



A review article of *Rasapanchak of Manjishta (Rubia cordifolia Linn.) according to Ayurveda from Brihatrayi & Various Nighantu.*

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Abstract:

Manjishta or Indian Maddar is considered to be one of the best blood purifying herbs. It is mainly used to break down blockages in the blood flow and remove stagnant blood. Its root is extensively used in many skin diseases. Manjishta is widely used in textile industry as a natural red colouring agent.

This review article presents information about Rasapanchak – *Rasa*, *Veerya*, *Vipak*, *Guna* and *Karma* of *Manjishta* mentioned by *Acharya Charak*, *Sushrut* & *Vaghbhata* as well by various *Nighantukar*.

Keywords: *Manjishta*, *Rubia cordifolia*, *Indian Maddar*.

Introduction:

Name of Manjishta in Sanskrit translates to “bright red”, alluding to its strong affinity to the blood. An extremely important herb in Ayurveda, Manjishta is a medicinal important plant species of the family *Rubiaceae*. It is a well-known for its

valuable active principals found in it which are used in drug preparation. The ancient Indian *Acharya Charak*, classified Manjishta as a “rejuvenative” that acts as a detoxifier. *Acharya Sushrut* another sage and surgeon recommended it for balancing the bio-elements or life energies of the body for good health.

Materials & Methodology:

A detail study of Manjishta is compiled from all *Brihatrayi* and various *Nighantu*.

1. Vedic Period

There is no specific reference of the drug Manjistha found in vedic period.

2. Samhita Period

The drug Manjishta mentioned very commonly in *Brihatrayi* and *Laghutrayi*. Manjishta is considered as important drug in the management of *Raktapitta*, *Vranaropan*, *Shonitaarsha*, *Raktaatisar* etc. It is also used as *Varnya* in various *Twak roga*.

3. Nighantu Period

As Manjishta is a commonly used drug since *Samhita kala*, almost all *nighantus* have mentioned of Manjistha with various synonyms, *rasa*, *guna*, *virya*, *vipak* and *ganas*.

Nirukti of Manjishta:

“मञ्जिष्ठा – मञ्जौ शोभने वर्णं शरीरं
स्थापयतीति, रक्तशोधकत्वात्;
अथवा—मञ्जुत्वे सर्वातिशायिनी तिष्ठतीति ” ।
भावदीपिका ३

- It provides good colour or appears very beautiful.



References of Rasapanchak

Rasapanchak		C.S.	S.S.	A.S./ A.H.	B.N.	D.N.	M.N.	K.N.	R.N.	Sg. N.
<i>Rasa</i>	<i>Madhur</i>	-	-	-	+	+	+	+	+	+
	<i>Tikta</i>	-	-	-	+		+	+		+
	<i>Kashaya</i>	+	-	+	+	+	+	+	+	+
<i>Virya</i>	<i>Ushna</i>	-	-	-	+	+	+	+	+	+
	<i>Sheet</i>	-	-	-	-	-	-	-	-	-
<i>Vipak</i>	<i>Madhur</i>	-	-	-	+	+	+	+	+	+
	<i>Katu</i>	-	-	-	-	-	-	-	-	-
<i>Dosha Karma</i>	<i>Vataghna</i>	-	-	-	-	-	-	-	-	-
	<i>Pittaghna</i>	+	+	+	-	-	-	-	-	-
	<i>Kaphaghna</i>	-	-	-	+	+	+	+	+	+
	<i>Tridoshaghna</i>	-	-	-	-	-	-	-	-	-
	<i>Kapha-Vataghna</i>	-	-	-	-	-	-	-	-	-
	<i>Kapha-Pittaghna</i>	-	-	-	-	-	-	-	-	-
	<i>Vata-Pittaghna</i>	-	-	-	-	-	-	-	-	-

References of Guna:

Guna	C.S.	S.S.	A.S./ A.H.	B.N.	D.N.	M.N.	K.N.	R.N.	Sg. N.
Gura	-	-	-	+	+	+	+	+	+
Laghu	-	-	-	-	-	-	-	-	+
Ushna	-	-	-	+	+	+	+	+	+
Ruksha	-	-	-	-	-	-	-	-	-
Snigdha	-	-	-	-	-	+	-	-	-

References of Karma:

Karma	CS	SS	AH	BN	DN	MN	KN	RN	Sg.N	Sh.N
<i>Arshoghna</i>	+	+	+	-	-	-	+	-	+	-
<i>Dahashamak</i>	+	+	-	-	-	-	-	-	-	-
<i>Jwarahar</i>	+	+	-	-	-	-	-	+	+	-
<i>Kandughna</i>	+	+	+	-	-	-	-	-	-	-
<i>Krumighna</i>	+	-	-	-	-	+	-	-	+	-
<i>Kusthaghna</i>	+	+	+	+	-	+	+	-	+	+
<i>Raktaprasadan</i>	+	-	+	+	+	+	+	-	+	-
<i>Sandhaniya</i>	+	+	-	-	-	-	-	-	-	-
<i>Shonitsthapan</i>	+	-	+	+	-	+	-	-	+	-
<i>Shothahar</i>	+	-	+	+	-	+	+	-	+	+
<i>Shulaghna</i>	-	+	+	+	-	+	-	-	+	-

Varnya	+	-	+	+	-	-	-	-	-	+
Vishaghna	+	+	+	+	+	+	+	+	+	-
Vrana-Ropan	+	+	+	+	+	+	+	-	+	-

Discussion

- *Bhavprakash, Dhanvantari, Madanpal, Kaiyadev, Raj and Shaligram Nighantu have mentioned Ras of Majishtha-Madhur, Tikta, Kashaya; Virya – Ushna ; Vipak – Madhur; Kaphaghna; Guru, Ushna Guna. Acharya Charak & Vaghbhat mentioned – Kashaya rasatmak & Pittaghna.*
- *Rasa - As Manjishtha being Madhur, Tikta and Kashaya rasatmak, its panchabhautik predominance is Madhur - Prithavi + Jal*
Tikta - Vayu + Akash
Kashaya - Vayu + Prithavi
 - *Virya – Ushna virya of Manjishtha indicates Agni mahabhuta predominance.*
Vipak - Manjistha having Madhur vipak stated as per majority of the acharyas, has Prithavi and Jal mahabhut predominance.
 - *Guna - Manjistha possesses the following guna as per most of the reference texts which shows its mahabhut dominance is as follows-*
 - ***Guru – Prithavi + Jal***
Ushna – Agni

Conclusion

Based on the above-mentioned analysis, it can be concluded that the *Manjishtha* is

Madhur, Tikta, Kashaya rasatmak; Ushna viryatmak; Madhur vipaki; Guru, Ushna, Snigdha gunatmak and Kapha-Pittahara.
Manjistha is Agni, Vayu and Prithvi mahabhut pradhan.

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Abbreviations

- C. S. – *Charak Samhita*

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| <ul style="list-style-type: none">• <i>S. S. – Sushrut Samhita</i>• <i>A. H. – Ashtang Hridayam</i>• <i>A.S. – Ashtang Samgrah</i>• <i>D. N. – Dhanvantari Nigantu</i>• <i>B. N. – Bhavaprakash Nigantu</i> | <ul style="list-style-type: none">• <i>R.N. - Raj Nigantu</i>• <i>M. N. – Madanpal Nigantu</i>• <i>K. N. – Kaiyyadev Nigantu</i>• <i>Sh. N. – Shodhal Nigantu</i>• <i>Sg. N. – Shaligram Nigantu</i> |
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