



Review Article

A METICULOUS REVIEW OF CLINICAL UTILITY OF *MADHURA RASA* AS EXPOUNDED IN *CHARAKA SAMHITHA*

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ABSTRACT
Ayurveda, the science of life, is one of the oldest medical sciences in the world. One among the Great Trio of Ayurveda is *Charaka Samhitha* by *Agnivesha*. It is constituted of 120 chapters spread across 8 *Sthaanas* (sections). The review of references of *Madhura* across *Charaka Samhitha* was started by thorough screening using E-*Samhitha* where *Madhura* or its synonyms were searched for. The references obtained were tabulated with brief context, application and usage. The literature search of *Charaka Samhitha* proffered 104 references pertaining to clinical utility of *Madhura Rasa* were *Madhura* /its synonyms were directly mentioned. From the 104 references of *Madhura Rasa*, 14 contexts pointed it out as *Nidana* – causative factor, 31 contexts as *Lakshana* – Signs/symptoms/properties and 59 contexts highlighted it as a *Chikitsa* – treatment/essential regimen. Of these 104 references, 93 were for internal usage and 11 for external utility. Further work towards use of appropriate drugs from *Madhura Skandha* is essential for beneficial and effective use of *Madhura Rasa* in clinical practice.

INTRODUCTION

Ayurveda, the science of life, is one of the oldest medical sciences in the world. Although texts of Ayurveda were lost during different stages of history, there still exists an ocean of knowledge of Ayurveda in the form of *Samhithas* and *Nighantus* and many more. The *Brihatrai* (Great Trio) stand as the main pillars for *Ayurveda Vaidhyas*. One among the Great Trio of Ayurveda is *Charaka Samhitha* by *Agnivesha*. It is constituted of 120 chapters spread across 8 *Sthaanas* (sections) – *Sutra Sthaana* (30 chapters), *Nidana Sthaana* (8 chapters), *Vimana Sthaana* (8 chapters), *Shaareera Sthaana* (8 chapters), *Indriya Sthaana* (12 chapters), *Chikitsa Sthaana* (30 chapters), *Kalpa Sthaana* (12 chapters) and *Siddhi Sthaana* (12 chapters)^[1].

Charaka Samhitha quotes *Madhura Rasa* (sweet taste) as *Swaadu* while enumerating it as the first one among the 6 *Rasas* in the 1st chapter of *Sutra Sthaana*^[2].

With *Swaadu Rasa* being explained as the one capable of *Sarvadhātu Vardhana* (aids in development of all the body tissues), *Kaphakara* (increases *Kapha*), *Pitta* and *Vata Shaamaka* (alleviates *Pitta* and *Vata*)^[3], its clinical utility mentioned across *Charaka Samhitha* needed a thorough search to analyze its benefits and limitations in terms of *Triskandha* of Ayurveda – *Nidana* (causative factor), *Lakshana* (quality/signs and symptoms/presentation) and *Chikitsa* (treatment). Thus a review of *Madhura Rasa* from *Charaka Samhitha* was carried out.

MATERIALS AND METHODS

The review of references of *Madhura* across *Charaka Samhitha* was started by thorough screening using E - *Samhitha*^[4] where *Madhura* or its synonyms were searched for. The references thus obtained were cross referred and analyzed for the context and relevance using *Charaka Samhitha* with *Chakrapani Teeka*^[5] and a well-known English translation^[6] of the text. The references were tabulated with the heading of the *Sloka* as mentioned in the index of *Charaka Samhitha* and context of the reference.

Analysis of application as *Nidana* (causative factor), *Lakshana* (quality/signs and symptoms/presentation) and *Chikitsa* (treatment) and usage either as internal or externally utilized were also

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tabulated along for easy interpretation of the clinical relevance of the detailed review.

OBSERVATION AND RESULTS

The literature search of *Charaka Samhitha* proffered 104 references pertaining to clinical utility of *Madhura Rasa* were *Madhura*/its synonyms were directly mentioned. From these 104 references, 22

were from *Sutra Sthaana*, 10 from *Nidana Sthaana*, 7 from *Vimana Sthaana*, 11 from *Shaareera Sthaana*, 0 from *Indriya Sthaana*, 41 from *Chikitsa Sthaana*, 2 from *Kalpa Sthaana* and 11 from *Siddhi Sthaana*.

The references are tabulated below with brief context, application and usage.

Table 1: References of *Madhura Rasa* in *Sutra Sthaana* of *Charaka Samhita*

S. no	Adhyaaya	Context	Application	Usage
1	<i>Deergan Jeeviteeyam Adhyayam [1/ 61]</i>	<i>Shleshmano Gunaaha Madhura Rasa is a Guna of Kapha</i>	<i>Lakshana</i>	Internal
2	<i>Deergan Jeeviteeyam Adhyayam [1/ 100]</i>	<i>Ashta Vidha Mutraanam Naama Karmaani Aja Mutra is Kashaaya Madhura Rasa Yukta, Pathya and Tridosha Hara.</i>	<i>Lakshana</i>	Internal
3	<i>Deergan Jeeviteeyam Adhyayam [1/ 101]</i>	<i>Ashta Vidha Mutraanam Naama Karmaani Gavya Mutra is slightly Madhura, Dosha Shamaka, indicated in Krimi, Kushta, Kandu, Udara etc</i>	<i>Lakshana</i>	Internal
4	<i>Deergan Jeeviteeyam Adhyayam [1/ 107]</i>	<i>Ashta Vidha Kshiraanam Naama Karmaani Nari Stanya is generally Madhura, Snigdha, Sheeta, etc indicated in Raktapitta etc.</i>	<i>Lakshana</i>	Internal
5	<i>Shad Virechana Shatasritiya Adhyaya [4/6]</i>	<i>Pancha Kashaya Yonayaha Madura is one among the five Kashaya Yoni.</i>	<i>Lakshana</i>	Internal
6	<i>Matrashitayam Adhyamam [5/ 26]</i>	<i>Snaihika Dhooma Varti Dravyani. Snehavarti for Duma should be made of Maduradravya along with Vasa, Gritha and Madhuchishta.</i>	<i>Chikitsa</i>	Internal
7	<i>Tasyaashitiyam Adhyaham [6/ 23]</i>	<i>Vasantha Charya. One should avoid Guru, Snigdha and Madhura Ahara during Vasantha Rutu.</i>	<i>Nidana</i>	Internal
8	<i>Tasyaashitiyam Adhyaham [6/ 42]</i>	<i>Sharad Charya Madhura, Laghu, Sheeta Anna Pana is advised in Sharadrutu to alleviate Pitta.</i>	<i>Chikitsa</i>	Internal
9	<i>Swedhaadhyaya [14/ 15]</i>	<i>Athiswinnasya Chikitsa Regimen to be followed in Atiswinna should essentially be of Snigdha and Sheetha.</i>	<i>Chikitsa</i>	External
10	<i>Chikitsa Praabruthiya Adhyaya [16/ 24]</i>	<i>Samshodanasya Atiyoga Mayogayoho Prathikaraha. Taila or Gritha prepared with Madhuradravyas are indicated for Pana and Anuvasana in Athiyoga of Shodana.</i>	<i>Chikitsa</i>	Internal
11	<i>Kiyanthaha Shirasiya Adhyaya [17/75]</i>	<i>Ojaso Lakshnam Prakritha Ojas has Madhura Rasa Sarpivarna and Laja Gandha.</i>	<i>Lakshana</i>	Internal
12	<i>Trishotiya Adhyayam [18/7/3]</i>	<i>Kaphajashothasya Nidhanam Lakshanam Cha Guru, Madhura, Sheeta, Snigdha, Atiswapna etc causes Sleshma Prakopa leading to Shotha.</i>	<i>Nidana</i>	Internal
13	<i>Maha Rogadhyaya [20/13]</i>	<i>Kupitsya Vaayor Upakramaha Madhura Dravya is the foremost indication in Kupita Vata Shamana.</i>	<i>Chikitsa</i>	Internal
14	<i>Maha Rogadhyaya</i>	<i>Kupita Pittasya Upakramaha</i>	<i>Chikitsa</i>	Internal

	[20/16]	<i>Kupita Pitta</i> should be treated with drugs having <i>Madhura, Tikta, Kashaya, Sheeta</i> etc <i>Gunas</i>		
15	<i>Ashtau Ninditiya Adhayaya</i> [21/4]	<i>Atisthulasaya Doshaha.</i> Excessive intake of <i>Guru, Madhura, Sheetha, Snigdha</i> etc will lead to <i>Athistoulya</i> .	<i>Nidana</i>	Internal
16	<i>Santharpaniyam adhyayam</i> [23/3]	<i>Santharpana Nimittani</i> One who over indulges himself in <i>Snigdha, Madhura Guru Picchila, Nava Anna</i> etc. are bound to end up in <i>Santarpana Janya Vyadhi</i>	<i>Nidana</i>	Internal
17	<i>Atreya Badrakapyyiya Adhyayam</i> [26/48]	<i>Virya Vaiparitya</i> <i>Anupa</i> and <i>Jalaja Mamsa</i> have <i>Usna Virya</i> despite being that of <i>Madhura Rasa</i> .	<i>Lakshana</i>	Internal
18	<i>Atreya Badrakapyyiya Adhayam</i> [26/54]	<i>Rasanam Viryena Alpha Madhya Varatva Pradarshnam</i> <i>Madhura</i> is <i>Snigdha, Sheeta, Guru Pravara</i> .	<i>Lakshana</i>	Internal
19	<i>Atreya Badrakapyyiya Adhayam</i> [26/58]	<i>Rasanam Vipaka Nirdeshaha</i> <i>Amla</i> and <i>Madura</i> → <i>Madhura Vipaka</i>	<i>Lakshana</i>	Internal
20	<i>Atreya Badrakapyyiya Adhayam</i> [26/61-2]	<i>Madhuraadinaam Vipakam Karyam.</i> <i>Madhura Vipaka</i> is <i>Guru</i> , aggravates <i>Kapha</i> , promotes <i>Shukra</i> and helps in proper elimination of <i>Mutra</i> and <i>Vit</i> .	<i>Lakshana</i>	Internal
21	<i>Atreya Badrakapyyiya Adhayam</i> [26/74]	<i>Shannaam Rasaanaam Vigyaanam.</i> <i>Madhurarasa Lakshana</i>	<i>Lakshana</i>	Internal
22	<i>Atreya Badrakapyyiya Adhayam</i> [26/82]	Justification for <i>Virudha.</i> <i>Matsya</i> should not be taken with <i>Khseera</i> even though both are of <i>Madhura Rasa</i> because their <i>Virya</i> is contradictory.	<i>Nidana</i>	Internal

Sutra Sthaana contains a total of 22 references of *Madhura Rasa*; This includes: *Nidana*-5, *Lakshana*- 11, *Chikitsa*-6; Internal usage- 21, External Use- 1;

Table 2: References of Madhura Rasa in Nidana Sthaana of Charaka Samhita

Sl no	Adhyaaya	Context	Application	Usage
1	<i>Jwara Nidanam</i> [1/25]	<i>Sleshma Jwarasya Hetu</i> Excessive intake of <i>Snigdha, Madhura, Guru</i> , etc will lead to <i>Kapha Prakopa</i>	<i>Nidana</i>	Internal
2	<i>Rakta Pitta Nidanam</i> [2/ 11]	<i>Raktapittasya Chikita Sutram.</i> Based on <i>Vyadhi Avasta, Rogi Avasta</i> , wherever indicated <i>Santarpana</i> or <i>Apatarpana</i> line of management using <i>Mrudhu Madhura</i> etc <i>Pradhana Bhojana, Bahya Lepa, Parisheka, Avagaha</i> etc should be followed.	<i>Chikitsa</i>	Internal
3	<i>Rakta Pitta Nidanam</i> [2/ 14]	<i>Pitta Chikitsa Urdwaga Raktha.</i> <i>Madhura Aushada</i> is indicated in <i>Urdwaga Rakta Pitta</i> which is <i>Sadhya</i> .	<i>Chikitsa</i>	Internal
4	<i>Gulma Nidanam</i> [3/ 10]	<i>Marutena Sahasleshma Prakope Hetuhu.</i> Debilitated person of <i>Vaha Gulma</i> when consumes excessive amounts of food which are of <i>Guru, Snigdha, Madhura Gunas</i> , will end up in <i>Prakopa</i> of <i>Kapha</i> along with already vitiated <i>Vata</i> .	<i>Nidana</i>	Internal
5	<i>Prameha Nidanam</i> [4/5]	<i>Kapha Pramehaysa Nidanam</i> <i>Athi Madhura Sevana</i> is one among the major <i>Nidhana</i> enlisted that are leading to <i>Prameha</i> .	<i>Nidana</i>	Internal

6	<i>Prameha Nidanam</i> [4/ 9]	<i>Kapha Pramehaysa Samprapthihi.</i> Types of <i>Kapha Prameha</i> are based on single or multiple <i>Kapha Guna Prakopha</i> like <i>Madhura, Guru, Sandra</i> etc.	<i>Lakshana</i>	Internal
7	<i>Prameha Nidanam</i> [4/ 14]	<i>Sleshma Prameha Lakshana .</i> <i>Ikshu Valika Rasa Meha</i> -excessively <i>Madhura, Sheetala, Picchila, Avila Kandekshu Rasa</i> like <i>Mutra</i> is seen in this <i>Prameha</i> .	<i>Lakshana</i>	External
8	<i>Prameha Nidanam</i> [4/ 19]	<i>Sleshma Prameha Lakshana.</i> <i>Sheeta Meha- Atyartha Madhura, Sheeta, Madhura Mutra</i> is seen in this <i>Prameha</i> .	<i>Lakshana</i>	External
9	<i>Prameha Nidanam</i> [4/ 37]	<i>Vatamehanam Nidanam Sampraptishcha.</i> <i>Madhhura Swabhava</i> of <i>Ojas</i> is involved along with <i>Rooksha</i> and <i>Kashaya Guna</i> of <i>Vayu</i> in <i>Madhu Meha</i> .	<i>Lakshana</i>	Internal
10	<i>Prameha Nidanam</i> [4/ 44]	<i>Madhumeha Lakshana.</i> Person passing out <i>Madhura, Kashaya, Pandu Varna</i> and <i>Rooksha Mutra</i> is termed to be a <i>Madhu Mehi</i> .	<i>Lakshana</i>	External

Nidana Sthaana contains a total of 10 references of *Madhura Rasa*; This includes: *Nidana*-3, *Lakshana*- 5, *Chikitsa*-2; Internal usage- 7, External Use- 3;

Table 3: References of *Madhura Rasa* in *Vimana Sthaana* of *Charaka Samhita*

Sl no	<i>Adhyaaya</i>	Context	Application	Usage
1	<i>Rasa Vimanam</i> [1/6]	<i>Rasa - Dosh</i> interrelation <i>Madhura Rasa- Vata Shamana, Pitta Shamana, Shleshma Janana</i>	<i>Lakshana</i>	Internal
2	<i>Rasa Vimanam</i> [1/14]	<i>Sarpishaha Pittashamakvatvam - Sarpi</i> helps in <i>Pitta Shamana</i> because of its <i>Maadhurya, Shaitya, Mandata</i> which are opposite to that of <i>Pitta</i> . <i>Madhunaha Shleshma Shamakatva - Shleshma</i> having <i>Madhura, Snigdha</i> and <i>Manda Guna</i> is alleviated by <i>Ruksha, Teekshna</i> and <i>Kashayatva</i> of <i>Madhu</i>	<i>Chikitsa</i>	Internal
3	<i>Rasa Vimanam</i> [1/16]	<i>Pippali Guna</i> <i>Pippali</i> has <i>Katu Rasa</i> but <i>Madhura Vipaka</i>	<i>Lakshana</i>	Internal
4	<i>Rogaanikam Vimanam</i> [6/ 17]	<i>Pitta Prakope Karanasya Avajayanam</i> <i>Madhura, Tikta, Kashaya, Sheeta Aushadha</i> should be used for internal administration in <i>Pitta Prakopa</i>	<i>Chikitsa</i>	Internal
5	<i>Roga Bhisagjiteeyam Adhyayam</i> [8/96]	<i>Shleshmalasya Lakshanam</i> <i>Madhura Guna</i> of <i>Shleshma</i> contributes to <i>Prabhoota Shukrata</i> of <i>Kapha Prakriti</i> person	<i>Lakshana</i>	Internal
6	<i>Roga Bhisagjiteeyam Adhyayam</i> [8/ 138]	Basis of inclusion in <i>Aasthapana Skanda</i> Each <i>Skandha</i> is based on <i>Shadrassa Madhura Skanda</i> includes all those <i>Dravyas</i> having <i>Madhura Rasa / Vipaka/ Prabhava</i> .	<i>Lakshana</i>	Internal
7	<i>Roga Bhisagjiteeyam Adhyayam</i> [8/ 139]	<i>Madhura Skandha</i>	<i>Chikitsa</i>	Internal

Vimana Sthaana contains a total of 7 references of *Madhura Rasa*; This includes: *Nidana*-0, *Lakshana*- 4, *Chikitsa*- 3; Internal usage- 7, External Use- 0;

Table 4: References of Madhura Rasa in Shaareera Sthaana of Charaka Samhita

Sl no	Adhyaaya	Context	Application	Usage
1.	Shareera Vichaya Shareeram [6/11]	Shareera Dhaatu Vriddhi and Hraasa Karana Shukra Kshaya – Ksheerasarpi, Madhura, Sheeta, Snigdha, Dravya Prayoga Shleshma Kshaya – Snigdha Guru Madhura Saandrapicchila Dravya Prayoga	Chikitsa	Internal
2.	Jati Sutreeyam Shareeram [8/4]	Garbhadhana Poorvakarma After Shodhana, Asthapana and Anuvasana, Purusha must be given Madhuroushadha Samskritha Gritha and Ksheera	Chikitsa	Internal
3.	Jati Sutreeyam Shareeram [8/21]	Garbhopaghatakara Bhava Madhura Nitya Sevana by Garbhini causes Prameha, Mookamati, Sthoulya in baby	Nidana	Internal
4.	Jati Sutreeyam Shareeram [8/22]	Garbhinyah Samaasenopachara Vidhi If Garbhini gets Jwaradi Vyadhi, then among the Dravyas described in respective context, the medicines that have Mrudhu, Madhura, Sheeta, Sukumara ones must be selected as Ahara and Aushadha	Chikitsa	Internal
5.	Jati Sutreeyam Shareeram [8/27]	Upavishtaka Nagodarayoho Chikitsa Gritha, Dugdha and eggs processed with Bhoutika, Jeevaneeya, Madhura, Brimhana, Vatahara Dravyas should be administered for Garbha Vriddhi in Nagodara and Upavishtaka	Chikitsa	Internal
6.	Jati Sutreeyam Shareeram [8/28]	Garbha Aspandane Chikitsa Mrudhu, Madhura, Sheetala Bhojana should be administered	Chikitsa	Internal
7.	Jati Sutreeyam Shareeram [8/29]	Udavartha and Vibandha Chikitsa in Garbhini Madhura Siddha Taila Anuvasana just after Bhojana is advised	Chikitsa	Internal
8.	Jati Sutreeyam Shareeram [8/31]	Mrita Garbha Aharana Vidhi For Dhatu Poshana in Ama Garbha Nirharita Sthree, Deepaneeya, Madhura, Jeevaneeya, Brimhaneeya Dravya Saadhita Gritha should be used for procedures and along with food etc.	Chikitsa	Internal
9.	Jati Sutreeyam Shareeram [8/32]	Nirvikara Garbhasya Mase Mase Karma Dwitiya Masa – Madhura Aushadha Siddha Dugdha should be taken regularly. Shasta Masa – Madhuraushadha Siddha Dugdha with Gritha should be administered. In Kikkisa – Madhuraushadha Siddha Navaneeta should be administered regularly in Panitala Matra with Kola. Vatahara Madhura Aushadha or Ahara along with ghee and salt should be taken during and after food along with Alpa Jala as Anupana Navama Masa – Madhuraoushadha Siddha Taila Anuvasana is indicated	Chikitsa	Internal
10.	Jati Sutreeyam Shareeram [8/49]	Sutikasya Dashadivasa Upachara Abhyanga, Utsadana, Parisheka, Avagaha, Anna Pana should all be processed with Bhoutika, Jeevaneeya, Madhura, Vatahara Dravya	Chikitsa	External
11.	Jati Sutreeyam Shareeram [8/65]	Kumarasya Roga Pradurbhave Upacharaha Madhura, Mrudhu, Sheeta, Laghu Aushadha Prayoga is advised before any Kalyana Karaka Karmas	Chikitsa	Internal

Shaareera Sthaana contains a total of 11 references of *Madhura Rasa*; This includes : *Nidana-1, Lakshana- 0, Chikitsa- 10*; Internal usage- 10, External Use- 1

Table 5: References of *Madhura Rasa* in *Chikitsa Sthaana* of *Charaka Samhita*

Sl no	Adhyaaya	Context	Application	Usage
1	<i>Prana Kamiya Rasayana Paada</i> [1/2/11]	<i>Nagabala Rasayana</i> <i>Nagabala</i> should be collected from fields that are <i>Krishna</i> and <i>Madhura</i>	<i>Lakshana</i>	External
2	<i>Kara Prachiteeyo Rasayana Paada</i> [1/3/57]	<i>Shilajatu Rasayana</i> <i>Swarna Shilajatu</i> has <i>Madhura, Tikta, Japapushpanibha Varna, and Katu Vipaka</i>	<i>Lakshana</i>	Internal
3	<i>Gulma Chikitsitam</i> [5/ 58]	<i>Kapha Gulme Chikitsa Kramaha</i> <i>Kapha</i> which is <i>Madhura</i> and <i>Snigda</i> gets aggravated in those who indulge in <i>Mamsa</i> and <i>Grita</i> , thus <i>Kshara</i> having <i>Ksharana</i> property is advised	<i>Chikitsa</i>	Internal
4	<i>Prameha Chikitsitam</i> [6/ 55]	<i>Madhumehasaya Vishesh Nirnaya</i> <i>Madhura, Pichila, Madhoopama Mutra</i> in <i>Prameha</i> may be due to <i>Vata</i> or by <i>Atisantarpana</i> in <i>Kaphaja Prameha</i>	<i>Lakshana</i>	External
5	<i>Rajayakshma Chikitsitam</i> [8/ 61]	<i>Rajayakshme Aruchi Lakshanam</i> The taste of the mouth becomes <i>Madura</i> in <i>Kaphaja</i> type of <i>Aruchi</i>	<i>Lakshana</i>	Internal
6	<i>Rajayakshma Chikitsitam</i> [8/ 168]	<i>Rajayakshmani Katipaya Brimhana Yogaha</i> <i>Madhura Gana Dravya Kalka, Dashamooladi Kwatha Sadhitha Gritha</i> is excellent for cure of <i>Kshaya</i>	<i>Chikitsa</i>	Internal
7	<i>Arshas Chikitsitam</i> [14/ 9]	<i>Arshasam Samanya Hetuhu</i> In a person with <i>Agnimandya</i> , <i>Mala</i> gets accumulated because of excess intake of <i>Guru, Madhura, Sheeta, Abhishyandi, Vidhahi, Virudha Ahara</i>	<i>Nidana</i>	Internal
8	<i>Arshas Chikitsitam</i> [14/ 18]	<i>Kaphaja Arshas Hetu</i> <i>Madhura, Sheeta, Snigda, Lavana, Amla, Guru Ahara</i> are the causative factors for <i>Kaphaja Arshas</i>	<i>Nidana</i>	Internal
9	<i>Arshas Chikitsitam</i> [14/ 206]	<i>Raktarshasanam Ahara</i> <i>Raktarshas</i> patient should take food along with meat of <i>Shasha, Harina</i> by adding slightly <i>Madhura</i> and <i>Amla</i> ingredients	<i>Chikitsa</i>	Internal
10	<i>Grahani Chikitsitam</i> [15/ 69]	<i>Kapha Grahani Gadasya Lakshana</i> <i>Dusta Udgara</i> with <i>Durgandha</i> and <i>Madhura</i> taste is seen in <i>Kaphaja Grahani</i>	<i>Lakshana</i>	Internal
11	<i>Grahani Chikitsitam</i> [15/ 118]	<i>Grahanyam Takra Prayoga</i> Because of <i>Madura Vipaka</i> , <i>Takra</i> does not aggravate <i>Pitta</i>	<i>Chikitsa</i>	Internal
12	<i>Grahani Chikitsitam</i> [15/ 193]	<i>Panchama Kshara</i> administration After the digestion of <i>Panchama Kshara</i> , patient is advised to take food with <i>Mamsa Rasa</i> or <i>Madhura Dravya</i> or <i>Ksheera</i>	<i>Chikitsa</i>	Internal
13	<i>Grahani Chikitsitam</i> [15/ 200]	<i>Grahanyam Avasthiki Chikitsa</i> In <i>Bahupitta Avastha</i> , <i>Deepana Dravyas</i> having <i>Tikta Rasa</i> should be given with <i>Madhura Rasa Dravyas</i>	<i>Chikitsa</i>	Internal

14	<i>Grahani Chikitsitam</i> [15/221]	Management of <i>Atyagni</i> <i>Guru, Snigdha, Sheeta, Madhura Annapana</i> are indicated in <i>Atyagni</i>	<i>Chikitsa</i>	Internal
15	<i>Grahani Chikitsitam</i> [15/232]	Management Of <i>Atyagni</i> <i>Madhura, Shleshmala, Guru Bhojana</i> is advised in <i>Atyagni</i>	<i>Chikitsa</i>	Internal
16	<i>Pandu Roga Chikitsitam</i> [16/135]	<i>Halimakasya Chikitsa</i> <i>Virechana</i> should be given with <i>Madhura Praya Pitta Vatahara Dravya</i>	<i>Chikitsa</i>	Internal
17	<i>Hikka Shwasa Chikitsitam</i> [17/81]	<i>Anubandhaja Hikka Shwasa Chikitsa</i> When associated with <i>Svaraksaya, Atisara</i> etc <i>Madhura Sheeta</i> etc <i>Dravya</i> should be used	<i>Chikitsa</i>	Internal
18	<i>Hikka Shwasa Chikitsitam</i> [17/133]	<i>Hikkayam Katipayayoganam</i> <i>Madhura Saditha Gritha</i> is indicated in <i>Hikka</i> for <i>Pana</i> or <i>Nasya</i>	<i>Chikitsa</i>	Internal
19	<i>Kasa Chikitsitam</i> [18/17]	<i>Shleshma Kasasya Nidanam</i> <i>Guru, Madhura, Snigdha Ahara</i> in excess can lead to <i>Kapahaja Kasa</i>	<i>Nidana</i>	Internal
20	<i>Kasa Chikitsitam</i> [18/19]	<i>Kapha Kasasya Lakshan</i> Spitting of <i>Ghana Kapha</i> in large quantity which is <i>Madhura</i> is seen in <i>Kaphaja Kasa</i>	<i>Lakshana</i>	External
21	<i>Kasa Chikitsitam</i> [18/84]	<i>Pitta Kase Chikitsa Krama</i> In <i>Tanu Kapha Yukta Pitta Kasa, Trivrit</i> with <i>Madhura Dravya</i> is advised for <i>Virechana</i>	<i>Chikitsa</i>	Internal
22	<i>Kasa Chikitsitam</i> [18/96]	<i>Pitta Kase Anna Pana</i> <i>Madhura, Jangala Rasa</i> is advised with <i>Shyamaka, Yava</i> and <i>Kodrava</i>	<i>Chikitsa</i>	Internal
23	<i>Kasa Chikitsitam</i> [18/98]	<i>Pitta Kase Annapana</i> All things which are <i>Madhura</i> and <i>Sheeta</i> but not <i>Vidahi</i> are indicated	<i>Chikitsa</i>	Internal
24	<i>Kasa Chikitsitam</i> [18/103]	<i>Pitta Kase Katipaya Yoga</i> <i>Madhura Dravya Kalka Sadhitha Grutha</i> is indicated here	<i>Chikitsa</i>	Internal
25	<i>Kasa Chikitsitam</i> [18/134]	<i>Kshata Kase Chikitsa Krama</i> Treatment should be initiated instantaneously with <i>Madhura, Jivaniya, Bala, Mamsa Vardhaka Dravya</i>	<i>Chikitsa</i>	Internal
26	<i>Atisara Chikitsitam</i> [19/7]	<i>Shleshmatarasya Nidanani</i> Intake of <i>Madhura, Guru, Sheeta, Snigdha Dravya</i> in excess is a <i>Nidana</i> for <i>Kaphaja Atisara</i>	<i>Nidana</i>	Internal
27	<i>Visarpa Chikitsitam</i> [21/39]	<i>Granthi Visarpasya Nidana</i> <i>Sthira, Guru, Madhura, Sheeta</i> etc <i>Atisevana</i> can lead to <i>Granthi, Visarpa</i>	<i>Nidana</i>	Internal
28	<i>Visarpa Chikitsitam</i> [21/109]	<i>Visarpe Annapana</i> <i>Dadima, Amalaka</i> etc are advised to be added to <i>Mantha</i> to make it <i>Madhura</i> and <i>Amla</i> without making it <i>Snigdha</i>	<i>Chikitsa</i>	Internal
29	<i>Trishna Roga Chikitsitam</i> [22/32]	<i>Trishnayaha Samanya Chikitsa</i> Milk boiled with <i>Madhura, Sheeta</i> and <i>Jivaneeya Gana Dravya</i> is indicated	<i>Chikitsa</i>	Internal
30	<i>Madatyaya Chikitsitam</i>	<i>Vatikadinam Pana Vidhihi</i>	<i>Chikitsa</i>	Internal

	[24/ 22]	<i>Pitta Prakruthi</i> person will not get adversely afflicted if he drinks <i>Madya</i> after resorting to <i>Madhura, Sheeta</i> etc <i>Ahara</i> and <i>Vihara</i>		
31	<i>Madatyaya Chikitsitam</i> [24/ 31]	<i>Ojas Guna</i> <i>Ojas</i> is having <i>Madhura Rasa</i>	<i>Lakshana</i>	Internal
32	<i>Madatyaya Chikitsitam</i> [24/ 115]	<i>Madya Prayoga</i> in <i>Madatyaya</i> <i>Madya</i> by nature has <i>Madhura Anurasa</i>	<i>Lakshana</i>	Internal
33	<i>Dwivraniya Chikitsitam</i> [25 / 14]	<i>Paittika Vrana Chikitsa</i> <i>Sheeta, Madhura, Tikta Pradeha Parisheka</i> <i>Grita Pana</i> and <i>Virechana</i> are indicated in <i>Paittika Vrana</i>	<i>Chikitsa</i>	External
34	<i>Trimarmiya Chikitsitam</i> [26/ 75]	<i>Raktaja Mutra Kricchra Chikitsa</i> Milk or oil processed with <i>Madhura Dravya</i> should be used for <i>Uttara Basti</i>	<i>Chikitsa</i>	Internal
35	<i>Trimarmiya Chikitsitam</i> [26/ 164]	<i>Mayura Grita</i> <i>Madhura Dravya Kalpa</i> is an ingredient of this <i>Grita</i>	<i>Lakshana</i>	Internal
36	<i>Trimarmiya Chikitsitam</i> [26/ 285]	<i>Pitaittika Svaradheda Chikitsa</i> <i>Virechana</i> with <i>Madhura Sadhita Ksheera</i> is advised	<i>Chikitsa</i>	Internal
37	<i>Vata Vyadhi Chikitsitam</i> [28/ 192]	<i>Pitta Samsrtshata Vata Chikitsa</i> <i>Madhura Aushada Siddha Taila Anuvasana</i> is advised in <i>Pitta Samstshata Vata</i>	<i>Chikitsa</i>	Internal
38	<i>Vata Shonita Chikitsitam</i> [29/ 125]	<i>Vatarakte Shuladi Chikitsa</i> <i>Sneha</i> cooked with <i>Madhura Dravya</i> is advised for <i>Parishechana</i>	<i>Chikitsa</i>	External
39	<i>Yoni Vyapad Chikitsitam</i> [30/ 85]	<i>Paittika Yoniroga Chikitsa</i> <i>Basti</i> containing <i>Madhura Dravya</i> and <i>Ksheera</i> is indicated in <i>Paittika Yoniroga</i>	<i>Chikitsa</i>	Internal
40	<i>Yoni Vyapad Chikitsitam</i> [30/ 112]	<i>Mahayoni Chikitsa</i> <i>Vasa</i> and <i>Grita</i> cooked by adding <i>Madhura Dravya</i> should be used for <i>Yoni Poorana</i>	<i>Chikitsa</i>	Internal
41	<i>Yoni Vyapad Chikitsitam</i> [30/ 145]	<i>Shudha Shukra Lakshana</i> <i>Shudha Shukra</i> has <i>Madhura Rasa</i> , <i>Snigdha</i> , <i>Ghana, Picchila Guna</i> and is ideal for conception	<i>Lakshana</i>	For begetting progeny

Chikitsa Sthaana contains a total of 31 references of *Madhura Rasa*; This includes : *Nidana*-5, *Lakshana*- 10, *Chikitsa*- 26; Internal usage- 36, External Use- 5;

Table 6: References of *Madhura Rasa* in *Kalpa Sthaana* of *Charaka Samhita*

Sl no	<i>Adhyaaya</i>	Context	Application	Usage
1	<i>Madana Kalpam</i> [1/9]	Appropriate habitat for drug collection <i>Swarna Varna, Madhura / Snigdha Krishna, Madhura Mrittika</i> is best for drug collection	<i>Lakshana</i>	External
2	<i>Chaturangula Kalpam</i> [8/4]	<i>Aragvadhasya Gunaha</i> <i>Aragvadh</i> is very useful in conditions like <i>Jwara, Hridroga Vatarakta, Udavartha</i> etc because of its <i>Madhura Rasa Sheeta Veerya</i> and <i>Mrudhu Guna</i>	<i>Chikitsa</i>	Internal

Kalpa Sthaana contains a total of 2 references of *Madhura Rasa*; This includes : *Nidana*-0, *Lakshana*- 1, *Chikitsa*- 1; Internal usage- 1, External Use- 1;

Table 7: References of Madhura Rasa in Siddhi Sthaana of Charaka Samhita

Sl no	Adhyaaya	Context	Application	Usage
1	Vamana Virechana Vyapat Siddhi [6/46]	Atiyoga Janya Vyapat Chikitsa Madhura Gana Dravyas should be administered to eliminate the residual Shodhana drug in case of Atiyoga	Chikitsa	Internal
2	Vamana Virechana Vyapat Siddhi [6/48]	Atiyoga Janya Vyapat Chikitsa Anna Paana and Aushadha prepared with Madhura, Sheeta and Kashaya are indicated to arrest urge to vomit or purge in excess	Chikitsa	Internal
3	Vamana Virechana Vyapat Siddhi [6/51]	Atiyoga Janya Vyapat Chikitsa Ksheerasarpi processed with Madhura Varga should be used for Anuvasana Basti	Chikitsa	Internal
4	Vamana Virechana Vyapat Siddhi [6/63]	Parikartika Vyapadasya Chikitsa Brimhana and Madhura Siddha Dravya recipes and procedures are advised in case of Kshaama Yukta patient	Chikitsa	Internal
5	Vamana Virechana Vyapat Siddhi [6/67]	Parikartika Vyapadasya Chikitsa Picchabasti prepared with drugs of Kashaya, Madhura Sheeta Dravyas is beneficial	Chikitsa	Internal
6	Vamana Virechana Vyapat Siddhi [6/73]	Hridgraha Vyapadasya Chikitsa If patient faints due to aggravated Pitta, Madhura Dravya should be administered to induce Vamana	Chikitsa	Internal
7	Praasrita Yogeyaam Siddhi [8/32]	Atisara Nashana Yogaaha Enema with Madhura, Kashaya and Tikta is advised in Rakta and Kapha Vimoorchita Avastha When Vata and Pitta are predominantly involved, Madhura Amla and Tikta Dravyas should be used for enema	Chikitsa	Internal
8	Praasrita Yogeyaam Siddhi [8/43]	Atisara Chikitsa Sootra Vataja Atisara - Koshna Basti with Madhura Amla Lavana Dravyas Pittaja and Raktaja Atisara - Pachana containing Sheeta, Kashaya and Madhura Dravyas is advised	Chikitsa	Internal
9	Trimarmeeyam Siddhi [9/21]	Tandra Nidana Madura, Snigdha, Guru Anna Sevana	Chikitsa	Internal
10	Trimarmeeyam Siddhi [9/97]	Tarpana Nasyaarthya Dravya Madhura Skanda Dravyas should be used for Tarpana type of Nasya	Chikitsa	Internal
11	Phala Maatraa Siddhi [11/13]	Phala and its identity Madana Phala is not contraindicated in any disease. It has Madhura, Kashaya, Tikta Rasa, Asnigdha, Ishath Katu and Ushna Gunas; thus eliminates Kapha and Pitta instantaneously and also causes Vatanulomana	Chikitsa	Internal

Siddhi Sthaana contains a total of 11 references of Madhura Rasa; This includes: Nidana-0, Lakshana- 0, Chikitsa-11; Internal usage- 11, External Use- 0

DISCUSSION

In the 26th chapter of Charaka Samhitha Sutra Sthaana, after an elaborate discussion among seers, Madhura (sweet), Amla (sour), Lavana (salty), Katu (spicy), Tikta (bitter) and Kashaya (astringent) were concluded as the 6 Rasas (tastes). Madhura/Swaadu

taking the 1st place in the list, has been ascribed with many major functions related to growth and development of the body like Sarvadhātu Vardhana, Jeevana etc.

None the less, today's world of food and nutrition has raised concerns over the harms that sweet taste may cause. The blame that the refined food, refined sugars, artificial sweeteners are attracting, need not be the case for what Ayurveda considers under Sweet taste. The perception of *Madhura Rasa* ranges from rich carbohydrate sources like Rice (*Shaali*) to *Ikshu* (sugar cane) and medicinal plants such as *Jeevaka* etc. which have *Madhura Rasa* and even includes others that do not even have *Madhura Rasa* but have similar effect on human body like *Ashwagandha*, *Guduchi* etc. This is quite clear with the 85 *Dravyas* quoted in *Madhura Skandha* of *Charaka Samhitha*. With this background of varied interpretation, the review of clinical utility of *Madhura Rasa* from *Charaka Samhitha* was carried out.

From the 104 references of *Madhura Rasa*, 14 contexts pointed it out as *Nidana* – causative factor, 31 contexts as *Lakshana* – Signs/symptoms/properties and 59 contexts highlighted it as a *Chikitsa* – treatment/ essential regimen. Of these 104 references, 93 were for internal usage and 11 for external utility.

The references pertaining to *Nidana* mostly related to the lifestyle disorder category of diseases seen today like the diabetes, obesity and others. Seasonal restrictions for consumption of *Madhura Rasa* during *Vasanta Ritu* can also be noted.

When it comes to the *Lakshana*, the very vital component of the body – *Ojas* – is described to have *Madhura Rasa*. It is also as a sign/symptom in case of *Madhuraasyata* (sweet taste in mouth), *Madhura Mootrata* (sweet urine) etc. in various contexts.

In the *Chikitsa* aspect, it can be seen as a medicine indicated to induce *Shodhana* - Purificatory therapy (Table 5; Sl No. 16), as *Shamana* – subsiding measures (Table 5; Sl No. 14), as a regimen in pregnancy (Table 4; Sl No. 9), as diet or *Pathya* (Table 5; Sl No. 12) and many more.

Madhura Rasa is extensively mentioned in the management of *Vyapad* (complications) of *Panchakarma* procedures across various contexts of *Siddhi Sthaana*.

There is a need for further exploration and analysis of application of *Madhura Skandha* (Table 3; Sl No. 7) *Dravyas* in these contexts as both - components of the *Skanda* and the scenarios of clinical utility of *Madhura Rasa* are wide and varied.

CONCLUSION

The review of clinical utility of *Madhura Rasa* from *Charaka Samhitha* elicited 104 references. The references describe *Madhura Rasa* as *Nidana*, *Lakshana* and *Chikitsa* in various contexts. Further work towards use of appropriate drugs from *Madhura Skandha* is essential for beneficial and effective use of *Madhura Rasa* in clinical practice.

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