



INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

(Peer-reviewed, Refereed, Indexed & Open Access Journal)

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 6.865 (SJIF 2023)

A Literature Review of Yashtimadhu

Dr. S. D. Pawale¹, Dr. R. K. Ingole², Dr. R. M. Suryawanshi³

¹Ph.D. Scholar, Dept. of RSBK, GAC, Nanded, Vazirabad, Nanded (Maharashtra, India)

²Guide & HOD, Dept. of RSBK, GAC, Nanded, Vazirabad, Nanded (Maharashtra, India)

³Associate Professor, Dept. of RSBK, PMT's Ayurved College, Shevgaon,
Dist. Ahmednagar (Maharashtra, India)

DOI No. 03.2021-11278686 DOI Link :: <https://doi-ds.org/doi/10.2023-98362225/IRJHIS2303002>

Abstract:

Objective: to give a general summary of Yashtimadhu, a herb with many therapeutic applications. As a result, a bush may ultimately be used to describe it. The current paper's objective is to highlight a few of this plant's essential compounds, which have a range of pharmacological effects and may be used as a paradigm for the development of new herbal medicines. Plants have been one of the most important sources of cures since the dawn of human cultivation. There is a growing market for things like dietary supplements, health items, and medicines made from plants.

Conclusion: A long-used plant known as yashtimadhu has been used in medicinal purposes to treat a variety of ailments, from a simple cold to hepatitis to more complex conditions like different diseases. Yashtimadhu, a medication, is also used. Significant phytoconstituents are allegedly found, including glycyrrhizin, glycyrrhizinic acid, glabrin A and B, triterpene sterols, saponin, and isoflavons.

Keywords: Yashtimadhu, Glycyrrhizaglabra; pharmaco-kinetics; glycyrrhizin; anti-oxidant; toxins; anti-cancer; phytochemistry.

Introduction:

Individuals' and groups' welfare depends greatly on medicinal plants. These plants' therapeutic worth comes from a few chemical constituents that have a clear physiological effect on the human body. Triterpenoidsaponin, flavonoids, tannins, alkaloids, and phenolic substances are the most significant of these functional components of plants¹. Many of these locally grown therapeutic plants are also used as food and flavouring plants. Additionally, they are occasionally included for

medicinal reasons in foods intended for expectant and breastfeeding moms^{ii, iii}. Glycyrrhizaglabra is one of the herbs that can be used as medicine.

The Greek terms for root and sweetness, glykos and rhiza, are combined to form the English name glycyrrhiza. The botanical name of Glycyrrhizaglabra is mulaithi in northern India. Glycyrrhizaglabra, a native of the Mediterranean and some regions of Asia, is a shrub that produces licorice and fragrant wood. The Glycyrrhizaglabra licorice species, native to India and a part of its genus. Numerous traditional doctors have asserted the effectiveness of Glycyrrhiza species as a diuretic, choleric, and used as an insecticide, as well as for coughs, colds, and uncomfortable swellings^{iv}.

Medicinal Parts used:

Roots and Rhizome (powder, teas, tonic, extracts, tinctures, decoction).

Phytochemistry / Bioactive constituents:

The roots of Glycyrrhizaglabra contain a number of components, including a water-soluble, biologically active compound that makes up 40–50% of the dry substance weight. Triterpenesaponin, flavonoids, polysaccharides, pectins, simple sugars, amino acids, mineral salts, asparagines, bitters, essential oils, fat, oestrogen, gums, mucilage (rhizome), protein, resins, starches (about 30%), sterols, volatile oils, tannins, glycosides, and other compounds make up this complex^{v, vi}. The triterpenoid substance glycyrrhizin is responsible for the licorice root's sugary flavour. This substance is a combination of glycyrrhizic acid compounds with a range of 2 to 25 percent potassium, calcium, and magnesium. Glycyrrhizic acid, a natural saponin, is a compound made up of two molecules of glucuronic acid, a hydrophilic component, and glycyrrhetic acid, a hydrophobic component^{vii}.

Classification according to Varga in Nighantu^{viii}

- Ashtang Nighantu explain Yashtimadhu in Sarivadigana, Anjanadigana, Priyangvadigana, Nyagrodhadigana
- Dhanawantari Nighantu explain Yashtimadhu in Guduchyadi Varga.
- Shodhal Nighantu explain Yashtimadhu in Guduchyadi Varga.
- Madanapal Nighantu tell Yashtimadhu in Abhayadi Varga.
- Kaiyadeva Nighantu mentioned Yashtimadhu in Aushadhi Varga.
- Raj Nighantu mentioned Yashtimadhu in Pippalyadi Varga.

CONCLUSION:

Yashtimadhu i.e. Licorice, also known as Glycyrrhizaglabra (GG) (Fabaceae / Papilionaceae), is a shrub with a long past in ethnobotany. Both in eastern and western nations, the roots are employed as a traditional remedy. The primary constituents are the triterpenesaponins, glycyrrhizin, and glycyrrhizic acid, which are thought to play a role in the plant's ability to "fight" low blood pressure as well as anti-ulcer, anti-inflammatory, anti-diuretic, anti-epileptic, anti-allergic,

and anti-oxidant qualities. Additionally, GG preparations have been demonstrated to have antidepressant properties, including memory-improving actions and antithrombotic benefits.

References:

- ⁱ Hill AF, (1952). *Economic Botany. A textbook of useful plants and plant products*. 2nd edn. McGraw-Hill Book Company Inc, New-York.
- ⁱⁱ Okwu DE, (1999). *Flavouring properties of spices on cassava Fufu*. *Afr. J. Roots Tuber Crops* 3(2):19-21.
- ⁱⁱⁱ Okwu DE, (2001). *Evaluation of the chemical composition of indigenous spices and flavouring Agents*. *Global J. Pure Appl. Sci.* 7(3):455-459.
- ^{iv} Chopra RN, Nayar SL, and Chopra IC, (2002). *Glossary of Indian Medicinal Plants*. New Delhi: NISCAIR, CSIR.
- ^v Bradley PR, (ed.) (1992). *British Herbal Compendium, Volume 1*, BHMA, Bournemouth.
- ^{vi} Hoffmann D, (1990). *The New Holistic Herbal, Second Edition*, Element, Shaftesbury.
- ^{vii} Obolentseva GV, Litvinenko VI, Ammosov AS, et al (1999). *Pharmacological and therapeutic properties of licorice preparations (a review)*. *Pharm Chem J*, 33:24-31.
- ^{viii} https://www.researchgate.net/publication/276208056_Glycyrrhiza_glabra_-_A_plant_for_the_future

