

Review Article

Yashtimadhu Boosting drug in old age

Manjiri M. Kulkarni

Associate Professor, Department of Dravyaguna

M.E.S. Ayurved Mahaidyalaya, Lote, Tal- Khed. Dist. - Ratnagiri, Maharashtra, India - 415722.

* **Corresponding Author:** Dr. Manjiri M. Kulkarni, E-mail: kulkarnimm912@gmail.com

Article Received on: 10/02/2019 Accepted on: 25/03/2019 Published on: 31/03/2019

ABSTRACT:

According to UN, the population of elderly person is the fastest growing around the world & the number of elderly people by 2050 will be close to 2 billion. The world Health Organisation has taken the initiative to draw attention to ageing as this imposes many challenges for individuals & authorities coping with health care etc. Though life expectancy has increased in modern times thank to advance sciences, technology & medicine. As per man's life stages an individual's finds himself in different situations & faces different problems. Old age is viewed as an unavoidable, undesirable & problem ridden phase of life.

As per Ayurveda 'yashatimadhu' is one of the best busting drug which is present in 'Jeevaneeya Gana' & shown good result which are commonly facing in old age such physiological & psychological too. Hance, Yashatimadhu' is one of the best boosting drug used singly or in combination in old age related physiological & psychological problems.

KEY WORDS: Jara (old age), age related problems, diseases, Jeevaniya Gana, Yashatimadhu.

INTRODUCTION:

A man's life is normally divided into five stages namely: infancy, childhood, adolescence, adulthood & old age. In each of these stages, an individual's find himself in different situations & faces different problems. Old age is an unavoidable, undesirable phase of life. Problems of ageing usually appear after the age of 60 yrs. as per *Charakacharya* & after 70 yrs as per *Sushrutacharya*.

जरा-जीर्यन्ति इति जरावार्धक्यम् षष्टिवर्षोत्तरमितिह्यचह -

सप्ततिवर्षोत्तरमिती (सु.वा.) -

According to the UN, the population of elderly persons is the fastest growing around the world & the number of elderly by 2050 will be close to 2 billion.

The World Health Organization has taken the initiative to draw attention to ageing as this imposes many challenges for individuals.

Ageing is an inevitable process & many factors like genes, lifestyles, diet & environment. For most of us taking care of our health is the last thing on our mind as we are too busy.

As human grows older, physical conditions decline which lead to many illnesses & ailments.

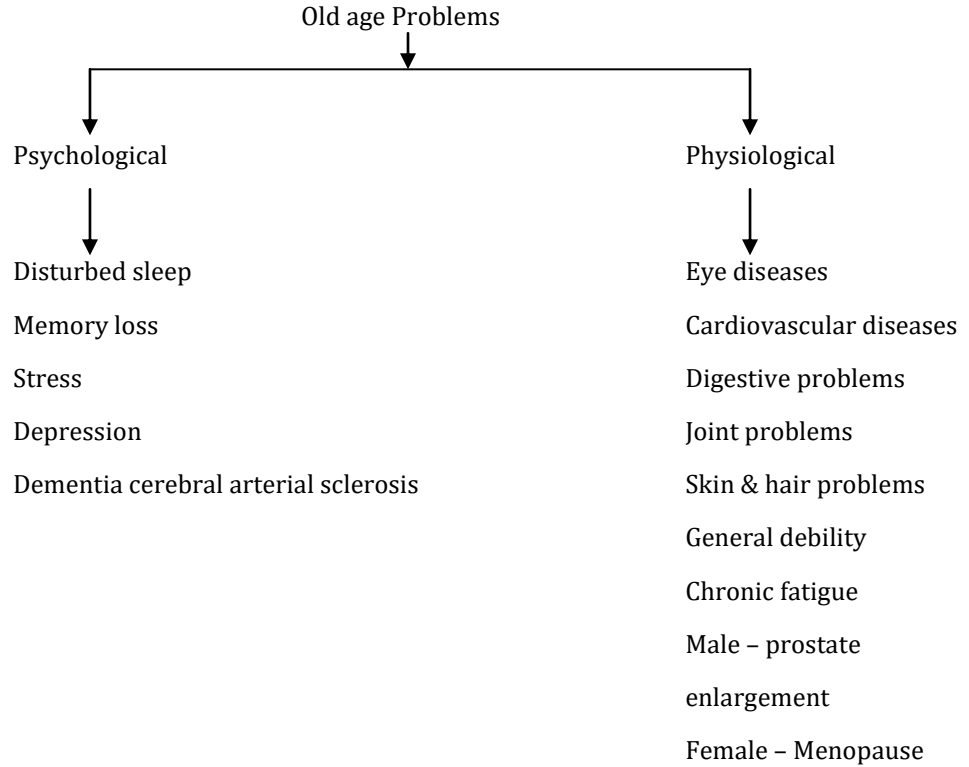
Old age persons facing 2 types of problems mainly:-
[Chart No.1]

1. Psychological
2. Physiological

As per our Acharya-

Jara Chikitsa is nothing but *Rasayan* with the promotion of longevity & maintaining the health of people with the aid of *rasayan* we can increase the *oja* of the body which decreases by any reason '*Kalaj*' or '*Akalaj*'. Increase in '*Oja*' boosting to immune system of the body.

Chart No. 1: Old age Problems



जराव्याधीप्रशनम् रसायनस्यविशेषणं !! (द्रव्यगुण कोशप . व. स्हारम)
जराव्याधिश्चतयोः प्रशनम् |⁶
तत्कारणानिपन्थाः शीतकदन्तचवयो
वृद्धाश्चयोपितः मनसः प्रतिकूल्यं च जरायाः पञ्चहेतवः |
उपचार-सर्वधातुपरिपोषणकरणारे आहारविहारपाकः |
(आयुर्वेदीय शब्दकोश खंड १२ वेणीमाधवशास्त्रीजोशीपाननं . ५८९)

In old age 'Rasayan' Karm is helpful same way we can think over 'Jeevaneeya' Gana mentioned by Charakacharya in Panchashatmahakashay³

च . सं . सु . अ . ४ / १)

Jeevaneey drugs are stated as

‘जीवनं आयुः तस्मै हितं जीवनीयम् |’⁴ च . सं . सु . ४ / १

As per Chakradatta

‘जीवनं आयुः | तस्मै हितं जीवनीयम् यत्र चमधुररसगुणे आयुष्यो जीवनीयं |’
चक्रदत्तटीका

Jeevaniya dravya which nourishes (sharir) body & maintain stability of Atma & Mana.

Charakacharya stated Jeevaneeya' Gana as

जीवकर्षभक्रीमेदामहमेदाकाकोलीक्षीरकाकोलीमुद्गपर्णीमाषपर्ण्यो जीवन्ती
मधुकमितिदशमानि जीवनीयानि भवन्ति | (१)⁵

Sushrutacharya stated Kakolyadi Varg³ सु . सु . ३८ / ३५-३६)⁶

काकोलीक्षीरकाकोलीजीवकर्षभकमुद्गपर्णीमाषपर्णीमिदामहमेदाच्छिन्नरूहाकर्क
टशृङ्गीतुगाक्षीरीपद्मकप्रपौण्डरीकध्रिर्वृद्धिमृद्धीकाजीवन्त्यो मधुकञ्चेति
||३५||

अ . सू . शतातएद जीवनीय | जीवत्यादीगण (अ . ह . सु . १५ / ८)⁷
जीवन्तीकाकोल्यौमेदेवेदुद्गमाषपर्ण्यो च |
ऋषभकजीवकमधुकञ्चेतिगणो जीवनीयाख्यः ||८||

Charakacharya included – 10 drugs in JeevaniyaGana. 'Yashtimadhu' is one of them & 'Yasthimadhu' is easily available than other drugs present in this Gana. Most of the dravyas are rare & not identified properly now a days. So 'Yashtimadhu' is the best dravya which is easily available & identified properly.

Acharya mentioned Jeevaneeya drugs are prithvi & Jalamahabhut pradhan.

पृथिविअपांगुर्णैर्युक्तं जीवनीयं इति स्थितः | र . वै . सू .⁸

Having madhur rasa, madhurvipak & sheet virya.⁹

All these properties are present in 'Yashtimadhu'. Charakacharya listed some best Jeevaniya dravya eg. Kheer, Godhum, Draksha, Amalaki & Yashtimadhu.

So 'Yashtimadhu' is one of the best *Jeevaniyadravya* as per our *acharya*.

'Yashtimadhu' not only '*Jeevaiya*' *dravya* it is also having properties like '*Kanthya*', '*Varnya*', '*Sandhankar*' etc.¹⁰

As per modern science, it belongs to the family Fabaceae & it's Latin name is '*Glycyrrhiza glabra*.' Having chemical compositions as saponin, glycyrrhizin, liquorice. Its useful part is root.¹¹

Yashtimadhu benefits in above listed most common problems in '*Jara*' or old age.

1) Digestive System:-

It contains Glycyrrhizin which is sweet in taste & reduces inflammation of the gastrointestinal tract. It helps in common problem like¹²

- Gastritis & hyper acidity- act as antacid & reduces free & total HCL level.

Combination of *Amalki* powder & *yashtimadhu* powder is useful.

- Ulcers- Decreases the inflammation of stomach lining.

It reduces the changes of gastric ulceration induced by aspirin & other NSAID's commonly regularly used in old age.

Shows good result in mouth ulcer -its gargle is helpful.

- Ulcerative colitis- It prevents ulceration of mucosa of the intestines.

Respiratory system: ¹³

Common problems are cough, asthma, bronchitis it acts as antibacterial works as expectorant & reduces infection of upper respiratory tract.

High Cholesterol: ¹³

Due to change in diet & due to luxurious life it is very common problem in this era. In old age, it reduces serum cholesterol level & hepatic cholesterol it might be associated with the conversion of cholesterol into bile.

Hormones: ¹³

In old age due to many problems, steroid drugs are used by them. Steroids suppress adrenal gland functions. *Yashtimadhu* assists adrenal gland to

recover its natural functions & stimulates adrenal hormones.

Diabetes & kidney diseases: ¹³

In these above problems, high serum potassium is presence. It decreases potassium level in the blood.

But when low potassium level & high sodium level is present it is contraindicated it may result in severe myopathy.

Skin problems: ¹³

Itching is main symptom present in skin disorder liquorice present in it reduces itching, redness & swelling of the skin.

Muscle cramps: ¹³

Very common problem mostly present in female than male.

Yashtimadhu has antispasmodic & muscle relaxant properly. It reduces muscle cramps & tenderness.

Osteoarthritis: ¹³

Common problem not only in old age nowadays from 50 yrs from we are observing.

Its combination with *Ashwagandha* shows good result in the above condition.

Menopausal Hot Flashes: ¹³

It decreases the severity & frequency of hot flashes during menopause.

Combination with '*MuktaPishti*' shows good result.

Oligospermia: ¹³

It is boost in spermatogenesis & quality of sperm.

Psychological Problems: ¹³

Disturbed sleep is commonly present in old age it is due to stress, depression etc.

As per Ayurveda it is having *Madhur rasa*, *Madhurvipak*.

In the above condition '*vatavrudhi* accompanied with *dhatukshaya*.

So *Yashtimadhu Ghrut* or *Yashtimadhu churna* with milk shows good result.

CONCLUSION:

'Yashtimadhu' the boosting drug which is included in *Jeevaneeya Gana* and shows the best action in Psychological & Physiological condition in old age (*Jara*).

REFERENCES:

1. Joshi Venimadhav Shastri, "Ayurvediya Shabdakosha" Pratham Khand, Maharashtra Sahitya & SanskritiMandal, Mumbai, Page No. 589.
2. Sharma P.V. "DravyagunaKosh" Chaukhamba Orientalia, Delhi.Edition 2008, Page No. 247.
3. Joshi Venimadhav Shastri, "Ayurvediya Shabdakosha" Pratham Khand, Maharashtra Sahitya & SanskritiMandal, Mumbai, Page No. 589.
4. Ranade Subhash, "Dravyaguna Vidnyan" Profishant Publishing house, 1st edition 1988, Page No. 203.
5. Triphati Brahmanand, "Charak Samhita" Chaukhamba Surbharati Prakashan, Varanasi, edition 2014. Page No. 76.
6. Shastri Ambika data, " SushrutSamhita" Chaukhamba Sanskrit Sansthan, edition 2014. Page No. 186.
7. Gadagil Dilip, "Ashtang Hrudaya", "Manakarnika Prakashan, Pune. 4th edition 2017. Page No. 254.
8. Ranade Subhash, "DravyagunaVidnyan" Profishant Publishing house, 1st edition 1988, Page No. 203.
9. Gogate Vishnu Mahadev, "DravyaGunaVidnyan" J.D. Grantha Bhandar, Pune. 4th edition 2017. p 560.
10. Ranade Subhash, "Dravyaguna Vidnyan" Profishant Publishing house, 1st edition 1988, Page No. 812.
11. ShastriJ.L.N. "DravyagunVidnyan" Chaukhamba Orientalia, Varanasi, Edition 2014, Page No. 153.
12. ShastriJ.L.N. "DravyagunVidnyan" Chaukhamba Orientalia, Varanasi, Edition 2014, Page No. 153.
13. Evidence-based information on Mulethi (Yashtimadhu) by. Dr.Jagdev Singh Published On Jan 19, 2015 Last Updated May 3, 2018.

Cite this article as:

Manjiri M. Kulkarni, Yashtimadhu Boosting drug in old age, ADJIM 2019; 4(1), p. 32-35.