

A CRITICAL REVIEW ON ANTITOXIC FORMULATIONS OF *YASHTIMADHU* W.S.R TO MAJOR CLASSICS (BRIHATTRAYI) OF AYURVEDA

Mamta Phartyal¹, S.R. Inchulkar², Yuvraj Kaushik³

¹Post Graduate Scholar final year, Dept. of Agadtantra Evum Vidhi Ayurved, Shri Narayan Prasad Awasthi Government Ayurved College, Raipur, Chhattisgarh, India.

²Professor & H.O.D. Dept. of Agadtantra Evum Vidhi Ayurved, Shri Narayan Prasad Awasthi Government Ayurved College, Raipur, Chhattisgarh, India.

³Lecturer, Dept. of Agadtantra Evum Vidhi Ayurved, Shri Narayan Prasad Awasthi Government Ayurved College, Raipur, Chhattisgarh, India.

Corresponding Author: mamtaphartyal14@gmail.com

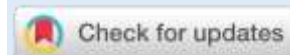
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ABSTRACT

Ayurveda, an ancient science, relies primarily on natural and organic substances for healthcare. It focuses on the medicinal properties of plants, metals, minerals, etc., and utilises them to treat the patient. Ayurveda has its unique treatment principles. Ayurveda consists of 8 branches, one among them is dedicated to the management of poisons and toxins and is known as Agadtantra. This branch manages all sorts of poisons, whether animal or plant origin. Today's environment contains many toxic substances, which led to the requirement of various drugs that can act against these deadly poisons encountered in the daily lives of people in the form of pesticides, pollution, chemical cosmetics, artificial preservatives and whatnot. Ayurveda has treasures of medicinal plants that have yet to be fully explored. One such drug is *Yashtimadhu* or *Mulethi*. This drug has many pharmacological properties, and *Vishaghna* (antitoxic) action is among them. It has been used in various *Vishahara* formulations by the ancient *Acharya*. The antitoxic or *Vishaghna* property of *Yashtimadhu* is reviewed in this article with the help of Ayurvedic and modern parameters. The *Vishahara* formulations of major classics (Brihatrayi), i.e., Charak Samhita, Sushrut Samhita and Ashtanga Hridaya in which *Yashtimadhu* is used as one of the ingredients has been discussed here.

Key words: Vishaghna, Yashtimadhu, Agad, Visha.

INTRODUCTION

Agadatantra is one of the eight branches of Ayurveda.¹ It is the branch which deals with all forms of poisons, their effects, and their treatment. There are vast numbers of poisonous substances surrounding us. Hence, there is a need for more antitoxic drugs to fight these toxic substances. There is a need to search and study all the *Vishaghna Dravya* mentioned in Ayurvedic texts. Ayurvedic classics have an abundance of these *Vishaghna* drugs, which needs to be explored. *Yashtimadhu* (*Glycyrrhiza glabra* Linn.) is one such plant that has antitoxic properties.² This is present in various *Vishahara* formulations mentioned in Ayurveda. *Yashtimadhu* is *Sheet*, *Guru* and *Madhur*. It is suitable for the eyes, provides strength, and promotes complexion. It is a hair tonic, improves voice and reduces the problems of *Pitta*, *Vata* and *Rakta*. It cures inflammatory oedema, poisonous effects, vomiting, thirst, tiresomeness and wasting.³

This drug is mostly imported from Asia Minor, Iraq, Persia, and other Central Asian countries. It is a tall perennial herb or under-shrub about 1.8 m high. The leaves are compound, with leaflets 4-7 pairs and flattened. The seeds are reniform. The roots and underground stems are pale chocolate brown.

Yashtimadhu contains glycyrrhizin which is a mixture of potassium and calcium salts of glycyrrhizic acid, glabranin A & B, glycyrrhetol glabrolide, Iroglabrolide, iroflavones like formononetin, glabrone commarins like herniarine, umbelliferone, triterpene sterols like onocerin, β - amyryn, stigmasterol.⁴

MATERIALS AND METHODS

This article's content was derived from several Ayurvedic *Samhitas*, *Nighantu*, and other Ayurvedic publications. A search for *Vishahara* formulations containing *Yashtimadhu* was conducted from the *Samhitas*. The data was located from the treatise of Ayurveda and various textbooks of Agadatantra, as well as articles in various journals. An extensive literature search was conducted manually from different reference books of Ayurveda and textbooks of Agadatantra.

Search engines like PubMed, Scopus, Google Scholar, AYUSH research portal, and DHARA were used for research papers published online. The data was segregated, edited, consolidated and reviewed critically to explore the scientific importance of various Agada. By using Ayurvedic and contemporary scientific methods, an attempt has been made to understand the antitoxic activity of *Yashtimadhu*.

PROPERTIES OF YASHTIMADHU:⁵

Sanskrit name – *Yashtimadhu*, *Madhuk*, *Klitaka*

Botanical name – *Glycyrrhiza glabra* Linn.

English name – Liquorice

Family – Leguminosae

Part used - Root.

Rasa- *Madhura* (sweet)

Guna- *Guru* (heavy), *Snigdha* (oily)

Virya- *Madhura* (sweet)

Vipaka- *Madhura*

THERAPEUTIC USES OF YASHTIMADHU:^{6,7}

1. Decoction is used with buttermilk to heal peptic ulcers.
2. Powder is used in all types of respiratory tract diseases.
3. A decoction of *Madhuka* or its powder is prescribed with honey for anaemia.
4. *Yashtimadhu* mixed with cow's milk is indicated to promote lactation.
5. A confection of rice milk, prepared with *Yashtimadhu*, is prescribed in hoarseness of voice.
6. Charak prescribed 10g of *Madhuk* powder mixed with honey, followed by milk intake, as an aphrodisiac and as an intellect-promoting tonic.
7. Charak also prescribed a paste of liquorice and *Picrorrhiza kurroa* with sugar water as a cardiac tonic.
8. Charakadatta prescribed *Yashtimadhu* and *Santalum album*, powdered with milk, in haematemesis.
9. Sushrut prescribed the paste of *Yashtimadhu* 10g, in intrinsic haemorrhage.

10. The paste of licorice, Sesamum indicum and milk mixed with butter is indicated in oedema.
11. Warm clarified butter mixed with licorice, is indicated to apply topically on ulcers, bruises and burns.
12. A decoction of *Madhuka* is indicated to be applied to erysipelas.
13. *Yashtimadhu* is an important ingredient in *Narikelanjana* (IMCOPS) eye drops, which are prescribed for acute and chronic conjunctivitis and blepharitis.
14. A decoction of the root is a good wash for falling and greying hair.

VISHAGHNA FORMULATIONS IN MAJOR CLASSICS (BRIHATRAYI) CONTAINING YASH-TIMADHU:

S. No.	Name of the formulation	Indication
1.	<i>Surasadi Yoga</i> (ch.chi. 23/52)	<i>Visha Chikitsa</i>
2.	<i>Mritsanjeevana Agad</i> (ch.chi. 23/56)	<i>Sarva Visha</i>
3.	<i>Mahaganadhasti Agad</i> (ch.chi.23/80)	<i>Visha Chikitsa</i>
4.	<i>Kshara Agad</i> (ch.chi. 23/101)	<i>Sarva Visha</i>
5.	<i>Rishabh Agad</i> (ch.chi.23/95)	<i>Mushak visha</i>
6.	<i>Madhookadi Yoga</i> (ch.chi.23/202)	<i>Luta visha</i>
7.	<i>Amrit Ghrita</i> (ch.chi.23/244)	<i>Sarva Visha</i>
8.	<i>Madhukadi Yavagu</i> (a.h.u. 35/23)	<i>Sarva Visha</i>
9.	<i>Chandroday Agad</i> (a.h.u.35/25)	<i>Sarva Visha</i>
10.	<i>Dushivishari Agad</i> (a.h.u.35/39) (a.s.u.40/148)	<i>Dushivisha</i>
11.	<i>Himwan Agad</i> (a.h.u.36/63)	<i>Mandali sarpa Visha</i>
12.	<i>Mandar Agad</i> (a.h.u.37/73)	<i>Luta visha</i>
13.	<i>Yashtayadi Yoga</i> (a.h.u.37/75)	<i>Luta Visha</i>
14.	<i>Hiberadi Agad</i> (a.h.u.37/82)	<i>Luta visha</i>
15.	<i>Bilwadi Agad</i> (a.h.u.37/84)	<i>Luta visha</i>
16.	<i>Dvinishaadi Sidha Ghrita</i> (a.h.u.38/26)	<i>Mushak Visha</i>
17.	<i>Sanjeevana Agad</i> (a.s.u.40/59) (su.ka.5/73)	<i>Visha Chikitsa</i>
18.	<i>Suryodaya Agad</i> (a.s.u.40/73)	<i>Visha Chikitsa</i>
19.	<i>Mritsanjeevana Agad</i> (a.s.u.40/75)	<i>Visha Chikitsa</i>
20.	<i>Kautilyodita Agad</i> (a.s.u.40/78)	<i>Unconsciousness by strong poison, hanging and drowning</i>
21.	<i>Udambaradi Agad</i> (a.s.u.40/85)	<i>Visha Chikitsa</i>
22.	<i>Shivakrita Agad</i> (a.s.u.40/87)	<i>Visha Chikitsa</i>
23.	<i>Ajeya Ghrita</i> (a.s.u.40/130)	<i>Sarva Visha</i>
24.	<i>Shirishtwagadi Ghrita</i> (a.s.u.40/134)	<i>Unconsciousness due to poison</i>
25.	<i>Ankoladi Yoga</i> (a.s.u.40/142)	<i>Harital visha</i>
26.	<i>Tarunplash ksharadi Yoga</i> (a.s.u.40/151)	<i>Sarva Visha</i>
27.	<i>Yashtadhya tail</i> (a.s.u.40/176)	<i>Vatashayagata Visha</i>
28.	<i>Kashmaryadi Yoga</i> (a.s.u.42/34)	<i>Mandali Sarpa Visha</i>
29.	<i>Lodhradaya Agad</i> (a.s.u.42/83)	<i>Sarpa. Aakhu, Kadabh Visha</i>
30.	<i>Mahagad</i> (a.s.u.42/89) (su.k.5/61)	<i>Jangam Visha</i>
31.	<i>Arshabha Agad</i> (a.s.u.42/90)	<i>Visha chikitsa</i>
32.	<i>Sitadi Yoga</i> (a.h.u.36/89) (a.s.u.42/54)	<i>Sarpangabhihata, Shankavisha</i>
33.	<i>Pipplayadi Yoga</i> (a.s.u.43/76)	<i>Scorpion bite</i>
34.	<i>Prapondrikadi Yoga</i> (a.s.u.44/39)	<i>Lutavisha</i>
35.	<i>Kakandakayadi Yoga</i> (a.s.u.44/51)	<i>Lutavisha</i>
36.	<i>Pipplayadi Yoga</i> (a.s.u.44/55)	<i>Lutavisha</i>
37.	<i>Vachadi Anjana</i> (a.s.u.44/66)	<i>Lutavisha</i>
38.	<i>Payasyadi Agad</i> (a.s.u.44/72)	<i>Lutavisha</i>
39.	<i>Godantadi Ghrita</i> (a.s.u.44/85)	<i>Lutavisha</i>
40.	<i>Jeerakadi Yoga</i> (a.s.u.46/26)	<i>Mushak Visha</i>
41.	<i>Kshiripravaladi yoga</i> (a.s.u 46/43)	<i>Mushak Visha</i>
42.	<i>Ajayayadi Yoga</i> (a.s.u. 47/5)	<i>Vishajwara</i>
43.	<i>Mahasugandho Agad</i> (a.s.u.47/65)	<i>Vishopadrava chikitsa</i>

RESULT

Yashtimadhu is found to be a widely used *Vishahara Dravya*; it is an essential ingredient in various *Agad* and *Vishahara* formulations. After a thorough observation of different yoga/formulations present in *Brihatrayi*, it is found that *Yashtimadhu* is used 71 times. Out of which 20 times in *Lutavisha*, 13 times in *Sarpavisha*, 11 times in *Sthavara Visha*, seven times in *Mushak Visha*, five times in *Sarvavisha* & *Vishopdrava*, thrice in *Savisha Aalepa*, *Pushpa* and *Bhakshya*, once in *Garavisha*, *Dushi Visha*, *Vrishchik Visha*, *Sarva Dhatugata Visha*, and *Harital Visha*.

DISCUSSION & CONCLUSION

The above-collected information proves that *Yashtimadhu* is an excellent antitoxic drug. It has *Madhura Rasa*, which is itself *Vishaghna* in nature. It has *Sheeta Veerya*, *Snigdha* and *Guru Guna*, which acts against *Ushna*, *Ruksha* and *Laghu Guna* of *Visha*. It also has *Swarya*, *Balya*, and *Varnya* properties, potentiating *Vishaghna* action. Most formulations are indicated in *Luta Visha*, where it is used as one of the vital ingredients. Moreover, it is one of the ingredients of *Sanjeevana Agad*, *Suryodaya Agad*, etc., indicated in *Sthavara Visha*. It has a broad spectrum of *Vishaghna Karma* reflected in various formulations indicated in *Sthavara*, *Jangama* & *Kritrima Visha* conditions. Multiple studies have been done on *Yashtimadhu*, which reveal that it has different pharmacological activities like ulcer healing, antiulcerogenic, choleric effects, anti-bacterial, hepatoprotective, antioxidant potential activity, anti-asthmatic activity, hair growth promoting activity and memory enhancing activity with good convincing results. Its traditional uses claim also suggests its use in hoarseness of voice, hematemesis, intrinsic bleeding, ulcers, bruises and burns, falling and greying of hair, aphrodisiac and intellect-promoting tonic.⁸

From the above discussion, it can be concluded that *Yashtimadhu* is an effective *Vishaghna Dravya*. Its properties act against the properties of poison, and therefore, the ancient *Acharya* widely incorporated it into various important *Vishahara* formulations. It specifically works in *Jangama*, *Sthavara*, and *Kritrima Visha*.

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