

**MULETHI FROM THE VIEW OF SAMHITA- A LITRARY REVIEW****Dr. Ajaya D. Yerne<sup>1\*</sup>, Dr. Arun U. Bhatkar<sup>2</sup> and Dr. Mrunal R. Akre<sup>3</sup>**

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**ABSTRACT**

*Mulethi* is one of the significant *Ayurveda* medicine which helps in improving digestive health. According to *Ayurveda Mulethi* is indicated as anti-allergic (*Kanthya & Kandughna*) digestive, appetite stimulant as well as best heamostatic drug. It has cardio protective properties and helps in controlling high cholesterol level; it is also one of the best drug from *Jivaniya Mahakashaya* which means nutrient as well as rejuvenating drug. This review of *Glyceriza glabra* Linn. e though its various indications are in use, controlled trials are needed to determine its real efficacy. The *Mulethi* plant, its properties, mechanism of action and clinical uses are briefly reviewed in this

article.

**KEYWORDS:** *Mulethi*, Immuno modulator, *Glycerhiza glabra*.

**INTRODUCTION**

*Mulethi* is the best alternative tonic, antacid, sweet in test, helpful in recovering chronic Gastritis, constipation, useful in cough, Asthama, Bronchitis etc.<sup>[1]</sup> it is natural tonic for general debility, chronic fatigue, and physical exhaustion, only scattered information exploring the drug is available, and there is need to assemble it. So to revalidate the therapeutic claims of *Mulethi* in the light of contemporary experimental and clinical studies this review was carried out. Information was extracted from various *Ayurvedic* Literature – *Samhitas*, *Nighantus*, and Contemporary Texts and Online studies available on *Mulethi*. The

current work appears to be first of its kind and can be considered as a reference standard for future studies.<sup>[2]</sup>

## MATERIAL AND METHODOLOGY

### Search Criteria

Information collected from *Brihatryai- Charaka Samhita, Sushruta Samhita* and *Vagbhata; Laghutryai- Madhava Nidana, Sharangdhar Samhita, and Bhavprakash*; and various *Nighantu* and few published review articles, journals, and research articles reference of these were collected.

### Methodology

All *Brihatryais – Charaka* and *Vagbhata Samhita* mentioned *Mulethi* as best immuno-modulator in various digestive, Brain and mind etc. along with other therapeutic attributes. More over *Charaka* has expounded.

*Jivaniya Mahakashaya* i.e nutrient in various disorders due to its *Madhar* (Sweet taste), *Guru, Snigdha* or *Sneha Guna* has described in *Samhita. Sushruta* has considered complexion property in *Mulethi*. Commentator of *Vagbhata, Indu* has attributed same. *Chandrat* has named *Mulethi* as *Madhuyashti*.

### *Mulethi* in *Nighantu*<sup>[3]</sup>

Nighantu	Gana	Synonyms	Properties
<i>Sushruta Nighantu</i>	<i>Haridradi Gana</i>	<i>Madhuka, Yashtimadhuka, Yashtik, Madhuyashtika, Kashamudhuka, Vallimadhuka</i>	-
<i>Ashtang Nighantu</i>	<i>Sarivadi Gana</i>	<i>Madhuka, Klitaka, Parushoka, Mrudupala, Dhanvacchada</i>	-
<i>Dhanvantari Nighantu</i>	<i>Guduchyadi Gana</i>	<i>Yeshti, Yeshtimadhu, Madhustrava, Yeshtik, Madhuka, Madhu, Madhuyashtik</i>	<i>Madhura-Rasa, Sheeta-Virya, Pitta-hara, Shukravardhak, Shoshaghna, Vishaghna</i>
<i>Raj Nighantu</i>	<i>Pipalyadi Varga</i>	<i>YeshtiMadhu, Madhuvalli, MADhustrava, Madhuka, Yeshti, Yeshtayaha,</i>	-
<i>Kaydeva Nighantu</i>	<i>Aushadhi Varga</i>	<i>Klintak, MADhuka, Madhuyashti, Madhustrava, Madhu</i>	<i>Madhura, Shukravardhak, Chakshushya, Balya, Tridoshar, Varnya, Shothaghana, Kshya-har</i>
<i>Madanpal Nighantu</i>	<i>Abhyadi Varga</i>	<i>Madhuyashti, Mdhulika, Klintaka, Madhuka, Yashtimadhu, Jalaja, Madhu</i>	<i>Sheeta, Varnya, Trishnanighrana, Pitta-har, Vamnopag,</i>
<i>Bhavprakash</i>	<i>Haritkyadi Varga</i>	<i>Klitak, Yashtimadhi,</i>	-

<i>Nighantu</i>		<i>Yashtimadhuka</i>	
<i>Shodhal Nighantu</i>	<i>Guduchyadi Varga</i>	<i>Madhuka, Yashtika, Yashtimadhuka,</i>	<i>Raktapitta-har, grahi, Vrishya, Chakshushya, Swarya, Varnya, Sheeta-Virya, Madhur-rasa</i>
<i>Abhidhan Ratnamala</i>	<i>Madhura Skanda</i>	<i>Yeshtimadhuka, Yashtivaha, Madhukam, Klitaka</i>	-
<i>Madhva Dravyaguna</i>	<i>Vividh Aushadhi Varga</i>	-	<i>Raktapitta har, Vrnaropan, Krimighna, Kushtaghna</i>
<i>Gunaratna Mala</i>	<i>Haritkyadi Varga</i>	-	<i>Guru, Madhura-rasa, Shukravardhaka, Pittashamak, Keshya, Balya, Chakshushya, Swarya</i>
<i>Priya Nighantu</i>	<i>Shatpushpadi Varga</i>	-	<i>Kasa, Shwasa, Shirashool, NEtrarogahara, Vranashak</i>
<i>Nighantu Adarsha</i>	<i>Palashadi Varga</i>	-	<i>Guru, Madhura, Chakshushya, Balya, Keshya, Swarya, Shosha, Kshya, Tridosh-shar</i>

### Botanical Classification

<b>Kingdom</b>	<b>Plantae</b>
<b>Division</b>	<b>Angiosperms</b>
<b>Order</b>	<b>Fabales</b>
<b>Family</b>	<b>Fabaceae</b>
<b>Subfamily</b>	<b>Fabiodeae</b>
<b>Genus</b>	<b>Glycyrrhiza</b>
<b>Species</b>	<b>G.glabra</b>

### Chemical Constituents and Phyto-Chemistry<sup>[4]</sup>

Aqueous extract of Liquorce contain 5-10% of sweet whitecrystalline Diglucuroride known as Glycyrrhizin which is calcium and potassium salts of Glycyrrhizic acid,  $C_{42}H_{62}O_{16}$ , melting at  $205^{\circ}$ , Glycyrrhizin olycyn acid or enzymatic hydrolysis, yields the triterpenoid “aglycon” glycyrrhetic or glycyrrhetic acid,  $C_{30}H_{48}O_4$ , melting at  $303$  to  $304^{\circ}$  and two moles of glucuronic acid,  $C_6H_{10}O_7$ , Glycyrrhetic acid is 11-oxo-oleano-30-carboxylic acid ( $\beta$ -amyrin series). The root also contains 5%-10% sugars (sucrose, dextrose), starch, an acid resin, a bitter principle asparagine, malic acid and some proteinous, fatty and inorganic matters.

During recent years interest in liquorices has been greatly stimulated by the structural similarity of glycyrrhetic acid and corticosteroids.

## Classical Categorization

Category	Charaka Samhita	Sushruta Samhita	Vagbhatta
<i>Jivaniya</i>	√	-	√
<i>Sandhanniya</i>	√	-	-
<i>Varnya</i>	√	-	-
<i>Kanthya</i>	√	-	√
<i>Kandughna</i>	√	-	-
<i>Chardinigrhana</i>	√	-	√
<i>Shonitsthapan</i>	√	-	-
<i>Mutravirajniya</i>	√	-	-
<i>Snehopaga</i>	√	-	-
<i>Vanopaga</i>	√	-	-
<i>Asthanopaga</i>	√	-	-
<i>Kakolyadi Gana</i>	-	√	-
<i>Sarivadi Gana</i>	-	√	√
<i>Anjanadi Gana</i>	-	√	√
<i>Madhura Varga</i>	-	√	√

## Main Yog and its uses

Yog	Uses	Samhita	References of sutra
<i>Medhya rasayana</i>	<i>Medhya</i>	<i>Charak</i>	<i>Ch.chikitsa sthan 1/</i>
<i>Madhukadi Yog</i>	<i>Hikka- swash har</i>	<i>Charak</i>	<i>Ch.chi. sth.17/115</i>
<i>Madhukadi pradeh</i>	<i>Dwivran chikitsa</i>	<i>Charak</i>	<i>Ch. chi.sth.25/48</i>
<i>Madhuparnyadi tail</i>	<i>Vedna, vatrakt, vatagna, raktpittashamak Jwarhar</i>	<i>Charak</i>	<i>Ch.chi.sth.29/91-95</i>
<i>Madhucchidhyadi ghrut</i>	<i>Atidagdha chikitsa</i>	<i>Sushrut</i>	<i>Sus.sut.sth.12/27</i>

Some other different important Yog in which *Mulethi* is used as one of the best contain for treatment in various diseases. They are as follows.

*Bruhaniguttica is balwardhak, vruashakshyashir is vrushyakar, Vatsakadi kwath, Patoladiand Aragwadhadi niruh Basti, Jeevantyadhya, Patoladhya, Chandanadhya anuvasan basti in jwar chikitsa chandanaditail in jwar, Pradeh-parisechanadi dravya in Raktpittnashak yog and shatavaryadi Yog in Raktpitta, Pittakushthnashak kwath, pittakushth alepan, Triphala Yog, mahatika ghruth in kushth, Upnah swed, padmakadi pradeh, Apar nasya, jeevantyadi ghruta in Rajyakshma, Apasmar sankshaman Yog, Amalkadi ghrut in Apasmar, Eladigutika in shatakshina, kshargudika in Shwayathu chikitsa, Patolmuladi kwath, mulasav in Grahanidosh, Haridradi ghrut, Dhatrayavleh in Pandurog, Prapoundrikadi dhumpant inkasa, Pipalyadi sneh in shtaj kasa, prapoundrikadi kwath, Udumbaradi pradeh, kaliyadi pralep, Naladadi pralep, Yawak pradeh in Visurp, Vrushabhkadi Agad, Ksharagad in Vish chikitsa, Vijayadi pradeh Shulnashak snehsharkara malah, Chandanadi tail, prapoundrikadi tail in Dvivrana, Mutrakruchnashak yog in*

*Mutrakrucch, Kasherukadi ghrut in pittaj Hrudayrog, Mulak tail, vatvikarnashak tail, Bala tail in Vatvyadhi, Drakshadi kshir and Sukumarak tail in Vatshonit, Dahshamak lep, tiladi lep, Prapoundrikadi lep in Raktpradhan Vatrakt, Sahcharadiyapan Basti, Prathambaladi yapan basti etc. Mulethi is used as prakshap dravya in all Yapan Basti.*

#### References from *Charaka Samhita*<sup>[5][6]</sup>

1. *Sutrasthan*- 2/7; 3/22; 4/9, 10, 11, 13, 15, 17, 18; 5/21, 36; 15/9; 25/4027/267.
2. *Vimansthan*- 8/135.
3. *Sharirsthan*- 8/24, 29, 32, 44.
4. *Chikitsasthan*- 1/1/49, 58, 76, 77; 1/2/15, 1/3/12, 30, 45; 2/1/28, 34; 2/2/5, 21; 2/3/19; 3/205, 228, 243, 247, 248, 250, 252, 253, 258; 4/60, 68, 95, 101, 102; 5/115, 131, 145; 7/43, 44, 47, 133; 8/72, 75, 77, 79, 83, 90, 111, 173; 9/64; 10/31; 11/20, 36, 48, 92; 13/103; 14/131, 214, 229; 15/ 158, 189; 16/53, 109, 137; 17/115; 18/69, 86, 135, 145; 19/62, 82; 21/ 51, 57, 76, 80, 91, 97; 22/ 43; 23/ 52, 80, 95, 101, 188, 202, 246; 25/47, 64, 92; 26/53, 71, 140, 163, 238, 250, 269, 276; 28/96, 162; 29/55, 72, 96, 119, 133, 143; 30/59, 66, 78, 92, 119, 271.
5. *Kalpasthan*- 1/12; 2/9; 3/22; 4/6, 8; 5/8, 6/6; 7/17.
6. *Siddhisthan*- 3/40, 50; 4/9, 13; 6/67; 7/ 13, 53; 9/8; 10/15, 42; 11/23, 35; 12/16, 18

#### Reference of *Sushruta*<sup>[7][8]</sup>

1. *Sutrasthan*- 5/42; 11/19, 21, 22; 12/27; 14/36; 16/6, 26, 29; 37/4; 38/27, 31, 35, 39, 41, 46, 48, 52; 43/3.
2. *Sharirsthan*- 10/30, 45, 57, 59, 60, 62, 64, 65.
3. *Chikitsasthan*- 1/96, 99; 2/38, 44, 75, 82, 93; 3/7, 56; 5/7, 8, 10, 12; 6/4; 7/11, 35; 8/18, 43; 9/7, 8, 19; 10/15; 11/10; 14/17; 15/45; 16/8, 10, 13, 14, 17; 17/8, 10; 18/8, 11; 19/7, 32; 22/5, 12; 24/27; 25/20; 27/7; 28/22, 23; 29/12; 33/17; 34/9, 16, 19; 37/27, 123; 38/25, 55, 56, 62, 93, 94, 95, 102
4. *Kalpasthan*- 1/61, 82, 85; 2/42, 47; 5/61, 82; 6/3, 15; 8/112, 131, 132
5. *Uttarsthan*- 9/14; 10/7; 11/7; 12/10, 19, 20, 22, 31, 34, 48; 15/14, 15; 17/15, 17, 35, 39, 45, 89, 91, 92, 94; 18/ 99, 103; 19/14, 15; 21/30, 36, 37, 47; 24/28, 29, 40; 26/33, 35, 39; 30/4; 34/6, 39/177, 182, 214, 297, 310; 40/67, 70, 74, 77, 80, 92, 95, 99, 120, 122; 43/17; 45/15, 24, 25, 26, 32; 47/33, 35; 48/28; 52/17, 22; 53/13; 55/24; 58/ 58, 66.

## DISCUSSION

While studying the literature of *Mulethi* it was found that *Mulethi* is used in many general health conditions to cure Urinal, throat diseases, used as tonic for *all* age and sex groups; it can be used as anti-allergic, digestive, appetite stimulant, haemostatic, it is used in many *Ayurvedic* preparations. Also liquorices or its extract is used in many Homeopathic and Allopathic medicine. *Mulethi* is one of the important drugs explained by *Achryas*. It is describe in *Jivaniya*, *Sandhaniya*, etc groups of drugs, all *Nighantu* has stated properties of *Mulethi* with its numerous synonyms and basonyms.

## CONCLUSION

*Mulethi* is a common drug used in many *Ayurvedic* preparations which needs to be focused. So all the available literature was studied and compiled in brief for scholars, students and researchers so as to save time and increased the value of work. It is used as digestive tonic, appetizer; many beverages are made by the liquorices extract.

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Sr. No	Book Name	Author	Publication
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2	Sushruta Samhita	Kaviraj Ambikadatta Sastry	Choukhambha Sanskrit Sansthan
3	Ashtang Samgrah	Lalchan Vaidya	Motilal Banarsi Das
4	Ashtang Hridayam	Lalchan Vaidya	Motilal Banarsi Das
5	Bhavprakash Nighantu	Krushnachan Chunekar	Choukhambha Bharti
6	Chakradata	Acharya Priyavrat Sharma	Choukhambha Sanskrit Sansthan
7	Dhanvantari Nighantu	Acharya Priyavrat Sharma	Choukhambha Oriental
8	Raj Nighantu	Indarvir Tripaty	Krishnadas Academy
9	Kaydeva Nighantu	Acharya Priyavrat Sharma	Choukhambha Oriental
10	Madanpal Nighantu	Bopdev R	Khemraj Shriramkrishna
11	Shodhal Nighantu	Acharya Priyavrat Sharma	Choukhambha Oriental
12	Priya Nighantu	Acharya Priyavrat Sharma	Choukhambha Surbharti Prakashan
13	Nighantu Adarsha	Bapalal Vaidya	Choukhamba Publication
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