

A REVIEW ARTICLE ON MADHU AND ITS PALLIATIVE MEASURE IN VRANAROPANA

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Abstract

Since *vedic kala* Madhu is being used as *ahara* and *aushadi*.The literal meaning of Madhu is a substance which can be consumed as *Leham*(Jam like consistency). The description along with types and properties of Madhu is mentioned in various ayurvedic texts such as Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Bhava Prakasha, Yogaratnakara, and Harita Samhita. Madhu is *Tri-doshhara*, *Chakshushya*, *Sangrahi*, *Vranaropaka* in properties. Studies says that,the glycaemic index of Madhu is lower than sugar.Madhu posses mainly four activities which are anti-oxidant, anti-bacterial ,anti- viral and anti-inflammatory by which it helps in wound Care. In several ayurvedic treatments, it is also utilised as a natural preservative and sweetener. It is often used as a vehicle in combination with other medications to increase their efficacy or lessen their negative effects. Additionally, it is known to lessen the heightened kapha dosha. In this article we have tried to undersand role of Madhu as a palliative measure in *Vranaropana*.

Keywords: Ayurveda, Madhu, Vranaropan,Wound care.

Introduction

Since the beginning of time, people have utilised Honey as a natural sweetener and a medicine. Honey is referred to as *Madhu* in Ayurveda and is applied both internally and externally. Honey contains antioxidants, enzymes, vitamins, and minerals including magnesium and potassium in addition to fructose and glucose. Additionally, it has a lower glycaemic index than sugar, which implies that it raises blood sugar levels more gradually than refined sugar does. *Madhu* has a well-established usage as a wound dressing in ancient and traditional medicine. [1] In recent moments this has been rediscovered and *Madhu* is in relatively wide use as a topical antibacterial agent for the treatment of injuries, becks, and skin conditions. *Madhu* has been found to be operative in treating bacterial gastroenteritis in infants. Research in the found *Madhu* to be operative in healing infected non-healing skin wounds by means of speeden up the debridement and granulation. *Madhu*, due to its hemopoietic property is indicated in anemia.

Etymology of Madhu

Nirukti of the word *Madhu* is said to be derived from “*Manyat iti madhu*’ meaning *Madhur*(sweet), *swadu*(delicious) and *saukhayam*(pleasant).[2]

Synonyms of Madhu

Honey is known by a variety of names in ayurveda. From one region to another, the names vary. The most popular names, however, are *Pushparasolbhavam*, *Makshika*, *Madwikam*, *Kshaudram*, *Vantham*, *Varadi*, and *Bringavantham*. [3]

Qualities of Madhu

- *Rasa- Madhura*
- *Anurasa- Kshaya*
- *Vipaka- Madhur*
- *Virya- Ushna*
- *Guna-Laghu, Vishada, Ruksha*
- *Raktapitta Kapha aphan*. [4]

Varieties of Madhu

- According to *Charaka Samhita*[4] and *Ashtanga Sangraha*[5], *Madhu* is of four types

| Variety | Madhu is collected by | Color of Madhu |
|--------------------|---|---------------------|
| 1. <i>Makshika</i> | Reddish variety of <i>Madhu</i> bee | <i>Tila Taila</i> . |
| 2. <i>Bhramara</i> | <i>Bhramara</i> type of bee | <i>Gritha</i> . |
| 3. <i>Ksaudra</i> | Small type of <i>Madhu</i> bee | Brown |
| 4. <i>Pauttika</i> | <i>Puttika</i> type of bee-they are of big size | White |

Out of these four *Makshika* is the best *Madhu*.

Makshika* variety of *Madhu



- While in *Sushruta Samhita*[6], *Yogaratanakar*[7], *Dhanvantari Nighantu*[8], *Raja Nighantu* [9] and *Bhavaprakasha Nighantu*[10], Madhu is of 8 types.

| Variety | Properties |
|---------------|--|
| 1. Makshikam | It is <i>Ruksha</i> (Dry), <i>Laghatar</i> (lightest of all) and <i>Pravara</i> (Best of all 08 varieties) |
| 2. Bhraamaram | Its more <i>Madhur</i> (sweet) and <i>Pichhila</i> (sticky) and <i>Guru</i> (Heavy) in nature. |
| 3. Kshoudram | It is <i>Sheetal</i> (cold), <i>Laghu</i> (light) and <i>Lekhana</i> (Scraping). |
| 4. Pauthikam | <i>Ruksha</i> (Dry), <i>Ushna</i> (hot), derived from poisonous bees. Helps in excision of <i>Medaj granthi</i> . |
| 5. Chathram | <i>Guru</i> (Heavy to digest), <i>Hima</i> (cold), <i>Svadupaka</i> |
| 6. Aardhyam | <i>chakshushaya</i> (helpful in eye disorders), <i>Kaphapittahara</i> (pacifies <i>kapha</i> and <i>pitta dosha</i>). |
| 7. Ouddalakam | <i>Swarasudhi</i> (Enhances voice), <i>Ruchikara</i> (enhances flavour). |
| 8. Daalam | <i>Kshaya</i> , <i>ushna</i> , <i>amla</i> , <i>chardi meha prashamanam</i> (relieves vomiting and diabetes). |

In *Harita Samhita* there are three varieties of Madhu. [11]

| Varities | Properties |
|-----------------|---|
| <i>Bhramara</i> | <i>Madura rasa</i> , <i>Guru</i> in nature. It is beneficial in <i>Netra Roga</i> , <i>Sangrahani</i> . |
| <i>Saaragha</i> | It <i>Ruksha</i> and <i>Sheeta</i> in nature. It is used in the disease <i>Kshaya</i> , <i>Kasa</i> , <i>Kamala</i> and <i>Arsha</i> . |
| <i>Kshaudra</i> | It is <i>Samabhavi</i> in nature i.e., not too cold or too dry. It is useful in diarrhea, wound, and tuberculosis. It is also used as <i>Agnivardhaka</i> in <i>Agnimandya</i> persons. |

Clinical utility of Madhu

The most common conditions Madhu is used to treat are obesity, cough, thirst, phlegm, hiccups, eye disorders, leprosy, diabetes, worm infestation, vomiting, asthma, diarrhoea, and wound healing.[12]Madhu plays a great role in *Vranaropana* i.e Wound Healing by means of these properties.

1.Anti-bacterial properties of Madhu [13]

Previous researches shows that Madu posses anti-bacterial activities due to

- Its Osmotic effect.
- Its Hydrogen Peroxide activity
- Hygroscopic effect,by which it dry up the moisture
- Autolytic debridement.

2.Anti-inflammatory properties of Madhu.[14]

In the process of inflammation, Nitric Oxide and Prostaglandins plays an important role.Madhu enhances Nitric oxide end product levels and decreases the prostaglandins level and in turn prevents Inflammatory reaction.

3.Anti-Oxidant properties of Madhu.[15,16,]

Phytochemical present in honey are responsible for its anti-oxidant property. The flavonoids, monophenolics, polyphenolics and vitamin C present in Mahu decreases the cellular damage caused by free radicals.

3.Anti-Viral properties of Madhu[17]

Various researches shows that Madhu showed better results with no side effects, over patients using acyclovir in topical lesions from genital and labial herpes,gives evidence regarding the antibacterial property of Madhu.

Precautions:

Madhu has a poisonous impact and should not be heated or consumed warm.Heating Madhu damages enzymes, creates ama (acid), and interferes with digestion.

Conclusion

Madhu is said to be having anti-bacterial , anti-inflammatory ,anti-oxidant and anti-viral properties. With all these properties Madhu helps in faster eradication of bacterial and viral growth ,accerlate the wound healing and prevents wound spiltage by means of early granulation .It can be used as a wound dressing as it can improve and fastens the healing process as it.Also helps in acquiring minimal scar.

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