

An ayurvedic review on manjishtha (*Rubia cordifolia*) from Veda`s to nighantu`s

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Abstract: Manjishtha (*Rubia cordifolia*) is an important medicinal plant since ancient time which is used in various ayurvedic formulations. Plant parts like roots, stems, leaves, and fruits are being used to treat various diseases. Manjishtha is excessively collected from natural habitat and becoming rare and vulnerable in different parts of country. In medieval period and sangraha kala tremendous use of manjishtha is seen in various formulations for various diseases. It seems like a magical drug which is prescribed in all ayurveda classics. Its roots are used internally for treatment of abnormal uterine bleeding, internal and external hemorrhage, kidney stones, bronchitis etc. but mainly it is considered as a highly valuable plant for treating skin disorders. Here in this article the effort is to highlight all the information regarding description of manjishtha from Vedas, purans to nighantus.

Keywords: manjishtha, Veda, purana, nighantu.

Introduction

Manjishtha is climbing scabrous herb with Stem 4 angled, articulate. Leaves whorled 4 in each node cordate at base and acuminate at apex ,3-5 ribbed from base, Petiole 2.5 cm long, Flowers 3mm across, Flowering and fruiting- November- December.

Ayurveda is an ancient system of medicine which has various formulations for every disease. Today the entire world is moving towards reverse pharmacology as establishing new drug is a complex procedure and our ayurveda system of medicine already has established formulations and single drug therapy for every disease. So to revalidate it is a easy procedure. Manjishtha is one of the drug which is prescribed for various diseases in each era. Manjishtha has so many vernacular names like aruna, bhandi, jingi. Traditionally powdered dried roots fruits are taken internally for the treatment of skin diseases and disorders of spleen. It has been also described for treatment of major burns, ulcers and bone fractures. It is considered as tonic and is useful in treatment of fever. In purans also description of manjishtha is found abundantly which shows the importance of drug since ancient period. To make study easy and proper, historians has divided the period into ancient period (4000B.C to 6 cent A.D). Medieval period (7th to 15th cent A.D) and modern period (16th cent A.D onwards)

Sources and methods:

A detail study of drug is compiled from various Ayurvedic texts, scientific Journals and research papers and all available literature.

Vedic review of manjishtha (Ancient period)

• ATHARVAVEDA[1]:-

In Atharvaveda there is no description by the name Manjishtha but in 19th kaand there is a detail description of drug with a name Jangid which resembles a similarity according to its habitat and therapeutic use with drug manjishtha, as it's one of the synonym is Jingini, so by the following description we can predict that maybe it's a description of jingini. The drug called jangid destroys dangerous ashareek named disease and vishareek named disease, balas named disease and the disease called takma

PAURANIK REVIEW OF MANJISHTHA

There is clear description of manjishtha in Agnipurana and matasyapurana.

AGNIPURANA [2] - In 265th dikpalidisanam chapter in verse 7 a clear description of drug manjishtha is given.

MATASYAPURANA [3]:-

In matasyapurana manjishtha is described at different places.

In 118 chapters in verse 23 along with ashmantak, jambeer trees manjishtha is described by its synonym Kala.

In 217 chapters in verse 63 also manjishtha is described with a name kala. And in verse 72, 77 it is defined by its synonym samanga.

Along with laaksha, priyangu and other drugs manjishtha is defined in chapter 218 verse 6

Mythological history of Manjishtha

Description of manjishtha is not found abundantly in our mythology but in Ramayana at kishkindha kanda its description has come by its synonym rakta.

Shalmali, kinshuka, and similarly Rakta kuravakas, tinisha, naktamla even chandana and similarly syandana. (4/1/81)[4]

Manjishtha in nighantu`s

Bhavprakash nighantu [5]

Name and properties of manjishtha: manjishtha, vikasa, jingi, samanga, kalmeshika, mandukparni, bhandiri, bhandi, yojanvalli, rasayani, aruna, kala, raktangi, raktayastika, bhanditiki, gandiri, manjusha, and vastraranjini all are synonyms of manjishtha. Manjishtha comprises of madhura, tikta, and kashaya rasa. It enhances voice and improves complexion. It is guru and ushna in veerya and is used in treatment of visha, kapha, shotha, yoni, netra, and karna disorders, raktatisara, kushtha, raktadosha, visarpa, vrana, and prameha.

Dhanwantari nighantu [6]

Kalameshi, samanga, vikasa, aruna, manjuka, raktayashti, bhandi, yojanvalli, kshetrini, vijaya, rakta, raktangi, vastrabhushana, jingi, bhandi, kala, gandali, and kalameshika are synonyms of manjishtha.

Guna karma- manjishtha is madhura and kashaya in rasa ushna in veerya and guru. It treats kapha, ugra vrana, prameha, raktavikara, visha and netraroga.

Madanpaal nighantu [7]

Manjishtha, vijaya, rakta, raktangi, kalameshika, raktayashti, tamravalli, samanga, vastrabhushana, manjula, vikasa, bhangi, chadmika, jwaranashini are synonyms of manjishtha.

Manjishtha is madhura, kashaya and tikta in rasa and is golden in colour. It is guru and ushna in property and wins over visha, kapha, shophya, yonishool, netrashool, raktatisara, kushtha, rakta, visarpa, vrana, and prameh. Shaak of manjishtha has deepan property and possess madhura rasa and wins over pitta and vata

Kaidev nighantu:-[8]

Raktangi, raktyashtika, chadmaka, manjula, bhandi, bhandira, tamravalli, samanga, vikasa, vastrabhushana, tamramula, kalmeshi, jingi, yojanvalli, are synonyms of manjishtha.

Manjishtha is madhura, kashaya, and tikta in rasa, guru in property, ushna in veerya and enhances voice quality. It root out ear disorders, eye disorders, vaginal disorders, kapha, shotha, visha, visarpa, prameha, kushtha, arsha, vrana vikara, and raktavikar.

Shaak of manjishtha is sweet in taste, laghu, snigdha and has agnideepak property and wins over vaat and pitta.

Discussion

Nowadays there are so many new diseases are emerging which have insufficient management. Ayurveda gives basic knowledge on diagnosis and prevention and treatment of diseases. Manjishtha is a drug which is described in all ayurveda classics in various formulations for different therapeutic actions. This shows the deep knowledge of our acharyas regarding manjishtha. Manjishtha is used as single remedy for various diseases as well as in formulations. Lepa, churna, kwatha, etc all the formulations are available. It is advised for internal as well as external use. All these show the versatility of drug.

Acharya charak has categorised it as varnya, jwarahara, vishaghna, rasayana. Whereas, acharya sushruta has mentioned manjishtha as pittashamak. It has many other traditional medicinal values. So many modern researches had been conducted on manjishtha, to know its chemical compositions. And it is proven that it possess so many such chemicals because of which it is so versatile.

Conclusion

From this study the effort was to highlight out traditional knowledge and promote reverse pharmacology. There are so many drugs like manjishtha are present in our ancient classics which needed to be study clinically and to be set standardization.

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