



CLINICAL INDICATIONS OF MANJISHTA (RUBIA CORDIFOLIA)- A SCIENTIFIC AND EXPERIENTIAL VIEW

Dr Prof Shripathi Acharya

Director Academic and Development

Muniyal Institute of Ayurveda

Medical sciences, Manipal, India

Email shripathi_acharya @yahoo co. in

Dr Malini

Assistant Professor

Department of PG Studies in Kayachikitsa

Muniyal Institute of Ayurveda

Medical Sciences, Manipal

Dr Prithvi N Bhat

Assistant Professor

Dhanwantari Ayurveda Medical College,

Hospital and Research centre,

Siddapura, Uttarakannada District

Karnataka

Dr Rajeshwari S Acharya

III PG Scholar

Department of PG Studies in Panchakarma

Government Ayurveda Medical College

Bengaluru

Abstarct

In Ayurveda Medicines, herbs are commonly used in the management of various disorders. Sometimes they are used in single or in combination. Manjishta(*Rubia cordifolia*) stem are used in the management of skin disorders and disorders of blood vessels. Manjishta is having the action like Kashaya rasa, Sheeta virya, Raktashodhaka, Vranaropaka, Antiulcer, Anticancer, Antioxidant, Anti-inflammatory, Anti-infective, Anti-bacterial, Antiviral and Antifungal activity. It is commonly used in diseases like chronic non healing ulcer, Diabetic trophic ulcer, Madhumeha, Vatarakta, Peripheral Vascular diseases, Deep vein thrombosis, Cellulitis, Herpes zoster, folliculitis, Eczema, Contact dermatitis, Psoriasis, Scabies and Padadari. The present paper highlights the clinical indication of Manjishta(*Rubia cordifolia*) in scientific and experiential view.

Key words- Manjishta, Raktashodhaka, Madhumeha, Folliculitis.

Introduction

Herbs are commonly used in Ayurveda medicines either singly as Ekamoolika prayoga or as formulation. Manjisthta (*Rubia cordifolia*) is such one herb which is used frequently in the management of various skin disorders and diseases pertaining to blood vessels.

Properties 1,2.

Rasa – Madhura, Tikta, Kashaya

Guna- Guru, Ruksha

Veerya – Ushna

Vipaka – Katu

Doshagnata- Kapha pittashaamaka

Rogagnata- 3,4.

Vrana shotha, Kushtha, Agnimandya, Amadosha, Atisara, Raktavikara, Krimi, Kasa, Swarabheda, Kashtartava, Rajorodha, Prameha, Kushta, Visarpa, Jwara, Varnavikara, Dourbalya, Vishavikara

Karma –5,6,7.

Deepana, Pachana, Shothahara, Vranaropana, Sthambhana, Krimighna, Raktashodhaka, Kaphaghna, Garbhashayauttejaka, Artavajanana, Stanyashodhana, Varnya, Balya, Pramehaghna, Jwaraghna, Rasayana and Vishaghna.

Actions and uses – 8,9,10.

Roots are anti inflammatory, astringent, anodyne, antiseptic, antihelminthic, carminative, depurative, immunogogue, diuretic, ophthalmic, febrifuge, tonic and rejuvenating. It is useful in paralysis, rheumatoid arthritis, sarvanga shotha, neuralgia, cephalalgia, dyspepsia, flatulence, leucoderma, pruritis, ulcers, wounds, dysmenorrhoea, amenorrhoea, intestinal debility, strangury, renal and vesical calculus, pharyngitis, intermittent fever, cough, shwitra, madhumeha, slow healing of bone fractures, Rickets, skin tuberculosis, eye and ear diseases, raktarshas, kamala, pleeha vruddhi, liver disorders, arthralgia, shweta pradara and dourbalya(general debility).

Chemical constituents

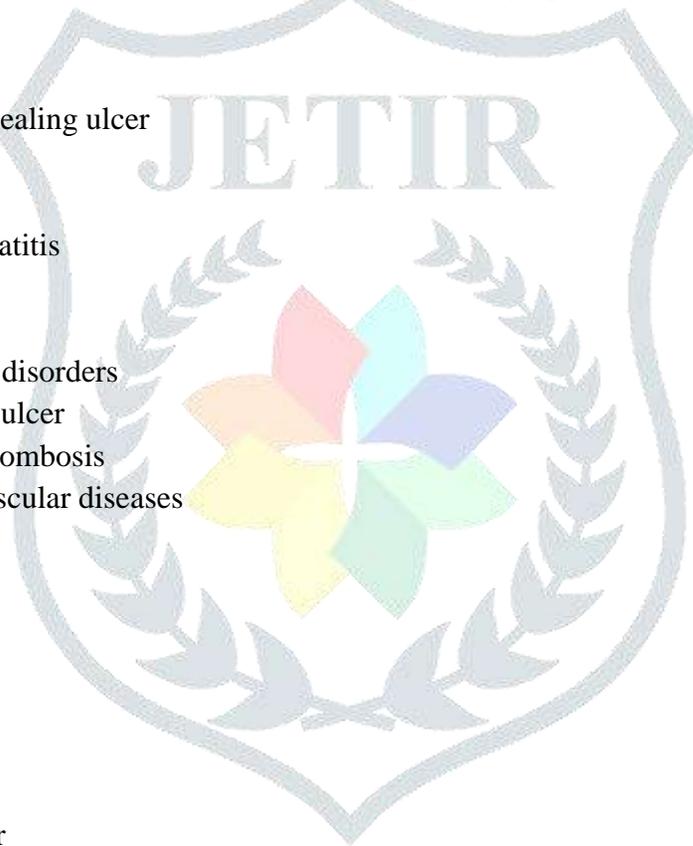
Root contains resin, sugar, coloring matter and calcium purpurin glucoside- Manjistin, Xathopurpurin and pseudopurpurin.

Pharmacological actions

Antiinflammatory, antibacterial, antihelminthic, antiviral, antioxidant, haemostatic and lipid peroxidative activity, hypoglycemic activity. It has showed considerable activity against Lymphoid leukemia(p₃₈₈) in mice.

Clinical indications 11,12.

1. Chronic nonhealing ulcer
2. Raktapitta
3. Furunculosis
4. Contact dermatitis
5. Psoriasis
6. Scabies
7. Hemorrhagic disorders
8. Diabetic foot ulcer
9. Deep vein thrombosis
10. Peripheral vascular diseases
11. Vatarakta
12. Hemorrhoid
13. Carbuncle
14. Skin abscess
15. Sheeta pitta
16. Udarda
17. Cellulitis
18. Herpes Zoster
19. Thrombophlebitis
20. Shweta pradara
21. Raktapradara
22. Madhumeha
23. Kamala
24. Alcoholic liver disease
25. Splenomegaly



Formulations (Yogas)

Manjishtadi Kashaya, Mahamanjishtadi Kashaya, Khadiradi gutika, Manjisthadi Lepa, Manjishtadyarka, Guduchyadi taila, Manjishtadi taila, Bruhat Manjishtadi Kwatha, Chandanasava, Usheerasava, Aravindasava and Ashwagandharishta.

Research outcomes

Fourty five patients suffering from scabies with secondary infection were treated with Ayurvedic preparation Aragwadha kwatham(Decoction of cassis fistula bark) for external application, Palmarin ointment(Total alcohol extraction of Paranthi moola(Ixora coccinea), Dineshavalli(Ventilago madtraspatna) and Manjisthta (Rubia cordifolia) in Vaseline base was used. About 51% cases were completely relieved within 20-50 days, 42% got

partial relief, while remaining 7% got no relief. 32 cases prescribed with *Alstonia scholaris* bark extract(60ml twice a day) internally and pinda taila (prepared from *Rubia cordifolia* and *Hemidesmus indicus*) applied externally showed relief from minor skin diseases in 10-30 days. Herbomineral compound consisting of *Aloe indica*, *Rubia cordifolia*, *Peganum harmala*, *Breynia patens* and *Leptadenia reticulata* improved menstrual pattern considerably (95.2%) in woman suffering from sterility. Conception rate was high (62.5%). It was promoting conception in both primary and secondary sterility.

Discussion 13,14.

Manjistha(*Rubia cordifolia*) is a herb used in disorders pertaining to skin and blood vessels. Manjisthadi kwatha is given with Pravala panchamruta rasa, Shilajitwadi loha and Triphala guggulu in chronic non healing ulcer.. In petechiae and ecchymosis, it is given with Kamadugha rasa with mouktika and Usheerasava. In Furunculosis mahamanjisthadi kwatha is given along with Mahatiktaka kashaya, Arogyavardhini vati and Kaishora guggulu. In Contact dermatitis it is given with Arogyavardhini vati, Rasamanikya internally and Mahamarichyadi taila external application. In Psoriasis, manjishta churna is given with Guggulu tiktaka kashaya internally and Stri Kutaja taila or Dinamallika taila external application. In Haemorrhagic disorders where some clotting factors are deficient, Manjishta churna is given with Usheerasava and Pravaala panchamruta rasa or Mukta panchamrita rasa. In Chronic diabetic foot ulcers, Manjishta churna is given with Nisha katakadi kashya, Vasantha Kusumakara rasa and Jatyadi taila application. The wound can be cleaned with Panchavalkala kashaya or Triphala kashaya. In Deep vein thrombosis, Manjisthadi kashaya is given with Kaishora guggulu and Vishatinduka vati. In peripheral vascular disease, Manjishta churna is given with Triphala guggulu or Kaishora guggulu and vishamushti vati.

In Vatarakta, Mahamanjishtadi kashaya is given with Kaishora guggulu and Pinda taila for external application. In Haemorrhoids, Manjishta churna is given with Usheerasava and Triphala tablets. In Carbuncle, Mahamanjishtadi kashaya is given with Mahatiktaka kashaya, Gandhaka rasayana and vrinapahari rasa. In skin abscess, Manjishta churna is given with Gandhaka rasayana and Triphala guggulu, Marmani lepa is applied externally. In sheeta pitta it is given with Sarivadyasava and Laghusootashekhar vati. In Udarda, similar medicines are effective. In Cellulitis, Mahamanjishtadi kashaya is given with Pravala pishti, Kamadugha rasa with mouktika and Sarivadyasava. In herpes zoster, Manjishta churna is given with Sarivadyasava, Godanti Bhasma with Narikela jala and Shuddha swarna gairika choorna external application. In Thrombophlebitis, Mahamanjishtadi kashaya is given with Kaishora guggulu and Vishamushti vati. In Shweta pradara manjishta churna is given with Godanti bhasma and Lodhrasava. In rakta pradara it is given with Usheerasava. In madhumeha, Mahamanjishtadi kashaya is given with Chandraprabha vati and Godanti Bhasma. In kamala, Manjishta churna is given with Arogya vardhini rasa and Guduchi kashaya. Similarly in Alcoholic liver disease, it is given with Kharjuradi mantha, Arogyavardhini vati and Phalatrikadi kashaya. In splenomegaly cases, it is given with Kamadugha with mouktika and Usheerasava.

Conclusion

1. Manjishta is given in Raktaja rogas, skin diseases and disorders pertaining to blood vessels.
2. Various formulations pertaining to Manjisthta are available in the market which is popularly given in the management of various chronic disorders.
3. There is least adverse drug reactions seen after the administration of these formulations

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