

Clinical Indications of Maha Manjishthadi Kashaya – An Experiential and Scientific View¹

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ABSTRACT

Kashaya are commonly used in the management of various disorders by the physicians in India and Indian subcontinent. Maha tiktaka kashaya, maha rasnadi kashaya, rasna erandadi Kashaya, rasna saptaka kashaya, rasna panchaka kashaya, pancha tikta kashaya, patoladi kashaya, yavadi kwatha, Sapta sara kashaya, sahacharadi kashaya, varunadi kashaya, triphala kashaya, Mahatiktaka kashaya and rasnadi kashaya are few kashaya formulations which are frequently used by physicians. Maha manjishthadi kashaya contains several tikta rasayukta drugs which are vriha shodhana, vrinarapaka, rasayukta. Krimighna, kushthaghna and kandughna in action. The present paper highlights about the clinical indications of maha manjishthadi kashaya in experiential and scientific view.

Keywords – Mahamanjishthadi Kashaya; rakta shodhaka; vrina ropaka; rasayana.

INTRODUCTION

Ayurveda medical science is directed to both prevention and cure of the diseases. According to Ayurveda, Hetu, linga and Aushadha are more important entities to eradicate disease. 1. Ayurveda gives emphasis to causative factors (Hetu), presenting signs and symptoms of diseases (Linga) and medicines (Aushadha) while giving treatment. Diagnosis of disease should be done prior to plan the treatment. Avoidance of cause (Nindana parivarjana), producing an internal environment unfavourable for progression of the disease and removal of unwanted morbid doshas are the three main factor taken consideration in chikitsa.

Kashaya (Decoction) are easy to prepare if proper preserving agents are used, the kashayas can be stored for 1-2 years. Maha manjishthadi kashaya can be prepared in Asavarishta base or waterbase. Asavarishta base formulation are effective and can be stored to 3-4 years. Maha manjishthadi kashaya is mainly used in the treatment of raktaja roga and various skin disorders.^{2,3}

AIM AND OBJECTIVES

To study and evaluate the clinical indications of mahamanjishthadi kashaya in an experiential and scientific view.

METHODS

Relevant subject material is taken from Samhita granthas, sangraha granthas, contemporary literature, research monographs, journals, internet and from personal experiences in the clinical field.

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INGREDIENTS

- 1) Manjishtha (*Rubia cordifolia*)
- 2) Musta (*Cyperus rotundus*)
- 3) Kutaja (*Holerrhina antidysenterica*)
- 4) Guduchi (*Tinospora cordifolia*)
- 5) Kushtha (*Sassurea lappa*)
- 6) Nagara (Ginger)
- 7) Bharangi (*Clerodendrum serratum*)
- 8) Kshudra (*Solanum xanthocarpum*)
- 9) Vacha (*Acorus calamus*)
- 10) Nimba (*Azadirachta indica*)
- 11) Haridra (*Termeric*)
- 12) Daru haridra (*Berberis aristata*)
- 13) Haritaki (*Terminalia chebula*)
- 14) Vibhitaki (*Terminalia bellirica*)
- 15) Amalaki (*Emblica officinalis*)
- 16) Patola (*Trichosanthes dioica*)
- 17) Katuki (*Picroreghiza Kurroa*)
- 18) Murva
- 19) Vidanga (*Emblicia robes*)
- 20) Asana
- 21) Chitraka (*Plumbago zelenica*)
- 22) Shatavari (*Asparagus racemosus*)
- 23) Trayamane
- 24) Krishna (*Piper nigrum*)
- 25) Indrayava (*Holerrhina antidy centerica*)
- 26) Vasa (*Adathoda Vasava*)
- 27) Bhringaraja (*Eclipta alba*)
- 28) Mahadaru
- 29) Patha (*Cesempelus crista*)
- 30) Khadira (*Alacia catacha*)
- 31) Chandana (*Santalinum album*)
- 32) Trivrit (*Opereulina turpethum*)
- 33) Varuna (*Cratava nuruvala*)
- 34) Kiratatikta (*Swertia chiraysta*)
- 35) Bakuchi (*Psoralea coryllifalia*)
- 36) Kritamala (*Casia fistula*)
- 37) Shakhotaka
- 38) Mahanimba
- 39) Karanja (*Pongamia pinnata*)
- 40) Ativisha (*Acomitum hetoophylum*)
- 41) Jala (Water)
- 42) Indravaruni
- 43) Ananta
- 44) Sariva – (*Hamidymus indicus*)
- 45) Parpata

Actions 4,5.

1. Tikta kashaya rasayukta
2. Sheeta virya
3. Pitta shamaka
4. Raktha shodhaka
5. Jivaniya
6. Rasayana

7. Kushthaghna
8. Kandughna
9. Tikta rasayukta
10. Twachya
11. Varna prasadakara
12. Vishahara
13. Antitoxic
14. Ulcer healer
15. Krimighna
16. Kapha pittahara
17. Srotoshodhaka
18. Urina ropaka
19. Antiinflammatory
20. Dahahara

Indications 6,7.

- 1) Skin diseases
- 2) Vatarakta
- 3) Upadamsha
- 4) Shleepada
- 5) Ardita
- 6) Prasupti
- 7) Pakshaghata
- 8) Medoroga
- 9) Netraroga
- 10) Eczyma
- 11) Chronic non healing ulcer
- 12) Diabetic foot ulcer
- 13) Peripheral vascular disease
- 14) Gout
- 15) Raynauds disease
- 16) Cellulitis
- 17) Deep vein thrombosis
- 18) Syphilis
- 19) Filariasis
- 20) Diabetic neuropathy
- 21) Diabetic mellitus
- 22) Athero sclerosis

Amayika prayoga 8,9.

Contact dermatitis – It is given with Arogyavardhaka vati, Mahamarichyadi taila external application.

Vatarakta – It is given with Kaishora guggulu and Pinda taila external application.

Upadamsha – It is given with Rasamanakya and Gandhaka rasayana tablets.

Shlupada – It is given with Sheetamshu rasa.

Ardita – It is given with Ekangaveera rasa and Kshira dhooma.

Prasupti – It is given with Brihad vata Chintamani and Brahmi ghrita.

Pakshaghata – It is given with Brihat vata Chintamani rasa and Agnilepana or Shashtika shali Pinda sweda depending on condition.

Medoroga – It is given with Navaka guggulu and rooksha udvartana.

Eczema – It is given with Arogyavardhini vati and Brihan marichyadi taila local application.

Chronic non healing ulcer – It is given with triphala guggulu, Pravala panchamrita rasa and Tankana sindoora external application.

Diabetic foot ulcer – It is given with Vasantha Kusumakara rasa and shiva gutika.

Peripheral Vascular disease – It is given with Kaishora guggulu and Visha tindaka vati.

Gouti – It is given with Kaishora guggulu and mixture of suranjana choorna and rasanjana.

Raynaud's disease – It is given with visha mushti vati and yogaraja guggulu.

Cellulitis – It is given with Kamadugha with Mouktika and shatavari capsules.

Deep vein thrombosis – It is given with Chandra Prabha vati, or Kaishora guggulu and Vishamushti vati.

Syphiliis – It is given with Madhu snuhi rasayana, Gandhaka rasayana and rasamanikya.

Filariasis – It is given with Sheetanshu rasa and Doshaghna lepa.

Diabetic neuropathy – It is given with Vasantha Kusumakura rasa, Kaishora guggulu and Sapta sara Kashaya.

Diabetes mellitus – It is given with Chandra Prabha vati and Saptarangi kwatha.

Atherosclerosis – It is given with Amritadi guggulu or Navaka guggulu.

Furunclelosis – It is given with Gandhaka Rasayana and Mahatiktaka Kashaya.

DISCUSSION

Maha manjishthadi kashaya is effectively used in the management of various skin disorders, disorders related to blood vessels and diabetes.¹⁰ It is Pittahara in action and hence used in Pittaja, Rogas and Raktaja rogas akoja. It is used in Ideal dose, it is beneficial and founded effective in above said diseases. It has minimal adverse drug reactions even after prolonged use. It is effective in troublesome, debilitaling and chronic disorders, like chronic non healing ulcers of the skin, Diabetic foot ulcer. Its main ingredients are having actions like Vrinashodhana, Vrinaropana, pittahara, Rasayana, anti infective, anti bacterial, anti toxic, bactericidal and Krimighna actions.¹¹

CONCLUSION

1. Maha manjishthadi kashaya is effective in Raktaja, pittaja and chronic skin disorders.
2. It is available in the market both in Asavarishta base and decoctions (Waterbase). If it is prepared in Asavarishta base, it can be stored for 5-6 years. without alterations in potency.
3. There is least adverse drug reactions seen even after prolonged use of this formulation.

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