



Importance of madhu (honey) in ayurvedic management of gynaecological disorders

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ABSTRACT: Since many years, in Ayurveda honey is used as alternative to the important medicine. It is used with *Ayurvedic* medicine to increase the effect of that medicine. As in Ayurveda various *Acharya* described importance of honey & by daily consumption of honey, will maintain the good health. Honey is *yogavahi* i.e. catalyst substance, that is, it increases the effect of the drug added to it. Honey can be used in the diseases which are fatty tissue origin like obesity, in respiratory disorder due to *shleshmharaguna*. Due to *medoharaguna* it does *lekhankarma*, *medoharakarma* in PCOS & obesity. Honey has good amount of antioxidants, therefore it may be useful in diabetes. Honey is good source of energy, hence it can be used in pregnancy associated *daurbalya* (weakness). And it is easy to digest, hence it can be used in pregnancy related *agnimandya* (low digestion strength). In pregnancy induced hyperacidity, honey with lemon juice in a glass of slight warm water and taken in the morning before the breakfast. Honey can be useful in anaemia in pregnancy because it is remarkable in building haemoglobin in the body, supports the blood formation by rapid diffusion. Honey is used in infertility in women. In infertility honey gives strength to the uterus & ovaries as it is rich in amino acids & minerals. After LSCS, there is wound complication, in that case honey may be useful by local application. Due to the antiseptic & antibiotic property of honey, it helps in wound healing.

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1. Introduction

Honey is a sugary sweet liquid made by bees & insects using nectar of flowers, through regurgitation, enzymatic activity and water evaporation. Over its history as a food, the main use of honey in cooking, desert, in tea as sweetener, in some commercial beverages and as a flavour in sauces. In India honey is an important part of Siddha of Ayurveda—the ancient traditional system of medicine. It was used in eye disease also in wound, burns & ulcers [1]. Honey has high level of fructose, glucose, monosaccharides, minerals & water. Honey also has antiseptic, antibacterial [2], antiseptic & anti-inflammatory properties. It has been used as a medicine for thousands of years. Honey has a low calorie level [3], when it is compared with same amount of sugar, it gives 40% less calories to the body. Although it gives great energy to the body, it does not add weight. Honey is easily digested because sugar molecule of honey can convert into other sugar i.e. fructose to glucose [4]. There are many health benefits of honey described by various authors based on personal uses and experience. But collection of qualities of honey as per the original Ayurvedic text book of Sushruta Samhita. Honey has madhura rasa (sweet), Kashaya

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anurasa(astringent), ruksha (dry) and ushna virya (hot in nature), laghu (light in weight), sandhan(connecting property), prasadhana (Improves in skin quality), chakshushy (good for eyes), medohara (useful in obesity), shleshmahara (balance kapha.)[5]In ayurveda, honey is widely used. In Ayurveda, here the qualities of honey explained, describing benefits of internal as well as external use of honey. Honey can be applied externally along with ghruta (Ghee) in wounds, burns and it improves skin quality. Honey has medohara guna, it helps in cure of PCOS, in obesity.Also in pregnancy it reduces the symptoms like nausea, vomiting, heart burn.so in this article.

2. Internal use of madhu (honey)

1. Somaroga

In *somroga* there is watery discharge from urethra & vagina. In its treatment honey used as *anupana* with *KadaliPhal* and *Amlaki*(*Embalica officinalis*)*swarasa* in sugar. Due to *kashayrasa* of honey it does *stambhana karya* due to which watery discharge is reduced^[6].

2. Mutraatisara

In *Mutraatisara* there is watery discharge from urethra, in its treatment madhu is used as *anupan* with *Talkand*, *Khajur*,(*Phoenia Selvestris*)*Madhuk*(*Glycerrhiza glabra*) in sugar, due to *kashayanurasa* it does *stambhankarya*^[7].

3. Raktgulma

In the management of *Raktagulma* honey is used in *Asthapanbasti* with equal quantity of *tail* with *ushnjal* with *shatpushpa*(*Ahetham sowa*) & *saindhavlavana*^[8]. In the *rakhtgulma*, there is *vataprakopa*, hence honey helps to decreases *vatadosha* due to *ushana virya*, *madhurras* in *raktagulma* & enhance the action of *asthapanabasti*.

4. Vatajyonivyapada

In the treatment of *vataja yonivyapada* honey is used as *anupana* with *shankha vati*^[9], due to *madhurras*, *ushnaviraya* it suppresses *vatadosha* & enhances action of *shankha vati*.

5. VatajRaktapradara

In the treatment of *vataj raktapradara* honey is used as *anupana* with *til tail*, due to its *madhurras* & *ushnaviraya* it decreases *vatadosha* & due to *Kashayaanurasa* it does the *stambhankarya*..^[10]

6. Garbhupdrav - Mukhpak

In the management of *garbhaupdravamukhpak*, *Anantmul* (*Hemidesmus indicus*) & *Mochrasa* i.e. *Shalmalinirayas* (*Salmaalma malabarica*) is used with honey *anupana*. Due to the *Prasadanguna* improves the ulcer healing process^[11].

7. GarbhupdravRaktaatisara

In the management of *raktaatisara* honey used internally with *kamal*(*Nelumbo nucifera*), *yashti*(*Glycerrhiza glabra*), *chandan*(*Santalum album*) with cow milk. Due to its *kashayanurasa* it does *stambhana* in *Raktaatisar*^[12].

8. Garbha UpdravPravahika

In the management of *pravahika* honey is used with *Kiratatikta* (*Swerita chiraita*), *Lodhra*(*Symplocos recemosa*), *Yashti*(*Glycerrhiza glabra*) with *Tandulodakanupana*, due to *Kashayaanurasa* of honey, it does *stambhana*^[13] & increases *karya* of *lodhra*(*Symplocos recemosa*).

9. *Garbhopadrava Pittaja Parikartika*

In the management of *pittajapravahika* honey used with *Tandulodkaanupana*^[14], honey decreases pain due to antiinflammatory activity & does *ropana* (healing of wound) in *pittajparikartika*

10. *Garbhopadrava Chhardi*

In the management of *chhardi* honey used with sugar in *matulungrasa* (Citrus medica), *Laja*. Due to *kashaya anurasa* madhu does *stambhana karya* & also increases *stambhana karya* of *laja*.^[15]

11. *Garbhopadrava Shula*

In the management of *Pittapradhan Hrudshula*, *Priyangu* (Callicarpa macrophylla), *Pippali* (Piper longum), *Mustachurn* (Cyperus rotundus) used in honey^[16] Due to its *hrudhyaguna* & *pittagnaguna* it decreases *shula*.

12. *Garbhopadrava Shwasa Kasa*

In the management of *shwasakasa* *Amlaki* (Emblica officinalis), *Haritaki* (Terminalia chebula), *Musta* (Cyperus rotundus), *Pippali* (Piper longum) used with honey & oil, due to its *ushnavirya*, *shleshmhara* property it decreases *kapha* & *vatadosha*^[17].

13. *Garbhopadrava kaphaj Atisara & Pittaj Atisara*

In the management of *kaphaja* & *pittaja atisara* *Kutajbeej* (Holarrhea antidysentrica), *Dhataki* (Woodfordia fruticosa), *Marich* (Piper nigrum) used with honey due to its *shleshmharaguna*^[18] due to *madhurarasa* it decreases *pittadosha* due to *kashayarasa* it does *stambhanakarya*.

14. *Sutikajwara*

In the management of *sutikajwara amavastha*, *sutshekharrasa* given with *anupan* honey & in the *pakvavastha* honey *anupan* is given with *Pratapankeshwarrasa*. In *amavastha* there is *agnimandya*, honey has *ushnavirya* which does *aganidipanam*.

15. *Vatadushtstanya*

In the management of *vatadushtastanya* honey is used with *Priyangu* (Callicarpa macrophylla) *Dhataki pushp* (Woodfordia fruticosa) *Padmak* (Prunus cerasoides) *kashay*. Due to the *Kashaya anurasa* of honey, it decreases *vatadosha*^[19].

16. *Tantuyuktstanyadosha*

In the management of *tantuyukta stanya dosha* honey is used as *anupana* in *trikatu* i.e. *Shunthi* (Zinziber officinale), *Maricha* (Piper nigrum), *Pippali* (Piper longum) due to its *rukshaguna*^[20] & *shleshmaharaguna*, *ushnavirya*, *chhedanaguna*, it decreases *kaphadosha*.

3. External use of honey

1. *Yonikanda*

In the management of *yonikanda*, *Pichu* of *Gairik*, *Amrasthi* (Mangifera indica), *Vidang* (Embelia ribes) with honey is used^[21], due to *chhedan*, *lekhanakarma* of honey, it does *chhedanakarma* of *yonikanda*.

2. Raktgulma

In the management of *raktagulma*, honey is used externally as *yonipichu* in *Gud&Kshar*, due to its *shleshmhara*, *chhedanaguna*^[22], it increases the *chhedana bhedana karma* of *kshara*.

3. Acharanayonivyapad

In the management of *acharana yonivyapada* *Dashmoofi.e.Patla* (*Stereospermum suaveoleus*), *Agnimantha* (*Premna mucronata*), *Shyonaka* (*Oroxylum indicum*), *Bilva* (*Aegle marmelos*), *Kashmaraya* (*Gmelina arborica*) *Kantakari* (*Solanum surrottensa*), *Bruhati* (*Solanum indicum*), *Shalaparni* (*Desmodium gangeticum*), *Prushnaparni* (*Uraria picta*), *Gukshura* (*Tribulus terrestris*) *kashaya* is used with honey as *anupana*, due to its *ushna&kashayaanurasa*^[23], it suppresses *vata dosha*, also increases *vata gna* activity of *dashamoolkashaya*.

4. Yonikshat

In *yonikshat* there is *vrana* in *theyoni*, hence honey used with *ghruta* for *vranashodhan&ropana*, *prasada*^[24].

5. Sutikarogamukhpak

In the management of *sutikarogamukhpaka* honey used with *ghrut* due to its *prasadanguna*^[25].

Conclusion

Honey has natural antibiotic effect, can be useful in *sutikarog*, *garbhupdrava*, *yonivyapada*, *yonikshata*. Pregnancy is a special condition for the life of women. Besides psychological condition, pregnancy also brings physical changes in women. One was so susceptible to disease because the body adjust to presence of the fetus in the mother's womb. Honey is a good energy provider because it provides carbohydrates. In pregnant women there is *agnimandya* hence she can not get proper nutrition from food, therefore she feels weakness. So honey act as a good source of energy in pregnancy^[26]. Also honey relieves heart burn in pregnant women. By drinking a glass of milk & 1 tablespoon of honey will decrease the nausea. After consumption of honey a sensation of nausea caused by pregnancy hormones are suppressed & not make mother to vomiting.^[27] Honey also has antiallergic property, decrease allergic reaction like sneezing, nasal itching, skin itching etc. which occur during pregnancy.^[28]

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