

A REVIEW ON YASHTIMADHU IN URDHVAJATRUGATA ROGAS

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Corresponding Author*Dr. Ashok P. Vaijwade**Associate Professor,
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College, Nanded.**ABSTRACT**

The term *Ayurveda* consists of two words namely 'Ayu' and 'Veda' meaning the science of life. In present era traditional medicines are getting more attention worldwide with the great therapeutic significance and potential actions. There are so many plants in *Ayurveda* with great importance. *Yashtimadhu* is one of the important and widely used classical herbal medicinal plant with vast clinical action used in various diseases in *Vedas* and *Samhitas*. *Yashtimadhu* is Commonly known as *Glycyrrhiza glabra* Linn., Liquorices, sweet wood, Mulahati. The important chemical constituent of *Yashtimadhu* is glycyrrhizin (about 2-9%), Glycyrrhetic acid (glycyrrhetic) (0.5-0.9%). Other active constituents of *Yashtimadhu* include

isoflavonoids, chalcones, triterpenoids, coumarins, sterols, amino acids, amines, lignans, gums and volatile oils. These are found to be responsible for its various activities like antiulcer activity, wound healing activity, eye troubles, cognitive function enhancing activity, anti-inflammatory, antioxidant activity, anti-tussive activity etc.^[1] Recent researches have also shown its positive effect in cancer. The objective of this paper is to review the literature regarding various effects of *Yashtimadhu* on *Urdhvajatrugata Rogas*. The canvas of the pharmacological activities of *Yashtimadhu* is very vast. When these activities were compiled *Yashtimadhu* stands out strongly as a drug of choice in various disorders. This paper reviews the available data on use of *Yashtimadhu* [*Glycyrrhiza glabra*] in various disorders as evidenced in these topics.

KEYWORDS: *Glycyrrhiza glabra* Linn, glycyrrhizin, liquorice, *Yashtimadhu*.**INTRODUCTION**

The increasing demand of medicinal herbs among the general public has increased the need

for scientific based research to determine the mechanism of action of herbs.

Research on the herbs is a developing area in modern biomedical sciences. Scientists who are trying to develop newer drugs from natural resources are looking towards the *Ayurveda*, the Indian traditional system of medicine. Several drugs of plant, mineral, and animal origin are described in the *Ayurveda* for their healing properties. Most of these drugs are derived from plant origin.

There are nine *Dravya's*(matter) in which five are *Prithivi, Aap, Tej, Vayu, Akash* and remaining four are Soul, Mind, Time and Space. Matter having sense organs is sentient while the one devoid of them is insentient.^[2]

In traditional *Ayurvedic* medicine, drugs were categorized as some alleviate *Doshas*, some vitiate *Dhatus* and some are good for the maintenance of positive health.^[3]

In India, the Liquorice Root carries the ancient *Sanskrit* name of *Yashtimadhu* (sweet- stalk) and it has been a mainstay of *Ayurvedic* and other traditional medicines. In ancient *Ayurvedic* System, there are many preparations described containing *Yashtimadhu* as one of its Constituents.

Classification

Kingdom: Plantae **Order:** fabales **Family:** Fabaceae **Genus:** *Glycyrrhiza* **Species:** *glabra* Linn

It is a perennial herb with a thick rootstock passing below into long, straight, cylindrical, slightly tapering, smooth, flexible, slightly branched roots, about 1.25 cm in diameter, red or orange-brown on the surface, pale yellow within, and giving off at the top long horizontal subterranean stolon's.^[4]

Vernacular names

Sanskrit: *Yashtimadhu, Madhuka*

Marathi: *Jeshtamadha*

English: Licorice, Liquorice, Sweet wood

Hindi: *Jothi-madh* or *Mulhatti*.

Classical categorization-charaka samhita

Acharya Charaka has quoted 50 *Mahakashaya* among which *Yashtimadu* is included in 11

Mahakashaya. These are as below,

1. **Jivaneeya:** It promotes longevity.^[5]
2. **Sandhaneeya:** It helps in bone fracture healing and wound healing.^[6]
3. **Varnya:** Improves skin complexion.^[7]
4. **Kanthya:** Improves voice.^[8]
5. **Kandughna:** Relieves itching sensation (pruritis).^[9]
6. **Snehopaga:** Used in *Snehana*.^[10]
7. **Vamanopaga:** Used in *Vamana* (emesis).^[11]
8. **Asthapanopaga:** Used in *Basti Karma* (rectal enema with decoctions).^[12]
9. **Mutravirajaneeya:** Restores proper color of urine.^[13]
10. **Angamardaprashaman:** Used in *Malaise*.^[14]
11. **Shonitasthapan:** Causes Haemostasis.^[15]

Sushruta samhita^[16]

Kakolyadi Gana, Anjanadi Gana, Sarivadi Gana, Ambashthadi Gana, Nyagrodhadi Gana, Utpaladi Gana. Etc.

Properties and Action^[17]

Rasa: *Madhura* (Sweet)

Guna: *Guru* (Heavy), *Snigdha* (Unctous)

Veerya: *Shita*

Veepaka: *Madhura*

Doshaghnata: *Vata-Pittahara* (it pacifies the aggravated/morbid *Vata* and *Pitta*)

Chakshusya (Good for eye and eyesight/vision).

Balakrita (Provides good immunity and strength).

Varnakrita (Enhances color and complexion).

Shukrala (Having good aphrodisiac properties, increases the quantity and quality of semen).

Keshya (Hair tonic),

Swarya (Improves voice),

Vrana-Shothahara (Ulcers/wound healing) and anti-inflammatory action.

Vishahara (Neutralizes the bad effects of toxins and poisons),

Chardinigrahna (Anti-emetic),

Trishnahara (Relieves thirst),

Glanihara (relieves tiredness/exhaustion),

Kshayahara (cures wasting and degenerative disorders).

Part used: Root

Formulations of yashtimadhu in urdhvajatrugata rogas in charaka samhita

Formulations	Dosage Form	Indications	References
Anutaila	Taila	Nasyakarma	Ch.su.5/63-70
Dhumvarti	Varti	Shirashoola	Ch.su.5/20-24
Mahanilataila	Taila	Palitya	Ch.chi.26/269-275
Mayura ghrita	Ghrita	Shiroroga, ardita, karna, akshi, Nasa, jivha, talu, asya, gala	Ch.chi.26/163-165
Prapaundarikadi Taila	Taila	Palitya-nasya	Ch.chi.26/276-277
Churnanjana or Varti	Varti	Netra roga	Ch.chi.26/247-248
Shirashoolanashak Pradeha	Lepa	Shirashoola	Ch.su.3/24

Formulation of yashtimadhu in urdhvajatrugata rogas in sushruta samhita

Formulations	Dosageform	Indications	References
Aajaghrita	Ghrita	Netrabhighata	Su.chi.2/44
Bhadrodaya anjana	Anjana	Anjanarth	Su.u.18/94-97
Chakrataila	Taila	Shirobhyanga	Su.chi.24/27-28
Dashkshira ghrita	Ghrita	Pratishyaya	Su.u.24/38-41
Gutikanjana	Anjana	Anjanarth	Su.u.19/15
Madhukaghrita	Ghrita	Pittaj karnashoola, Karnapoorana	Su.u.21/30

Formulation of yashtimadhu in urdhvajatrugata rogas in vagbhat samhita

Formulations	Dosage Form	Indications	References
Abhyangan yoga	Ghrita	Abhyanga-Mukharoga	A.h.u.22/6
Akshabijadi gutika	Gutika	Timira	A.h.u.13/43
Anutaila	Taila	Nasyakarma	A.h.su.20/37-38
Jivantyadi ghrita	Ghrita	Timira	A.h.u.13/3
Mahamayur ghrita	Ghrita	Ardita	A.h.u.24/49-55
Manasyadi anjana	Anjana	Timira, arma, rakhtaraji, Nrtrakandu, kach	A.h.u.13/23
Mayuraghrita	Ghrita	Sarvaurdhvajatrugata Rogas	A.h.u.24/47-48

Formulation of yashtimadhu in urdhvajatrugata rogas in sharangdhar samhita

Formulations	Dosage Form	Indications	References
<i>Irimejadi taila</i>	<i>Taila</i>	<i>Mukha-Dantarogas</i>	Sha.m.9/163-167
<i>Mayura ghrita</i>	<i>Ghrita</i>	<i>Shiroroga</i>	Sha.m.9/75-78
<i>Triphala ghrita</i>	<i>Ghrita</i>	<i>Netraroga, Timira</i>	Sha.m.9/66-71
<i>Yashtimadhuka Taila</i>	<i>Taila</i>	<i>Palitya</i>	Sha.m.9/155

Formulation of yashtimadhu in urdhvajatrugata rogas in bhavprakash

Formulations	Dosage form	Indications	References
<i>Jatyadi taila</i>	<i>Taila</i>	<i>Dantagatihanyata</i>	Bp.mk.66/60-61
<i>Kumari taila</i>	<i>Taila</i>	<i>Manyasthambha-Shiroroga</i>	Bp.mk.62/42-48
<i>Lakshadi taila</i>	<i>Taila</i>	<i>Dantaroga</i>	Bp.mk.66/73-76
<i>Mahamashadi Taila</i>	<i>Taila</i>	<i>Ardita</i>	Bp.mk.24/265-272
<i>Muktadimaha Anjana</i>	<i>Anjana</i>	<i>Netraroga</i>	Bp.mk.63/220-222
<i>Mahatriphaladi Ghrita</i>	<i>Ghrita</i>	<i>Naktandhya, timira</i>	Bp.mk.63/232-238
<i>Nayanashona Anjana</i>	<i>Anjana</i>	<i>Timira</i>	Bp.mk.63/223-224
<i>Shadabindi taila</i>	<i>Taila</i>	<i>Shiroroga</i>	Bp.mk.62/36-38
<i>Triphaladi Ghrita</i>	<i>Ghrita</i>	<i>Sarvanetramaya</i>	Bp.mk.63/239-246

CONCLUSION

Yashtimadhu is one of the most potent *Rasayana* drugs in *Ayurveda*. Recent researches proved that it has vast clinical action as it is having therapeutic properties like antiulcer activity, wound healing activity, Cognitive function enhancing activity, antithrombotic effect, antiviral, anti-inflammatory, *Hepatoprotective* effect, *cerebroprotective* effect, *antidyslipidaemic* activity, antioxidant activity, anti-tussive, anti-arthritis activity etc.

So, we can conclude that *Yashtimadhu* is a single herb with answer to many diseases in *Urdhvajatrugata Rogas*.

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