



## A Review on “Sarva Madahar Leha Yoga” An Ayurvedic Formulation in Madatyaya (Alcoholism)

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Madatyaya is characterized by excessive alcohol consumption, symptoms include, thirst, confusion, headache, numbness and disturbed motor coordination. Alcohol abuse or excessive alcoholism known as Madatyaya in Ayurveda, it not only harms the health of individual but also impacts social and economic wellbeing of family. Madatyaya is categorized as a lifestyle disorder or addictive disorder, its prevalence increases globally due to the modern pattern of life style. Madatyaya affects Hridaya, Rasavaha srotas, Manovaha srotas and Oja, etc. Ayurvedic treatment approach for managing Madatyaya. The treatment involves a combination of physical, mental, and spiritual therapies to help individuals overcome addiction and achieve overall well-being.

**Objective:** The objective is to explore the pharmacological properties of the individual components of Sarva Madahar Leha Yoga and evaluate their collective impact on Madatyaya.

**Method:** Various databases, including Google Scholar, PubMed and Ayurvedic journals, were searched using relevant keywords. Studies reporting on the antimicrobial activity, hepatoprotective activity, antifungal activity, and immunomodulatory activity of the individual components of Sarva Madahar Leha Yoga were included. Ayurvedic Samhita and Nighantu with commentaries are used for relevant content. Data were synthesized to elucidate the potential mechanisms of action and therapeutic efficacy of Sarva Madahar Leha Yoga in managing Madatyaya.

**Keywords:** Sarva Madahara Leha Yoga, Madatyaya, Alcoholism, Kapittha, Dadima, Draksha

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## Introduction

*Madatyaya*, as described in Ayurveda, is a condition characterized by the excessive and improper consumption of alcohol leading to physical & mental deterioration. According to Ayurvedic principles, alcohol consumption in supervision of physician may have therapeutic effects, but when consumed excessively and in wrong manner, it disturbs the equilibrium of the *doshas* within the body. This imbalance can manifest in various symptoms and complications associated with alcoholism. It is not solely seen as a physical ailment but also as a disturbance in mental health and spiritual well-being. Ayurvedic texts emphasize the importance of addressing the root causes of alcoholism and restoring balance of the entire system. The excessive and improper intake of *Madya* cause poisonous impact on our body. In *Madatyaya* patients shows symptoms like headache, tremor, delirium, diarrhoea, anorexia, hallucination etc. and the *Chikitsa* of *Madatyaya* including *Sanshodhan*, *Sanshman*, *Harshani Chikitsa*, *Manochikitsa* and Ayurveda formulation like *Kharjuradi Manth*, *Mradvikadi Kashaya*, etc. As we know the impact of alcohol on social, economical, occupational aspect of life including physical and mental health. It is a prime need to reestablish the efficacy of Ayurvedic formulation on *Madatyaya* in the current era.

## Drug Review

*Sarva Madahar Leha Yoga* is a herbal formulation used for the management of *Madatyaya*. It has been described by Acharya Mahamati Cakrapanidas in Abhinav Chintamani - first part. Its primary constituents include *Kapittha*, *Dadima*, *Draksha* in equal quantity.

### **Kapittha**

**Botanical name:** *Feronia limonia*

**Family:** Rutacea

**Main Synonym:** *Dadhittha*, *Pushpaphala*, *Kapipriya*, *Dantashadha*

### **Regional name**

<b>Gujarati</b>	Kothu
<b>Hindi</b>	Kaitha
<b>Kannada</b>	Velalu
<b>Tamil</b>	Bakamaram
<b>English</b>	Elephant apple, Wood apple



### **Classification (Gana)**

*Bhavaprakasha Nighantu* - Aamradi Phala Varga  
*Kaiydeva Nighantu* - Aushadhi Varga, Krittana Varga  
 Useful parts - fruit, flower, root

### **Rasa Panchak**

Rasa Panchak	Ripe pulp	Unripe pulp
Rasa	Madhur, Kashaya, Amla	Amla, Kashaya
Guna	Laghu	Guru
Virya	Shita	Ushna
Vipak	Madhur	Amla
Dosha shamakata	Tridosahara	Kaphaghna, Vatpittakrat

### **Formulations (Yoga):** *Kapitthastaka Churna*

**Chemical composition:** Fruit pulp contains plenty citric acid and mucilage. Dried pulp of fruit contains citric acid ranging up to 15 percent. Ash contains potassium, calcium and iron salts. Ash is deliquescent in humidity. Leaves contain 0.73 volatile oil which is also present like leaves of *Aegle marmelos* (L.) Correa. (*Bilva*).

### **Scientific Studies**

#### **Antimicrobial activity[1]**

One of the major causes of morbidity and mortality in immune compromised patients is pathogenic microorganisms. Microorganisms like bacteria tend to become resistant to drugs, coupled to side effects of some antibiotics. This invites a vital need to control microbial infections using appropriate antimicrobials devoid of side effects.

There is evidence that the ethanolic extract of wood apple leaves showed antibacterial activity against variety of bacteria such as *Shigella boydii*, *Shigella dysenteriae* and *Shigella flexneri* and demonstrated the reduction in severity and frequency of diarrhoea (Bellah et al., 2015).

**Hepatoprotective activity[2]**

In study aimed to evaluate hepatoprotective potential of methanolic extract & of marmesin isolated from root bark of wood apple. Activity levels of aspartate aminotransaminase (AST) & alanine aminotransaminase (ALT), cell viability & cell death were evaluated in Hep G2 cells (human liver hepatoma cells) treated with CCl4 in presence or absence of wood apple extract or marmesin. It was found that in-vitro co-supplementation of methanolic extract or marmesin significantly minimized alteration in levels of AST & ALT & improved cell viability. Oral administration of methanolic extract or marmesin significantly prevented CCl4-induced elevation in plasma markers of hepatic damage & hepatic lipid peroxidation & decrease in hepatic antioxidants. In-vivo hepatoprotective potential of methanolic extract & marmesin was evident from minimal alterations in histoarchitecture of liver.

**Anti Diarrhoeal activity**

Plants have various useful chemical constituents which are used in the treatment of diarrhea.[3] The antidiarrhoeal activity and gastrointestinal motility reducing activity of alcoholic and aqueous extract of bark of *Feronia limonia*, was evaluated. In the gastrointestinal motility test, the both extracts, showed antidiarrhoeal activity in the concentration of 200mg/kg compared with the control group. Ethanolic extract showed a significant antidiarrhoeal activity and significantly decreased the propulsion of charcoal meal through the gastro intestinal tract.[4]

**Antifungal Activity[5]**

The different extracts (petroleum ether, chloroform, methanol and aqueous) of *Feronia limonia* Linn fruit pulp exhibited antifungal activity against some pathogenic fungus.

**Dadima**

**Botanical name:***Punica granatum*

**Family:** Punicaceae

**Main Synonym:** *Dantabija, Karaka, Lohitpushpaka, Kuttima, Sukavallabha, Nilapatra, Phalamla, Kuchphala.*

**Regional name**

<b>Gujarati</b>	Dadam
<b>Hindi</b>	Anar, Dadima
<b>Tamil</b>	Madalai, Madalam
<b>Telugu</b>	Dalimbakaya
<b>English</b>	Pomegranate



**Classification (Gana)**

*Charak Samhita - Hridya and Chardinigrahana Mahakashaya*

*Sushruta Samhita and Acharya Vagbhata - Parushakadi Gana*

Useful parts - fruit-seeds, fruit-pericarp, roots bark.

**Rasa Panchak**

Rasa	Madhur, Kashaya, Amla
Guna	Laghu, Snigdha
Virya	Anusna
Vipak	Madhur
Dosha Shamakata	Tridoshaghna

**Formulations (Yoga):** *Dadimastaka Curna, Dadimadi Curna, Dadimadya Ghrita, Dadimadya Tail*

**Chemical composition:** Fruit contains sugar 15 percent, pectin and other substances. Root contains liquid alkaloid pelleterisne; it also contains two inactive alkaloids.

Bark yields alkaloid pelleterine. Rootbark contains four alkaloids - pseudo-pelleterine, palleterin, isopelleterine and methylpelleterine. Stembark and Pericarp (fruit) contains tannin 22-25 per-cent and root bark punico-tannic acid 20-25 percent.

**Scientific Studies**

**Anthelmintic activity[6]**

Anti helmintic activity of *Punica granatum* was studied by Singhal KC, he reported that the chloroform extract of dried root and stem, administered to mice by gastric intubation at a dose of 250.0 mg/ kg for 3 days, was active on *Hymenolepis nana* and inactive on *Nippostrongylus brasiliense* and *syphacia obvelata*.

**Anti diabetic effect[7]**

A study was carried out to investigate the antidiabetic effect in flowers by Jafri MA. et al. They revealed that ethanol extract of the male abortive flowers, administered orally to normal glucose fed hyperglycaemic, and alloxan induced diabetic rats, produced significant blood glucose lowering effect.

**Immunomodulatory Activity**

A study was carried out to investigate the immunomodulatory activity of Anar by Ross G et al. that aqueous suspension of fruit rind powder, administered orally to rabbits at a dose of 100 mg/kg, stimulated the cell-mediated and humoral components of the immune system. There was an increase in antibody titre to typhoid-H antigen.

**Antifungal activity[8]**

Dhavan B. et al. reported the antifungal activity of *Punica granatum* in Ethanol/water (1:1) extract of aerial parts, at a concentration greater than 25.0 mcg/ml on agar plate, was inactive on *Microsporum canis*, *Tricophyton menta* grophytes, and *Aspergillus nigar*.

**Draksha**

**Botanical name:** *Vitis vinifera*

**Family:** Vitaceae

**Main Synonym:** *Mrudwika, Gostani, Rasala, Guda, Swaduphala, Madhuyoni, Madhurasa, Brumhani, Charuphala.*

**Regional name**

Gujarati	Draksh
Hindi	Angoor
Tamil	Kottai thiratchai
Telugu	Draksha
English	Grapes



**Classification (Gana)**

*Acharya Sushruta and Vagbhatta - Parushakadi Gana*

*Acharya Charak - Kanthya, Virechanopag, Kasahara, Shramahara Mahakashay*

Useful parts - Fruit

**Rasa Panchak**

Rasa	Madhur
Guna	Snigdha, Guru, Mradu
Virya	Shita
Vipak	Madhura
Dosha Shamakata	Vatapittasamaka

**Formulations (Yoga):** *Draksarista, Draksadi Kvatha, Draksadi Leha, Kanakasava, Draksadya Ghrata, Pippalyasava.*

**Chemical Composition:** Fruit juice contains malic, tartaric, and racemic acid, along with 0.05 percent of ash. Fruits contain glucose and other substances.

**Scientific Studies**

**Hepatoprotective effect**

The polyphenol compounds found in grape skin extract could improve hepatic steatosis and adiposity in high-fat-diet mice by regulating mRNA expression (changing lipogenesis and β-oxidation genes).[9] Grape seeds extract was able to guard liver injury caused by alcohol induction. Grape seeds extract administered to rats induced by 20% ethanol in rats could decrease AST and LDH.[10] In rats induced by paracetamol treated by grape dried seed, the ALP level could be reduced.[11]

**Antihypertension activity**

Skin grape aqueous extract (*Vitis vinifera* L.) could prevent increasing systolic blood pressure in spontaneously hypertensive rats measured using tail-cuff method. Results demonstrated that hypertensive rats had blood pressure > 200 mmHg & hypertensive rats treated with grape skin extract had blood pressure < 150 mmHg.[12] Godse et al. (2010) stated that myricetin content found in grape raisin could reduce systolic blood pressure in fructose-induced rats[13] & also in deoxycortisone acetate (DOCA)-salt-hypertensive rats.[14]

**Anticancer activity - Prostate cancer[15]**

Proanthocyanidin (structure of epicatechin octamer) contained in grape stems is related to the anticancer activity.

Anti prostate cancer activity was proven by the presence of cell growth inhibition from prostate cancer cells. Another proanthocyanidin anticancer mechanism is to increase apoptotic activity in prostate cancer cells and suppress the expression of prostate cancer-promoting gene fatty acid-binding protein five at mRNA and protein levels.

#### Anti-aging activity

Aging on the skin may be caused by radiation and pollutants. Based on Cronin's research, those grape seeds extract from *V. vinifera* L. containing t-resveratrol could slow the onset of aging and had the potential to be an ingredient for anti-aging products.[16]

However, Based on Sharif's research, seed extract of *Vitis vinifera* L. var. Muscat Hamburg could be an ingredient for an anti-aging product because it is rich in antioxidants and works by increasing skin elasticity.[17]

#### Antifungal activity[18]

Grape (*V. vinifera* L.) seeds extract had antifungal activity against *Candida albicans*, *Malassezia furfur*, and *Trichophyton mentagrophytes*. Compound that act as anti-fungal was flavan-3-ols. The higher extract concentration gave greater inhibition zone diameter formed against *C. albicans*.

The contents of grape (*V. vinifera* L.) canes were 3,4'-dimethoxy-resveratrol and 3,5-dimethoxy-resveratrol. Both compounds showed antifungal activity with a minimum inhibitory concentration of 29-37 µg/ml against *Candida* sp.

## Discussion and Conclusion

*Sarva Madahar Leha Yoga* is the herbo-mineral preparation which is mentioned under the context of *Madatyaya Chikitsa* in *Abhinav Chintamani* First Part. Ingredients of *Sarva Madahar Leha Yoga* is (*Kapitha*, *Dadima* and *Drakshya*) Hepatoprotective activity, Antifungal activity, Antihypertension activity and Immunomodulatory Activity.

All ingredients of this formulation is *Shit Virya*, *Madhur Vipak* and *Tridosahar*. Which mitigates all the three *Doshas* of *Madatyaya*. So, Ayurveda formulation *Sarva Madahar Leha Yoga* can helpful all types of *Madatyaya* (Alcoholism).

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