YASHTIMADHU, A REVIEW WITH SPECIAL REFERENCE TO VISHA CHIKITSA

Dr. Koushik Rajendra Joshi*1 and Dr. Yadunath C. Waykole2

1P.G. (Scholar) Department of Agadatantra, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University). Dr. D. Y. Patil College Of Ayurved and Research Centre, Pimpri, Pune.
2Associate Professor (Guide) Department of Agadatantra, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University). Dr. D. Y. Patil College Of Ayurved and Research Centre, Pimpri, Pune.

ABSTRACT

Behind the every successful single or formulated drug (elements) there is backbone of huge theoretical knowledge of that particular element. In Ayurveda it is classically stated by Pramanas, Abhyas (Practicing) and by many methods that are used in ancient era for the transformation of knowledge from one generation to next generation. There are numerous drugs or the formulations described in Ayurveda which are used in various types of poisoning such as Fulminant, acute and chronic. Yashtimadhu (Glycyrrhiza glabra. Linn) widely used medicinal plant, has a VISHGHNA (anti-poisonous) property in it. Purpose of choosing this drug is that, it is easily available, widely used, it is very useful in specific health conditions. Hence, aim of this review study is to explore an anti-poisonous activity and various AGAD formulations of Yashtimadhu.

KEYWORDS: Yashtimadhu, Dosage form, Ayurveda, Agad tantra, Visha.

INTRODUCTION

The branch of Ayurveda which deals with AGADA (ANTIPOISONOUS MEDICINES) is known as Agadtantra. Various anti-poisonous remedies are mentioned in texts. These are prepared out of several Antipoisonous drugs. One among these is Yashtimadhu/Madhuka(Glycyrrhiza glabra. Linn), a very commonly and widely used medicinal plant in various Ayurvedic formulations. Vishghna property of Yashtimadhu helps to eliminate
Animate & In-animate poisons from the body and it destroys the toxicity produced by some of the toxic/ non-toxic drugs. This VISHGHNA (Antipoisonous) property of Yashtimadhu/Madhuka is mentioned in some of the Ayurvedic classic text i.e, Sushrut Samhita, Ashtang Hridaya in Anjanadi Gana also in Nighantu texts like Bhavaprakasha Nighantu, Dhanvantari Nighantu and Kaidev Nighantu. Hence, aim of this review is to explore an anti-poisonous activity and various AGAD formulations of Yashtimadhu.

**DISTRIBUTION & MORPHOLOGY**

Yasthimadhu (Glycyrrhiza glabra. Linn) plant can be seen in Southern Europe, Spain, Syria Russia, Egypt, Arab, Iran, Turkistan, Central Asia, Afghanistan, Peshawar and from Chenab to East in the Himalayas, Burma & Andaman Islands. Cultivated in Jammu, Kashmir, Punjab and Sub-Himalayan tract. It’s an Under Shrub attaining a height upto 1.5 to 6 feet. Leaves are multifoliate, imparipinnate, ovoid and lanciolate in shape. Having a lavender to White colored and are I the form of axillary spikes. Rootstock with roots and stolons, outer surface is dark reddish brown longitudinally wrinkled.\[^1\]

**TAXONOMICAL DISCRIPTION\[^2^\]**

Latin name – Glycyrrhiza glabra. Linn
Family - Fabaceae
Kingdom - Plantae
Division - Angiospermae
Class - Dicotyledonae

**VERNACULAR NAMES\[^3^\]**

Sanskrit - Yashtimadhu, Madhuka, Madhulika, Madhuyashti, Yashti, Klitanka
English - Licquorice
Hindi - Mulethi, Jethimadhu
Bengali - Yastimadhu
Marathi - Jeshthmadh
Gujrati - Jathimadh
Telugu - Yashtimadhukam
Tamila - Atimadhuram
Arab - Bekhanarak

**PART USED\[^4^\]** – Root (Moola)
RASA PANCHAKA (PROPERTIES)\(^5\)
Rasa – Madhura
Guna – Guru, Snigdha
Virya – Sheeta
Vipaka – Madhura
Karma – Tridosha hara, Rasayana, Vrishya, Chakshushya.

THERAPEUTIC USES\(^6\)
Vrana, Shotha, Chardi, Trishna, Visha roga, Kshaya, Daaha, Raktapitta, Hridroga, Vrana, Bhagandara, Ardhavabhedaka, Hridrog.

FORMULATIONS OF YASHTIMADHU(Glycyrrhiza glabra) USED IN MANAGEMENT OF VARIOUS POISONING CONDITIONS
Various Agad formulations containing yashti madhu are used in several conditions of Visha(Poisoning) in the form of Churna(powder), Vati(tablet), Kashaya(Syrups/drinks), Lepa(External applications) etc.

A) CHURN(POWDER)/VATI(TABLET) PREPARATIONS-
I) Charaka
1) Yashtimadhu, Tulsiaptra, Granthi, Dve Haridra and Kushta taken in equal quantity mixed with Shirisha pushpa swarasa and kakanda rasa made into Vati(tablet) form. Used in Ashtam veg of visha (The stage where the visha affects all the Dosha and Dhatus in the body) where the patient is critically ill due to any poison. (Ch.Chi.23/53).\(^7\)
2) Mrutasanjivani agada- This Agad Vati formulation containing Yashtimadhu is used in all kinds of poisoning.(Ch.Chi.23/54-60).\(^8\)
3) Mahaagadhahasti agada- This antipoisonous Vati formulation containing Yashtimadhu. Used in all kinds of poisoning like- Snake, Spider, Rat, Moola and kanda visha(in animate poisons) etc. (Ch.Chi.23/77-94).\(^9\)
4) Ksharaagada – This antipoisonous Vati formulation containing Yashtimadhu. Used in all types of poisoning.(Ch.Chi.23/97-104).\(^10\)
5) Rhishbhakadi agada- This formulation containing yashtimadhu is in Churn form, 3-6 gms taken with water. Used in complications due to poisoning. Like Dyspnea(Shwas), Fever(Jwara) etc.(Ch.Chi.23/96-97).\(^11\)
6) Dwe bala moola, Madhook, Yashtimadhu and Tagar taken in equal quantity and Churn is prepared. Used in the Jantu visha(Insect poison). The poisoning condition where the Poison has affected all the Dhatus and Doshas. (Ch.Chi.23/188).\[12\]

II) Sushruta
1) Mahagada- This formulation containing Yasthimadhu prepared in the form of churn/vati. Used in all phases of poisoning. (Su.Ka.5/61-62).\[13\]
2) Sanjivana agad- This formulation containing Yashtimadhu prepared in the form of churn/vati. Used in very critical condition of poison. Even the Unconscious patient can gain consciousness.(Su.Ka.5/75).\[14\]

III) Ashtanga Hridaya
1) Chandrodaya Agada- This containing Yashtimadu is prepared in the form of Churn/Vati. Used in all kinds of Poisoning, deadly diseases etc. (A.H.U.35/24-32).\[15\]

IV) Ashtanga Sangraha
1) Suryodaya agada- This formulation containing Yashtimadhu etc. Used in all kinds of poisoning. (A.S.U.40/73-74).\[16\]
2) Mrutasanjivana agada- This formulation containing Yashtimadhu etc. Used in all kinds of poisoning. (A.S.U.40/76-77).\[17\]
3) Bark of Udumbara, Seeds of Jambu, Madhuka, Utpala, Gairika, Chandana, Ushira, Nalada, Nagkeshara and Padmaka mixed together and made into churn. Used in all poisons, Visphota, Visrap, Jwara, Daaha. (A.S.U.40/85).\[18\]
4) Dushivishari agada- This formulation containing Yashtimadhu prepared in the form of paste/vati. Used in Dushi visha(Poison of low potency) and in other poisons also (A.S.U.40/148).\[19\]
5) Ghana vati prepared with Young palash, Vyosha, Shirishkusuma, Yashti madhu. Used in all kinds of Poisons, Worms, Tumors etc (A.S.U.40/151-154).\[20\]
6) Lodhradi Agad- This Agada formulation containing yashtimadhu prepared in the form of Vati. Used in Poisoning due to Snakes, Rat, Wasp, Cats, Jackal (A.S.U.42/83-86).\[21\]
7) Sita, Gundra, Mallika, Madhuka, Utpala, Jivaka, buds of Ksheeri vrukshas, Dve Hima, Nagkeshara are made into churn. Used in Ping type of Luta Damsha (Spider bite) (A.S.U.45/20-21).\[22\]
8) Root of Bilwa, Dhatri, Parushaka, Draksha and Madhuka made into Churn and consumed with Milk. Used in the condition of vomiting due to poison. (A.S.U.47/11).\[23\]
9) Toxic substance, Yashti, Rasna, Sevya and Utpala kanda these are pounded and made into churna and this is consumed with Rice wash water. Used in Bleeding condition due to poisoning. (A.S.U.48/31).[24]

10) Toxic substance with Dravanti, Madhuka, Draksha, Rasna, Sathi and Kanaa are made into churn. Used in the condition of colic pain due to poisoning. (A.S.U.48/39).[25]

B) GHrita (Medicated Ghee) Preparations

I) Charaka

1) Amrita Ghrita- This containing Yashtimadhu. Internally, Nasal drops, Oileation used in conditions of Garavisha (Combination of poison), Tumours, Epilepsy etc. (Ch.Chi.23/242-249).[26]

II) Sushruta

1) Ajeya Ghrita- This containing Yashtimadhu. Used internally to destroy all kinds of poisoning(Su.Ka.2/47-49).[27]

III) Ashtanga Hridaya

1) Ghee prepared with Dwe Yashti, Dwe Nisha, Katabhi, Amruta. Used internally in Mushika(Rat) and Alarka(Dog) bite poisoning (A.H.U.38/25-26).[28]

IV) Ashtanga Sangraha

1) Ajeya Ghrita- Medicated ghee containing Yashtimadhu. Used internally in all kinds of poisoning. (A.S.U.40/130-132).[29]

2) Ghee preparation containing Eranda, Bilwa, Yashti, Nisha is Used for Basti(Enema) in the conditions like Flautlence, Hiccup, Dyspnoea etc. due to poison. (A.S.U.44/57-60).[30]

3) Ghee prepared with Dwe Yashti, Dwe nisha, Katabhi, Rakta, Amruta. Used in Mushika(Rat) and Alarka(Dog) bite poisoning. (A.S.U.46/31).[31]

4) Ghee prepared with Vijaya, Pippalimoola, Yashti etc is Used in Poisoning, Worms, Insanity etc. (A.S.U.48/34-36).[32]

5) Ghee prepared out of Madhooka saara, Yashti, Poison, Ksheera(Milk), Jala(water) is Best for Nourishment of eyes in chronic Night blindness due to poisoning conditions. (A.S.U.48/66).[33]
C) LEHA (LICKABLE) PREPARATIONS

I) Sushruta
1) Kushta, Trikatu, Daruharidra, Madhuka, Dwe Lavana, Jati, Nagkeshara and all sweet potency drugs pounded with Kapittha swarasas (Juice), Sugar, Madhu made into Lickable form (Leha). Used in all types of Rat Poisoning. (Su.Ka.5/82-83).
2) Mahasugandhi agad- This containing Yashtimadhu etc prepared in the form of Leha. Used in critical conditions of poisoning. (Su.Ka.6/14-27).
3) Manashila, Aal, Madhuka, Kushta, Chandan, Padmak, Lamajjaka pounded and mixed with Honey. This Leha Used in Mootra visha Luta (Type of Spider poison) (Su.Ka.8/111-112).
4) Sariva, Ushira, Yashtimadhu, Chandana, Utpala with Mahasugandhi agad. This Leha is used in Agnivakra Luta (Type of Spider poison) (Su.Ka.8/118-119).

II) Ashtanga Sangraha
1) Kautilyo agada- This containing Yashtimadhu etc mixed with Honey. This Leha is used in even in the unconscious state due to poisoning and hanging etc. (A.S.U. 40/78-79).
2) Himavan agad- This containing Yashtimadhu etc mixed with Honey. This Leha is used in the Mandali sarpa (Snakes with patches) poisoning. (A.S.U.42/32-33).
3) Dwe Bala, Mahuka, Madana, Nata mixed with Honey. This Leha is used in Sarva Dhatu gata visha (Poison entered in all the bodily tissues. (A.S.U. 42/45).
4) Vellagra, Anjana, Ushira, Yashti, Ela, Kana, Kesara, Maricha and Kumbhi mixed with Ghee and Honey. This Leha is used in a condition of vomiting due to poisoning. (A.S.U.47/12).
5) Toxic substance (Visha), Ushira, Yashti, Yavakshara, Rajani, bark of Kutaja mixed with Honey. This Leha is used in a condition of vomiting due to poisoning (A.S.U.48/33).

D) PAAN/ KASHAY/ YAVAGU (DRINK) PREPARATION

I) Charaka
1) Manjishta, Yashti, Jivak, Rushabhak, Sharkara, Kashmarya, Vat ankur with Water. This Paan is used in Mandali Sarpa (Snakes with patches) poisoning (Ch.Chi.23/196).
2) Madhooka, Yashti, Kushta, Shirish, Ushir, bark of Patala, bark of Nimba, Sariva with Water and Honey. This paana is used in Luta visha (Spider poisoning) (Ch.Chi.23/202).
II) Sushruta

1) Paana prepared with Pippali, Madhuka, Honey, Sugar, Sugarcane juice and water. With help of this drink person who consumed poison is made to Vomit (Vamana Karma) (Su.Ka.1/84).[45]

2) Paana of Agada (Anti-poisonous remedy), Madhuka Kwath (decoction), Honey. Used in the fifth stage of In-animate poisoning. (Su.Ka.2/42).[46]

3) Mahagada- This containing Yashtimadhu etc. Administered in the form of Paan in the management of all kinds of poisons(Su.Ka.5/61-62).[47]

4) Paana prepared with Sariva, Madhuka, Draksha, Paayasya, Kshiramorata. Used in Luta damsha (Spider bite) (Su.Ka.8/132).[48]

5) Paana prepared with Vidari, Madhuka, Gokshura, Honey. Used in Luta damsha (Spider bite) (Su.Ka.8/132).[49]

III) Ashtanga Hridaya

1) Chandroday agada- This containing Yashtimadhu etc. Used in all kinds of poisoning.(A.H.U.35/24-32).[50]

2) Yavagu (Gruel) prepared with Yashtimadhu, Madhooka, Padminakeshara and Chandana Decoction mixed with Ghee and Honey. Administered in between stages of poisoning to reduce/cure the effect of poison. (A.H.U.35/23).[51]

3) Kashaya prepared with Madhuka, Kashmarya, Vata ankura, Jivaka, Rushabhaka, Manjishta, Sugar. Used in Mandali Sarpa (Snakes with Patches) poisoning(A.H.U36/65).[52]

4) Paana prepared with Dwe Yashti, Madana, Ankola, Jalini and Sindhuvarika. Used to produce Emesis (Vamana) in the condition of poisoning(A.H.U.37/75).[53]

5) Paana prepared with Hribera, Yashtimadhu etc. Used in the poisoning due to Spider (Luta visha). (A.H.U.37/82-85).[54]

IV) Ashtanga Sangraha

1) Paana prepared with Yashtimadhu decoction and Honey is used in the 5th stage of Inanimate poisoning. (A.S.U.40/53).[55]

2) Sanjivani Agada- This formulation containing Yashtimadhu etc is used in all types of poisoning. (A.S.U.59-67).[56]

3) Paana prepared with Yashti, Kashmarya, Vata ankura, Jivaka, Rushabhaka, Vacha, Manjishta is Used in the Mandali sarpa (snake with patches) poisoning. (A.S.U.42/34).[57]
4) Mahan agada- Formulation containing Yashtimadhu etc is used in all types of poisoning. (A.S.U. 42/89).\[58\]

5) Yashti, Sita, Vaigandhika, Draksha, Paysya, and honey is made in the form of Paana. Used in the condition of Sarpanga abhihat (Shock due to snake body touch) and Shankavisha (Sock due to doubt of snake bite). (A.S.U 42/99).\[59\]

6) Madhuka, Kushta, Lamajjaka, Ushir, Talisa, Gopakanya, other sheet virya drugs, Honey is prepared the form of Paana. Used in Agnimukhi Luta (A type of spider) bite. (A.S.U.45/5-7).\[60\]

7) Shadava kalpana (Condiment drink)- Yashti along with Jiraka, Trayushana etc with Juice of Bijapuraka and Kapittha is taken with Honey and Sugar. Used in Post-emesis therapy which is given in the conditions of Mushika (Rat), Alarka (Dog bite) poisoning. (A.S.U.46/25-27).\[61\]

8) Yashti along with Bilwa moola, Dhatri, Parushaka, Draksha consumed along with Cow milk. Used in the conditions of vomiting due to poisoning. (A.S.U.47/11).\[62\]

9) Visha(poison) along with Yashti, Rasna, Sevya and Utpala with Rice wash water is used in the condition of bleeding due to poisoning. (A.S.U.48/31).\[63\]

E) LEPA (EXTERNAL APPLICATION)

I) Charaka

1) Mritisanjivani agada- This formulation containing Yashtimadhu etc is used in the form of Lepa. Used in all types of Poisoning. (Ch.Chi.23/54-60).\[64\]

2) Mahagandhasti agada- This formulation containing Yashtimadhu etc is used in the form of Lepa. Used in all kinds of poisoning. (Ch.Chi.23/77-94).\[65\]

II) Sushruta

1) Maha agada- This formulation containing Yashtimadhu etc is used in the form of Lepa. Used in all kinds of poisoning to reduce their effect. (Su.Ka.5/61-62).\[66\]

2) Rhushabha agada- This formulation containing Yashtimadhu etc is used in the form of Lepa. It is pasted over Trumpets, Drums, Flags etc to reduce the effect of poison and to get rid of insects and snakes etc. (Su.Ka.5/68-72).\[67\]

3) Lepa prepared with Yashti, Dhava, Ashwakarna, Shirish etc. is pasted over Trumpets, Drums, Gates, Flags etc. to reduce the effect of poison and to get rid from the insects, snakes etc. (Su.Ka.6/3-4).\[68\]
4) Lepa prepared with Yashti, Priyangu, Haridra, Kushta, Samanga is applied over the area where the site of bite (Spider bite) is excised. (Su.Ka.8/131).

III) Ashtanga Hridaya

1) Chandrododaya agada- This formulation containing Yashtimadhu etc is used in the form of Lepa. Indicated in all kinds of poisoning. (A.H.U.35/24-32).

2) Himavana agada- This formulation containing Yashtimadhu etc is used in the form of Lepa. Applied over the site of Swelling, Burning sensation, Herpes, Vescicles due to poisoning. (A.H.U.36/63-64).

3) Lepa prepared with Yashti, Hribera, Vikankata etc is used in Luta visha (Spider poison). (A.H.U.37/82-85).

IV) Astanga Sangraha

1) Sanjivani agada- This formulation containing Yashtimadhu etc is used in the form of Lepa. Used in all kinds of poisoning. (A.S.U.40/59-67).

2) Himavana agada- This formulation containing Yashtimadhu etc is used in the form of Lepa. Used in bite of Mandali sarpa (Snakes with patches). (A.S.U.42/32-33).

3) Yashti along with Pippali, Maricha, Maricha, Shweta, Surasamanjari, Sahadeva, Apamarga and Tanduliya are made into paste. Applied over the site of Scorpion bite. (A.S.U.43/76).

4) Yashtimadhu along with Prapandarika, Hribera, Sariva etc is made into paste. Applied over the ulcerations formed due spider poisoning. (A.S.U.44/42).

5) Paste of oil or ghee prepared from yashti, two Nisha, Tila, Tagara, Ushira, Padmaka. Applied over the ulcerations produced due Mushika visha (Rat poisoning). (A.S.U.46/43).

F) NASYA (NASAL DROPS)

I) Charaka

1) Mritasanjivani agada- This formulation containing Yashti etc is made into Nasal drops. Used in all types of poisoning. (Ch.Chi.23/54-60).

2) Mahagandhasti agada- This formulation containing Yashti etc is made into Nasal drops. Used in all types of poisoning. (Ch.Chi.23/77-94).
II) Ashtanga Hridaya
1) Yashti along with Hribera, Vikankata, Musta etc made into Nasal drops. Used in the conditions of Spider poisoning. (A.H.U.37/82). [80]

III) Ashtanga Sangraha
1) Sanjivani agada- This formulation containing Yashti etc is made into Nasya drops. Used in all types of poisoning. (A.S.U.40/59-67). [81]
2) Mahana agada- This formulation containing Yashti etc is made into Nasya medicaments. Used in all types of poisoning. (A.S.U.42/89). [82]

G) ANJANA (COLLYRIUM)
I) Charaka
1) Mahagandhasti agada- This formulation containing Yashti etc is made into anjana. Used in all types of poisoning. (Ch.Chi.23/77-94). [83]

II) Sushruta
1) Maha agada- This formulation containing Yashti etc is made into anjana. Used in all types of poisoning. (Su.Ka.5/61-62). [84]
2) Sanjivana agada- This formulation containing Yashti etc is made into anjana. Used in all types of poisoning. (Su.Ka.5/73-74). [85]

III) Ashtanga Hridaya
1) Yashti along with Hribera, Vikankata, Musta etc made into Anjana. Used in the conditions of Spider poisoning. (A.H.U.37/82). [86]

IV) Ashtanga Sangraha
1) Sanjivani agada- This formulation containing Yashti etc is made into anjana. Used in all types of poisoning. (A.S.U.40/59-67). [87]
3) Mahaana agada- This formulation containing Yashti etc is made into anjana. Used in all types of poisoning. (A.S.U.42/89). [89]
H) Dhuma (Medicated Smoke)

I) Charaka
1) Mritisanjivani agada- This formulation containing Yashti etc is made in the form of Dhuma. Used in all types of poisoning. (Ch.Chi.23/54-60).\(^9\)

II) Sushruta
1) Sanjivana agada- This formulation containing Yashti etc is made in the form of Dhuma (Medicated smoke). Used in all types of poisoning. (Su.Ka.5/73-74).\(^9\)

III) Ashtanga Sangraha
1) Mahaana agada- This formulation containing Yashti etc is made into anjana. Used in all types of poisoning. (A.S.U.42/89).\(^9\)
2) Yashti along with Kushta, Lamajjaka, Ushira, Talisa, Gopakanya, other sheetavirya Drugs and honey made in the form of Dhuma. (A.S.U.45/5-7).\(^9\)

DISCUSSION

In ayurvedic literature they have stated that the properties which are opposite of that of poison is considered as Agada (Anti-toxic substance) or as Amrita. As Yashti madhu (Glycyrrhiza glabra. Linn) acts as Vishghna dravya because of its properties such as Madhur rasa (Sweetness), Sheet virya(Cold potency), Guru (Heavy in nature), Hridya (Good for heart) etc. These are equally opposite to that of Poison (Visha) i.e., Anirdesh Rasa (Tastelessness), Ushna virya (Hotness), Laghu guna (Light in nature), Ahridya (Bad for heart etc. So maximum number of formulation which act against the poison are containing Yashtimadhu along with other drugs. Hence one can say that this most common & widely used plant is effective against the poison. That is why it is used in management of poisiong such as Snake bite, Insect bite, Rat, Dog bite, Inanimate, concealed etc.

Yashtimadhu used as Agada different dose forms such as Churna(powder form), Vati(Tables), Leha (Lickables), Paana(Decoctions), Lepa(external applications), Nasya(Nasal medications), Anjana(Collyrium), Dhuma(Medicated smoke). According to above review maximum number of formulations containing Yashtimadhu are in the form of Paana(Internal administration) because of its sweet taste and pleasantness and easy availability of the drug. Several studies show that Yashtimadhu (Glycyrrhiza. glabra. Linn) is having Anti-Oxidant, Anti-inflammatory, Anti-microbial, Anti-hepatotoxic, Anti-mutagenic, Anti-cancerous, Immuno-modulatory, Demulcent etc. properties.
Table no. 1: Available dosage form of Yashtimadhu as per Brihatrayi.

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<th>Dosage forms</th>
<th>Available formulations in Brihatrayi</th>
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</table>

CONCLUSION

Yashtimadhu/Madhuka (Glycyrriza glabra. Linn) is briefly described in the contexts of Ayurvedic literatures like Brihatrayi. Properties of Yashtimadhu such as Madhur rasa, Sheet virya etc are exactly opposite to that of Visha(Poison) like Tikshna, Ushna etc. So this shows action against visha prabhava(effects of poison). And hence it can be used against Sthavara(Animate), Jangama(Animate), Kritrim visha(Poisoning).

Through this critical study we can see that Yashtimadhu has been used in the formulations of anti-poisonous remedies. Therapeutically which is given in different dose forms like Vati, Churn, Leha etc according to the signs and symptoms/ the condition to gain its better effect.

Most of the formulations are in the form of Paana(Oral drinks/powder/tablets etc) and some
are in the form of External usage. And according to this critical review it is assumed that formulation containing Yashtimadhu will show most probably an action on Pitta dosha, Rakta dhaatu, And Mala which are Vitiated by the effect of Visha.

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