Review Article

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MANJISHTHA (*RUBIA CORDIFOLIA* LINN.) AN AYURVEDIC DRUG: LITERARY REVIEWRadha Gupta^{1*}, Sharad Maroti Porte²¹PG Scholar, National Institute of Ayurveda Jaipur, Rajasthan, India²Lecturer, National Institute of Ayurveda Jaipur, Rajasthan, India

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ABSTRACT

In this world, there are so many old and new emerging diseases, which have insufficient management. Ayurveda is an ancient science, which gives basic philosophy of diagnosis, prevention, and management of any disease. Ayurveda also suppose that there is no need to nomenclature of diseases for treatment, but the diseases can be cure by knowing the nidana, dosha, and dushya vikrati. Thus, Ayurveda is able to manage any new challenges in health. The aim of this study was to collect, elaborate, evaluate, and discussed the medicinal properties of Manjishtha along with therapeutic indications. The text book of Ayurveda, its commentaries and text book of modern medicine has been reviewed thoroughly along with index medicinal journal. Manjishtha is the magic drug, which is described in all the textbook of Ayurvedic science including Brihatrayi, Laghutrayi, and Nighantues. The description of the Manjishtha for its Ayurvedic yogas and its therapeutic utilization are varied and described to cure various diseases. Manjishtha has blood purifying property; it gives best results in the various skin diseases. Current laboratory research proves that it is best for acne vulgaris. As Manjishtha have varnya in property, it enhances the glow of the face. Though none of the text has mentioned about the anti-mutagenic activity of Manjishtha, the current laboratory and experimental research shows that it gives significant result in cancer. However, there is need to further investigation along with clinical research. The Manjishtha however is very effective in the patient of acne vulgaris along with other skin diseases. As it has anti-mutagenic property and it may be a promising drug for cancer in future however there is need for further research.

Keywords: Manjishtha, acne vulgaris, varnya, anti-mutagenic

INTRODUCTION

Prevention and cure is main goal of Ayurveda. As there are various emerging challenges along with old diseases in the medical practice today and people are looking towards Ayurveda for its solutions. Ayurvedic drugs are best described as mineral, herbal and herbo-mineral. The herbals medication are more accepted today on national and international level, as these having less or negligible adverse effect on human health. Manjishtha is an important herb, which has broadly described in detail in all the textbook of Ayurveda including Brihatrayi, Laghutrayi, and Nighantues. The efficacy of Manjishtha has been proved by laboratory, experimental and clinical research. This article highlighted on efficacy of Manjishtha on various emerging and old diseases with scientific justification.

MATERIALS USED

The text book of Ayurveda along with its respective commentaries has been review thoroughly. The text book

of modern medicine and index medical journal has been also referred to review the material relevant to topic.

Availability of Manjishtha

It occurs throughout India (Dehradun, Kashmir, Nagpur, Malva, and Chitrakut), Nepal, Shrilanka, Iran, and Afghanistan. It is propagated by seeds and stem – cutting¹. According to Raja Nighantu, Manjishtha has four types; Chola, Yojani, Konchi and Sinhali². Manjishtha has also three species like- *Rubia cordifolia* (Indian madder), *Rubia akane* (Asian madder) and *Rubia tinctorum* (European or African madder)³.

Manjishtha and its Gana (Class)

Charak has included Manjishtha in varnya⁴, vishaghna⁵, jwarhar mahakashaya⁶ while Susruta has included in priyangavadi⁷, Pitta Sansaman varga⁸ and Ambastadigana⁹.

Table 1: Physical Properties of Manjishtha as per Various Nighantu

Nighantu	Gana	Guna	Rasa	Veerya
Bhav Prakash Nighantu ¹⁰	Haritakyadi varga	Guru (heavy)	Madhura (sweet), Tikta (Bitter), Kashaya (Astringent)	Ushna (hot)
Madhava Dravyagunah ¹¹	Vividhaushdhi varga	-	-	-
Raj Nighantu ¹²	Pipalyadi varga	Guru	Madhura, Kashaya	Ushna
Kaiyadeva Nighantuh ¹³	Aushdhi varga	Guru	Kashaya, Tikta, Madhura	Ushna
Gunaratnamala ¹⁴	Haritakyadi varga	Guru	Madhura, Tikta Kashaya	Ushna
Dhanvantari Nighantu ¹⁵	Guduchyadi varga	Guru	Madhura, Kashaya	Ushna
Priya Nighantu ¹⁶	Pipalyadi varga	-	Tikta, Kashaya	Ushna

Most of the Nighantues has mentioned the guru guna of Manjishtha except Priya Nighantu. All the Nighantues has mentioned the Kashaya rasa of Manjishtha. Most of the Nighantues has included Madhura rasa of Manjishtha

except Priya Nighantu. Most of the Nighantues has included Tikta rasa of Manjishtha except Raj Nighantu and Dhanvantary Nighantu. All the Nighantues has mentioned the Ushna veerya of Manjishtha.

Table 2: Therapeutic Action of Manjishtha as per Ayurveda

Karma (action)	B.P.N. ¹⁰	M. D. ¹¹	Raj.N. ¹²	Kaiy.N. ¹³	Grm. ¹⁴	Dha.N. ¹⁵	Pri.N. ¹⁶
Vishhar (antitoxic)	+	-	+	+	+	+	+
Shleshmahar (removing phlegm)	+	-	+	+	+	+	+
Varnya (giving colour)	+	+	-	-	+	-	+
Svarya (beneficial to voice)	+	-	-	-	+	-	-

Almost all the Nighantu has mentioned the Vishhar and Shleshmahar properties of Manjishtha except Madhava Dravyaguna. Manjishtha act as Varnya as per Bhavaprakash Nighantu, Madhava Dravyaguna,

Gunaratnamala, Priya Nighantu and Manjishtha act as Svarya as per Bhavaprakash Nighantu, and Gunaratnamala.

Table 3: Therapeutic Utilization of Manjishtha as per Nighantu

Karma	B.P.N. ¹⁰	M. D. ¹¹	Raj.N. ¹²	Kaiy.N. ¹³	Grm. ¹⁴	Dha.N. ¹⁵	Pri.N. ¹⁶
Vrana (wound)	+	-	+	+	+	+	+
Prameha (diabetes)	+	-	+	+	+	+	+
Kushtha (leprosy)	+	+	-	+	+	-	+
Visarpa (erysipelas)	+	+	-	+	+	-	+
Akshiroga (disease of eye)	+	-	+	+	+	+	-
Shoth (oedema)	+	+	-	+	+	-	-
Raktatisar (bloody flux)	+	-	-	+	+	-	-
Karnaroga (disease of ear)	+	-	-	+	+	-	-
Yoniroga (disease of female organs of generation)	+	-	-	+	+	-	-
Jvara (fever)	-	-	+	-	-	-	-
Arsha (piles)	-	-	-	+	-	-	-

Manjishtha is indicated in treatment of Vrana and Prameha as per almost Nighantukar except Madhava Dravyaguna, Kushtha, and Visarpa as per all the Nighantukar except Raj Nighantu and Dhanvantari Nighantu. It is Akshiroga as per all the Nighantukar except Madhava Dravyaguna and Priya Nighantu. It is also indicated for Shoth as per all the Nighantukar except Raj Nighantu, Dhanvantari Nighantu, and Priya Nighantu. It is also indicated for Raktatisar, Karnaroga and yoniroga by Bhavaprakash Nighantu, Kaiydeva Nighantu, and Gunaratnamala. Only Raj Nighantu has mentioned the indication of Manjishtha in Jwara and Kaiydeva Nighantu has mentioned the Manjishtha for Arsha.

Chemical constituents of Manjishtha as per modern science

Phytochemical studies of *Rubia cordifolia* showed positive tests for alkaloids, cardiac glycosides, tannins, flavonoids, phenols, anthraquinones and very trace for steroids. The ruberythric acid is one of the major constituents of the *Rubia cordifolia* root as well as various chemical constituents like anthraquinones, iridoid glycoside, bicyclic hexapeptides, and triterpenes have been isolated and identified from the plant. Anthraquinone, anthraquinone glycoside, naphthoquinone, naphthoquinone glycoside, furomollugin, mollugin, alizarin, lucidin pimeveroside, ruberythric acid, purpurin, xanthopurpurin, cyclohexapeptide, alkaloid and lignan have been also reported from *Rubia* species. Four naphthohydroquinones and their glycosides, and 11 anthraquinones and their glycosides were isolated from the dried roots of *Rubia cordifolia*.¹⁷

Table 4: Therapeutic Ayurvedic Yoga of Manjishtha as per Acharya Charaka

S. No.	Yog	Rogadhikar	Reference
1	Nimbadi kalka	Kikkis chikitsa	Ch.S.Sha. 8/ 32(2)
2	Chandanadi taila	Jwar chikitsa	Ch.S.Chi. 3/ 258
3	Trikantakadi sneha	Kaph-vataj Prameha chikitsa	Ch.S.Chi. 6/ 38-39
4	Mustadi churna	Kushtha chikitsa	Ch.S.Chi. 7/ 65-66
5	Triphaladi kasaya	Kaph-pittaj Kushtha chikitsa	Ch.S.Chi. 7/ 100
6	Vipadikaher ghrita-taila	Kushtha chikitsa	Ch.S.Chi. 7/ 120-121
7	Durvadi pradeha	Rajyakshma chikitsa	Ch.S.Chi. 8/ 83
8	Kalyanak ghrita	Unmad chikitsa	Ch.S.Chi. 9/ 35-42
9	Vyoshadi nasya – anjan	Unmad chikitsa	Ch.S.Chi. 9/ 65
10	Siddharthak agad	Unmad chikitsa	Ch.S.Chi. 9/ 69-72

11	Shvadanshradi ghrita	Kshakshin chikitsa	Ch.S.Chi. 11/ 44-47
12	Vetasadi pradeha and taila	Pittaja shotha chikitsa	Ch.S.Chi. 12/ 68
13	Kankarishta	Arsha chikitsa	Ch.S.Chi. 14/ 158-168
14	Madhukasava	Grahani chikitsa	Ch.S.Chi. 15/ 146-149
15	Moolasava	Grahani chikitsa	Ch.S.Chi. 15/ 156-159
16	Goudarishta	Pandu roga chikitsa	Ch.S.Chi. 16/ 105
17	Manahshiladi ghrita	Hikka-shwas chikitsa	Ch.S.Chi. 17/ 145
18	Sarivadi pralepa	Visarpa chikitsa	Ch.S.Chi. 21/ 76
19	Rajniadi churna	Vish chikitsa	Ch.S.Chi. 23/ 50
20	Mahagandhasti agada	Vish chikitsa	Ch.S.Chi. 23/ 77-94
21	Pippalyadi pishti	Vish chikitsa	Ch.S.Chi. 23/ 185
22	Manjishthadi pana	Mandli sarp dashta chikitsa	Ch.S.Chi. 23/ 196
23	Twak vishuddhikar pralepa	Dvivraniya chikitsa	Ch.S.Chi. 25/ 114
24	Khadiradi gutika – taila	Trimarmiya chikitsa	Ch.S.Chi. 26/ 206-214
25	Chandanadi vidalaka	Pettik netra roga chikitsa	Ch.S.Chi. 26/ 234
26	Prathvikadi aashchyotan	Pettik netra roga chikitsa	Ch.S.Chi. 26/ 238
27	Mahaneela taila	Palitaroga chikitsa	Ch.S.Chi. 26/ 268-275
28	Bala taila	Vata vyadhi chikitsa	Ch.S.Chi. 28/ 148-156
29	Amritadi taila	Vata vyadhi chikitsa	Ch.S.Chi. 28/ 157-164
30	Madhuyashtyadi taila	Vat-shonita chikitsa	Ch.S.Chi. 29/ 91-95
31	Amritadi taila	Vat-shonita chikitsa	Ch.S.Chi. 29/ 103-109
32	Mahapadma taila	Vat-shonita chikitsa	Ch.S.Chi. 29/ 110-113
33	Khuddak padmak taila	Vat-shonita chikitsa	Ch.S.Chi. 29/ 114
34	Pinda taila	Vat-shonita chikitsa	Ch.S.Chi. 29/ 123
35	Prapoundrikadi lepa	Vat-shonita chikitsa	Ch.S.Chi. 29/ 134
36	Sarivadi lepa	Yoni vyapad chikitsa	Ch.S.Chi. 30/ 275
37	Manjishthadi kwath vasti	Pitta nashak vasti	Ch.S.Si. 10/ 21
38	Manjishthadi kshir vasti	Rakta-pitta nashak vasti	Ch.S.Si. 10/43
39	Shcharadi anuvasan vasti	Vrashya vasti	Ch.S.Si. 12/ 19(3)

The therapeutic Ayurvedic kalpa which have Manjishtha as an important ingredient found to be useful in the treatment of Raktavaha srotas diseases like vat-shonita, kushtha and visarpa hence it is also one of the important

ingredients of Ayurvedic kalpa used for visha chikitsa. The Ayurvedic kalpa of Manjishtha is also used in jwara, prameha, pandu, unmade, rajyakshma, grahani and netra roga chikitsa.

Table 5: Therapeutic Ayurvedic Yoga of Manjishtha as per Acharya Susruta

S. No.	Yog	Rogadhikar	Reference
1	Madhucchishtadi ghrita(Ropaka ghrita)	Agni dagdha chikitsa	S.S.Su. 12/ 27-28
2	Madhukadi lepa	Karna vedha chikitsa	S.S.Su. 16/ 6
3	Samangadi ropan taila	Saddho vrana chikitsa	S.S.Chi. 2/ 73-74
4	Samangadi taila	Saddho vrana chikitsa	S.S.Chi. 2/ 82-84
5	Manjishthadi lepa	Bhagna chikitsa	S.S.Chi. 3/ 7
6	Bhagna prasadhak taila	Bhagna chikitsa	S.S.Chi. 3/ 55-59
7	Pinda taila	Vatrakta chikitsa	S.S.Chi. 5/ 12
8	Manjishthadi kasay	Arsha chikitsa	S.S.Chi. 6/ 9
9	Rodhradi kalka	Ashmari chikitsa	S.S.Chi. 7/ 35
10	Trivratadi utsadan	Bhagandar chikitsa	S.S.Chi. 8/ 40
11	Rasanjanadi kalka	Bhagandar chikitsa	S.S.Chi. 8/ 41
12	Arisht twakadi churna	Kushtha chikitsa	S.S.Chi. 9/ 46-47
13	Mahavajrak taila	Kushtha chikitsa	S.S.Chi. 9/ 57-63
14	Manjishthadi kasay	Manjishthameha chikitsa	S.S.Chi. 11/ 9
15	Bala taila	Mudgarbha chikitsa	S.S.Chi. 15/ 29-39
16	Prapoundrikadi ghrita	Vidradhi chikitsa	S.S.Chi. 16/ 14
17	Karanjadi ghrita	Vidradhi chikitsa	S.S.Chi. 16/ 16-21
18	Prapoundrikadi lepa	Pettic visarpa chikitsa	S.S.Chi. 17/ 8
19	Jatyadi taila	Dantagat gati chikitsa	S.S.Chi. 22/ 31-32
20	Manjishthadi taila	Utpat paliroga chikitsa	S.S.Chi. 25/ 16-17
21	Prapoundrikadi taila	Sikta karnapali chikitsa	S.S.Chi. 25/ 20
22	Lakshadi ghrita (Mukhamardan ghrita)	Mishrak chikitsa	S.S.Chi. 25/ 38-42
23	Chitrakadi taila	Vata vyadhi nashak vasti	S.S.Chi. 37/ 15-18
24	Kushadi aashthapan vasti	Niruha krama	S.S.Chi. 38/ 51-54
25	Lodhradi aashthapan vasti	Pettik vyadhi nashak vasti	S.S.Chi. 38/ 55-59
26	Mustadi aashthapan vasti	Niruha krama	S.S.Chi. 38/ 106-111
27	Mahagada	Vish vegahar chikitsa	S.S.K. 5/ 61-62
28	Rishabhagada	Sarpa-keeta vish chikitsa	S.S.K. 5/ 68-72
29	Ksharagada	Vish chikitsa	S.S.K. 6/ 3-7
30	Kalyanak sarpi	Vish chikitsa	S.S.K. 6/ 8-11
31	Snuka kshiradi lehya	Ajtmushakdashta chikitsa	S.S.K. 7/ 22
32	Hwiberadi siddha pa	Vatabhishyanda chikitsa	S.S.U. 9/ 13
33	Patlyadi anjana	Raktabhishyanda chikitsa	S.S.U. 12/ 11-12
34	Payasyadi lepa	Drashtigat roga chikitsa	S.S.U. 17/ 89

35	Gutikanjana	Kriyakalpa	S.S.U. 18/ 100-102
36	Priyangavadi taila	Karna strava chikitsa	S.S.U. 21/ 48
37	Madhukadi pradeha	Shakuni graha chikitsa	S.S.U. 30/ 5
38	Kalyanak ghrita	Jwar chikitsa	S.S.U. 39/ 230-234
39	Triphaladi ghrita	Jwar chikitsa	S.S.U. 39/ 245-249
40	Lakshadi taila	Jwar chikitsa	S.S.U. 39/ 256
41	Prahladak taila	Jwar chikitsa	S.S.U. 39/ 286-287
42	Aamradi niruha vasti	Jwar chikitsa	S.S.U. 39/ 311-312
43	Samangadi churna-kwatha	Pakva-atisar chikitsa	S.S.U. 40/ 70
44	Manjishthadi churna	Rakta-atisar chikitsa	S.S.U. 40/ 121
45	Drakshadi kshir-shrata	Kas chikitsa	S.S.U. 52/ 24
46	Raktadi churna-ghrita	Kas chikitsa	S.S.U. 52/ 35
47	Shirishadi varti	Amanush upsarga chikitsa	S.S.U. 60/ 43
48	Siddharthak ghrita	Apasmar chikitsa	S.S.U. 61/ 31-33
49	Kalyan ghrita	Unmad chikitsa	S.S.U. 62/ 23-25
50	Phala ghrita	Unmad chikitsa	S.S.U. 62/ 28-30

Acharya Susruta has mentioned Manjishtha kalpa in the treatment of jwara. Again Manjishtha kalpa has been used in the treatment of vish, kushtha, unmad, saddho vrana, bhagna, vatrakta, arsha and bhagandar.

Table 6: Therapeutic Ayurvedic Yoga of Manjishtha as per Acharya Vagbhata

S. No.	Yog	Rogadhikar	Reference
1	Bala taila	Garbha vyapad chikitsa	A.H.Sha. 2/ 47-52
2	Shwandanshradi ghritaa	Kas chikitsa	A.H.Chi. 3/ 102-105
3	Durvadi lepa	Rajyakshmajanya peenas chikitsa	A.H.Chi. 5/ 71
4	Madhukasava	Grahani dosha chikitsa	A.H.Chi. 10/ 47-50
5	Prapoundaric taila	Ashmari chikitsa	A.H.Chi. 11/ 59
6	Trikantakadi taila-ghrita	Prameha chikitsa	A.H.Chi. 12/ 17-18
7	Manjishthadi ghrita	Pettik vidradhi chikitsa	A.H.Chi. 13/ 4
8	Mustadi churna	Kushtha chikitsa	A.H.Chi. 19/ 50-52
9	Jeevantiyadi ghrita-taila	Kushtha chikitsa	A.H.Chi. 19/ 77-78
10	Nimbadi ghrita	Vata vyadhi chikitsa	A.H.Chi. 21/ 58-61
11	Prasarni taila	Vata vyadhi chikitsa	A.H.Chi. 21/ 65-66
12	Bala taila	Vata vyadhi chikitsa	A.H.Chi. 21/ 73-81
13	Pinda taila	Vata-shonita chikitsa	A.H.Chi. 22/ 22
14	Prapoundricadi lepa	Vata-shonita chikitsa	A.H.Chi. 22/ 28-29
15	Madhuyashtyadi taila	Vata-shonita chikitsa	A.H.Chi. 22/ 41-44
16	Yapanraj vasti	Vasti kalpa	A.H.K. 4/ 37-42
17	Siddharthak agad	Bhuta chikitsa	A.H.U. 5/ 10-12
18	Haridradi ghritaa	Bhuta chikitsa	A.H.U. 5/ 45-46
19	Kalyanak ghrita	Unmad chikitsa	A.H.U. 6/ 26-31
20	Drakshadi ghrita	Timir chikitsa	A.H.U. 13/ 4-5
21	Medadi ghrita-taila	Timir chikitsa	A.H.U. 13/ 93
22	Payasyadi lepa	Linganash chikitsa	A.H.U. 14/ 25
23	Manjishthadi ashchyotana	Sarva-akshi roga chikitsa	A.H.U. 16/ 13
24	Yashtyadi taila	Karna roga chikitsa	A.H.U. 18/ 8-9
25	Priyangavadi taila	Karna strava chikitsa	A.H.U. 18/ 20-21
26	Jambvadi taila	Utpat chikitsa	A.H.U. 18/ 43-44
27	Madhukadi churna	Dukhavardhan chikitsa	A.H.U. 18/ 47
28	Khadiradi taila	Mukha roga chikitsa	A.H.U. 22/ 84-86
29	Khadiradi gutika	Mukha roga chikitsa	A.H.U. 22/ 90-94
30	Lakshadi lepa	Vrana chikitsa	A.H.U. 25/ 60
31	Jatyadi ghrita	Vrana chikitsa	A.H.U. 25/ 67
32	Tiladi kalka lepa	Pettik nadi vrana chikitsa	A.H.U. 30/ 34
33	Manjishtha kalka	Vyanga chikitsa	A.H.U. 32/ 16
34	Raktachandanadi lepa	Vyanga chikitsa	A.H.U. 32/ 17
35	Kumkumadi lepa	Neelika-palitadi chikitsa	A.H.U. 32/ 27-30
36	Manjishthadi sneha	Vyanga-neelyadi chikitsa	A.H.U. 32/ 31-32
37	Phala ghrita	Guhya roga chikitsa	A.H.U. 34/ 63-67
38	Manjishthadi churna pana	Krishna sarpa dashta chikitsa	A.H.U. 36/ 59
39	Kashmaryadi pan	Mandali sarpa dashta chikitsa	A.H.U. 36/ 65
40	Pathyadi lepa	Vrashchika dansha chikitsa	A.H.U. 37/ 38
41	Champak agada	Luta chikitsa	A.H.U. 37/ 71
42	Agardhumadi lepa	Mushak vish chikitsa	A.H.U. 38/ 18

The Ayurvedic kalpa which is having Manjishtha as an important ingredient has been found to be useful in the treatment of Raktavaha srotas diseases like vata-shonita and kushtha. It is

also one of the important ingredients of Ayurvedic kalpa used for visha chikitsa. The Ayurvedic kalpa of Manjishtha is also used in kas, grahani, ashmari, prameha, timir, unmad, mukha roga, and vyanga chikitsa.

Table 7: Therapeutic Ayurvedic Yoga of Manjishtha as per Acharya Sharngadhara

S. No.	Yog	Rogadhikar	Reference
1	Laghumanjishthadi kwatha	Vatraktadi chikitsa	Sha.S.M. 2/ 136-137 _a
2	Vrahanmanjishthadi kwatha	Vatraktadi chikitsa	Sha.S.M. 2/ 137 _b -143
3	Paniya Kalyanaka ghrta	Apasmara chikitsa	Sha.S.M. 9/ 38-43
4	Mahapanchatikta ghrta	Vatrakta chikitsa	Sha.S.M. 9/ 45-50
5	Kasisa ghrta	Kushtha chikitsa	Sha.S.M. 9/ 51-57
6	Jatyadi ghrta	Vrana chikitsa	Sha.S.M. 9/ 58-60
7	Angaraka taila	Jwar chikitsa	Sha.S.M. 9/ 99-100
8	Baladi taila	Vata roga chikitsa	Sha.S.M. 9/113-118
9	Pinda taila	Vatarakta chikitsa	Sha.S.M. 9/ 146
10	Erimeyadi taila	Mukharoga chikitsa	Sha.S.M. 9/ 163-168 _a
11	Jatyadi taila	Vrana chikitsa	Sha.S.M. 9/ 168 _b -172
12	Chandanadi taila	Kshayarogadi chikitsa	Sha.S.M. 9/ 188-192
13	Dhattura taila	Vata roga chikitsa	Sha.S.M. 9/ 198-209
14	Ushirasava	Raktapitta chikitsa	Sha.S.M. 10/ 15-19
15	Devadarvadi arishta	Prameha chikitsa	Sha.S.M. 10/ 55-61
16	Dashmularishta	Stri and prasuti roga chikitsa	Sha.S.M. 10/ 79-94
17	Kushthadi pratisaran	Raktasrutyadi chikitsa	Sha.S.U. 10/ 18-19
18	Raktachandanadi lepa	Vyanga chikitsa	Sha.S.U. 11/ 9
19	Kaphavisarpa lepa	Kaphavisarpa chikitsa	Sha.S.U. 11/59
20	Aagantuja vidradhiher lepa	Aagantuja vidradhi chikitsa	Sha.S.U. 11/ 96
21	Karnastrava her yoga	Karnastrava chikitsa	Sha.S.U. 11/ 147
22	Lakshadi seka	Raktabhishyanda chikitsa	Sha.S.U. 13/ 10

Acharya Sharngadhara has mentioned Manjishtha kalpa mainly in the treatment of Raktavaha srotas vyadhi like vatrakta, kushtha and raktapitta. Manjishtha Kalpa has

also been mentioned in apasmara, vrana, jwar, vata roga, prameha, vyanga, karnastrava and netra roga chikitsa.

Table 8: Therapeutic Ayurvedic Yoga of Manjishtha as per Acharya Bhavamishra

S. No.	Yog	Rogadhikar	Reference
1	Mahalakshadi taila	Jwara chikitsa	B.P.M. 1/ 152-158
2	Padmakadi taila	Jwara chikitsa	B.P.M. 1/ 791-793
3	Samangadi churna	Pakvatisara chikitsa	B.P.M. 2/ 26
4	Vrdha gangadhara churna	Atisara chikitsa	B.P.M. 2/ 32-34
5	Samangadi kshirapaka	Arsha chikitsa	B.P.M. 5/ 143
6	Durvadi ghrta	Raktapitta chikitsa	B.P.M. 9/ 32-36
7	Amrtaprashavaleha	Rajayakshma chikitsa	B.P.M. 11/ 72-77
8	Siddharthakadi ghrta	Daha chikitsa	B.P.M. 21/ 34-37
9	Mahacaitasa ghrta	Daha chikitsa	B.P.M. 21/ 52-61
10	Maha bala taila	Vata vyadhi chikitsa	B.P.M. 24/ 171-180
11	Nava karsika kwatha	Vatarakta chikitsa	B.P.M. 29/ 58-61
12	Pinda taila	Vatarakta chikitsa	B.P.M. 29/ 124
13	Mahapadmaka taila	Vatarakta chikitsa	B.P.M. 29/ 126-129
14	Khuddaka padmaka taila	Vatarakta chikitsa	B.P.M. 29/ 130-131
15	Gutuchi taila	Vatarakta chikitsa	B.P.M. 29/ 132-137
16	Amrtahvaya taila	Vatarakta chikitsa	B.P.M. 29/ 138-144
17	Madhukadi taila	Vatarakta chikitsa	B.P.M. 29/ 157-160
18	Raktasaradi kwatha	Manjishtha meha chikitsa	B.P.M. 38/ 56
19	Arjunadi taila-ghrita	Prameha chikitsa	B.P.M. 38/ 101-103
20	Rakta chandanadi lepa	Raktaja-aagantuja vidradhi chikitsa	B.P.M. 46/ 30
21	Ajagandhadi lepa	Shleshma shotha chikitsa	B.P.M. 47/ 24
22	Asvagandhadi lepa	Vrana shotha chikitsa	B.P.M. 47/ 64
23	Manassiladi lepa	Savarnakarana	B.P.M. 47/ 73
24	Jatyadi ghrta	Vrana chikitsa	B.P.M. 47/ 88
25	Jatyadi taila	Visha vrana chikitsa	B.P.M. 47/ 90-95
26	Gandha taila	Bhagna chikitsa	B.P.M. 48/ 35-46
27	Trivratadi utsadana	Bhagandara chikitsa	B.P.M. 50/ 17
28	Gairikadi lepa	Updamsha chikitsa	B.P.M. 51/ 11
29	Amrta bhallatakavleha	Kushtha chikitsa	B.P.M. 54/ 74-83
30	Mahabhallatakavleha	Kushtha chikitsa	B.P.M. 54/ 84-98
31	Laghu manjishthadi kwatha	Kushtha chikitsa	B.P.M. 54/ 99-100
32	Madhya manjishthadi kwatha	Kushtha chikitsa	B.P.M. 54/101-103
33	Brhat manjishthadi kwatha	Kushtha chikitsa	B.P.M. 54/ 104-106
34	Adityapaka taila	Pama chikitsa	B.P.M. 54/ 134
35	Triphladi lepa	Kaphaja visarpa chikitsa	B.P.M. 56/ 29
36	Manjishthadi lepa	Masurika chikitsa	Ch B.P.M. 60/ 37-38
37	Madhukadi kwatha	Masurika chikitsa	B.P.M. 60/ 51-52
38	Manjishtha lepa	Vyanga chikitsa	B.P.M. 61/ 40
39	Kumkumadi taila	Vyanga-nilika chikitsa	B.P.M. 61/ 46-51
40	Kumari taila	Shiro roga chikitsa	B.P.M. 62/ 42-48

41	Darvyadi lepa	Shankhaka chikitsa	B.P.M. 62/ 57
42	Jatyadi taila	Danta nadi chikitsa	B.P.M. 66/ 60-61
43	Lakshadi taila	Danta roga chikitsa	B.P.M. 66/ 73-76
44	Mrtupasachedi ghrita	Visha chikitsa	B.P.M. 67/ 82-87
45	Rajaniyugmadi lepa	Luta vish chikitsa	B.P.M. 67/ 89
46	Phala ghrita	Yoni roga chikitsa	B.P.M. 70/ 54-61
47	Kshirikadi siddha dugdha	Garbhini shula chikitsa	B.P.M. 70/ 94
48	Hriberadi lepa	Shakunigraha chikitsa	B.P.M. 71/ 65-66
49	Samangadi kwatha	Atisar chikitsa	B.P.M. 71/ 153
50	Maha chandanadi taila	Vajikarana adhikara	B.P.U. 1/ 50-59

Acharya Bhavamishra has mentioned Manjishtha kalpa mainly in the treatment of Raktavaha srotas vyadhi like raktapitta, vatarakta, kushtha and visarpa. Manjishtha

Kalpa has also been mentioned in jwara, atisara, prameha, vrana, bhagna, vyanga and vish chikitsa.

Table 9: Therapeutic Ayurvedic Yoga of Manjishtha as per Yogaratnakara

S. No.	Yog	Rogadhikar	Reference
1	Siddharthadi Pralepaka	Jvara chikitsa	Y.R. Jvara N.Ch. Prakarana/ 37-38
2	Manjishthadi kwatha	Abhinyasa jvara chikitsa	Y.R. Jvara N.Ch. Prakarana/ 108
3	Laghu lakshadi taila	Jvara chikitsa	Y.R. Jvara N.Ch. Prakarana/ 126
4	Vrahad lakshadi taila	Jvara chikitsa	Y.R. Jvara N.Ch. Prakarana/ 127-129
5	Shat-charana taila	Jvara chikitsa	Y.R. Jvara N.Ch. Prakarana/ 130
6	Angaraka taila	Jvara chikitsa	Y.R. Jvara N.Ch. Prakarana/ 131-132
7	Chandanabalaksha taila	Jvara chikitsa	Y.R. Jvara N.Ch. Prakarana/ 134-141
8	Padmakadi churna	Pakvatisara chikitsa	Y.R. Atisara N.Ch. Prakarana/ 42
9	Samangadi churna	Pittatisara chikitsa	Y.R. Atisara N.Ch. Prakarana/ 62
10	Hviberadi kwatha	Atisara chikitsa	Y.R. Atisara N.Ch. Prakarana/ 74-75
11	Samangadi kwatha	Sannipatatisara chikitsa	Y.R. Atisara N.Ch. Prakarana/ 94
12	Samangadi kwatha	Kapha-pittatisara chikitsa	Y.R. Atisara N.Ch. Prakarana/ 100-101
13	Ushiradi kwatha	Jvara-raktatisara chikitsa	Y.R. Atisara N.Ch. Prakarana/ 150-151
14	Dadimavaleha	Jvaratisara chikitsa	Y.R. Atisara N.Ch. Prakarana/ 156-160
15	Atasyadi kwatha	Raktapitta chikitsa	Y.R. Raktapitta N.Ch. Prakarana/ 56
16	Durvadhya ghrita	Raktapitta chikitsa	Y.R. Raktapitta N.Ch. Prakarana/ 76-79
17	Chandanadi churna	Raktapitta chikitsa	Y.R. Raktapitta N.Ch. Prakarana/ 84-89
18	Chandanadi taila	Rajayakshma chikitsa	Y.R. Rajayakshma N.Ch. Prakarana/ 139
19	Chandanabalakshadi taila	Rajayakshma chikitsa	Y.R. Rajayakshma N.Ch. Prakarana/ 141-148
20	Asvagandhadi taila	Rajayakshma chikitsa	Y.R. Rajayakshma N.Ch. Prakarana/ 149-153
21	Shwandanshtradhya ghrita	Urah kshata chikitsa	Y.R. Urah kshata N.Ch. Prakarana/ 12-15
22	Manjishthadi leha	Kshataja kasa chikitsa	Y.R. Kasa N.Ch. Prakarana/ 53
23	Shirishadi nasya	Unmada chikitsa	Y.R. Unmada N.Ch. Prakarana/ 31-32
24	Siddharthakadi yoga	Unmada chikitsa	Y.R. Unmada N.Ch. Prakarana/ 33-36
25	Kalyanaka ghrita	Unmada chikitsa	Y.R. Unmada N.Ch. Prakarana/ 41-47
26	Shirisha pushpadi vati	Bhutonmada chikitsa	Y.R. Unmada N.Ch. Prakarana/ 23-24
27	Karanjadi yoga	Apasmara chikitsa	Y.R. Apasmara N.Ch. Prakarana/ 12-13
28	Maharasnadi kwatha	Vata vyadhi chikitsa	Y.R. Vata vyadhi N.Ch. Prakarana/ 181-183
29	Shatavari narayana taila	Vata vyadhi chikitsa	Y.R. Vata vyadhi N.Ch. Prakarana/ 279-290
30	Shatavari taila	Vata vyadhi chikitsa	Y.R. Vata vyadhi N.Ch. Prakarana/ 291-292
31	Mahabala taila	Vata vyadhi chikitsa	Y.R. Vata vyadhi N.Ch. Prakarana/ 327-335
32	Rasnaputika taila	Dhanurvata chikitsa	Y.R. Vata vyadhi N.Ch. Prakarana/ 341-353
33	Panchatikta ghrita	Vata vyadhi chikitsa	Y.R. Vata vyadhi N.Ch. Prakarana/ 354-357
34	Navakarshika kashaya	Vatarakta chikitsa	Y.R. Vatarakta N.Ch. Prakarana/ 34
35	Laghu manjishthadi kwatha	Vatarakta chikitsa	Y.R. Vatarakta N.Ch. Prakarana/ 39
36	Brhan manjishthadi kwatha	Vatarakta chikitsa	Y.R. Vatarakta N.Ch. Prakarana/ 40-45
37	Padmakadi taila	Vatarakta chikitsa	Y.R. Vatarakta N.Ch. Prakarana/ 72-73
38	Prapondarikadi lepa	Vatarakta chikitsa	Y.R. Vatarakta N.Ch. Prakarana/ 82-83
39	Pinda taila	Vatarakta chikitsa	Y.R. Vatarakta N.Ch. Prakarana/ 90
40	Chavikasava	Gulma chikitsa	Y.R. Gulma N.Ch. Prakarana/ 130-136
41	Manjishthadi kwatha	Manjishthameha chikitsa	Y.R. Prameha N.Ch. Prakarana/ 61
42	Manjishthadi lepa	Pittaja-Shlipada chikitsa	Y.R. Shlipada N.Ch. Prakarana/ 12
43	Nyagrodhadi lepa	Raktaja vrana shotha chikitsa	Y.R. vrana shotha N.Ch. Prakarana/ 46-48
44	Jatyadi ghrita	Vrana Shotha chikitsa	Y.R. vrana shotha N.Ch. Prakarana/ 84
45	Manassiladi lepa	Vrana Shotha chikitsa	Y.R. vrana shotha N.Ch. Prakarana/ 87
46	Goradhya ghrita	Sarva vrana chikitsa	Y.R. Sadhyovrana N.Ch. Prakarana/ 41-44
47	Jatyadi taila	Visha vrana chikitsa	Y.R. Sadhyovrana N.Ch. Prakarana/ 46-50
48	Madhucchishtadhy ghrita	Agnidagdha vrana chikitsa	Y.R. Agnidagdha vrana N.Ch. Prakarana/ 10
49	Chandanadhy taila	Agnidagdha vrana chikitsa	Y.R. Agnidagdha vrana N.Ch. Prakarana/ 12-13
50	Langali ghrita	Agnidagdha vrana chikitsa	Y.R. Agnidagdha vrana N.Ch. Prakarana/ 14-17
51	Manjishthadi lepa	Bhagna vrana chikitsa	Y.R. Bhagna vrana N.Ch. Prakarana/ 16
52	Tiladi lepa	Pittaja-nadivrana chikitsa	Y.R. Nadivrana N.Ch. Prakarana/ 14
53	Tiladi lepa	Shalyaja-nadivrana chikitsa	Y.R. Nadivrana N.Ch. Prakarana/ 15
54	Tiladi lepa	Bhagandara chikitsa	Y.R. Bhagandara N.Ch. Prakarana/ 20
55	Rasanjanadi lepa	Bhagandara-nadivrana chikitsa	Y.R. Bhagandara N.Ch. Prakarana/ 21

56	Gairikadi kwatha	Pittaja-upadansha chikitsa	Y.R. upadansha N.Ch. Prakarana/ 13
57	Shunthyadi mahakashaya	Kushtha chikitsa	Y.R. Kushtha N.Ch. Prakarana/ 64-65
58	Navaka kashaya	Kushtha chikitsa	Y.R. Kushtha N.Ch. Prakarana/ 66
59	Sarshapadi uddhulana churna	Kushtha chikitsa	Y.R. Kushtha N.Ch. Prakarana/ 78-79
60	Sarvangasundara rasa	Kushtha chikitsa	Y.R. Kushtha N.Ch. Prakarana/ 81-85
61	Manjishthadhya taila	Kushtha chikitsa	Y.R. Kushtha N.Ch. Prakarana/ 142
62	Vrahatsinduradhya taila	Pama chikitsa	Y.R. Kushtha N.Ch. Prakarana/ 186-189
63	Visha taila	Shwitra chikitsa	Y.R. Kushtha N.Ch. Prakarana/ 213-216
64	Prapondarikadi lepa	Pittaja-visarpa chikitsa	Y.R. Visarpa N.Ch. Prakarana/ 33
65	Triphaladi lepa	Kaphaja-visarpa chikitsa	Y.R. Visarpa N.Ch. Prakarana/ 36
66	Manjishthabhya	Visarpa chikitsa	Y.R. Visarpa N.Ch. Prakarana/ 56-63
67	Nyagrodhadi lepa	Vataja-masurika chikitsa	Y.R. Masurika N.Ch. Prakarana/ 41
68	Manjishtha churna	Yovanpidika chikitsa	Y.R. Kshudrarooga N.Ch. Prakarana/ 124
69	Manjishtha lepa	Vyanga chikitsa	Y.R. Kshudrarooga N.Ch. Prakarana/ 127
70	Arjunadi lepa	Vyanga chikitsa	Y.R. Kshudrarooga N.Ch. Prakarana/ 128
71	Kumkumadi taila	Vyanga chikitsa	Y.R. Kshudrarooga N.Ch. Prakarana/ 135-140
72	Manjishthadhya taila	Nilika chikitsa	Y.R. Kshudrarooga N.Ch. Prakarana/ 141-143
73	Jatyadi taila	Danta nadi chikitsa	Y.R. Mukharoga N.Ch. Prakarana/ 122
74	Erimedadi taila	Mukha roga chikitsa	Y.R. Mukharoga N.Ch. Prakarana/ 134-138
75	Lakshadi taila	Danta roga chikitsa	Y.R. Mukharoga N.Ch. Prakarana/ 139-142
76	Kushthadi churna	Danta raktastrava chikitsa	Y.R. Mukharoga N.Ch. Prakarana/ 143
77	Panchakashaya	Karna roga chikitsa	Y.R. Karnaroga N.Ch. Prakarana/ 60
78	Darvyadi lepa	Shankhaka roga chikitsa	Y.R. Siroroga N.Ch. Prakarana/ 63
79	Drakshadhy ashchyotana	Abhishyanda chikitsa	Y.R. Netraroga N.Ch. Prakarana/ 367
80	Chandanadi vidalpadaka	Pettika- abhishyanda chikitsa	Y.R. Netraroga N.Ch. Prakarana/ 369
81	Shreeparnyadi anjana	Raktaja- Abhishyanda chikitsa	Y.R. Netraroga N.Ch. Prakarana/ 384-385
82	Pushyanuga churna	Pradar roga chikitsa	Y.R. Striroga N.Ch. Prakarana/ 32-37
83	Phala ghrita	Yoni roga chikitsa	Y.R. Yoniroga N.Ch. Prakarana/ 41-48
84	Ushiradi churna	Garbha strava-pata chikitsa	Y.R. Garbharoga N.Ch. Prakarana/ 63
85	Chandanadi lepa	Garbhini shofa chikitsa	Y.R. Garbharoga N.Ch. Prakarana/ 88-89
86	Murvadhya udavartana	Bala jvara chikitsa	Y.R. Balaroga N.Ch. Prakarana/ 51
87	Samangadi kwatha	Balatisara chikitsa	Y.R. Balaroga N.Ch. Prakarana/ 55
88	Mocharasadi yavagu	Raktatisara chikitsa	Y.R. Balaroga N.Ch. Prakarana/ 57
89	Hviberadi pralepa	Grahajushtha bala chikitsa	Y.R. Balaroga N.Ch. Prakarana/ 143-144
90	Grahadhumadi yoga	Aakhu visha chikitsa	Y.R. Visha N.Ch. Prakarana/ 111
91	Rajanidvayadi lepa	Luta visha chikitsa	Y.R. Visha N.Ch. Prakarana/ 138
92	Mratyuchardi ghrita	Visha chikitsa	Y.R. Visha N.Ch. Prakarana/ 164-169
93	Chandanadi taila	Vajikara yoga	Y.R. Vajikara Prakarana/ 86-95
94	Durvadi ghrita	Vajikara yoga	Y.R. Vajikara Prakarana/ 170-174

The Ayurvedic kalpas having Manjishtha as an important ingredient have been found to be useful in the treatment of Raktavaha srotas diseases like raktapitta, vatarakta, Kushtha and visarpa. The Ayurvedic kalpa of Manjishtha is also used in jvara, atisara, rajayakshma, vata vyadhi, vrana shotha, bhagandara, mukharoga, netraroga and visha chikitsa.

DISCUSSION

Manjishtha is very important drug, which is described from ancient time. Acharyas had already known the importance of Manjishtha in the therapeutic management. Hence they used single or in combination in the form of churna, kwath, lepa, ghrita, taila / used internally or externally to cure and prevent the various diseases. It has varnya in property, which means it helps to enhance the lusterness of the skin. The laboratory study revealed *Rubia cordifolia* as a promising anti-acne agent because it inhibits the proliferation of *Propionibacterium acnes* hence prevents its consequences.¹⁸ Anthraquinones glycosides rich fraction in concentration of 500 µg/ml exhibited significant anti-acne activity. Also a gel formulation G3 with 0.1 % anthraquinone fraction was found to be effective against *P. acne*.¹⁹ It has also vrana in property, which means it help to heal the wounds earlier. The animal study shows that, the gel and the extract both showed the wound healing activity in mice.²⁰

Manjishtha has also shothther (anti-inflammatory) property and hence reduces the oedema. The animal study show that, the ethanolic extract of stem of *Rubia cordifolia* possess significant anti-inflammatory activity against experimentally induced paw oedema in rats.²¹ The 5 %, 10 % and 20 % gel preparations of alcoholic extract of *Rubia cordifolia* significantly inhibited the paw edema when compared to diclofenac after three hours of carrageenan injection.²² Strong anti-inflammatory activity of the petroleum ether roots of *Rubia cordifolia* has also been reported.²³ It also acts in various new emerging conditions and diseases like cancer. The laboratory study of natural food colorant plant of *Rubia cordifolia* possesses antimutagenic properties.²⁴ The laboratory study results show that root extracts of *Rubia cordifolia* is promisingly cytotoxic and they might have antitumor activity against myeloid leukemia and Histolytic lymphoma.²⁵ The present study suggests that the extracts from the roots of *Rubia cordifolia* possesses antimutagenic properties.²⁶ It is also used as a antioxidant agent to inhibit the ill effect of free radical. The animal study shows that, the *Rubia cordifolia* has potent antioxidant activity against lead sensitive Hematological, Sereological and also on effect on body weight.²⁷ The animal study demonstrates the potent antioxidant properties of the extract.²⁸ The animal study shows that, the gastroprotective effect of *Rubia cordifolia* Linn

demonstrated that chloroform fraction was more potent than parent methanol extract at lower dose.²⁹

CONCLUSION

The Manjishtha may be used in all types of skin diseases as it has Raktashodhaka property. It will prove to be very effective in the patient of acne vulgaris as it have anti-mutagenic property and it can be used in cancer however further research is needed to validate the reported findings.

ABBREVIATIONS

B.P.N. = Bhavprakash Nighantu
M. D. = Madhava Dravyagunah
Raj.N. = Raj Nighantu
Kaiy.N. = Kaiyadeva Nighantuh
Grn. = Gunaratnamala
Dha.N. = Dhanvantari Nighantu
Pri.N. = Priya Nighantu
Ch.S.Sha. = Charaka Samhita Sharira Sthana
Ch.S.Chi. = Charaka Samhita Chikitsa Sthana
Ch.S.Si. = Charaka Samhita Shiddhi Sthana
S.S.Su. = Susruta Samhita Sutra Sthana
S.S.Chi. = Susruta Samhita Chikitsa Sthana
S.S.K. = Susruta Samhita Kalpa Sthana
S.S.U. = Susruta Samhita Uttaratantra
A.H.Sha. = Astanga Hrdayam Sharira Sthana
A.H.Chi. = Astanga Hrdayam Uttara Sthana
A.H.K. = Astanga Hrdayam Uttara Sthana
A.H.U. = Astanga Hrdayam Uttara Sthana
Sha.S.M. = Samgadharma Samhita Madhyama Khanda
Sha.S.U. = Samgadharma Samhita Uttara Khanda
B.P.M. = Bhavaprakasa Madhyama Khanda
B.P.U. = Bhavaprakasa Uttara Khanda
Y.R. = Yogaratnakara
N.Ch. = Nidana Chikitsa

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