

A LITERARY REVIEW ON MADHU AS NITYASEVANIYA DRAVYA

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Abstract

Food has been regarded as a fundamental pillar of life since the Vedic period. In the Upanishads, food is equated with Brahma, highlighting its supreme role in sustaining health and vitality. Madhu (honey) holds a special position in Ayurveda as a Nityasevaniya Ahara Dravya—a substance recommended for regular consumption to promote well-being and prevent diseases. This paper presents a comprehensive literary review on Madhu from Ayurvedic classics, explores its pharmacological attributes, and evaluates its relevance in contemporary lifestyle disorders.

Keywords: Nityasevaniya Ahara Dravya, Ahara, Balanced Diet, Madhu, Honey

INTRODUCTION

Ayurveda, an Upaveda of the Atharvaveda, lays the foundation for a healthy and meaningful life. Health is considered essential for attaining Purushartha Chatushtaya (the fourfold goals of life), and Dhatus Samyata (equilibrium of bodily tissues) is regarded as the true sign of health. However, continuous changes in lifestyle, environment, and dietary patterns have made individuals increasingly vulnerable to various diseases. With the rapid pace

of modernization, people have modified their dietary choices and lifestyle habits to adapt to contemporary demands. This adaptation has often created a mismatch between the external environment and the body's internal mechanisms, leading to the emergence of numerous disorders collectively known as "lifestyle diseases." To prevent lifestyle disease Madhu is very important dravya mentioned as nitya sevaniya dravya in charak Samhita.¹

AIMS AND OBJECTIVES

1. To do comprehensive literary review on ayurvedic understanding of Madhu.

Literary Review-

Characteristics

Madhu (honey) is a viscous, sweet substance with a semi-translucent appearance, light yellowish-brown color, characteristic aromatic odor, and a sweet—slightly acrid taste.

Chemical Constituents²

Honey is primarily composed of 38% fructose, 31% glucose, 1% sucrose, and about 9% other sugars, along with water. It also contains small quantities of vitamins, minerals, pigments, pollen grains, and

organic acids. In addition to its nutritional value, honey has been widely used as a topical antiseptic and therapeutic agent in the management of ulcers, burns, and wounds. Regular consumption of honey helps in reducing serum cholesterol levels, thereby

preventing obesity and lifestyle-related disorders such as coronary artery disease.

Varieties of Madhu

Nava Madhu (fresh honey): Brimhana (nourishing), Kinchit Kapha-Nashaka (mildly pacifies Kapha), and Saraka (mild laxative).³

Purana Madhu (old honey): Grahi (absorptive), Ruksha (drying), Ati-Lekhana (strong scraping action), and Medoghna (anti-obesity).

1. Rasa^{4,5,6,7}

Rasa	C.S	S.S	A .H	Bhavprakash
Kashaya-madura	+	-	+	-
Madhra - Kashaya	-	+	-	+

2. Guna

Guna	C.S	S.S	A .H	Bhavprakash
Ruksha	+	+	+	+
Guru	+	-	-	-
Laghu	-	+	-	+

3. Virya

Virya	C.S	S.S	A .H	Bhavprakash
Sheet	+	+	+	+

4. Vipaka

Vipaka	C.S	S.S	A .H	Bhavprakash
Madhura	+	+	+	+

5. Doshaghanta

Doshaghnta	C.S	S.S	A .H	Bhavprakash
Kapha-pittahara	+	-	+	+
Vatala	+	-	+	+
Tridoshahara		+		

6. Karma

Karma	C.S	S.S	A.H	Bhavprakash
Sandhankruti	+	+	+	-
Chhedak	+	+	-	+
Chakshushya	-	+	+	+
Sodhana	-	+	+	+
Vranaropana	-	+	+	+
Yogavahi	+	+	+	+
Agni dipana	-	+	-	+
Varnya	-	+	-	+
Swarya	-	+	-	+
Sukumaram	-	+	-	+
Lekhanam	-	+	-	+
Hrudya	-	+	-	+
Vajikarnam	-	+	-	
Prasadananam	-	+	-	+
Sukshmamarga anusari	-	+	-	+
Meghakaram	-	-	-	+
Vrushya	-	-	-	+
Shroto vishodhanam	-	-	-	+
Rochak	-	-	-	+

7. Indication

Indication	C.S	S.S	A.H	Bhavprakash
Meda	+	+	-	+
Sthoulya	+	+	-	
Prameha	+	+	+	+
Krimi	+	+	+	+
Kustha	+	-	+	+
Vishaprasamana	+	+	+	
Arsha	+	-	-	+
Kasa	+	+	+	+
Trusha	+	+	+	+
Raktavikar	+	-	+	+
Vamana	+	+	+	+
Swash	+	+	+	+
Hikka	+	+	+	+
Atisara	+	+	+	+
Vidgrahan	+	-	-	+
Daha	+	-	-	+
Kshata	+	-	+	+
Kshaya	+	-	-	+

Quality of Madhu according to different author's

1. Makshika

Quality	C.S	S.S	Bhavprakash
Pingala varnastu mahtyo madhumakshika	+	+	+
Taila varna	+	-	+
Shresta	+	+	+
Sheeta virya	-	+	-
Raktapitta nasak	-	+	-
Netra roga hara	-	-	+
Laghu	-	+	+
Kamala	-	-	+
Prameha	-	+	+
kruminasak	-	+	+
Arsha	-	-	+
Swash	-	-	+
Kasa	-	-	+
Kshyavinasanm	-	-	+

2. Bhramar

Quality	C.S	S.S	Bhavprakash
Prasiddha bhramar	-	+	+
Sphatikabham	-	-	+
Swet varna	+		
Raktapitaghnam	-	-	+
Sheeta virya	-	+	+
Guru	-	+	+
Madhura Vipaka	-	+	+
pichchhila	-	+	+
Abhishyandi	-	-	+

3. Kshaudra

Quality	C.S	S.S	Bhavprakash
Kapila kshudramakshika	+	+	+
Kapil varna	+	+	+
Prameha nashaka	-	-	+
Raktapitaghnam	-	-	+
Medo Lekhan	-	+	
Sheeta virya	-	+	+
Laghu	-	+	+
Madhura Vipaka	-	-	+
Pichchhila	-	-	+

Abhishyandi	-	-	+
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4. Pautika

Quality	C.S	S.S	Bhavprakash
Putika	+	+	+
Ghrita varna	-	-	+
Prameha nashaka	-	-	+
Pittadaharaktavatakruta	-	+	+
Mehaghnam	-	-	+
Ushna virya	-	+	+
Ruksha	-	+	+
Madkari	-	+	-
Mutrakruchhaghnam	-	-	+
Vidahi	-	+	+
Granthiaadikshatashoshi	-	+	+

Discussion

Modern science emphasizes that carbohydrates, fats, proteins, vitamins, and minerals are essential for a well-balanced diet. Ayurveda, through the concept of Nityasevaniya Dravya described by Acharya Charaka and Vaghbhata, highlights the importance of daily nutrition in maintaining health and preventing disease. Madhu (honey) is a rich source of carbohydrates and has also been proven by modern research to possess immunomodulatory properties. In Ayurveda, Madhu is regarded as a Yogavahi—a substance that enhances the potency and efficacy of other drugs without losing its own properties.

Classically, Madhu is described as having Kashaya-Madhura Rasa (astringent-sweet taste), Sheeta Virya (cold potency), and Madhura Vipaka (sweet post-digestive effect). Its Ruksha (dry) and Laghu (light) Gunas contribute to its Kapha-Pitta Hara

action. Therefore, it is recommended as a Nityasevaniya Dravya and is particularly beneficial in managing Santarpanajanya Vyadhis (diseases caused by over-nutrition), such as obesity and diabetes.

The various types of Madhu and their qualities, as elaborated in Ayurvedic classics, further emphasize its versatile applications in preventive and therapeutic contexts.

Conclusion

Ayurveda provides a comprehensive understanding of nutrition and its therapeutic significance. The concept of Nityasevaniya Dravyas offers strong evidence for the role of diet in maintaining health and preventing disease. Among them, Madhu holds a prominent place due to its nutritive, preventive, and therapeutic properties. Its regular use not only supports overall well-being but also helps in

averting the onset of lifestyle-related disorders, thereby contributing to a healthier life.

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