The purpose of this study is to explain the mechanism of action of Madhuka (Glycyrrhiza glabra) in the treatment of pittaja vyadhies. In agraya prakrana mulethi has been explained as a treatment of many diseases by Aacharya Charaka, most of which are pittaja vyadhies. Due to mridu and snigdha guna of Madhuka, it works where guna of pitta becomes Tikshna and Khara. In these conditions madhuka diminishes Tikshna and Khara guna of pitta to their mridu and snigdha guna. So, in this study I will explain about role of madhuka in pittaja vyadhies and how it acts from its rasa, guna, virya and vipaka on pittaja vyadhies on the basis of ayurvedic fundamentals.

**Keywords:** Madhuka, Glycyrrhiza glabra, pittaja vyadhi, Tikshna, Khara.

**INTRODUCTION:** Ayurveda is an ancient medical science which deals with diagnosis of disease and its treatment with herbal and plant based medications. Madhuka (Glycyrrhiza glabra) is also known as Yastimadhu and klitnaka. Its common name is Mulethi. In English language it is known as Liquorice or Licorice. It is the root of G.glabra from which a somewhat sweet flavoured substance can be extracted. It grows wild but is also cultivated in subtropical and warm regions in many parts of the world including India. Nowadays many factors are there which aggravate Pitta dosha and causes metabolic dysfunctions in our body. Today is the day of competition which makes people more aggressive and distressed, and they also takes very spicy foods. In all this condition vitiated pitta becomes tikshna, ushna, amla and khara. This disturbed pitta does not works properly and it leads to Raktakop. Due to all this nidaan taken all the Pittaja Vyadhies like Hyperacidity, Peptic ulcer, Gastric Ulcer Raktapitta, Daha, Vidaah, Trishna, Twakviwarna, Vrana, Khalita, Palitya occurs.In Aaragya Prakaran Mulethi has been explained as treatment of many diseases by Aacharya Charaka, most of which are Pittajaa Vyadhes. Mulethi has anti ulceral, immunostimulant, hepatoprotective activity and also relieves irritable conditions of the mucous membrane of Urinary Organs. Externally it is applied with ghrita and honey for cut and wounds and it also acts as Chakshushya, Varnya, Keshya, Kanthya.

**MATERIAL AND METHOD:** In our literatures for diagnosis or treatment purpose, observation and estimation are based on Aaptopadesh. According to aacharya Charak- In Chikitsa sthana, Rasayana pada, Acharya Charak, mentioned Chatuh medhya Rasayana, in this Mulethi churna has been asked to take with ksheer. From all these type of concepts we chose Mulethi for treatment of Pittaja Vyadhes. We used Churna of Mulethi with different Anupaans like Milk, Honey, Ghrita and Water which are mentioned below-
In some conditions like Vedna, Daha, Vrana, for hair and skin, Mulethi Churna is used locally and its quantity is used as per requirement.

**OBSERVATION AND RESULT:** After this study we observed that if Mulethi is used with different Anupans in different conditions, it affects all these diseases. We found that Mulethi is more effective in conditions where pitta is vitiated due to its tikshna, ushna, amla and khara guna.

**DISCUSSION:**

- **Mulethi** (G.glabra), its chief chemical constituent is Glycyrrhizin, which is found in form of Glycyrrhizic acid. It is 50 times sweeter than sugar.

- **Guna** of Mulethi is guru and snigdha, Rasa- madhura, Vipak is madhura and in Virya it is sheeta. Because of all these properties Mulethi is more sweeter and it works specially in tikshana and khara guna of pitta which occur due to aforesaid reason.

- Aggravated Pitta decomposes the Dhatu resulting in its deficiency, it will managed by Madhur rasa and Madhur Vipak of Mulethi. Its sheeta Virya, lowers the heat due to its endothermic nature, by virtue of this, excessive breakdown of cells, proteins and blood cells will lower down and help to maintain Normal Physiology. Prolonged use of Glycyrrhiza glabra improves the eye site, prevent the damage of hair and skin, as well as catabolism in the body tissue. It increases the body weight, body energy, calmness of mind.

- Due to its hepatoprotective and gum mucosa soothing effect it improves the intrinsic factor of haemoglobin synthesis as well as lowering the breakdown of R.B.C. in spleen. It elevates the blood level in the body, improves the body and hair colour, increases the glow. It has soothing effect on all mucosal lining of the channels hence helps in transport of material through them.

- It also works on larynx to improve the quality of voice. It also has anti-inflammatory effect on gastric mucosa due to hyperacidity and prevents emesis, gastric ulcer, burning sensation and elevates the mood.

- It also prevents, haemoptysis and heals the wounds of lungs tuberculosis. It has useful in other bleeding disorders.

**CONCLUSION:** This study concludes that when pitta vardhak aahar consumed, Pitta becomes tikshna and khara, due to this guna of pitta many problems i.e. khalitya, palitya, daha, raktapitta, trishna, Peptic and gastric ulcer etc. occurs. All Ayurvedic texts, states mulethi as Madhur in rasa, Sheet in virya, Madhur in vipak and mulethi has daha prashman, varnya, varna prasadana, vranropana, keshya, vednahara, netrya etc. properties. When Mulethi is taken with different Anupans it works for different conditions.

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