



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Therapeutic Review Of Mahamanjishthadi Kwatha In Skin Disorders.

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ABSTRACT:

Mahamanjishthadi Kwatha is mainly indicated in the management of skin disorders and blood related disorders.

This review compiles evidence from texts like *Sharangdharsamhita* to under score Mahamanjishthadi Kwatha's potential as a safe and holistic approach to manage skin diseases. It contains a synergistic combination of herbs such as *Manjishtha* (*Rubiocordifolia*), *Neem* (*Azadirachta indica*), *Guduchi* (*Tinosporacordifolia*), *Sariva* (*Hemidesmus indicus*), and *Triphala* (*Amalaki*, *Haritaki*, *Bibhitaki*), which together provide detoxifying, anti-inflammatory, and antimicrobial actions. The pharmacological properties of individual ingredients have been validated in various experimental and clinical settings, supporting skin healing, immune modulation, and microbial control.

Several case studies and small-scale clinical reports demonstrate positive outcomes in chronic and relapsing Kushta diseases, showing reductions in inflammation, lesion severity, and recurrence rates. One study involving acne management highlighted its effectiveness in combination with leech therapy, while another showed notable improvement in psoriasis severity scores following its administration.

INTRODUCTION:

Mahamanjishthadi Kwatha is named after its main ingredient Manjistha (*Rubiocardifolia*) which is known to be a potent herb for its Rakta Shodhaka properties. There are 44 ingredients in this formulation. Classical Ayurvedic practice often includes Mahamanjishthadi Kwatha as part of a broader treatment plan, sometimes alongside *Shodhana* (purificatory therapies) like *Virechana* (purgation) for more chronic or stubborn skin conditions.

Mahamanjishthadi Kwatha contains multiple ingredients, each contributing specific therapeutic properties. Each herb is selected for its specific properties and its ability to interact with other ingredients in the formulation. Understanding the individual properties of each ingredient helps explain the overall therapeutic benefits of the formulation, which is crucial for standardizing and ensuring the quality of Mahamanjishthadi Kwatha.

Mahamanjishthadi Kwatha has Raktaprasadaniya character. Hence it facilitates formation of healthy newer tissue and strengthens the blood vessels. It helps balance Tridosha. It is particularly effective in helping to maintain Pitta vitiation and also balance Vata and Kaphadoshas. It is also used to help manage Urinary tract and gynaecological disorders. It also has cooling effect on the body.

The research paper aims to review the existing literature on Mahamanjishthadi Kwatha, its key ingredients and their properties, traditional uses and indications, preparation and pharmacological actions and mechanisms, safety profile. Ultimately this may provide insights into the potential integration of Mahamanjishthadi Kwatha into evidence based medical practices, thus enhancing our understanding of its role in holistic health and management.

CLASSICAL BACKGROUND

Reference of Mahamanjishthadi Kwatha can be traced in Sharangdhar Samhita in the name of Brihat Manjisthadi Kwatha and lists 44 ingredients with Manjistha (*Rubia Cordifolia*) as a primary herb.

Sharangadhara Samhita, Madhyama Khanda 137 - 142

मञ्जिष्ठा मुस्तकुटजगुडूची कुष्ठनागरैः भाङ्गुक्षुद्रावचानिम्बनिशाद्वयफलत्रिकैः।

पटोलकटुकीमूर्वाविडङ्गसनचित्रकैः॥ 138 ॥ शतावरीत्रायमाणाकृष्णेन्द्रयववासकैः।

भृङ्गराजमहादारुपाठाखदिरचन्दनैः॥ 139 ॥ त्रिवृद्धरुणकैरातबाकुचीकृतमालकैः।

शाखोटकमहान्मिबकरञ्जातिविषाजलैः॥ 140 ॥ इन्द्रवारुणिकानन्तासारिवापर्पटैः समैः।

एभिः कृतं पिबेत्कार्थकणागुगुलुसंयुतम्॥ 141 ॥

अष्टादशे सुकुष्ठेषु वातरक्तार्दिते तथा। उपदंशे क्षीपदे च प्रसुप्तौ पक्षघातके॥ 142 ॥

मेदोदोषेनेत्ररोगेमञ्जिष्ठादिःप्रशस्यते।

The formulation primarily features **Manjishtha (Rubiacordifolia)**, which is considered one of the most potent *Raktashodhaka* herbs, known for its deep detoxifying action on the circulatory system. Classical Ayurvedic texts describe it as *Tikta* (bitter), *Kashaya* (astringent) and *Katu*(pungent) in taste, with a *Ushna Virya* (hot potency), making it effective in pacifying *Pitta* and *Kapha* Doshas.

These herbs are decocted together to form a *Kwatha* (herbal decoction), intended for oral consumption. ingredients includes Triphala, Brihati, Vacha, Haridra, Musta, Kutaja, Kushta, Shunti, Bharangi, Kantakari, Nimbatwak, Daruharidra, Haritaki, Bibhitaki, Amalaki, Patola, Murva, Vidanga, Asana, Chitraka, Shatavari, Pippali, Tryamana, Indrayava, Vasa, Devdaru, Patha, Khadira, Chandana, Trivrit, Bhringaraj, Varuna, Kirattikta, Bakuchi, Aragwadha, Shakhotaka, Mahanimba, Karanja, Ativisha, Udichya, Indravaruni, Krishnasariva, Parpata, Shwetasariva.

PREPARATION

Traditional preparation of Kwatha follows a precise set of guidelines to ensure the potency and efficacy of the final product. One of the key aspects of this method is the use of a specific ratio of ingredients to water. The ratio is carefully determined based on the properties of herbs and the desired concentration of the Kwatha. All the ingredients are identified and are taken in equal quantity. Weight of each ingredient is taken separately using a weighing machine. All the ingredients are made into coarse powder form. The Kwatha Dravya in coarse powder form should be soaked in 16 times of water in a clean stainless steel vessel overnight. The soaked content is boiled over a mild fire. Boiling process is continued in mild fire until the content is reduced to 1/8th part. The liquid is then filtered with the help of a clean cloth or a strainer. The filtrate obtained is used as "Mahamanjishtadi Kwatha" for therapeutic purposes.

MATERIALS AND METHODS

In this article, an attempt is made to collect all the literary data about Mahamanjishthadi Kwatha from our treaties and all the research articles regarding Mahamanjishthadi Kwatha available till 2023. Rasapanchaka analysis of the drug is done by collecting the rasa, Guna, Virya, Vipaka, and Prabhav of the individual components of the formulation and analyzing them statistically. All these data are compiled and analyzed and the results obtained are presented.

	Parts used	Rasa	Guna	Virya	vipak	karma
	root	Tikta, Kashaya	Guru, Ruksha	Ushna	katu	raktashodhak
	Rhizome	Katu	Laghu	Sheeta	katu	Deepan, pachan
	Stem bark	Tikta	Snigdha	Ushna	katu	Raktashodhak
	stem	Tikta, Kashaya	Laghu, Snigdha	Ushna	madhura	Tridosahara, m
	root	Tikta	Laghu, Snigdha	Ushna	katu	vatanulomana
	rhizome	Katu	Laghu, Snigdha	Ushna	madhura	grahi
u	root	Tikta, katu	Lagu, Ruksha	Ushna	katu	kaphahara
	plant	Tikta, Katu	Laghu, Ruksha	Ushna	katu	kaphahara
	rhizome	Tikta, Katu	Laghu, Ruksha	Ushna	katu	srotoshodhaka
	Stem bark	Tikta, Kashaya	Laghu, Ruksha	Sheeta	katu	raktashodhak
	rhizome	Katu	Laghu, Ruksha	Ushna	katu	varnya
	stem	Kashaya	Laghu, Ruksha	Ushna	katu	raktashodhak
	plant	Pancha rasa (except Lavana)	Laghu, Ruksha	Ushna	madhura	tridosahara
	plant	Pancha Rasa (except Lavana)	Laghu, Ruksha	Ushna	madhura	kaphahara
	plant	Amla, Kashaya	Laghu Ruksha	Sheeta	madhura	tridosahara
	plant	Tikta	Laghu, Ruksha	Sheeta	katu	Kaphapittahara
	root	Tikta	Laghu, Snigdha	Sheeta	katu	kaphapittahara
	fruit	Katu	Laghu, Ruksha	Ushna	katu	krimighna
m	Heart wood	Kashaya	Guru, ruksha	Sheeta	katu	dahahara
	root	Katu	Laghu, tikshna	Ushna	katu	deepaniya
as	root	Madhura	Guru, snigdha	Sheeta	madhura	balya
	plant	Katu	Laghu, Tikshna	Sheeta	katu	pittahara
	fruit	Tikta, Katu	Laghu, Ruksha	Ushna	katu	pittashamak
	seed	tikta	Laghu, Ruksha	Sheeta	katu	raktastambhak
	root	Tikta, kashay	Guru, Ruksha	Sheeta	katu	raktastambhak

	plant	Tikta	Guru, Snigdha	Ushna	katu	Deepan, pachan
	Heart wood	Katu	Laghu, Snigdha	Ushna	katu	vatahara
	root	Tikta	Laghu, ruksha	Ushna	katu	Deepan
	heartwood	Kashaya	Guru, Ruksha	Sheeta	katu	raktashodhak
	heartwood	Tikta, Kashaya	Guru, Snigdha	Sheeta	madhura	pittashamak
m	root	Tikta	Laghu, snigdha	Ushna	katu	virechak
	Stem bark	Tikta	Laghu, ruksha	Ushna	katu	balya
	plant	Tikta, Katu	Laghu, ruksha	Ushna	katu	pittahara
	seed	Tikta	Laghu, ruksha	Ushna	katu	Vatakaphahara
	Fruit	Madhura	Guru, snigdha	Ushna	madhura	pittahara
	Stem bark	Tikta	Laghu, ruksha	Ushna	katu	Kaphavatahara
	Stem bark		Laghu	Sheeta	katu	kushtanashan
	Stem bark	Kashaya	Laghu	Ushna	katu	kushtaghna
	root	Tikta	Laghu	Ushna	katu	Kaphavatahara
	root	Katu	Laghu, Ruksha	Ushna	katu	vatahara
	root	Katu	Laghu, Ruksha	Ushna	katu	virechak
	root	Tikta, Madhura	snigdha	Sheeta	madhura	Raktashodhak, dahashamak
ns	root	Madhura	Guru	Sheeta	madhura	Raktashodhak, dahashamak
	plant	Katu	Guru, Snigdha	Sheeta	katu	Pitta shamak

INGREDIENTS AND THEIR PROPERTIES :

Mahamanjsthadi Kwatha possesses drugs such as Manjistha, Triphala, Tikta, Vacha, Haridraetc all these drugs are having properties like Varnya, Kaphapittashamak, Shothahara, Kushtagna, Vranaropak, Raktashodhak, Vedanashamak, Kandughna, Dahaprashaman, Raktaprasadak.

Key Ingredients in Mahamanjsthadi Kwatha includes

Manjistha (RUBIA CORDIFOLIA)

This is the main ingredient in this medicine, often used for skin disorders and detoxification, with properties that include acting as a blood purifier and having anti – inflammatory effects. These properties make it an effective remedy for a wide range of skin disorder, such as eczema, psoriasis and acne. Its root contains bioactive compounds, including quinones, flavonoids and glycosides which contribute to its therapeutic properties.

Triphala

This is one of the key component in Mahamanjisthadi Kwatha and well known Ayurvedic formulations. It is a blend of three phala (fruits) namely Haritaki (*Terminalia chebula*), Amalaki (*Emblica officianalis*) and Bibhitaki (*Terminalia belerica*). It helps support the body's natural detoxification processes. It may help balance vitiation in all the three Doshas. The antioxidant and anti-inflammatory properties may help support skin health and complexion.

Brihati (*Solanum indicum*)

It is a herb having anti-inflammatory properties, which may help reduce inflammation and alleviate symptoms. It is an anti-oxidant helps in managing skin and respiratory problems, including bronchitis and asthma. It helps in detoxification of the blood.

Vacha (*Acorus calamus*)

It is one of the Ayurvedic herb having anti-inflammatory property that helps in reducing inflammation and promoting healthy skin. It helps reduce ama or toxins from the body.

Haridra (*Curcuma longa*)

It supports digestive health, alleviates pain and reduces inflammation. Its antioxidant and antimicrobial properties may help support immune function and skin health and complexion reducing inflammation.

RESULTS:

Rasapanchaka Analysis of Mahamanjisthadi Kwatha

To understand the mode of action of Mahamanjisthadi, we need to analyze the Rasapanchaka of Mahamanjisthadi Kwatha. Rasapanchaka analysis of Mahamanjisthadi Kwatha shows the following observations:

Rasa: Analysis shows that the formulation is Tikta Rasa Pradhana (45%) followed by Kashaya (18%) and Katu (26%) rasa.

Guna: The observations show that Mahamanjisthadi kwath is predominant in Laghu (39%) and Ruksha Guna (33%).

Virya: Analysis shows that the drug is Ushna Virya predominant (60%)

Vipaka: The Vipaka was katu (75%) as per the data collected.

MODE OF ACTION:

Mahamanjisthadi Kwatha possesses drugs such as Manjistha, Triphala, Tikta, Vacha, Haridra etc. All these drugs are having properties like Varnya, Kaphapittashamaka, Shothahara, Kushtagna, Vranaropaka, Raktashodhaka, Vedanashamaka, Kandughna, Dahaprashamana, Raktaprasadaka. Hence it can be concluded that Mahamanjisthadi Kwatha can be used in all Raktajavikaras or where the Dushitarakta is involved.

According to Ayurvedic doctrines, skin diseases arise due to the vitiation of *Doshas*—mainly Pitta and Kapha—and the accumulation of *Ama* (toxins) in the body, particularly in the *Rasa* and *Rakta Dhatus* (body fluids and blood).

Herbs like Sariva, Manjishta and Haridra improve skin tone and texture and addresses skin disorders (acne, pigmentation) and systemic issues like PCOS, arthritis by promoting healthy blood circulation and detoxification leading tissue rejuvenation.

Some drugs like Guduchi, Haridra, etc pacify excess Pitta in the body there by a modulate immune response, balance the internal heat and reduce inflammation, addressing Pitta aggravated diseases.

SAFETY PROFILE:

Mahamanjishthadi Kwatha is generally well-tolerated when administered under supervision. However, it should be used cautiously in individuals with weak digestion or severe Vata disorders due to its drying and heating properties. It should be avoided in pregnancy, lactating, mild hypotension or acute kidney disorders.

DISCUSSION:

According to classical and clinical practice, it is particularly beneficial in conditions where *Rakta Dushti* and *Pitta-Kapha vitiation* are dominant. It is used as an excellent measure for various types of acne problems, eczema and other skin infections. It helps in preventing postular eruptions and promoting skin healing. Its anti-inflammatory and detoxifying properties aid in reducing scales, plaques, and itching. Mahamanjishthadi Kwatha also benefits in hyperpigmentation and Melasma by promoting blood circulation and reducing excessive melanin deposition. In urticaria (Sheetapitta) it calms allergic responses and improves skin immunity.

PHARMACOLOGICAL ACTION ON SKIN DISORDERS:

Mukhadushika (acne vulgaris):

In a (2018) case study, it was found that a 25 year old female was complaining about Pidika (acne) over face with burning sensation and itching hence she was administered Mahamanjishthadi Kwatha orally along with Jalaukaavacharan. It was concluded that it is highly effective in the management of Mukhadushika.

Shwitra:

In a 2014 case study, a 24 year old unmarried male was presented with history of white patch in inner side of lip which gradually increase in 2 years and covers all the area of inner side of lip. The patient was treated with shodhan therapy (virechan) and administered with Bakuchi Churna, Mahamanjishthadi Kwatha and Arogyavardini Vati and significant improvement was seen in Switra.

Ek Kushta:

In a 2023 case report, a 21 year old male patient, diagnosed with psoriasis for 1 year. His chief complaints were he had pink red lesions and rounded plaques with silvery scales on lower abdomen, lower back, elbows forearms and forelegs, itching and burning in rashes with scaling on scratching he was treated with Virechana Karma and Mahamanjishthadi Kwatha, Panchatikta Ghrita Guggula and psora oil and it was highly effective in reducing all the signs and symptoms.

CONCLUSION:

Mahamanjsthadi Kwatha is a herbal preparation which has miraculous effects on many diseases. Rasapanchaka analysis shows that Mahamanjsthadii Kwatha is Tikta Rasa Pradhana (45%) followed by Kashaya (18%) and Katu (26%) rasa, predominant in Laghu (39%) and Ruksha Guna (29.03%), UshnaVirya predominant (33%) and the Vipaka was Katu (75%). Its Rasa, Guna, Virya, Vipaka & Prabhava all these qualities works together and help in Ssamprapti Vighatana (i.e. break the pathogenesis of disease). Mahamanjsthadi Kwatha works synergistically through detoxification, immunomodulation, and Dosha balance, making it effective for blood disorders, skin diseases, and metabolic ailments.

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