YASHTIMADHU (GLYCYRRHIZA GLABRA LINN): A MIRACULOUS RASAYANA

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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 up to 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, Glycyrrhetinic 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 asthama), 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) Glycyrrhetinic 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; 1965b).
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
- 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

<table>
<thead>
<tr>
<th>Yashtimadhu kalpa</th>
<th>Indications/Symptoms in which patients relieved</th>
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</thead>
<tbody>
<tr>
<td>Yashtimadhu Churna</td>
<td>Shwasa (Bronchial asthma), Kasa (Cough and Cold), Pandu (General debility)</td>
</tr>
<tr>
<td>Yashtimadhu Ghruta</td>
<td>Kshaya (Malnutrition), Daha (Burning Sensation), Amlapitta (Hyperacidity)</td>
</tr>
<tr>
<td>Yashtimadhu Taila</td>
<td>Bahya Vrana (External Ulceration)</td>
</tr>
<tr>
<td>Yashtimadhu Kwatha</td>
<td>Shwasa (Bronchial asthma), Kasa (Cough and Cold)</td>
</tr>
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### REFERENCES

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2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3296340/
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