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“A REVIEW OF IMMUNO-MODULATOR DRUG YASTIMADHU IN CHILDREN”

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Abstract:

Ayurveda fits in such a concept having various immuno-modulator drugs described under the categories of *Rasayana*, *Balya*, *Ojovardhaka* which are capable to improve non-specific immunity of the body without any adverse effect. Immunomodulator drugs are described under the *Medhya-Rasayana*, in the *Charaka Samhita*. Four drugs are mentioned viz. *Mandukparni Swarasa*, *Yastimadhu Churna*, *Shankhapushpi Kalka*, *Guduchi Swarasa*. In this article, we have studied the available literature regarding *Yastimadhu* with respect to its properties, which enhance immunity of the child. The aim of study is to review the literature available of *Yastimadhu* as immunomodulator in pediatric group.

Key-words– Immuno-modulator, Immunity, *Rasayana*, *Ojovardhaka*, *Balya*.

Introduction

Nowadays most of the diseases in children are preventable with use of immunization schedule, but immunization has its own limitations and at the present time immunization is far from its satisfactory level. The reappearance of tuberculosis, polio and also resistant strain in various Diseases earlier believed controllable or curable disease, has lead to a serious question of the affectivity of the immunization procedure in total. By all means we can say that children should be supported externally in order to prevent the infection and at the same time measures should be taken for the proper development of immune system of children. An immunomodulator is a substance which has a desired effect on the immune system.

A healthy immune system is vital for children as they are exposed to a plethora of germs. Immunomodulator drugs i.e. drugs under the *Medhya Rasayana* mentioned in the *Charaka Samhita*¹. Immunity is the state of having sufficient biological defenses to avoid infection, disease or other unwanted biological invasion. It is the capability of the body to resist harmful microbes

from entering it. Immunity means The ability of an organism to resist a particular infection or toxins by the action of specific antibodies or sensitized white blood cells.²

Immunity involves both specific & non specific component. The non specific component act either as barrier or as eliminator of wide range of pathogens irrespective of antigenic specificity.

An immunomodulator can be defined as a substance, which can influence any constituent or function of the immune system in a specific or non specific manner including either innate or adaptive arms of immune response.³

Concept of Immuno-modulation-

In Ayurveda the concept of Immunity as *Vyadhi-kshamatwa*, *Acharya Chakrapanidatta* has interpreted the term *Vyadhi-kshamatwa* as *Vyadhi-Bala-virodhitwa*.⁴ i.e. the capacity to inhibit & bind the causes & factor of the disease. In fact one of the therapeutic strategies in ayurvedic medicines is to enhance the body's overall natural resistance to the disease causing agent rather than directly neutralizing the agent itself. Herb possessing Immuno-

modulatory effect is referred as *Rasayana* in ayurvedic classics.

Aims & Objectives:

- 1) To study the literature review of *Yastimadhu*.
- 2) To study the literature review of concept of Immuno-modulation.
- 3) To study the literature review of Immuno-modulation effect of *Yastimadhu* in children.

Materials and methods:

Materials:

The available literature in the form of Samhitas, textbooks, published articles, internet search engines e.g. Google docs, various reputed indexed journals etc. are reviewed to study *Yastimadhu* as immune-modulator.

Methods:

All the reviewed data of *Yastimadhu* and its properties as per Ayurveda and modern view are studied as follows⁵:

Table No. 1.1

Botanical name	<i>Glycerrhiza glabra</i>
<i>Rasa</i>	<i>Madhura.</i>
<i>Guna</i>	<i>Guru, Snigdha.</i>
<i>Veerya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Madhura.</i>
<i>Karma</i>	<i>Tridosha-hara.</i>

Ayurvedic Pharmacodynamic of herbal drug *Yastimadhu*:

It shows that it has *Madhura Rasa, Guru, Snigdha guna, Sheeta Veerya, Vipaka Madhura, Tridoshhara Karma*⁶. In upper respiratory tract infection the *Pranvaha Strotasa* is basically involved in *Rogas* like *Pratishaya & Kasa*. In these disorders, the *Dosha* involved are *Kapha Vata & Alpa Pitta*. *Dushya* involved is *Rasa & Rakta Dhatu & Strotasa* affected is *Pranvaha*. Considering above factor, the drug considered besides having a *Tridoshahara* activity should have strong affinity to act on *Pranvaha Strotasa* by *Laghu Guna & also Kasa, Swashara* properties. *Oja* is responsible for *bala* i.e. immunity & it enhances all the *Dhatus*. In children specific *kaphpradhana* disorders are seen because of predominant of *kapha dosha* in the children. Specific drug called *Rasayan* in *Ayurveda* act to prevent the disease & promote the health by improving immunity or *vyadhikshamatwa*. *Ojas* play important role in maintaining the resistance power of the body & it is extract of all *Dhatus*. So the *Rasayana* are responsible to potentiate *ojas*.

Glycerrhiza glabra root extract contains active principle of

glycyrrhizin which is combination of glycyrrhetic acid and glycoronic acid. As per modern view, the Glycyrrhiza glabra is having the nutrient composition of carbohydrates, proteins, fats, micronutrients, amino acids etc which is very helpful in the immune system⁶. Glycyrrhiza glabra root extract contains active principle of glycyrrhizin which is combination of glycyrrhetic acid and glycoronic acid. Glycyrrhiza glabra is effectively used are anti-allergic, anti-inflammatory, antioxidant, antimicrobial, and antiviral⁷. In children Yastimadhu prevents nutritional disorder e.g. underweight children. Glycyrrhiza glabra extract inhibits the growth of viruses including herpes simplex, influenza simplex, Varicella zoster etc. Glycyrrhizin does not allow the virus cell binding, thus it is found to have a prominent antiviral activity.⁸

Discussion:

Yastimadhu is a drug that plays a very good role in immune-modulation. *Rasayana* drug improves the quality of *Rasa Dhatu* & there by the entire status of the body. This would be the probable mode of action of drug. *Yastimadhu* has a

Rasayan Prabhava. *Yastimadhu* have *Jeevneya & Balya* properties of drug in enhancing the *Vyadhi-kshamtwa* can be attributed to the multiple mechanism of action of drug.

Conclusion

Following conclusion can be drawn from literature review of *Yastimadhu*, *Yastimadhu* has immune-modulator properties. It can be used for as immunomodulator drug in children.

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