

PHARMACEUTICAL AND ANALYTICAL STUDY OF YASTIMADHUK TAIL

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ABSTRACT

On many years, oil is prepared on the basis of *Ayurvedic* pharmaceutical companies. All *Acharyas* have used oil in various diseases. Hair fall is found in many people as symptoms. Hair fall is also seen in healthy individuals. The problem of hair fall is becoming normal. To cure this problem, *Ayurvedic* therapy is a line of treatment which gives perfect result. If *nasya* is done with tail which is medicated by drug having *vatapittahara* and *keshya* property will help in hair loss definitely, *Yastimadhuk tail* having all its property & it

contains *Yastimadhuk*, *Aamalki*, *Godugdh*, *Til Tail*. *Sharangdhara* has accepted the efficacious effect of nasal medication and advised its routine practice for healthy person. He has been mentioned *Yastimadhuk tail* in *samhita*. The *Yashtimadhu* is included in *Jeevaneeya*, *Sandhaneeya*, *Varnya*, *Kanthya*, *Kandugna*, *Snehopaga*, *Vananopaga*, *Mutravirajaniya*, *Shonitasthapana*, *Ashopanopaga*, *Chhardinigravana*, *Balya*, *Medhya* as per *Charaka*. In *Sushruta samhita*, *Yashtimadhu* is includes following *gana*, *Nyagrodhadi*, *Haridradi*, *kakolyadi*, *Anjanadi*, *a rivadi*, *Bruhalyadi*, *Utapaladi*, all of them are known for their *varna sadhana* & *varnaropan* activities. **Action on Doshas** -*Vata* -*vataghna* because of *guru*, *snigdha* & *madhur gunas* *Pitta*- *pittaghna*-because of *madhur rasa* & *sheetgunas*, *Kapha*-slight *kaphawardhak* -because of *kledan guna*, *madhur*, *guru*, & *sheet virya*. **Action on Dhatu** -Being *rasayan*, it gives strength to all *Dhatus* specially *Rasadhatu*, *mansdhatu*, *shukradhatu*. Quality of *Rasadhatu* increases by the use of *Yashtimadhu* it has soothing effect on *rasgatpitta* & therefore it alleviates burning sensation. It has *rakta prasadhan* effect it has got soothing effect on *Rasa*. Being similarly with *mamsadhatu*, it has *bruhan*. **Action on mala**-Promotes healthy hair, *mutragami*. Glycyrrhizin, a glycoside obtained from *G. glabra* anti-arthritic and anti-inflammatory. Licorice increases salt retention and depletes

the potassium in the body, causing lack of energy, weakness and even death. People with hypertension or heart problems should avoid licorice.

KEYWORD: *Yastimadhuk Tail, Khalitya, Nasya, Keshya, Rasayan, Bruhan.*

INTRODUCTION

Proper understanding of any ailment followed by selection of *aushadha* or medicine with adequate care is most important as drug or medicine is one among the *chatushpada*. Anything in the world is considered as *aushadha* by *Acharyas* and hence *yukti* (skill) and experience is required for selection of appropriate drugs. *Ayurvedic* medicine is not only subjected to the cure of disease, but it is also means to maintain the good health of a healthy person because, it is used for *dhatu-samya*. It does not merely add more years to the life but it also adds active functional years to the total span of life. In simpler words it has both effects viz. preventive and curative. Diseases are born with man and drugs came into existence since then to remove the agony and to cure them. Treatment is basically *Samprapti Vighatana*. The pharmacodynamics of these drugs and their compound preparations have been explained on the basis of *Rasa, Guna, Virya, Vipaka* and *Prabhava*. An *Ayurved* drug break the *Samprapti* without producing any side effect has been looked upon as ideal drugs. On many years, oil is prepared on the basis of *Ayurvedic* pharmaceutical companies. All *Acharyas* have used oil in various diseases. Hair fall is found in many people as symptoms. Hair fall is also seen in healthy individuals. The problem of hair fall is becoming normal. To cure this problem, *Ayurvedic* therapy is a line of treatment which gives perfect result. If *nasya* is done with tail which is medicated by drug having *vata-pittahara* and *keshya* property will help in hair loss definitely, *Yastimadhuk tail* having all its property & it contains *Yastimadhuk, Aamalki, Godugdh, Til Tail. Sharangdhara*^[1] has accepted the efficacious effect of nasal medication and advised its routine practice for healthy person.

MATERIAL AND METHODS

Yastimadhuk Tail

Table no. 1: Yashtimadhu.^[2]

1.	<ul style="list-style-type: none"> Name- <i>Yashtimadhu</i> Latin Name- <i>Glycyrriza glabra</i> linn Family- <i>Papilionaceae</i> 			
<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Karma</i>
<i>Madhura</i> (<i>alpatikya</i>)	<i>Guru,</i> <i>Snigdha</i>	<i>Sheeta</i>		<i>Vatapittashamak, Keshya, Varna,</i> <i>Kandugna.</i>

Chemical Constituents

The principle constituents of liquorice to which it owes its characteristic sweet taste is glycerrhizine mainly in the form of Glycerrhizic acid. Liquorice of commerce is soft, flexible and fibrous, internally of light yellow colour. It is tonic, demulcent and mild laxative. Other constituents present in liquorice are Glucose (upto 3.8%), Sucrose (2.4 - 6.5%), Manite, Starch (0.30%), Asparagine, Bitter principles, resins (2.4%), and volatile oil (0.03 - 0.035%) and colouring matter. The yellow colour is due to anthoxanthine glycoside, isoliquiritin which undergoes partial conversion to liquiritin during drying and storage of roots. A steroid, estrogen probably estriol, is also reported to be present in the liquorice. Glycyrrhizine, prenylated biaurene, licoagrone, 7-acetoxy-2-methylisoflavone, 7-methoxy-2-methylisoflavone, ligaumarine glyzarin, glzaglabrin, licoisoflavones A, B, Licoisoflavon, glycyrin, sugars and asparagin.

Pharmacological Action –Anti-Microbial, Antiviral, Smooth muscle depressant, Antioxidant, Anti-Inflammatory, Antiulcer.

Table no. 2: Amalki.^[3]

1.	<ul style="list-style-type: none"> Name- <i>Amalki</i> Latin Name- <i>Emblica officinalis</i> Family- <i>Euphorbiaceae</i> 			
<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Karma</i>
<i>Madhura</i> <i>Amla</i> <i>Katu</i> <i>Tikta</i> <i>Kasaya</i>	<i>Laghu</i> <i>Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Dahaprashaman</i> <i>Tridoshajit</i> <i>Rasayana</i> <i>Caksushya</i> <i>Vrishya Kushthaghna, Varnya, Twachya,</i>

Chemical Constituents: A good source of vitamin C, carotene, nicotinic acid, riboflavine, glucose, fructose, myonosito, tannins, polyphenolic compounds 1/2/3/6 trigalloylglucose, tachebin, acialyin, ellagic acid, alkaloids, phyllantidine and phyllantine.

Pharmacological Action - Fruit— Antianaemic, Astringent, Antihaemorrhagic, Diuretic, Antidiabetic, Carminative, Antioxidant, immunomodulatory, antifungal, antibacterial, antiulcer, antimicrobial. Antifungal, Rejuvenator, Rich source of vit. C helpful as a coagulant, Hypoglycemic, Antipyretic.

Table no. 3: Godugdh.^[4]

3.	<ul style="list-style-type: none"> Name- <i>Godugdh</i> Latin Name- <i>Lac</i> Family- 			
<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Karma</i>
<i>Madhur,</i>	<i>Snigdha,</i>	<i>Sheeta</i>	<i>Madhura.</i>	<i>Bruhan-Medhya, Jiwaniya-Statma, Vattashamak.</i>

Chemical Constituents

Constituent	Cow Milk
Protein	3.5 %
Lactose	4.5%
Fat	3.6-4.5%
Ash (minerals)	0.7 %
Water	85%
Total solids	12.5 %

Pharmacological Action –Appetizer, *Vrishya, Brihana, Balya, Mutrakrichhahar, Jirnajwar*, Mental Disorder, *Udavart*.

Table no. 4: *Til*.^[5]

4.	<ul style="list-style-type: none"> Name- <i>Til</i> Latin Name- <i>Sesamum indicum</i> Family- <i>Pedalaceae</i> 			
<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Karma</i>
<i>Madhur</i>	<i>Guru, Snigtha</i>	<i>Ushna</i>	<i>Madhur</i>	Intelligence, Hairs, Digestion, Wound healing

Chemical Constituents

Sesame seed contain fixed oil (50-60%), carbohydrate (19-25%), protein (16-26%), calcium (1.0-1.5%), phosphorus, mucilage (4%), woody fiber (4%), Liquids of fat consisting of oleic and linoleic and (12-14%) solid fat. It also contains crystalline substance sesamine and phenyl compound sesamol.

Pharmacological Action

Sneha – because of qualities like *Ushna, Tikshna, Vyavayi* and *Sukshma*, reaches up to the micro channel levels, liquefies the morbid / viscid *Dosha* for easy elimination. Because of *Snigdha* property it protects the skin from excessive dryness. It also maintains the normal moisture content of the skin while *Vata prakopa* during pathological stage and keeps the skin soft and smooth. Because of *Brimhana* property it increases the muscle tone and strength of the cells. *Acharya Charaka* has mentioned that *Tila Taila* is best among the *Dravya* in pacification of *Vata*. *Taila* alleviates *Vata*, but at the same time doesn't aggravate the *Kapha*.

It promotes the strength. It is beneficial for skin, *Sthirakarana* (provides firmness). From therapeutic point of view another gravity of *Tila Taila* is when treated with other drugs, it also takes the property of that drugs.

Table No. 5: Yastimadhuk Tail.

Ingredient of *Yastimadhuk Tail*

- **Sneha dravya** - *Tila Taila* - Sesamum oil
- **Drava dravya** – *Go Dugdha* – Cow milk
- **Kalka dravya** -*Yashtimadhu* *Glycerrhiza glabra* Linn, *Amalki* *Emblica officinalis*

S.No.	Name Of Content	Ratio
1.	<i>Yastimadhuk</i>	¼ part
2.	<i>Aamalki</i>	¼ part
3.	<i>Godugdh</i>	4 Part
4.	<i>Til Tail</i>	1 Part

Method of Preparation

Yastimadhuk Tail- Take all ingredient of pharmacopoeia quality.

- *Yastimadhuk* and *Aamalki* are taken equally and then prepared *Churna*. Transfer the powder ingredient to wet with sufficient quantity of water to prepare *kalka*.
- *Yastimadhuk* and *Aamalki* are each equal part, total *Kalka* 1/4 part, *Tila taila* 1 part and *Godugdh* 4 parts, The oil is prepared by *Tailapaka Vidhi* as quoted by *Sharangadhar*.^[6]



- Take a *til* tail in stainless steel vessel and heat it mildly.
- Add ingredient of *kalka*. Stir thoroughly while adding *Godugdh*. Heat for 3 hr with constant stirring maintaining the temperature between 50⁰ to 90⁰ during the first hour of heating. Stop heating and allow standing overnight.
- Start heating next day, stir and constantly check the *kalka* by rolling between the fingers. Stop the heating when the *kalka* break down in to pieces on attempting to form *varti* (*kalka paka lakshana-mrudu pak*) and at the appearance of froth over oil. Expose the *varti* to flame and confirm the absence of crackling sound indication absence of moisture.
- Filter while hot at about 80⁰ through a muslin cloth and allow cooling.
- Pack it in tightly closed container.

DISCUSSION



Table No. 3: Physico -Chemical parameter of Yashtimadhuk Tail.

Sr.No.	Test Name	Results Obtained
1	Description	Medicated Oil slightly hazy yellowish liquid
2	Odor	Strong
3	Feel	Oily
4	Specific Gravity @ RT	0.9528 gm/ml
5	Moisture Content	<0.1%
6	Saponification Value	178.10
7	Iodine Value	83.90
8	Acid Value	02.33
9	Refractive Index	1.4681
10	Viscosity	36.4 cps

All above tests are performed on standard method & protocol.

DISCUSSION

The fundamentals of *Ayurvedic* pharmacology are capable to give a better scientific lead in mode of drug action. Pharmacology of *Ayurveda* is based on the theory of *Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava* which are the simplest parameters in those days to ascertain the action of the drug. *Samprapti Vighatana* is said to be the treatment. Therefore the action of a drug means to dismantle the *Samprapti Ghataka* of the disease. Hence to explain the mode of action of a drug means to establish a relationship between the *Samprapti Ghataka* of the disease and penta fold principles of *Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava* of a drug. *Nasya* therapy^[7] is added for the prepared from the drugs *Yastimadhu*, *Amalaki*, *Godugdh*, *Til tail* as the all drugs are having *Keshya* properties is chosen for nasal administration. As the aim of the clinical study effect of *Yastimadhuk tail*. *Yastimadhu tail* is having *madhur vipak* and *sheet veerya* & due to these properties it is *vatapittahara*. Additionally, *Aamalaki* having *amla rasa*, *madhur vipak* & *sheet veerya* so it acts as *tridosha shamak*. *Til tail* is *madhur ushna* and *tridoshshamak*. *Godughdha* & *Aamalaki* both possess the properties of *rasayana*. So the ingredient of *Yashtimadhuk tail* are having *madhur rasa*, *guru*, *Laghu*, *Snigdha*, *guna* wherea *smadhur vipak*, *tridosha shamak* specially *pitta vata shamak* properties. The drugs are also having the other properties like *keshya*, *rasayana* and *keshavardhan*. The *laghu* & *snigdha* properties will act on the vitiation of the *kapha* & *vata dosha* respectively wherea *sheet veerya* & *madhur vipak* will act on *pitta dosha*, the *ushna veerya* will act on the vitiation of *kapha*. *Sheet* & *madhur vipak* will act on *pittadosh*. The *ushna veerya* & *snigdhata* will act in liquefying the dried *kapha* in the pores of the scalp locally to remove the obstruction.

CONCLUSION

Yashtimadhu, *Aamalaki*, *Til* & *Godugdha* are easily available & its cost effective. In the present study *Yashtimadhu* & *Aamalaki*, *Dugdha Siddha Til Tail Nasya* has been observed very effective giving satisfactory relief in the *Khalitya lakshan*.^[8] Keeping all these clinical and statistical observation in mind the prescribed drug for the present scientific work i.e. *Yashtimadhuk Tail* can be selected as an ideal drop for *Pratimarsha Nasya*.^[9] *Pratimarsha Nasya* of *Yashtimadhuk Tail* will be helpful in reducing *Khalitya*.

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