Podar (Govt.)

Medical College, Attached

to M.A. Podar Hospital,

Worli, Mumbai,

Maharashtra.



YASHTIMADHU (Glycyrrhiza glabra Linn) Botanical Name:

Glycyrrhiza glabra Linn.

Family: Fabaceae

Vernacular Names

- **Hindi-** Mulethi
- **English-** Liquorice
- **Marathi-** Jyeshthamadh

Synonyms: Klitaka, Madhuka, Madhuyasti, Madhulika, Jalaja- yasti.

Classical Categorization

- **According to Charaka Samhita:** Described as Jivaniya, Sandhaniya, Varnya, Kanthya,

Kandughna, Chardinigrahana, Shonitasthapana, Mutravirajaniya, Snehopaga, Vamanopaga and Asthapanopaga.

- **According to Sushruta Samhita:** Mentioned in Kakolyadi, Sarivadi and Anjanadi ganas.
- **According to Vagbhata Samhita:** Mentioned in Sarivadi and Anjanadi ganas.

Botanical Description: It's an undershrub, growing upto a height of 1.8 m.

Root: Thick, many branched, Red or lemon colour outside and Yellowish or Pale-yellow inside. **Leaves-** Imparipinnate; leaflets 4-7 pairs, ovate- lanceolate, smooth. **Flowers-** Axillary spikes, papilionaceous, Lavender to Violet in colour. **Fruits-** Pods, compressed, **Seeds-** 2-5 reniform, flat, deep Grey (Flowers in March and fruits in August).

Major chemical constituents

Glycyrrhizin (principal sweetening agent), Glycyrrhizic acid, Glycyrrhetic acid, Liquiritin, Isoliquiritin, Neoisoliquiritin, Liquiritogenin, Isoliquiritogenin, Glabrine, Glabranine, Licoricidin, Glabrene, Liquiritic acid, Glabrolide etc.

Properties

- **Rasa-** Madhura
- **Guna-** Guru, Snigdha
- **Virya -** Shita
- **Vipaka-** Madhura
- **Karma-** Tridosahara, Rasayana, Keshya (Useful for Hair growth), Chakshushya (Useful for Eyesight).

- **Indications**

Kshaya (Malnutrition), Shwasa (Bronchial asthma), Kasa (Cough and Cold), Amlapitta (Hyperacidity), Vrana (External Ulceration).

Therapeutic Uses

Bhaganadara (Fistula-In-Ano)

The wound should be applied with Madhuka taila (According Sushrut Samhita).

Ardhavabhedaka (Migraine)

Yastimadhu is mixed with honey and used as Avapidana Nasya (According Sushrut Samhita).

Part Used- Roots

Dosage- Powder 3-5 gms.

Important Preparations

Shata paka Madhuka taila, Madhuyashtyadi taila, Yashtyadi churna.

RESEARCH

- 1) The Anti- Inflammatory activity of Glycyrrhetic acid and its diacetate was similar to that of hydrocortisone on formalin- induced Arthritis in Albino Rats (Tangri et al., 1964).
- 2) Glycyrrhetic acid protected Guineapig against Bronchospasm induced by Histamine or 5-HT. It significantly lowered plasma Corticosterone concentration although Adrenal weight remained unaltered. (Tangri et al., 1968).
- 3) The Anti – Inflammatory response of *G. glabra* was found to be equivalent to that of Oxyphenbutazone. It appeared to possess a more potent Anti- pyretic and Anti – exudative activity in comparison to Oxyphenbutazone (Saxema et al; 1970).
- 4) Glycyrrhetic acid drops were found to be of definite therapeutic value on 32 cases of Allergic Conjunctivitis both in acute and chronic cases (Saxena et al; 1965 b).
- 5) Glycyrrhetic acid showed an Antipyretic activity similar to that of Sodium Salicylate on Rectal temperature of normal and Pyretic Rats (Saxena & Bhalla, 1968).

Articles in International Journals

- Protective effect of Yashtimadhu(*Glycyrrhiza glabra*) against side effects of radiation/chemotherapy in head and neck malignancies by Das D, Chandola HM., Agarwal SK. (Ayu. 2011; 32(2): 196-199. doi:10.4103/0974-8520.92579).
- Effect of Yashtimadhu (*Glycyrrhiza Glabra*) on Intelligence and Memory Function in Male Adolescents (2013) by Teltumbde, A. K., A.K. Wahurwagh, M.K. Lonare and T.M. Nesari.(Lonare M.K et al., Sch. J. App. Med. Sci., 2013; 1(2): 90-95.
- Effect of Yashtimadhu (*glycyrrhiza glabra*) churna mukhalepa with Honey as an upakrama of dinacharya (daily regimen practice) w.s.r. to Varnya (complexion) by Aarti Parle, Mrudul Chitrakar, Anju Hadke IJAPR October 2017; 5(10).

My Observations

In following cases, I have seen ‘Good Results’ in patients under outdoor and indoor departments of Kayachikitsa attached to M.A. Podar hospital, Mumbai-18.

Yashtimadhu kalpa	Indications/Symptoms in which patients relieved
Yashtimadhu Churna	Shwasa (Bronchial asthma), Kasa (Cough and Cold), Pandu (General debility)
Yashtimadhu Ghruta	Kshaya (Malnutrition), Daha (Burning Sensation), Amlapitta (Hyperacidity)
Yashtimadhu Taila	Bahya Vrana (External Ulceration)
Yashtimadhu Kwatha	Shwasa (Bronchial asthma), Kasa (Cough and Cold)

REFERENCES

1. Dr. J.L.N. Sastry, Illustrated Dravyaguna vijnana, Reprint edition Published by Chaukhamba Orientalia, Varanasi, 2017; 152-155.
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3296340/>
3. <https://pdfs.semanticscholar.org/e503/28d8db13fe03f3c10217ef9e5563c8c80f51.pdf>
4. <http://ijapr.in/index.php/ijapr/article/view/778>