

**A REVIEW ARTICLE ON MADHU AND ITS PALLIATIVE EFFECT IN  
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**ABSTRACT**

Ayurveda is an ancient system of medicine which tells in detail about the various vyadhi, aushdhas, anupana, ahara, vihara, for swastha rakshnam and vyadhi upashamana. madhu (honey) is a natural substance which is collected from honey bees from different flowers of plants, it's a natural substance which is sweet and delicious and rich in carbohydrates, it's like jam (jam like consistency). The detailed description along with types and properties of Madhu is mentioned in various ayurvedic texts such as Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Bhava Prakasha, Yogaratnakara, Harita Samhita, and in Arka prakasha as anupana for arka. In Ayurved madhu is used as internal as well as external applications, it shows mild laxatives, bactericidal, sedatives and antiseptic properties found useful in hikka, twak vikara, kasa, shwasa, yakshma, chakshushya, vranaropana, medohara, sthoulya, krimi, vbandha, it's used as anupana after taking choorna, arka, vati, kwatha. to increase the efficacy of aushada and lessen the side effects. madhu having ruksha guna and ushna virya, kapha shamka so by these properties we have tried to understand the role of madhu as a palliative effect in medhohara.

**KEYWORDS:** Madhu, makshika, honey, medhohara, sthoulya, obesity.

## INTRODUCTION

The ancient Vedas and puranas described as madhu is a medicinal, as anupana, and nitya sevaniya, healthy food, it's told in the preparation of swarnaprashna, Prophet Mohammed quoted in holy book Quran healing purpose nutritious and healthy for intake, in arka prakash it taken with pippali arka as medhohara properties, Madhu is *Rakta pittam kaphahara, Chakshushya, Sangrahi, Vranaropaka medhohara, sukumara, vajikara, chedi, visha, meha, asrpitta, atisarahara* in properties. Studies says that, the glycaemic index of Madhu is lower than sugar. Madhu posses mainly four activities which are anti-oxidant, anti-bacterial, anti- viral and anti-inflammatory by which it helps in wound Care. In several ayurvedic treatments, Madhu has been found to be operative in treating krimi n bala, Research in the found Madhu to be operative in healing infected non-healing skin wounds by means of speeden up the vranasandhana, ropana, madhu having ruksha guna and ushna virya, kapha shamka so by this properties kapha and medhohara.

## NIRUKT(Etymology) of Madhu

*Nirukti* of the word Madhu is said to be derived from “*Manyat iti madhu*’ meaning *Madhura rasa*(sweet), *swadu*(delicious) and *saukhayam*(pleasant).

**Synonyms of honeys in modern science:** Honey, purified honey, clarified honey, strained honey, mel.

## Synonyms of Madhu

Honey is known by a variety of names in ayurveda. From one region to another, the names vary. The most popular names, however, are *Pushparasolbhavam, kusumasava, pushpasava, pushparasa, pavithra, pitra, varivanta, Makshika, Madwikam, Kshaudram, Vantham, Varadi*, and Bringavantham.

## Biological sources of honey

It is deposited by he honeybees, *Aps mellifera* Inn & other species of *apia* in the honey comb. *Apis cerana, Apis dorsata, Apis floria*. some of these varaties make honey.

## GUNA(QUALITIES) OF MADHU

*Rasa - Madhura,*

*Anurasa - Kashaya*

**Guna** - laghu, vishadha, Ruksha, yogavahi

**Veerya** - Sheeta some opnion sa ushna

**Vipaka** - Madhur

**Properties** - Grahi, vilekhana, srotoshodhaka, chakshushya, deepana, etc.

**Indication** - kushta, Arsha, Kasa, Meha, Krimi, Meda, shwasa etc.

## TYPES OF HONEY

1. Comb honey

2. Liquid honey

3. Granulated honey

4. Creamed honey

5. Raw & Pasteurised honey

**Contents Alkaloids:** water 17.1g fat-0g Moisture – 20.6%, Pyrolizidine alkaloids Proteins – 0.3% Jacohne, Jacozine Carbohydrates – 79.5%, Jacobine, seneciphylline Minerals – 0.2%, proteins-0.3g

Calcium –5%

Phosphorus – 16.0%

Iron - 0.9%

Riboflavin – 0.038mg

Pantothenic acid-0.068mg

Pyridoxine -0.024mg

Niacin – 00121mg

Vit C. - 4.0%

Energy – 319 K cal / 100g



## Makshika Madhu

### Varities of Madhu

According to *Charaka Samhita* and *Ashtanga Sangraha*, Madhu is of four types.

Variety	Madhu is collected by	Color of Madhu
1. <i>Bhramara</i>	<i>Bhramara</i> type of bee	<i>Gritha</i> .
2. <i>Makshika</i>	Reddish variety of Madhu bee	<i>Tila Taila</i> .
3. <i>Ksaudra</i>	Small type of Madhu bee	Brown
4. <i>Pauttika</i>	<i>Puttika</i> type of bee-they are of big size	White

Out of these four *Makshika* is the best Madhu.

In *Acharya Sushruta Samhita*, *YogaratanakarDhanvantari NighantuRaja*

*Nighantu* and *Bhavaprakasha Nighantu*, Madhu is of 8 types.

Variety	GUNAS
1. <i>Makshikam</i>	It is <i>Ruksha</i> (Dry), <i>Laghutar</i> (lightest of all) and <i>Pravara</i> (Best of all 08 varieties)
2. <i>Bhraamaram</i>	Its more <i>Madhur</i> (sweet) and <i>Pichhila</i> (sticky) and <i>Guru</i> (Heavy) in nature.
3. <i>Kshoudram</i>	It is <i>Sheetal</i> (cold), <i>Laghu</i> (light) and <i>Lekhana</i> (Scraping).
4. <i>Pauthikam</i>	<i>Ruksha</i> (Dry), <i>Ushna</i> (hot), derived from poisonous bees. Helps in excision of <i>Medaj granthi</i> .
5. <i>Chathram</i>	<i>Guru</i> (Heavy to digest), <i>Hima</i> (cold), <i>Svadupaka</i>
6. <i>Aardhyam</i>	<i>chakshushaya</i> (hrpful in eye disorders), <i>Kaphapittahara</i> (pacifies <i>kapha</i> and <i>pitta dosha</i> ).
7. <i>Ouddalakam</i>	<i>Swarasudhi</i> (Enhances voice), <i>Ruchikara</i> (enhances flavour).
8. <i>Daalam</i>	<i>Kshaya</i> , <i>ushna</i> , <i>amla</i> , <i>chardi meha prashamanam</i> (relives vomiting and diabetes).

In *Harita Samhita* there are three varieties of Madhu.

Varities	Properties
<i>Bhramara</i>	<i>Madura rasa</i> , <i>Guru</i> in nature. It is beneficial in <i>Netra Roga</i> , <i>Sangrahani</i> .
<i>Saaragha</i>	It <i>Ruksha</i> and <i>Sheeta</i> in nature. It is use in the disease <i>Kshaya</i> , <i>Kasa</i> , <i>Kamala</i> and <i>Arsha</i> .
<i>Kshaudra</i>	It is <i>Samabhavi</i> in nature i.e., not too cold or too dry. It is useful in diarrhea, wound, and tuberculosis. It is also used as <i>Agnivardhaka</i> in <i>Agnimandya</i> persons.

## CLINICAL USE OF MADHU

Madhu is *Agnideepanam*, *varnyam*, *laghu*, *svarya*, *sukumara*, *medhohara*, *lekhanam*, *vrana sandhana*, *ropana*, *shodhana* (cleans and heals wound), *chakshushyam*, *prasadhanam*, (improves skin quality), *vishaprasanam* (natural detox) *chedi*, *trut*, *hikka*, *krimi*, *chardi*, *kasa*, *shwasa*, *atisara*, *vatala*.

### 1. Anti-Oxidant properties of Madhu

Phytochemical present in honey are responsible for its anti-oxidant property. The flavonoids, monophenolics, polyphenolics and vitamin C present in Mahu decreases the cellular damage caused by free radicals.

2. Honey and lemon one tea spoon in cup water before 30 minutes break fast useful n weightloss, PCOS management.

3. honey 3-5gram useful to fight against mnor infections and usefull in diabetes.

4.It's dry up excess oiliness of skin.

5.clogged skn pores open them up leads healing.

6.honey kapha hara relieve skin allergy, dermatitis, xanthelasma

7.useful n candida infection, erysipelas, impetigo, folliculits, furuncles, carbuncles.

8.various researches shows that Madhu showed better results with no side effects, over patients using acyclovir in topical lesions from genital and labial herpes, gives evidence regarding the antibacterial property of Madhu.

9.purana madhu indicaed in sthoulya, medoroga, it's utility mentioned in bhiashajya ratnavali as madhoodaka and also explained n bhavaprakasha.

### Adultration of madhu

Generally adultrated with cane sugar, corn syrup, and it is not heated and not stored long time.

### CONCLUSION

Madhu is said to be use in daily life it having anti oxidant, antibacterial, antiviral, antiaging process,

It's havng wound granulation and healing, used to maintain weight, treating diseases of fatty tissue origin. there is no other such material which imbibes the quality to the extent that Madhu does Use of madhu is best described in Ayurveda. Ayurved have described its use in the aushadh as well as anupana.

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