

**ROLE OF MADHUKA (*GLYCYRRHIZA GLABRA*) IN PITTAJA
VYADHIES DESCRIBED IN AGRAYA PRAKRAN**

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ABSTRACT

The purpose of this study is to explain the mechanism of action of *Madhuka* (*Glycyrrhiza glabra*) in the treatment of *pittaja vyadhes*. In *agraya prakrana mulethi* has been explained as a treatment of many diseases by *Aacharya Charaka*, most of which are *pittaja vyadhes*. Due to *mridu* and *snigdha guna* of *Madhuka*, it works where *guna* of *pitta* becomes *Tikshna* and *Khara*. In these condition *madhuka* diminishes *Tikshna* and *Khara* *guna* of *pitta* to their *mridu* and *snigdha guna*. So, in this study I will explain about role of *madhuka* in *pittajaa vyadhes* and how it acts from its *rasa*, *guna*, *virya* and *vipaka* on *pittaja vyadhes* on the basis of ayurvedic fundamentals.

Keywords: *Madhuka*, *Glycyrrhiza glabra*, *pittaja vyadhi*, *Tikshna*, *Khara*.

INTRODUCTION: Ayurveda is an ancient medical science which deals with diagnosis of disease and its treatment with herbal and plant based medications. *Madhuka* (*Glycyrrhiza glabra*) is also known as *Yastimadhu* and *klitnaka*. Its common name is *Mulethi*. In English language it is known as Liquorice or Licorice. It is the root of *G. glabra* from which a somewhat sweet flavoured substance can be extracted. It grows wild but is also cultivated in subtropical and warm regions in many parts of the world including India. Nowadays many factors are there which aggravate *Pitta dosha* and causes metabolic dysfunctions in our body. Today is the day of competition which makes people more aggressive and distressed, and they also takes very spicy foods. In all this condition vitiated *pitta* becomes *tikshna*, *ushna*, *amla* and *khara*. This disturbed *pitta* does not works properly and it leads to *Raktakop*. Due to all this *nidaan* taken all the *Pittaja Vyadhes* like Hyperacidity, Peptic ulcer, Gastric Ulcer *Rakta pitta*, *Daha*, *Vidaah*,

Trishna, *Twakviwarnta*, *Vrana*, *Khalitya*, *Palitya* occurs. In *Aaragya Prakaran Mulethi* has been explained as treatment of many diseases by *Aacharya Charaka*, most of which are *Pittajaa Vyadhes*. *Mulethi* has anti ulcer, immunostimulant, hepatoprotective activity and also relieves irritable conditions of the mucous membrane of Urinary Organs¹. Externally it is applied with *ghrita* and honey for cut and wounds and it also acts as *Chakshushya*, *Varnya*, *Keshya*, *Kanthy*.

MATERIAL AND METHOD: In our literatures for diagnosis or treatment purpose, observation and estimation are based on *Aaptopadesh*². According to *aacharya Charak-* In *Chikitsa sthana*, *Rasayana pada*, *Acharya Charak*, mentioned *Chatuh medhya Rasayana*, in this *Mulethi churna* has been asked to take with *ksheer*³.

From all these type of concepts we chose *Mulethi* for treatment of *Pittaja Vyadhes*. We used *Churna* of *Mulethi* with different *Anupaans* like Milk, Honey, *Ghrita* and Water which are mentioned below-

In some conditions like *Vedna*, *Daha*, *Vrana*, for hair and skin, *Mulethi Churna* is used locally and its quantity is used as per requirement.

OBSERVATION AND RESULT: After this study we observed that if *Mulethi* is used with different *Anupaans* in different conditions, it affects all these diseases. We found that *Mulethi* is more effective in conditions where *pitta* is vitiated due to its *tikshna*, *ushna*, *amla* and *khara guna*.

DISCUSSION: In *Mulethi* (*G. glabra*), its

Due to its hepatoprotective and gum mucosa soothing effect it improves the intrinsic factor of haemoglobin synthesis as well as lowering the breakdown of R.B.C. in spleen. It elevates the blood level in the body, improves the body and hair colour, increases the glow. It has soothing effect on all mucosal lining of the channels hence helps in transport of material through them.

It also works on larynx to improve the quality of voice. It also has anti

	<i>Anupana</i>	Used in
<i>Mulethi Churna</i> (5 gm)	Milk	<i>Palitya</i> , <i>Khalitya</i> ⁴ , <i>Medhya</i> ⁵ , <i>Krishta</i> ⁶ .
<i>Mulethi Churna</i> (5 gm)	Honey	Gastric Ulcer and peptic ulcer ⁷ .
<i>Mulethi Churna</i> (5 gm)	<i>Ghrita</i>	<i>Vedna</i> ⁸ , <i>Netra Jyoti</i> ⁹ .
<i>Mulethi Churna</i> (5 gm)	Water	<i>Daha</i> , <i>Vrana</i> , <i>Trishna</i> , <i>Raktapitta</i> ¹⁰ , <i>Varnya</i> ¹¹ .

chief chemical constituent is *Glycyrrhizin*, which is found in form of *Glycyrrhizic acid*¹². It is 50 times sweeter than sugar. *Guna* of *Mulethi* is *guru* and *snigdha*, *Rasa-madhura*, *Vipak* is *madhura* and in *Virya* it is *sheeta*. Because of all these properties *Mulethi* is more sweeter and it works specially in *tikshana* and *khara guna* of *pitta* which occur due to aforesaid reason.

Aggravated *Pitta* decomposes the *Dhatu* resulting in its deficiency, it will be managed by *Madhur rasa* and *Madhur Vipak* of *Mulethi*. Its *sheeta Virya*, lowers the heat due to its endothermic nature, by virtue of this, excessive breakdown of cells, proteins and blood cells will lower down and help to maintain Normal Physiology. Prolonged use of *Glycyrrhiza glabra* improves the eye site, prevent the damage of hair and skin, as well as catabolism in the body tissue. It increases the body weight, body energy, calmness of mind.

inflammatory effect on gastric mucosa due to hyperacidity and prevents emesis, gastric ulcer, burning sensation and elevates the mood.

It also prevents, haemoptysis and heals the wounds of lungs tuberculosis. It has useful in other bleeding disorders.

CONCLUSION: This study concludes that when *pitta vardhak aahar* consumed, *Pitta* becomes *tikshna* and *khara*, due to this *guna* of *pitta* many problems i.e. *khalitya*, *palitya*, *daha*, *raktapitta*, *trishna*, Peptic and gastric ulcer etc. occurs. All Ayurvedic texts, states *mulethi* as *Madhur* in *rasa*, *Sheet* in *virya*, *Madhur* in *vipak* and *mulethi* has *daha prashman*, *varnya*, *varna prasadana*, *vranropana*, *keshya*, *vednahara*, *netrya* etc. properties. When *Mulethi* is taken with different *Anupans* it works for different conditions.

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