

# A Review on Therapeutic Indication of Yashtimadhu (*Glycyrrhiza Glabra* Linn) W.S.R. to Charaka Samhita

V. B. Washimkar<sup>1</sup>, Sarang P. Lakhmale<sup>2</sup>, Manoj P. Rathod<sup>3</sup>

<sup>1</sup>Assistant Professor, <sup>2</sup>Associate Professor, <sup>3</sup>Associate Professor,

<sup>1,2</sup>Department of Dravyaguna, <sup>3</sup>Department of Kriya Sharir,

<sup>1, 2, 3</sup>Dr. Vandanatai J. Dhone Gramin Ayurved College, Patur, Maharashtra, India

## ABSTRACT

Herbal medicinal plants play an important role in the traditional systems of medicine such as Ayurveda, Unani, Siddha. Because of minimal side effects and records of safety the demand of herbal medicines is increasing tremendously. Ayurveda, the science of life is as old as Vedas. It is the science that advocates the maintenance of health and relieves human sufferings. Charaka Samhita is an old ancient literature of Ayurveda written by Acharya Charaka and healing is the hallmark of Charak Samhita 2<sup>nd</sup> century AD marks the period of Charaka Samhita. It is written in 8 Sthanas in total 120 Adhyayas.

The ancient Indian physician Acharya Charaka had included Yashtimadhu not only in Medhya Rasayana but also gives place in almost eleven Mahakashaya out of fifty knowing its medicinal importance. Yashtimadhu has got various medicinal therapeutic properties such as **Jeevaneeya, Sandhaniya, Varnya, Kandughna, Snehopaga, Vrushya, Kanthya, Twachya** and mainly as **Medhya** etc. Yashtimadhu contains the major compounds as – glycyrrhizin, glucose, sucrose, resin and fat etc. Hence, in the present study, an attempt is made to critically review the Yashtimadhu i.e. *Glycyrrhiza glabra* Linn through ancient Indian classical Ayurvedic text popularly known as Charaka Samhita.

**KEYWORDS:** *Yashtimadhu, Glycyrrhiza glabra, Ayurveda, Charaka Samhita*

## INTRODUCTION

हेतुनिंगौषध ज्ञानं स्वस्थातुरपरायणम् ।

त्रिसूत्रं शाश्वतं पुण्यं बुबुधे यं पितामहः ॥ [च. सु. १/२४]

Acharya Charaka said that the Trisutra Ayurveda is the Science of causes, symptoms and medication, the supreme refuge of both the healthy and the ailing. From the above, we can state that, medication i.e. Dravya plays one of the most important roles. From the very beginning, medicine has taken the responsibility of protecting the man from various ravages and enabled him to adjust his environment properly.

Acharya Charaka had given Dravya the very second most essential position under Chikitsa Chatushpada after Physician, which are considered as the four most important pillar of treatment in Ayurveda.

भिषग्द्रव्याण्युपस्थाता रोगी पादचतुष्टयम् । च.सु. ९.३

Though physician has got the upmost importance, but without the knowledge of drug physician was unable to give justice to life of human being who are suffering from different disease. An ideal treatment is one which cures the disease completely and does not give any side effects which may be the cause of another disease. The efficiency of the treatment directly depends upon the drug administered. Therefore, it is highly essential to identify, collect, preserve, medicate and administered the drug in a proper scientific way.

*Glycyrrhiza glabra* Linn has been known in pharmacy for thousands of years. In old Chinese pharmacy, it was considered to belong to drugs of the first class and to it was ascribed the rejuvenating

**How to cite this paper:** V. B. Washimkar | Sarang P. Lakhmale | Manoj P. Rathod "A Review on Therapeutic Indication of Yashtimadhu (*Glycyrrhiza Glabra* Linn) W.S.R. to Charaka Samhita" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-7 | Issue-4, August 2023, pp.43-49, URL: [www.ijtsrd.com/papers/ijtsrd58614.pdf](http://www.ijtsrd.com/papers/ijtsrd58614.pdf)



IJTSRD58614

Copyright © 2023 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



property when consumed for long periods. It plays an important part in Ayurveda and is one of the principal drugs in Charaka Samhita. In ancient Egypt, Greece and Rome liquorice was frequently used. It was

referred to by Theophrastus. Even today liquorice is maintaining its place in medicine and pharmacy. Its use from then, till today, proves its efficacy.

## AIMS AND OBJECTIVES

The study was carried out with aim to review Yashtimadhu *Glycyrrhiza glabra* Linn from Charak Samhita.

## MATERIALS AND METHODS

This study was carried out by critical reviews of Yashtimadhu *Glycyrrhiza glabra* Linn from Charak Samhita.

## DISCUSSION<sup>1-12</sup>

### Drug description

#### ➤ Etymological Derivation:

यष्टिमधुः- ' यष्टिरूपं मधुकम इति ' ।

The wood (stem or root) is sweet in taste.

#### ➤ Botanical name: -

*Glycyrrhiza glabra* Linn

Genus – *Glycyrrhiza*

Species - *glabra*

#### ➤ Liquorice:-

Liquorice or Liquorice is the root of *Glycyrrhiza glabra* Linn. The word LIQUORICE is Derived from the GREEK (GLUKURRHIZA), Meaning Sweet Root.

➤ Glukurrhiza = Sweet Root.

➤ Glukus = Sweet

➤ Rhiza = Root

### Therapeutic references of Yashtimadhu in Charak Samhita.

Following table shows the classical therapeutic references of Yashtimadhu cited through Charak Samhita

S. N.	Refrence	Adhikara	Rogagnata	Yoga / Formulation
1	Cha.Su.2/6	Apamarga-Tanduliya Adhyaya	Aamashayashreet Vyadhi	Vamanartha Dravya
2	Cha.Su. 3/20-21	Aaragvadhya Adhyaya		Vaat and Rakta-hara Pradeha
3	Cha.Su. 4/8-19	ShadVirechana Shatiya Adhyaya		Jeevaneeya, Mahakashay, Sandhaniya, Varnya, Kanthya, Kandughna, Mahakashay, Snehopaga, Mahakashay, Vamanopaga, Aasthapanopaga Mootravirajineeya and Angamarda-Prashamaniya Mahakashay.
4	Cha.Su.5/00	Matrashitiya Adhyaya		Prayogik Dhumapana.
5	Cha.Su.5/00	Matrashitiya Adhyaya		Anu Taila
6	Cha.Su.25/40	Yajja Purushiya Adhyaya	Chakshushya-Vrushya-Keshya-Kanthya-Varnya-Virajaniya-Ropaniya	Agrya Sangraha
7	Cha.Vi.8/139			Madhur Skandha.
8	Cha.Sha.8/32		Garbhini Saptam Mas Chikitsa	Garbhini Paricharya
9	Cha.Sha.8/44		Sidha Taila Sechana at Nabhi Pradesh.	Nadi Kalpana Vidhi

10	Cha.Chi.1/9/49	Rasayana Adhyaya. Abhaya-Amalakiya pada	Rasayana	Bramha-Rasayana
11	Cha.Chi.1/1/58	„	„	Dwitiya Bramha-Rasayana
12	Cha.Chi.1/1/76	„	„	Haritakin Yog Rasayana.
13	Cha.Chi.1/1/77	„	„	Haritakyadi Rasayan
14	Cha.Chi.1/2/15	Rasayana Adhyaya. Pranakamiya Pada	„	Bhallataka Taila
15	Cha.Chi.1/3/30-31	Rasayana Adhyaya. Karaprachitiya Pada	„	Medhya Rasayana
16	Cha.Chi.2/1/27	Vajikaran Adhyaya. Sanyog-Sharamuliya Pada	Vajikaran	Bruhani Gutika
17	Cha.Chi.2/1/34	„	„	Vaajikaran Ghruta
18	Cha.Chi.2/2/5	Vajikaran Adhyaya. Aasikta-Kshirikam Pada	„	Shastikadi Gutika.
19	Cha.Chi.2/2/21	„	„	Vrushya Ghrut
20	Cha.Chi.2/3/19	Vajikaran Adhyaya. Mashaparna- Bhrutiya Pada	„	Vrushya Madhuik Yoga
21	Cha.Chi.3/205	Jwara Chikitsa Adhyaya	Jwara	Vatsakadi Jwarahara Kashay
22	Cha.Chi.3/228	„	„	Vamanartha Yoga in Jwara
23	Cha.Chi.3/246	„	„	Aragvadhadi Niruha Basti Yoga
24	Cha.Chi.3/252	„	„	Patoladi Anuvasan Basti Yoga
25	Cha.Chi.4/60	Raktapitta Chikitsa Adhyaya	Rakta-Pitta	Vamak Yoga In Raktapitta
26	Cha.Chi.4/68	„	Rakta-Pitta	Rakta-pittaghna Peya
27	Cha.Chi.5/115	Gulma Chikitsa Adhyaya	Pittaja Gulma	Rohinadya Ghruta
28	Cha.Chi.5/131	„	Pittaj Gulma	Sidha Taila Abhyanga
29	Cha.Chi.7/43-44	Kustha Chikitsa Adhyaya	Kustha	Vamanartha Yoga
30	Cha.Chi.7/33	„	Kustha	Kustha-Nashak Kashay
31	Cha.Chi.8/75	Rajayakshma Chikitsa Adhyaya	Rajayakshma	Upanaha Sweda Yoga
32	Cha.Chi.8/77	„	Shir-Parshva-Ansa- shoolahara	Ghruta Aalepana
33	Cha.Chi.8/78	„	Sanshrustha Dosh. Shir- Parshva-Ansa-shoolahara	Pradeha 1
34	Cha.Chi.8/79	„	„	Pradeha 3
35	Cha.Chi.8/83	„	--	Padmakadi Pradeha. Pralepanartha Ghrut
36	Cha.Chi.8/91	„	--	Nasya Yoga
37	Cha.Chi.9/64	Unmada Chikitsa Adhyaya	Unmada	Nasya and Anjana Yoga
38	Cha.Chi.9/70	„	Apasmara	Pittaghna Ghruta Yoga
39	Cha.Chi.10/31	Apasmara Chikitsa Adhyaya	Pittaj Apasmara	Aamalakyadi Ghruta

40	Cha.Chi.11/20	Kshatakshina Chikitsa Adhyaya	Urakshat, Kasa	Madhukadi Yoga
41	Cha.Chi.11/21	„	Urakshat	Eladi Gutika
42	Cha.Chi.11/26	„	Rakta-Sthivana	Kshirapana
43	Cha.Chi.11/33	„	Urakshat	Ghruta Prayoga
44	Cha.Chi.11/35-43	„	„	Amruta Prash Ghrut
45	Cha.Chi.11/48-49	„	„	Sama-Saktu Ghruta Prayoga
46	Cha.Chi.13/103	Udara Chikitsa Adhyaya	Pittaj Udara	Siddha Takra Proga
47	Cha.Chi.14/131	Arsha Chikitsa Adhyaya	Arsha	Puippalyadi Anuvasan
48	Cha.Chi.14/214	„	„	Siddha Kwatha Parishechana
49	Cha.Chi.14/215	„	Raktarsha	Ushna Avagahana
50	Cha.Chi.14/216	„	„	Shita Avagahana
51	Cha.Chi.14/220-21	„	„	Pratisaran Lepa
52	Cha.Chi.14/229	„	Raktarsha	Anuvasana Basti
53	Cha.Chi.15/156- 159	Grahanidosh Chikitsa Adhyaya	Grahani	Moolaasava
54	Cha.Chi.15/189	„	„	Panchamkshar Yoga
55	Cha.Chi.16/137	Panduroga Chikitsa6Adhyaya	Pandu	Abhaya Leha
56	Cha.Chi.17/115	Hikka-Shwasa Chikitsa Adhyaya	Hikka-Shwasa	Madhukadi Yoga
57	Cha.Chi.18/71	Kasa Chikitsa Adhyaya	Kasa-Shwasa	Prapondirakadi Dhoom
58	Cha.Chi.18/135- 137	„	Kasa	Pippalyadi Leha
59	Cha.Chi.18/145	„	„	Dhoomapana
60	Cha.Chi.18/176	„	Kasa	Jivantyadi Leha
61	Cha.Chi.21/51	Visarpa Chikitsa Adhyaya	Kapha-Pittaj Visarpa	Vamana Yoga
62	Cha.Chi.21/56	„	Visarpa	Kiratattikadi Kwath
63	Cha.Chi.21/59	„	„	Patoladi Shita Kashay
64	Cha.Chi.21/74	„	„	Kaliyadi Pralepa
65	Cha.Chi.21/91	„	Dvandaj/Tridoshaj Visarpa	Pradeha
66	Cha.Chi.21/94	„	Vaat-Rakta Pitta Pradhan Visarpa	„
67	Cha.Chi.22/43	Trushna Chikitsa Adhyaya	Pittaj Trushna	Shamana Yoga
68	Cha.Chi.23/52	Visha Chikitsa Adhyaya	Vishaghna	Surasadi Yoga
69	Cha.Chi.23/56	„	„	Mrut-Sanjivani Agad
70	Cha.Chi.23/80	„	„	Mahagandhahastinaam Agad
71	Cha.Chi.23/95	„	„	Rushabhakaadi Agad
72	Cha.Chi.23/101	„	„	Ksharagad
73	Cha.Chi.23/188	„	„	Dhatugata Vishaghna Yoga
74	Cha.Chi.23/196	„	„	Mandalidasta Chikitsa
75	Cha.Chi.23/223	„	„	Shankavisha Chikitsa

76	Cha.Chi.23/244	„	„	Amruta Ghrutam
77	Cha.Chi.26/87	Trimarmiya Chikitsa Adhya		Trashunyadi Ghruta
78	Cha.Chi.26/91	„	Pittaj Hrudroga	Mulethiaadi Dravy Prayoga
79	Cha.Chi.26/94	„	„	Kasherukaadi Ghruta
80	Cha.Chi.26/140- 142	„	Vataj Pratishyaya etc	Anutaila
81	Cha.Chi.26/161	„	Urdhvajatrugata Vata- Pittaj Vikar	Baladi Taila
82	Cha.Chi.26/177	„	Pittaj Shirorog	Chandanadi Pradeha
83	Cha.Chi.26/179	„	„	Madhuyastyadi Ghruta
84	Cha.Chi.26/208	„	Mukharoga	Khadiraadi Gutika
85	Cha.Chi.26/234	„	Pittaj Netraroga	Bidalaka
86	Cha.Chi.26/241	„	Kafaj Netraroga	Suman-Korakaadi Varti
87	Cha.Chi.26/243	„	Tridoshaja Netraroga	Amrutadi Varti
88	Cha.Chi.26/250	„	Timir Roga	Timir Roga Chikitsa
89	Cha.Chi.26/265	„	Shiroroga-Palitya	Sahacharadi Taila
90	Cha.Chi.26/267	„	„	Palitya Nashaka Yoga
91	Cha.Chi.26/269	„	„	Mahanila Taila
92	Cha.Chi.26/276	„	„	Prapondirakaadi Taila
93	Cha.Chi.26/278	„	Vakra pralepa	Priyaaladi Yoga
94	Cha.Chi.26/279	„	Murdha Pralepa	Tiladi Yoga
95	Cha.Chi.28/151	Vaatvyadhichikitsa Adhyaya	Vaatavyadhi	Bala taila
96	Cha.Chi.28/161	„	„	Amrutadya Taila
97	Cha.Chi.28/186	„	Pittavrutta Vaat	Parishechana
98	Cha.Chi.29/71	Vaatashonita Chikitsa Adhyaya	Vaatarakta	Drakshadi Ghrut/Kshira
99	Cha.Chi.29/72	„	„	Jivakaadi Mahasneha
100	Cha.Chi.29/77	„	Tridosh Vaatarakta	Sthiradi Ghruta
101	Cha.Chi.29/91	„	Vaatarakta	Madhuyastyadi Taila
102	Cha.Chi.29/96	„	„	Sukumaar Taila
103	Cha.Chi.29/103	„	„	Amrutadi Taila
104	Cha.Chi.29/114	„	„	Khuddakapadmaka Taila
105	Cha.Chi.29/115	„	„	Madhuka Taila
106	Cha.Chi.29/121	„	„	Guduchyadi Taila
107	Cha.Chi.29/132	„	„	Dahanashak Lepa
108	Cha.Chi.29/133	„	„	Tiladi Lepa
109	Cha.Chi.29/134	„	„	Prapondarikaadi Lepa
110	Cha.Chi.29/146	„	„	Padmakadi Ghruta
111	Cha.Chi.30/61	Yonivyapat Chikitsa Adhyaya	Raktapradar	Bruhatashatavari Ghruta
112	Cha.Chi.30/92	„	„	Pushyanuga Choorna
113	Cha.Chi.30/98	„	„	Pradarnashak Yoga
114	Cha.Chi.30/252	„	Stanyadosha	Vamana Prayoga
115	Cha.Chi.30/271	„	Vivarna Stanya	Vivarna Stanya Chikitsa

116	Cha.Chi.30/272	„	„	Drakshadi Lepa
117	Cha.Chi.30/278	„	Picchila Stanya	Vidaryadi Lepa
118	Cha.Ka.1/13	MadanaKalpa Adhyaya	Vamanartha	Yastikwath Siddhi
119	Cha.Ka.3/14	Ishvaku Kalpa Adhyaya	--	Kashaya
120	Cha.Ka.4/6	Dhamargava Kalpa Adhyaya	--	Kashaya
121	Cha.Ka.6/5	Krutavedhana Kalpa Adhyaya	--	Nava Kashay
122	Cha.Ka.7/17	Shyama Trivrutta Kalpa Adhyaya	--	Kashaya
123	Cha.Si.3/39	Bastisutriya Siddhi Adhyaya	--	Erandamooladi Niruha Basti
124	Cha.Si.3/46	„	Vatarakta, Visarpa	Yashtyvhadi Niruha Basti
125	Cha.Si.3/47	„	--	--
126	Cha.Si.3/48	„	Atisar, Pradara etc	Chandanadi Niruha Basti Yoga
127	Cha.Si.3/53	„	Mutrakruccha	Drakshadi Niruhabasti
128	Cha.Si.3/62	„	Kaphatur	Rasnadi Niruha Basti
129	Cha.Si.3/67	„	--	Punarnavadi Niruha Basti
130	Cha.Si.4/9	Snehavyapat Siddhi Adhyaya	--	Jivantydi Anuvasan Yamak
131	Cha.Si.4/13	„	Kapharoganut	Saindhavadi Anuvasan Taila
132	Cha.Si.6/53	Vaman-Virechana Vyapat Siddhi Adhyaya	Vamana Atiyoga	Atiyoga Chikitsa
133	Cha.Si.6/67	„	Amavastha	Yastimadhuka Snehabasti
134	Cha.Si.7/13	Bastivyapat Siddhi Adhyaya	Bastiatiyoga Chikitsa	Saghruta Basti Chikitsa
135	Cha.Si.7/53	„	Anbgamarda	Yastimadhuka Anuvasan Basti
136	Cha.Si.7/56	„	Parikartika	Yastimadhu Siddha Basti
137	Cha.Si.8/14	Prasutyogiya Siddhi Adhyaya	--	Panchaprasutik Dvitiya Basti Adhyaya
138	Cha.Si.9/8	Trimarmiya Siddhi Adhyaya	Basti Marmaghat	Chikitsa
139	Cha.Si.10/16	Bastisiddhi Adhyaya	--	Basti Prakshepa Dravya
140	Cha.Si.10/21	„	Pittanashak	Pittanashak Basti
141	Cha.Si.10/28	„	--	Dhatuvaradhak Basti
142	Cha.Si.10/43	„	--	Raktapittanashak Basti
143	Cha.Si.11/23	Falamatra Siddhi	--	Basti Dravya
144	Cha.Si.11/35	„	--	Baladi Basti
145	Cha.Si.12/15(1)	Uttarabasti Siddhi Adhyaya	--	Mustadi Yapana Basti
146	Cha.Si.12/15(4)	„	--	Bruhatyadi Yapana Basti
147	Cha.Si.12/15(5)	„	--	Pratham Baladi Yapana Basti
148	Cha.Si.12/15(6)	„	--	Dwitiya Baladi Yapana Basti
149	Cha.Si.12/15(8)	„	--	Laghupanchamuladi Yapana Basti

150	Cha.Si.12/15(10)	„	--	Chaturtha Baladi Yapana Basti
151	Cha.Si.12/15(11)	„	--	Shaliparnyadi Yapana Basti
152	Cha.Si.12/17(1)	„	--	Bala-varna-shukra Karak Basti
153	Cha.Si.12/17(2)	„	--	Dwipanchamuladi Basti
154	Cha.Si.12/17(3)	„	--	Mayuradi Basti
155	Cha.Si.12/18(1)	„	--	Chatusneha Anuvasan Basti
156	Cha.Si.12/18(2)	„	--	Baladi Anuvasan Basti
157	Cha.Si.12/18(3)	„	--	Sahacharadi Anuvasan Basti

(Cha: Charak Samhita, Su: Sutrasthana, Vi:Vimanasthana, Sha: Sharirasthana, Chi: Chikitsasthana, Ka: Kalpasthana, Si: Siddhisthana, 01/12: 01 Adhaya &12 verse or Sholka number)

## CONCLUSION

From above discussion and result we conclude that the Yashtimadhu i.e. *Glycyrrhiza glabra* Linn is an important herbal medicinal drug. After critical citation we can conclude that the Acharya Charaka has included Yashtimadhu as many as 158 times in his classical text highlighting its importance. As per Sthana wise the Yashtimadhu had cited in Sutrasthana: 7, Vimanasthana: 1, Sharirasthana: 2, Chikitsasthana: 109, Kalpasthana: 5 and Siddhisthana: 34 citations. The drug had used as many as 135 times as internal application and 33 times as external applications. From above discussion the drug included in the formulations likes Churna, Vati, Taila, Ghruta, Kashaya, Lepa Kalpana. The drug was mentioned 109 times in Chikitsasthana highlighting the importance of Charak Samhita as “चरकस्तु चिकित्सिते श्रेष्ठः”।

## REFERENCES

- [1] Dravyaguna Vigyana: Prof. P. V. SHARMA: VOL. II: Chaukhamba Bharati Academy: Reprint Edition 2014: Pg. No. 253-256.
- [2] Ayurved Itihas, Dr. Arun Bhatkar, Godavari Publishers and Book Promoters, Third Edition 2010, Pg No. 63-91.
- [3] Ayurvedokta Niruktamala: Dr. J. L. N. Shastri : Chaukhamba Orientalia Varanasi: Reprint Edition 2014.
- [4] Charak Samhita: Vol 1, 2, Prof. Y. G. Joshi. Vaidyamitra Prakashan, Pune, Third Edition 2008.
- [5] Charak Samhita, Vol 1: Vidyadhar Shukla, Ravidatta Tripathi, Chaukhamba Sanskrit Pratisthana, Varanasi, reprint 2021.
- [6] Charak Samhita, Vol 2: Vidyadhar Shukla, Ravidatta Tripathi, Chaukhamba Sanskrit Pratisthana, Varanasi, reprint 2022.
- [7] Dravyagun Vigyana Vol.2, Dr. J. L. N. Shastri, Chaukhambha Orientalia, Varanasi, reprint 2017, pg.no.152-156.
- [8] Dravyaguna Vigyana; K. Nishteshwar & K. Hemadri; pg no 199-200; Chaukhamba Sanskrit Pratisthana; Delhi; Reprint, 2013, Pg. No. 39-42.
- [9] Thakur Balwant Singh and K.C. Chunekar, Glossary of vegetable Drugs in Brihadtrayi, Chaukhamba Amarabharati Prakashan, Varanasi 1999, Pg 287.
- [10] Adarsha Nighantu [Purvardha]: Vd. Bapalalaji Vaidya, Chaukhamba Bharati Academy, Reprint Edition 2013, Pg. No. 435-440.
- [11] Dravyaguna Vigyana: Prof. D.S. Lucas: Vol. I: Chaukhamba Vishwabharati Prakashan, Varanasi, First Edition 2006: Pg. No. 07.
- [12] Sheetal vispute *et. al*, *Glycyrrhiza glabra* Linn. - “KLITAKA”: A REVIEW: IJPBS: VOL 2/ISSUE 3/JUL-SEPT2011/ ISSN 0975-6299.