



ANALYTICAL STUDY OF MADHU {HONEY} WITH RESPECT TO CHAKSHUSHYA PROPERTY

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ABSTRACT

For many of the eye diseases madhu is one of the important media to administer the medicines. For all the ophthalmic therapeutics honey is one of the ingredients used in many diseases. Vagbhata called honey{Madhu} as Chakshushya, which is beneficial for the eyes, either in the form of medicaments or prophylactic regimen. madhu has got the special property of sookshma srotogamitva, it penetrates the aushadhi dravyas in all the sandhis, patalas and mandalas in a stipulated time and also enhances the action of pradhana ghataka dravyas. Madhu is the main vahaka dravya for application of many of the Anjana and other ophthalmic preparations. Polyphenols^[1], phenolic acid derivatives in honey are rich in antioxidant activity along with flavonoids. Thus helps in the Drushtimandalagata rogas, madhumehajanya netravikaras. Hence there is a need to re establish the multifactorial properties of the madhu with respect to the classical indications in different diseases.

KEYWORDS: Chakshushya, madhu, anjana, flavonoids, polyphenols.

INTRODUCTION

Madhu is a type of nectar, which is used for many medicinal purpose in Ayurveda. There are numerous references for the usage of honey in different diseases. For many of the eye diseases madhu is one of the important media to administer the medicines. For all the ophthalmic therapeutics honey is one of the ingredients used in many diseases.

As Vagbhata called honey{Madhu} as Chakshushya which is beneficial for the eyes, either in the form of medicaments or prophylactic regimen.^[1]

The properties of madhu are

Madhura - rasa

Kashaya – anurasa

Guru, ruksha – guna

Sheeta – Veerya

Kapha pitta shamaka – Doshaghnata

According to modern – as it is a proven antiseptic, antimicrobial, anti inflammatory, sedative, healing agent, mild laxative and a best anti-oxidant agent.

Varieties of honey as per different authors^[2]

Charaka Samhita – 4

Sushruta Samhita – 8

Asthanga Sangraha – 4

Bhava Prakasha – 8

Makshika Madhu - The honey collected from reddish brown colored, big sized, wild honeybees that feed on different kinds of flowers is known as *Makshika Madhu*. It has *Madhura Rasa*; *laghu*, *Ruksha Guna*, *Sheet Veerya* and acts as *Vatashamaka*. Such honey is good for *Netraroga*, *Kamala*, *Arshas*, *Vrana*, *Kshaya* and *Shwasa Rogas*.

Bhramara Madhu - The honey collected from collyrium colored small honey bees is known as *Bhramara*. It possesses *Madhura Rasa*, *Madhura Vipaka*, *Guru*, *Ruksha*, *Picchila*, *Abhishyandhi Gunas* and *Sheeta Veerya*. It alleviates *Raktapitta*, *Mukhajadya*,

Kshaudra Madhu -- Honey collected from reddish colored, smaller honey bees. It has *Laghu*, *Ruksha*, *Sukshma*, *Abhishyandhi*, *Picchila Gunas*; *Sheeta Veerya*; acts as *Pitta-vata Shamaka* and is *Lekhaneeya*, *Pramehahara* and *Netrarogahara*.

Pautthika Madhu – Honey collected from the poisonous honeybees which are reddish brown, dark colored, smaller in size resembling the mosquitoes (*Mashaka*). The bees generally reside in the hollow burrows of trees and feed on poisonous flowers and rice. Such a honey is called *Pautthika*. It possesses properties such as *Laghu*, *Ruksha Guna*; *Ushna Veerya*; alleviates *Kapha* but aggravates *Pitta* and *Vata* thereby causes *Raktapitta* and *Daha*. It is indicated in *Granthi*, *Kshata* and *Shosha*.

Chathra Madhu- It is the kind of honey collected from the honeybees which are reddish in color found in the Himalayan forests and their hives are of the shape of umbrella. Such a honey has *Madhura Rasa*; *Madhura Vipaka*; *Guru*, *Picchila Guna*; *Sheeta Veerya*; alleviates *Rakta*, *Pitta vikaras*, *Krimi*, and *Prameha* but aggravates *Vata dosha*.

Aarghya Madhu- The honey collected from the yellow colored honey bees having sharp stings is called as *Aarghya Madhu*. It possess *Kashaya*, *Tikta*, *Madhura Rasa*; *Katu Vipaka*; alleviates *Kapha* and *Pitta*. It acts as *Balapushtikaraka* and *Chakshushya*.

Auddalaka / Auddhala Madhu- The honey which is collected from the reddish brown colored bees that resides inside the soil near the ant-hills is known as *Auddhalaka Madhu*. It possesses *Kashaya*, *Amla*, *Tikta Rasa*; *Katu Vipaka*; *Ushna Veerya*; aggravates *Pitta*. It is indicated in *Kushta*, *Visha*, *Aruchi* and also acts as *Swarya*.

Dala Madhu- It is the kind of honey collected from the honey bees which are red or brown colored, smaller in size and that reside inside the burrows of trees. Generally the honey is collected from the leaves of trees and is known as *Dala Madhu*. It possesses *Katu*, *Amla*, *Madhura Rasa*; *Kashaya Anurasa*; *Vatala*; *Lekhaneeya*.

Review in Brihatrayee

Charaka Samhita : 27th chapter, sutrasthana, Annapana Vidhi, he has explained classification and importance of madhu as a food.

In Sushruta Samhita – 45th chapter, Drava dravyadi adhyaya, Madhu Varga, a detailed description of rasa, guna, vipaka can be seen.

Ashtanga Hrudaya – Vagbhatacharya included madhu under IkshuVarga -6th chapter, Annaswaroopiya Adhyaya.

In all the Nighantus references of Madhu are available.

Nirukti: “Manyat iti madhu”^[3] meaning sweet, delicious and pleasant

“manyate abhilashyate madhu pushpa rasakhyam” – Amarakosha

Madhu as yogavahi: honey which is used along with other dravya will enhances the properties of medication.

Chemical composition of Honey^[4] carbohydrates

Major portion of honey - about 82 %. The carbohydrates present are the monosaccharides fructose (38.2%) and glucose (31%); and disaccharides (~9%) sucrose, maltose, isomaltose, maltulose, turanose and kojibiose.

Proteins and Amino Acids

Honey contains a number of enzymes, including invertase, which converts sucrose to glucose and fructose; amylase, which breaks starch down into smaller units; glucose oxidase, which converts glucose to gluconolactone. Honey also contains eighteen free amino acids, of which the most abundant is proline.

Vitamins, Minerals and Antioxidants

Honey contains trace amounts of the B vitamins riboflavin, niacin, folic acid, pantothenic acid and vitamin B6. It also contains ascorbic acid (vitamin C), and the Minerals calcium, iron, zinc, potassium, phosphorous, magnesium, selenium, chromium and manganese.

The main group of antioxidants in honey are the Flavonoids, Ascorbic acid, catalase and selenium are also antioxidants.

Other compounds

Honey also contains organic acids such as acetic, butanoic, formic, citric, succinic, lactic, malic, pyroglutamic and gluconic acids, and a number of aromatic acids. The main acid present is gluconic acid,

Madhu as Chakshushya

Madhu is considered as Chakshushya by many Ayurveda Acharyas including Ashtanga sangraha Sutrasthana 92/6. In ayurveda treatises, In the context of netra Roga chikitsa, from Sandhigata rogas till the Drishtimandalagata rogas innumerable references for Madhu(honey) have been explained.

Madhu as Chakshushya^[5]: Analysis

For aschottana, anjana, seka and pratisarana procedures along with the other ghataka dravyas honey is used judiciously.

As the property of the honey is Ruksha, Kashaya, madhura it is used for kapha, pitta vikaras of Netra along with the kaphahara and pittahara dravyas.

As the madhu has got the special property of sookshma srotogamitva, it penetrates the aushadhi dravyas in all the sandhis, patalas and mandalas in a stipulated time and also enhances the action of pradhana ghataka dravyas. Madhu is the main vahaka dravya for application of many of the Anjana and other ophthalmic preparations.

In Netrabhishyanda^[6]{conjunctivitis}chikitsa, seka, aschottana and anjana procedures madhu is used as a essential media to administer. Honey has antibacterial effect and can be used to prevent corneal scarring caused

by infection. Healing of bacterial corneal wound has been reported by honey. The anti inflammatory effects are established in the treatment of blepharitis and keratitis.

As the madhu has got the property of “Vrana shodhana ropana”^[7] - in all the abrasions or wounds of the eyelids and conjunctival perforations, this can be used as aschottana. Hence many anjanas like – Jatimukuladi vartyanjana, shigruvadi anjana etc can be administered along with Madhu.

Retinal care^[8]: The flavonoids protects the retinal ganglion cells from oxidative stress- induced death. Madhu which is rich in many flavonoids like pinocembrin has a unique property to combat the oxidative stress. Thus Madhu is advised for internal administration along with many rasayana and netrya gana dravyas.

In savrana shukla^[9] – corneal ulcers

Along with ropananjanana, lekhananjanas madhu sadhita anjana karma enhances the wound healing process of the corneal fibroblasts.

Honey contain many of the bioflavonoids which enhances the blood flow in the iris, ciliary body and choroid.^[10] Hence in the management of Glaucoma{adhimantha},diabetic retinopathy and macular degeneration, honey is used in different therapeutic protocols

In Kaphaja Linganasha, Acharyas have suggested hundreds of anjana prayoga, where madhu is the main yogavahi to administer.

Polyphenols^[11], phenolic acid derivatives in honey are rich in antioxidant activity along with flavonoids. Thus helps in the Drushtimandalagata rogas, madhumehajanya netravikaras.

Hence there is a need to re establish the multifacorial properties of the madhu with respect to the classical indications in different diseases.

CONCLUSION

1. Madhu is one of the Chakshushya dravya used in many of the netravikaras along with different combination of medicines
2. Honey exhibits and enhances the potency of associated medicaments which assured for eye diseases
3. Properties of honey depends on the topical application on the eyes or internal administration along with rasayana dravyas.
4. Honey is a rich food and medicine for eyes as prophylactic and therapeutic purposes.

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