

# A Review on Therapeutic Indication of Yashtimadhu (*Glycyrrhiza glabra* Linn.) W.S.R. to Nighantu

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## ABSTRACT

Ayurveda is an ancient medical science with Holistic approach. Ayurveda advocates two principles to maintain normal health. They were Swasthasya Swastharakshan & Aaturasya Vikarprashamana. Swasthasya Swastharakshan means to maintain normal health by prevention, and Aaturasya Vikarprashamana means to give relief from suffering or disease condition. Herbal medicinal plants play an important role in the AYUSH system of medicines. Yashtimadhu i.e. *Glycyrrhiza glabra* Linn used in Ayurveda since ancient time for treating various diseases and have potent broad spectrum therapeutic activity. An ideal treatment is one which cures the disease completely and does not give any untoward effects which may be the cause of another symptom or disease so; Physician must have profound knowledge of drug. In ancient time, Nighantu or Lexicon had been studied for the detailed knowledge of drugs in which herbal, mineral, animal origin products classified under different groups that includes synonyms, collection of drug, properties, description of part used and actions of a drug. Hence, in the present study, an attempt is made to critically review the different Nighantu or Lexicon from Ayurvedic aspects to know the therapeutic indication of Yashtimadhu.

**KEYWORDS:** Ayurveda, Yashtimadhu, *Glycyrrhiza glabra*, Nighantu, Lexicon

## INTRODUCTION

“स्वस्थस्य स्वस्थ रक्षणम् आतुरस्य विकार प्रशमनं च ।”  
(च. सु. ३०/२६)

Ayurveda is a science which advocates, the maintenance of health and to relieve the suffering of human being<sup>1</sup>. In this modern era, it is said to be a world of amazing achievement and also a horrible world of various disorders like Diabetes, Hypertension, Bronchial asthma, Thyroid disease, Obesity, Malignancy etc. In today's, 21<sup>st</sup> century all the peoples are suffering from the diseases which were mentioned above.

भिषग्द्रव्याण्युपस्थाता रोगी पादचतूष्टयम् । गुणवत्  
कारणं ज्ञेयं विकारव्युपशान्तये ॥ (च.सु.२५/२९)

Acharya Charaka had given an utmost importance to Vaidya i.e. Physician. Dravya is the second most important pillars amongst the four i.e. Bhishag

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(Physician), Dravya (medicine), Upasthata (Assistant Staff) & Rugna (patients) without which treatment is not possible. So this Dravya (Medicine) plays an important role in the management of Disease<sup>2,3</sup>.

हेतुलिङ्ग औषध ज्ञानं स्वस्थातुरपरायणम् । त्रिसूत्रं शाश्वतं  
पुण्यं बुबुधे यं पितामहः ॥ (च. सु. १/२४)

The importance of Dravya in the treatment can be explained from the Trisutra Ayurveda concept. Acharya Charaka has said that, Trisutra Ayurveda is the Science of causes, symptoms and medication, the supreme refuge of both the healthy and the ailing<sup>4</sup>. To maintain the health of healthy individuals and to relieve the suffering from disease one must know the details about the Dravya and Dravyagunashastra.

द्रव्याणां गुणकर्माणि प्रयोगा विविधास्थिता । सर्वशो यत्र  
वर्ण्यन्ते शास्त्रं द्रव्यगुणं हि तत् ॥ (प्रि. श.) Dravyaguna

is the science of Dravya (Drug) which deals with the Guna (Properties), Karma (Actions), and Prayogjananam (Therapeutic uses of dravya) which are indicated mainly as medicinal agents or dietetic agents to cure disease.<sup>5</sup> The profound knowledge of Dravya or Dravyagunashastra had dispersed in the ancient text of Veda, Ayurveda text like Samhita, Nighantu etc.

As claimed by World Health Organization (WHO), 65% – 80% community of developing countries is mainly using medicinal plants as remedy against different diseases.<sup>6</sup> Yashtimadhu is also a medicinal plant used in India since ancient time to cure the disease like cough, cold, sore throat, skin condition etc. Acharya Charaka had explained four qualities of an ideal drug that are,

बहुता तत्र योग्यत्वमनेकविधकल्पना । सम्पच्चेति  
चतुष्कोयं द्रव्याणां गुण उच्यते ॥ (च.सु.९.७)

**Bahuta** – The drug must be available in abundant quantity. **Yogyata** – The drug can be administered according to disease and the strength of patients. **Anekvidha Kalpana** – The can be used in different forms and in different formulations like Swarasa, Kalka, Kwath, Guti, Vati etc. **Sampata** – The drug must be accomplished with its properties like Guna, Rasa, Virya, Vipaka, Prabhava, Karma etc. Yashtimadhu possess all the properties of an ideal drug<sup>7</sup>.

## DISCUSSION

**Taxonomical classification:** - The plant classification details as follows<sup>9</sup>

Kingdom:	Plantae – Plants
Subkingdom:	Tracheobionta – Vascular plants
Super division:	Spermatophyta – Seed plants
Division:	Magnoliophyta – Flowering plants
Class:	Magnoliopsida – Dicotyledons
Subclass:	Rosidae
Order:	Fabales
Family:	Fabaceae – Pea family
Genus:	Glycyrrhiza
Species:	<i>Glycyrrhiza glabra</i> L.



## Yashtimadhu in Nighantu

Reviews of Yashtimadhu from various Nighantus are as follows:-

### 1. Abhidhan Manjiri Nighantu:<sup>10</sup>

मधुकं मधुद्रवा स्यान्मधुयष्टी यष्टिका च यष्ट्याहवम् । यष्टीमधुकं मधु च क्लीतनिका लक्ष्मणा चेति ॥ Yashtimadhu was explained in different varga's of Madanadi Varga as Madan, Jivaniya, Sharibadi, Anjanadi, Vachadi, Ambasthadi and Nyagrodhadi Varga.

निघण्टुना विना वैद्यो विद्वान् व्याकरणं विना ॥

अभ्यासेन च धानुष्कस्त्रयो हास्यस्य भाजनम् ॥ (रा. नि.

प्रस्तावना ९)

For a Medical Specialist the knowledge of Nighantu is as important as the knowledge of grammar to linguist and the practice of archery to warrior. All these three become laughing stock in absence of knowledge of respective field.<sup>8</sup>

So, Physician must have the profound knowledge of Dravya to give treatment to a sufferer. At present, the Nighantu like Dhanvantari Nighantu, Sidhamantra Nighantu, Madanapal Nighantu, Raj Nighantu, Bhavaprakash Nighantu, Kaiyadev Nighantu, Priya Nighantu, Adarsha Nighantu are few important and mostly preferred Nighantu among all. So, the above mentioned Nighantu Granthas had been analyzed critically to evaluate the therapeutic indications or properties of Yashtimadhu.

## AIMS & OBJECTIVES

The study was carried out with aim to review Yashtimadhu *Glycyrrhiza glabra* Linn from various Nighantu Grantha.

## MATERIALS & METHODS

The study was carried out by critical reviews of Yashtimadhu *Glycyrrhiza glabra* Linn from various Nighantu Granthas like Dhanvantari Nighantu, Sidhamantra Nighantu, Madanapal Nighantu, Raj Nighantu, Bhavaprakash Nighantu, Kaiyadev Nighantu, Priya Nighantu and Adarsha Nighantu.

**2. Ashtanga Nighantu:**<sup>10</sup>

यष्टीमधुक यष्ट्याहवा मधुकं क्लीतकाहयम् ।

In Ashtanga Nighantu Yashtimadhu was included in Sarivadi gana with its synonyms and its uses. Apart from this it was also included in Anjanadi, Aragvadhadi, Vachdi, Priyangvadi and Nyagrodhadi varga along with other drugs.

**3. Dhanvantari Nighantu:**<sup>11</sup>

मधुयष्टी च यष्टी च यष्टीमधु मधुस्रवा । यष्टीकं मधुकं चैव यष्ट्याहं मधुयष्टीका ॥

मधुयष्टी स्वादुरसा शीतपित्तविनाशिनी । वृष्या शोषक्षयहरा विषच्छर्दिविनाशिनी ॥

Yashtimadhu was explained in Guduchydi varga of Dhanvantari Nighantu with Vrushya, Pittanashini Karma along with Shosha-Kshayahara, Visha and Chardi vinashini.

**4. Shodhala Nighantu:**<sup>12</sup>

Yashtimadhu had explained under Guduchyadi, Anekartha varga with Grahi as a different Karma along with Vrana shodhana and Ropana actions.

**5. Madhav Dravyaguna:**<sup>13</sup>

In this text Yashtimadhu was explained under Vividhaushadi varga with its properties.

**6. Madanpala Nighantu:**<sup>10</sup>

In this, Yashtimadhu was explained in Haritakydi Varga with its Balya and Pittajita properties.

**7. Raj Nighantu:**<sup>14</sup>

यष्टीमधुर्मधुयष्टी मधुवल्ली मधुस्रवा । मधुकं मध्यका यष्टी यष्ट्याहं वसुसम्मितम् ॥

मधुरं यष्टिमधुकं किञ्चित्किञ्चित् च शीतलम् । चक्षुष्यपित्तहुद्रुच्यं शोषत्रुष्णाव्रणापहम् ॥

Yashtimadhu was grouped under Pipaalydi varga. Two types of Yashtimadhu were explained as Yashtimadhu and Klitaka. Klitaka explained with its two types as Sthalaj and Jalaja. Total 19 Synonyms were described in this Nighantu.

**8. Kaiyadeva Nighantu:**<sup>15</sup>

In this Nighantu, under Aushadhi Varga Yashtimadhu had explained. Keshya, Swarya, Balya etc actions were stated along with its usefulness in Chardi, Trushna, and Visha diseases.

**9. Bhavaprakash Nighantu:**<sup>16</sup>

यष्टीमधु तथा यष्टीमधुकं क्लीतकं तथा । अन्यत्क्लीतनकं तत्तु भवेत्तोये मधूलिका ॥ यष्टी हिमा गुरुः स्वाद्वी चक्षुष्या बलवर्णकृत । सुस्निग्धा शुक्रला केश्या स्वर्या पितानिलास्त्रजित् । घ्राणशोथविषच्छर्दितृष्णाग्लानिक्षयापहा ॥

Yashtimadhu was included in Haritakyadi varga. In this Nighantu, synonyms and Glanihara, Chardihara and Trushnahara like actions were explained in this nighantu.

**10. Shaligrama Nighantu:**<sup>10</sup>

Here it was explained under Jivaniya gana. Two types of Yashtimadhu were also explained in this nighantu.

**Ayurvedic classification as per texts:-**

No	Grantha	Gana / Varga	Karma	Vyadhi
1	Abhidhan Manjiri Nighantu	Madanadi, Jivaniya, Sharibadi, Anjanadi, Vachadi, Ambasthadi, Nyagrodhadi varga	--	--
2	Ashtanga Hridaya <sup>17</sup>	Vamana, Niruha Anjanadi, Vachadi, Nyagrodhyadi, gana	--	Addhyavata, Stanyadosha, Pakvaatisara, Bhagna, Yoni roga
3	Ashtanga Nighantu	Sarivadi, Anjanadi, Aragvadhadi, Vachadi, Priyangwadi, Nyagrodhydi gana,	Pittanashan	Dahanashan, Trushna, Jwara

4	Bhavprakash Nighantu	Haritakyadi varga	Chakshushya, Balya, Varnya, Vrushya, Keshya, Swarya, Pitta-Anil-Astrajita,	Vrana, Sotha, Vishaghna, Chardi, Trushna, Glani, Kshaya
5	Charaka Samhita <sup>18</sup>	Jeevaneeya, Sandhaniya, Varnya, Kanthya, Snehopaga Dashemani	Jivaniya, Varnya, Kanthya etc	Kandughna, Kanthya
6	Dhanvantari Nighantu	Guduchyadi varga	Vrushya, Pittavinashini.	Shosha-Kshayahara, Visha-Chhardi Vinashini, Trushna-Pittastrajit
7	Kaiyadeva Nighantu	Aushadhi varga	Chakshushya, Balya, Varnya, Vrushya, Keshya, Swarya, Pitta-Anil-Astrajita, Bruhana, Vata-Pitta-Kaphapaham.	Vrana, Sotha, Vishaghna, Chardi, Trushna, Glani, Kshaya
8	Madanpala Nighantu	Haritakyadi varga	Balya, Pittajita	Trushna, Chardi
9	Madhava Dravyaguna	Vividhaushadhi varga	Vrushya, Chakshushya, Swarya, Varnya,	Raktapittaghna, Vrana-Shodhana, Vrana-Ropana,
10	Raja Nighantu	Yastimadhu	Chakshushya, Pittahruta	Shosha, Trushna, Vrana
		Klitaka	Balya, Vrushya, Chakshushya,	Raktapittaghna, Vranaghna
11	Shaligrama Nighantu	Asthavarga	--	--
12	Sushruta Samhita <sup>19</sup>	Kakolyadi, Sarivadi, Anjanadi, Haridradi, Brihatyadi, Utpaladi, Nyagrodhyadi.	Vatapittahara, Jivaniya, Vrushya, Raktapittashamaka, Sangrahi, Sandhaniya, Medohara, Varnya, Vishaghna, Doshpachan etc.	Amatisara, Stanyavikara, Daurbalya, Karshya, Prameha, Yonivikara, Raktapitta, Jwar etc.
13	Shodhala Nighantu	Guducyadi varga, Anekartha varga, Prabhav Prakarana	Grahi, Vrushya, Chakshushya, Svara-Varna Kruta.	Raktapitta, Vrana-Shodhana, Vrana-Ropana

### Etymological Derivation of Synonyms<sup>20, 21</sup>

Namarupavigyana of Yashtimadhu

1. Klitaka – It cures male infertility.
2. Madhuka – It is sweet like Honey.
3. Yashtimadhu – The stem (stick) with Sweetness.
4. Madhuralata – Sweet creeper.
5. Madhustrava – It taste Sweet.
6. Madhuravalli – A Sweet Creeper.
7. Klitanaka – That is found in terrestrial.

Total 33 synonyms of Yashtimadhu were mentioned in the Nighantu.

No	Paryaya	Dh.N.	Rj.N.	Sh. N.	Mn.N.	Ash. N.	K.N.	Bp.N.	Am.N.	M.D.
1.	Yashti	+	+	+			+	+		
2.	Madhuyashti	+	+		+		+		+	
3.	Yashtimadhu	+	+	+	+		+	+		
4.	Madhustrava	+	+	+			+			
5.	Yashtika	+					+		+	



6.	Madhuka	+	+	+	+	+	+		+	
7.	Yashtyavham	+	+		+	+	+		+	
8.	Madhuyashtika	+								
9.	Klitanaka	+	+		+		+	+		
10.	Klitana	+	+				+			
11.	Klitika	+		+						
12.	Madhuvali		+							
13.	Madhukaa		+							
14.	Vasusammitam		+							
15.	Klitaneeyaka		+							
16.	Madhoolee		+							
17.	Madhuralata		+							
18.	Madhurasa		+							
19.	Atirasa		+							
20.	Shoshapaha		+							
21.	Saumya		+	+						
22.	Madhuyastya			+						
23.	Klitaka			+		+		+		
24.	Madhulika			+	+		+	+		
25.	Madhuparni			+			+			
26.	Rasa			+						
27.	Virasa			+						
28.	Shoshanashini			+						
29.	Yashtimadhuka				+	+	+	+	+	
30.	Jalaja				+					
31.	Madhu				+		+		+	
32.	Klitanika								+	
33.	Madhudrava								+	

(Dh.N. – Dhanvantari Nighantu, Rj.N. – Raj Nighantu, Sh. N. – Shaligram Nighantu, Mn.N. – Madanpala Nighantu, Ash. N – Ashtang Nighantu, K.N. – Kaiyadeva Nighantu, Bp.N. – Bhavaprakash Nighantu, Am.N. – Abhidhanmanjiri Nighantu & M.D. – Madhava Dravyaguna)

### Yashtimadhu Varieties

The various varieties of Yashtimadhu were described in Ayurvedic literature differs in different Nighantu and Samhita.

1. Bhavaprakash Nighantu:
  - a. Yashtimadhu = Yashtimadhuam / Madhukam / Klitakam
  - b. Klitanaka = Madhulika
2. Raj Nighantu: Two types of Klitanaka were explained as
  - a. Sthalaja
  - b. Jalaja.
3. Dhanvantari Nighantu: Two types.
  - a. Sthalaja = Klitanaka / Klitakam / Klitika
  - b. Jalaja = Madhuparni / Madhulika
4. Unani System: Classified as follows
  - a. Misariya = Baluchistan = Best Variety
  - b. Arabiya = Arab countries = Medium Variety
  - c. Turushkiya = Turkey = Poor Variety

### Pharmacodynamics

Maharshi Sushruta stated that the decrease, increase and equilibrium of the Doshas are dependent on Rasapancaka. Hence, there is the importance to these factors in relation to body humors.

1. **Rasa (Taste)** : Madhur (Sweet)
2. **Vipaka (End Product)** : Madhur (Sweet)

3. **Virya (Potency)** : Shita(Cold)  
 4. **Guna (Properties)** : Guru(Hard), Snigdha(Unctuous)

1. **Rasa:** Rasa described in various Nighantu

Sr.	Rasa	Dh. N.	Rj.N.	Sh. N.	Mn.N.	Ash. N.	K.N.	Bp.N.	Am.N	M.D.
1	Swadu/Madhur	+	+	+			+	+		+
2	Tikta		+							

(Dh.N. – Dhanvantari Nighantu, Rj.N. – Raj Nighantu, Sh. N. – Shaligram Nighantu, Mn.N. – Madanpala Nighantu, Ash. N – Ashtang Nighantu, K.N. – Kaiyadeva Nighantu, Bp.N. – Bhavaprakash Nighantu, Am.N. – Abhidhanmanjiri Nighantu & M.D. – Madhava Dravyaguna)

2. **Vipaka:** Vipaka described in various Nighantu.

Vipaka	Dh. N.	Rj.N.	Sh. N.	Mn.N.	Ash. N.	K.N.	Bp.N.	Am.N	M.D.
Madhura	+	+	+	+	+	+	+	+	+

(Dh.N. – Dhanvantari Nighantu, Rj.N. – Raj Nighantu, Sh. N. – Shaligram Nighantu, Mn.N. – Madanpala Nighantu, Ash. N – Ashtang Nighantu, K.N. – Kaiyadeva Nighantu, Bp.N. – Bhavaprakash Nighantu, Am.N. – Abhidhanmanjiri Nighantu & M.D. – Madhava Dravyaguna)

3. **Virya:** Virya described in various Nighantu.

Virya	Dh. N.	Rj.N.	Sh. N.	Mn.N.	Ash. N.	K.N.	Bp.N.	Am.N	M.D.
Shita	+	+	+	+		+	+		

(Dh.N. – Dhanvantari Nighantu, Rj.N. – Raj Nighantu, Sh. N. – Shaligram Nighantu, Mn.N. – Madanpala Nighantu, Ash. N – Ashtang Nighantu, K.N. – Kaiyadeva Nighantu, Bp.N. – Bhavaprakash Nighantu, Am.N. – Abhidhanmanjiri Nighantu & M.D. – Madhava Dravyaguna)

4. **Guna:** Guna described in various Nighantu.

Guna	Dh. N.	Rj. N.	Sh. N.	Mn.N.	Ash. N.	K.N.	Bp.N.	Am.N	M.D.
Shita	+	+	+	+		+	+		
Guru		+		+		+	+		+
Snigdha						+	+		+

(Dh.N. – Dhanvantari Nighantu, Rj.N. – Raj Nighantu, Sh. N. – Shaligram Nighantu, Mn.N. – Madanpala Nighantu, Ash. N – Ashtang Nighantu, K.N. – Kaiyadeva Nighantu, Bp.N. – Bhavaprakash Nighantu, Am.N. – Abhidhanmanjiri Nighantu & M.D. – Madhava Dravyaguna)

**Pharmacological actions of Yashtimadhu**

Yashtimadhu Karmukata in various Nighantu.

No	Karma	Dh. N.	Rj.N.	Sh. N.	Mn.N.	Ash. N.	K.N.	Bp.N.	Am.N	M.D.
1.	Vrushya	+	+	+			+	+		+
2.	Pittavinashina	+	+		+	+				
3.	Balya		+		+		+	+		
4.	Chakshushya		+	+			+	+		+
5.	Grahi			+						
6.	Swarakruta			+			+	+		+
7.	Varnakryta			+						
8.	Varnya						+	+		+
9.	Keshya						+	+		
10.	Pittaanilaastrajita						+	+		
11.	Bruhana						+			
12.	Vatapittakaphapaha						+			

(Dh.N. – Dhanvantari Nighantu, Rj.N. – Raj Nighantu, Sh. N. – Shaligram Nighantu, Mn.N. – Madanpala Nighantu, Ash. N – Ashtang Nighantu, K.N. – Kaiyadeva Nighantu, Bp.N. – Bhavaprakash Nighantu, Am.N. – Abhidhanmanjiri Nighantu & M.D. – Madhava Dravyaguna)

**Vyadhinashakatva of Yashtimadhu:** Yashtimadhu Vyadhinashakatva in various Nighantu.

Sr.	Vyadhi	Dh. N.	Rj. N.	Sh. N.	Mn. N.	Ash. N.	K. N.	Bp. N.	Am. N.	M. D.
1.	Vishanashana	+								
2.	Chardinashan	+			+		+	+		
3.	Shoshakshayahara	+								
4.	Trushna	+	+		+	+	+	+		
5.	Raktapitta	+	+	+		+				+
6.	Vrana		+				+	+		
7.	Shosha		+							
8.	Vranashodhana			+						+
9.	Vranaropana			+						+
10.	Daha					+				
11.	Jwara					+				
12.	Shotha						+	+		
13.	Vishaghna						+	+		
14.	Glani						+	+		
15.	Kshataksheen						+	+		
16.	Kshaya						+	+		

(Dh.N. – Dhanvantari Nighantu, Rj.N. – Raj Nighantu, Sh. N. – Shaligram Nighantu, Mn.N. – Madanpala Nighantu, Ash. N – Ashtang Nighantu, K.N. – Kaiyadeva Nighantu, Bp.N. – Bhavaprakash Nighantu, Am.N. – Abhidhanmanjiri Nighantu & M.D. – Madhava Dravyaguna)

**CONCLUSION**

- There is increasing demand for the herbal medicinal plants all over the world because of the allopathic drugs are having side effects and Yashtimadhu is one of the herbal drugs having various therapeutic actions to cure different types of diseases with no side effects.
- After critical analysis of various Nighantu that we conclude that the Yashtimadhu drug had been cited with 33 synonyms out of which Madhuka is used as much as by 7 times in the Nighantu's.
- Madhur Rasa, Shita Virya, Shita, Guru, Snigdha Guna, was the properties of Yashtimadhu. Rajnighantu had given Tikta Rasa as an additional rasa of Yashtimadhu.
- Yashtimadhu had a pacifying action mainly on Pitta Dosha but also had a Pacifying action on Pitta Vata and Rakta also.
- Yashtimadhu possesses the various pharmacological actions like Varnya, Vishaghna, Chakshushya, Keshya, Vrushya, Balya, Jivaniya, Bruhaniya, Medhya.
- Yashtimadhu possesses the various Vyadhinashakatva as Visha, Chardi, Vrana, Shosha, Kshaya, Trushna, Raktapitta, Shosha, Dahanashak, Glani, Jwara, Kshataksheen.
- Yashtimadhu Fullfill all the four qualities of an ideal drug stated by Acharya Charaka as बहुता तत्र योग्यत्वमनेकविधकल्पना. For a Medical Specialist

the knowledge of Nighantu is as important as the knowledge of grammar to linguist and the practice of archery to warier.

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