

Sri Satya Sai Murlidhar Ayurvedic College & Hospital
Moga (Punjab) -142001

YASHTIMADHU

Botanical Name: *Glycyrrhiza glabra* Linn.

Glycyrrhiza-Glykas-means sweet, rhiza-means root

glabra-Smooth and hairless

Family- Papilionaceae

Kula-Aparajitādi kula

Regional Name

English: Liquorice, sweetwood

Kannada: Jestamadhu

Marathi: Jashtimadhu

Hindi: Mulathee

Malayalam: Iratimadhuram

Gaṇavargikarana (Classical Categorization)

Charaka: Jivaniya Varga, Sandhānīya Varga, Varnya Varga, Kanthya Varga, Kandughna Varga, Chardinigrahaṇa Varga, Snehōpaga Varga, Vamanōpaga Varga, Asthāpanōpaga Varga, Mutravirajaniya Varga, Sonithapsthapana Varga, Angamardapraśamanavarga

Suśruta: Kākōlyādi Gana, SārivādiGaṇa, AñjanādiGaṇa

Bh.Pr.Ni: Haritakyūdivarga

Habitat

In India, Yastimadhu is cultivated in Jammu Kashmir, Himachal Pradesh and Delhi.

Varieties

Dh. Ni. & Ra. Ni. -2 types: 1. Yaṣṭimadhu, 2. Klitanaka

Morphology

Habit-Tall perennial plant grows 50 cm to 1 mtr in height.

Stem - Erect

Leaves - Compound, leaflets are 4 to 7 pairs ob- long to elliptical-lanceolate, acute or obtuse.

Inflorescence - Raceme, shorter than the leaves.

Flowers 1 cm long, bluish or violet coloured. Calyx are 2 lipped, upper teeth connate higher than the lower ones. Standard petal is narrow, wings and keel are acute. Stamens are diadelphous. Ovary many ovuled.

Fruit-Pod, oblong to linear, 1 to 3 cm long, flat-tened, straightish, more or less densely echinate glandular many seeded.

Useful part-Mula (Root) and Stolons.

Phytoconstituents

Root contains glycyrrhizine, prenylated bioflavone, licoagron, liqucomarin, isoflavone, glyzylglabrin, quercetin, kaempferol, stragalin, liquiritigenin, isoliquiritigenin, licuraside, liquiritoside, liquoric acid, glabrotide, deoxoglabrolide, glycyrrhizic acid, liconicone, blabridin, liquirizid, liquiritin, glabranine and glabrene

Rasadipancaka

Rasa: Madhura

Guna: Guru Snigdha

Vipaka: Madhura

Virya: Sita

Doṣakarma (Action on Dosa)

Vāta pitta samaka. Vātahara due to Madhura vīpāka and Madhura Rasa, Pittaśāmaka due to Sita Virya, MdhuraVikpāka and Madhura rasa.

Karma (Action)

Yaśimadhu Balya, Cakṣuṣya, Varnya, Śukrala, Kēśya, Swaryā, Vranahara, Śothahara, Viṣaghna, Triṣṇāhara, Rucya, Kasahara, Śwāsahara, Śiraśūla hara, Kanthya.

Klitana - Triṣṇāhara, Rucya, Balya, Vriṣya, Vranahara, Cakṣuṣya, Raktapittahara.

Agrya Karma:

मधुकंचक्षुष्यवृष्यकेश्यकण्ठवर्णविरजीनयरोपणीयानाम्। (च.सू. 25/40)

Madhuka (Glycyrrhiza glabra Linn.) will improve Vision, acts as Aphrodisiac, good for hair & throat, improves complexion and heals the wound.

Pharmacological Actions:

Hepatoprotective, Antimicrobial, Antiviral, Spasmolytic, Antiulcer, Antimutagenic, Antipyretic, Antioxidant, Antiinflammatory and Expectorant.

Rogagnata (Therapeutic Indications):

Yaṣṭimadhu - Dourbalya, Klaibya, Khālitya, Palitya, Śwāsa, Kāsa, Swarabheda, Viṣavikara, Aruci, Triṣṇā, Dāha, Vaivarnya and Siraśūla.

Klitanaka - Triṣṇā, Aruci, Dourbalya, Klaibya, Raktapitta, Netra Vikāra.

Amayikaprayoga (Therapeutic administration)

1. Śwāsa (Hoarseness of Voice)

Intake of ricemilk processed with yaṣṭimadhu (*Glycyrrhiza glabra*) and ghee is very useful in swarabheda.

2. Hikkā (Hiccough)

Avapidaka (pressed snuff) Nasya with mixture of Yaṣṭimadhu (*Glycyrrhiza glabra*) and honey is good for Hikka (Hiccough).

3. Pandu (Anaemia)

Powder or decoction of Madhūka (*Glycyrrhiza glabra*) if taken with honey is useful in Pandu (Anaemia)

Matra (Dosage)

Curna (Powder) - 1 to 3 g

Yoga (Formulations)

Yaṣṭimadhuvāditaila

Yaṣṭyādikaṣaya

Yaṣṭivāsādikaṣaya

MadhukādiGhrita

Indications: Khālitya, Kēśaroga, Raktatisāra, Raktapradara, Kamalā, Kṣatakṣina, Raktagulma

Adulterants

Roots of *Glycyrrhiza uralensis* Fisch and *Abrus precatorius* Linn. are often adulterated with liquorice. Even stem pieces of *Glycyrrhiza glabra* is used as an adulterant