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A Critical Review on *Manjishthadi Taila Varti*.

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ABSTRACT:

Manjishthadi Taila Varti is an Ayurvedic drug mentioned in *Bhesajayaratnavali*. The main Content *Manjishthadi Taila Varti* of is the *Manjista* along with *murva* and *chandana* and *tila taila* indicated in *Varna shodhana*. The main contents of *Manjishthadi Taila Varti* is purified *Manjista* having as *varnya* (beneficial for complexion), *swarya* (improves voice), *jvarahara* (reduces fever), *vishaghna* (detoxifies), *kushthaghna* (useful in skin disorders), *raktavikarhar* (beneficial in blood disorders), *vranahar* (wound healing), *pramehaghna* (useful in diabetes), *shothahar* (anti-inflammatory), *yoni-netra* and *karnavikarhar* (useful in uterine -eye and ear disorders), *Arshoghna* (cures piles) etc. are well described. Therefore from above descriptions it is clear that it possesses *Tikta rasa* and is used in *pittaja Roga*. Descriptions in classics explain about *rasa* and treatment modalities. It is said that *Valkasutra* (fibre from bark) of *Murva* is strong and it is used in *Vranaseevana*. Descriptions in classics explain about *rasa* and treatment modalities. It is said that *Valkasutra* (fibre from bark) of *Murva* is strong and it is used in *Vranaseevana*. It possesses *Tikta Ras*, used in *Pittaja Roga*. Based on descriptions of *Nighantu* it is a *Latha Roopa Vanaspathi* (climber) which possess *Tikta rasa* based on synonym like *Tiktavalli*. Also other synonyms like *Triparni*, *Peeluparni* mentioned led to controversy. Few *Nighantu* gave synonym like *Madhurarasa* which gives a hint of *Madhura Rasa*. Therefore from descriptions it can be concluded the drug possess *Tikta*, *Madhura Rasa* and *Madhura Vipaka*.

Keywords: *Manjishthadi Taila Varti, Manjishtha, Murawa, Chandana.*

INTRODUCTION

In *Ayurveda Aushadhi* is considered one of the important component out of four essential component of *chikitsa chatuspadas*. Treatment is not possible in absence of any of the four components. *Acharya charaka* has emphasized, the awareness of therapeutic drug by considering it as one among *trisutra* i.e. *hetu, linga and*

Aushadhi of Ayurveda. *Acharya charaka* say that the physician who knows the science of administration of drugs with due reference to the place and time and who applies it only after examining each and every patient individually is excellent physician¹. The term drug is derived from a French word —Drogue- a dry herb. It is the



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single active chemical entity present in a medicine that is used for diagnosis, prevention, treatment / cure of a disease W.H.O. defines drug as "Any substance or product that is used or intended to be used to modify or explore physiological symptoms or pathological states for the benefit of the recipient." (WHO1966). This definition appears more in compliance with the terms of *Ayurveda*, which aims at the preservation of good health apart from mitigation of diseases.

The ultimate goal of *Ayurveda* i.e. *Prakriti-Sthapana*, can be achieved with the help of proper drug combination. *Acharya Charak* - Nothing in the world exists which does not have therapeutic utility; this shows the importance of drug in our classics.

Contents of *Manjishthadi Taila Varti*² Table 1

Mode Of Application: Local application as *Varti*.

Indication-ANAL FISURE (*GUDA PARIKARTIKA*)

Time Frame: Trial period – 1 months

Follow up – 15 days

Synonyms of *Manjishthadi Taila Varti* Ingredient :³
Table 2

Ganas of *Manjishthadi Taila Varti*,⁴: Table 3

Pharmacodynamic properties (*Rasa Panchaka*) of *Manjishthadi Taila Varti*:⁵ Table 4

Approximation *Rasa Panchaka* of *Manjishthadi Taila Varti*:⁶ Table 5

Chemical constituents & Karma o *Manjishthadi Taila Varti* ⁷ Table 6

Pharmacological action and related previous researches:

1. *Manjishta* - ⁸

Rubia cordifolia has mainly anthraquinone, quinines glycosides and include 1-hydroxy 2-methoxy anthraquinone, 1, 4- dihydroxy-2- methyl-5-methoxy anthraquinone, 1,3- dimethoxy 2- carboxy anthraquinone and rubiadin .Also possesses different classes of bioactive compounds such as anthraquinones and their glycosides, naphthoquinones and glycosides, terpenes, bicyclic hexapeptides, iridoids. *Rubia cordifolia* yielded anthraquinones namely, 1hydroxy-2 carboxy 3-methoxy anthraquinone, 1hydroxy-2 methyl 6 or 7-methoxyanthraquinones and other compounds oleanolic acid acetate, β sitosterol, and scopoletin. Ten long chains saturated and unsaturated fatty acids. The roots of *Rubia cordifolia* produce two anthraquinones, namely cordifoliol and cordifodiol. The bicyclic hexapeptides RA-I and RA-

II have been isolated from chloroform/methanol extract of roots of *Rubia Cardifolia*. Recently two new bicyclic hexapeptides, allo RA-V and neoRA-V, and one cyclic hexapeptide, O-Secora-V were isolated from *Rubia cardifolia* . The plant also contain dihydromollugin, Mollugin, rubilactone . Traditional Therapeutic Uses In 'Charaka Samhita' *Manjistha* is also mentioned in ten *varnya* drugs and as *Visaghna Jvarahara*. the powdered dried roots and fruits we can give internally to cure the skin diseases and disorders of spleen. It is also given in major burns, fractures and dysentery, to improve complexion and to treat skin diseases and blood born diseases. *Manjistha* paste is used along with honey in *Vyang*.It has properties of blood purifying agent and pigment stimulant, tonic and are used in skin and blood diseases.*Ayurvedic* pharmacopoeia of India therapeutically indicate it for *Yoni roga* (menstrual disorder), *Kustha* (skin disease), *Sarpavisa* (snake bite), *Visarpa* (herpes virus), *Aksi roga* (Eye disease), *Arsa* (haemorrhoids), *Bhagna* (Fracture). Formulations containing manjistha as main ingredient used for treating skin disease. The roots are alterative, anodyne, antiphlogistic, astringent, diuretic, expectorant, styptic and vulnerary.

Related researches:

Anti-carcinogenic activity The root extract of *Rubia cordifolia* has potent Anti-cancerous activity against MDA-MB-231 breast cancer cell lines using Sulforhodamine assay.

Anti-tumour activity Anti-tumour activity of RC-18, proved from *Rubia cordifolia* was repeatedly tested in different sets of experiments on a spectrum of experimental murine tumours, viz. P388.

Anti- bacterial- *R. cordifolia* was significantly active against *B. subtilis* and *S. aureus* compared with streptomycin and penicillin G used as standards

Anti-Ulcer Effect- The effect of *Rubia cordifolia* against experimentally induced gastric ulcer and compare activity with its fractions by employing aspirin plus pylorus-ligated ulcer screening model in wistar rats.

Hepatoprotective Activity- The hepatoprotective activity of an aqueous and methanol extract of *Rubia cordifolia* was investigated against acetaminophen and CCl₄ induced hepatic damage.

Anti-proliferating Property- Roots of the *Rubia cordifolia* L. Ethyl acetate extract inhibits keratinocyte propagation in vitro and promotes keratinocyte segregation in vivo.

Anti-acne property- Methanol extract of *Rubia cordifolia* inhibit proliferation of *P. acne*. It is moderately effective

against TNF alpha and show low activity against IL-8
Anti-viral activity- The anti-rotaviral effect of *Rubia cordifolia* aerial part (RCAP) and its cytotoxicity toward MA-104 cells was evaluated using the WST-8 assay.

2 *Murwa*. -

Phytochemical screening was carried out on ethanolic, methanolic, ethyl acetate, petroleum ether, and water extract of *M. Tenacissima* root and left to detect the presence of potential phytochemical constituents of alkaloid, carbohydrates, glycosides, flavonoids, phenol, sponging, portions, steroids and tannins. A day's approximately 196 chemical ingredients covering steroids, triterpenes, and organic acids have been identified from different parts of this plant. Steroids are a major character and bioactive constituents of this plant 15. In this plant, roots and seeds are reported to be rich in pregnane glycosides of 2- deoxysugars, which on hydrolysis give genins, sugar, cinnamic, and acetic acid

Related researches:

Antitumor Activity:- The ethanolic root extract of *M.tenacissima* displayed strong antitumor effects against the hematologic neoplasma cells.

Hepatic Carcinoma:- Hepatic carcinoma (HCC) is the second most common cancer, ranking the third most common cause of cancer-related death worldwide. Studies have shown that MT has promising anti-hepatoma effects when used alone or combined with chemotherapeutics.

Lung Cancer:- As per an in-vivo study of *Marsdenia tenacissima* effects against lung cancer, one of the most frequent malignant tumours and the leading cause of cancer-related deaths globally, with more than 85% cases of lung cancer.

Haematological Carcinoma:- Leukaemia, also known as blood cancer, is a kind of malignant tumor in the hematopoietic system. Generally, it can be divided into several types: acute lymphoblastic leukaemia, acute myeloid leukaemia, and chronic myelocytic leukaemia.

Antioxidant Activity: The in-vitro Antioxidant activity performs in various methods. It has been found that alcoholic and ethyl acetated extract was determined as root parts of MT. The extract found that a concentration of 200-1000ug/ml has maximum scavenging of stable radical and reduces nitric oxide production.

Analgesic Activity:- Analgesia simply means the absence of pain without losing consciousness. Acetic acid-induced Writhing test result showed that ethyl acetated extract (100, 200mg/kg) dose significantly reduced the number of abdominal constriction induced by a solution of acetic acid 1%

3. *Chandana* –⁹

The volatile oil extracted from *Santalum album* L derived from the roots and heartwood is colorless to yellowish, viscous (ref. index-1.499-1.506, specific gravity 0.962-0.985 opt, rotation -19-200) liquid with peculiar heavy sweet odor, the chief constituents of the oil is santalol (90% or more) a mixture of two primary sesquiterpene alcohols, C₁₅H₂₄O viz, α -santalol and β -santalolin which the α -form predominates.(1,3). More than hundred constituents of sandalwood oil in categories of tannins, terpenes, resins and waxes have been reported which include such as hydrocarbons- santene, nortricyclo-ekasantalene , α - and β -santalenes , alcohols-santenol, teresantalol, aldehydes- nortricyclo-kasantalal 3,7,8 and the acids α -and β - santalic acids and teresantalic acids. The fragrant parts of sandalwood oil α - and β santalols were separated in pure form and a 0.5-0.8% higher yield in sandalwood oil was obtained by extracting wood powder with benzene.¹⁰ Two minor components namely cyclosantalal (0.21- 2.26%) and isocyclo-santalal(0.11-1.47%) new sesquiterpene aldehyde were reported.

Related researches:

Hepatoprotective activity- Hydro-alcoholic extract of the leaves of *S. album* showed significant hepatoprotective activity against CCl₄ and paracetamol induced hepatotoxicity by decreasing the activities of serum marker enzymes, bilirubin and lipid peroxidation and significant increase in the levels of glutathione, superoxide dismutase, catalase and protein in a dose dependent manner, which was further confirmed by the decrease in the total weight of the liver and histopathological examinations.¹⁰

Anti-ulcer Activity- Oral treatment of *S. album* stem hydroalcoholic extract has been reported to demonstrate good level of gastric protection in rats by effectively inhibiting physically (stress) and chemically (both Local Irritant and Drug-NSAID) induced gastric ulceration.

Antibacterial activity- Several studies have focused on the antimicrobial properties of East Indian sandalwood oil while many other studies focused on the Australian sandalwood oil. A comparative study conducted with 26 essential oils screened for antibacterial activities against axilla bacteria demonstrated strongest activities for sandalwood oil and their synthetic analogues

Anti-fungal Activity- Sandalwood oil is reported to possess anti-fungal activity against *Microsporum canis*, *Trichophyton mentagrophytes* and *T. rubrum*. Sandalwood oil was found to be effective against human pathogenic fungal strains *Microsporum canis*, *Trichophyton*

mentagrophytes and *T. rubrum* but was ineffective against *Candida albicans*, *Aspergillus niger*.

Anti-viral Activity- The anti-viral activity of sandalwood has also been established through biological studies. Sandalwood oil has been shown to be used in prevention and treatment of warts, skin blemishes and other viral induced tumours on skin. Traditional medicine system including Ayurvedic and Chinese medicine also mention about the antiviral potency sandalwood oil.

Anti-oxidant efficacy- The phytochemical and pharmacological investigations proved the presence of antioxidant principles that justify their traditional medicinal values. *S. album* and other Indian medicinal plants were tested in-vitro for their possible regulatory effect on nitric oxide (NO) levels using sodium nitroprusside as NO donor. Most of the plant extracts demonstrated significant direct dose dependent scavenging activity on NO.

Hemolytic activity- Haemolytic activity of any compounds is an indicator of general cytotoxicity towards normal healthy cells. In a study, it was found that leaf extract of the plant produced the lyses of RBC. However, this haemolytic activity only takes place with parenteral administration.

DISCUSSION

Manjishthadi Taila Varti is an Ayurvedic drug mentioned in *Bhesajyaratnavali*¹¹. The main Content *Manjishthadi Taila Varti* of is the *Manjistha* along with *murva* and *chandana* and *tila taila* indicated in *Varna shodhana*. The main contents of *Manjishthadi Taila Varti* is purified *Manjistha* having as *varnya* (beneficial for complexion), *swarya* (improves voice), *jvarahara* (reduces fever). ‘Charaka Samhita’ *Manjistha* is also mentioned in ten *varnya* drugs and as *Visaghna Jvarahara*. It is said that *Valkasutra* (fibre from bark) of *Murva* is strong and it is used in *Vranaseevana*. It possesses *Tikta Rasa*, used in *Pittaja Roga*. Based on descriptions of *Nighantu* it is a *Latha Roopa Vanaspathi* (climber) which possess *Tikta rasa* based on synonym like *Tiktavalli*.

CONCLUSION

Manjishthadi varti is a unique formulation which has a wide spectrum of applicability in the emergency management. Even though *Manjistha* contains potent alkaloids and works various therapeutical action namely Blood purifier, anti-bacterial, anti-viral, anti-inflammatory, anti-spasmodic, immune. it turned to tremendous remedy. It is proved that

a potent poison can act as good medicine if processed well and administrated in proper quantity. Further research work on this formulation will prove the mode of action in the human body

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Table 1 Contents of *Manjishthadi Taila Varti*²

S.No.	Ingredient	Latin Name/ Chemical name	Quantity	Part used
1.	<i>Manjishta</i>	<i>Rubia Cardifolia</i>	1 part	Root
2.	<i>Murwa</i>	<i>Marsdenia Tenacissima</i>	1 part	Root
3.	<i>Chandana</i>	<i>Pterocarpus santalinus</i>	1 part	<i>Kaand saara</i>

Table 2 Synonyms of *Manjishthadi Taila Varti* Ingredient :³

S.no.	Drug content	Synonyms
1	<i>Manjishta</i>	<i>Vikasa, Yojanavalli, Jingi, rasayani, Vastraranjin</i>
2	<i>Murwa</i>	<i>Moorva, Murva, Tiktavalli, Madhulika, Gokarni, Murangika, Devi, Devashreni, Pruthak Twacha, Madhuras, Atirasa, Peeluparnika, Triparni, Morata, Snidharasa, Tejani, Sruva, Gokarni, Gopavalli</i>
3	<i>Chandana</i>	<i>Gandhasara, Malayaja, Srikhanda, Maharha, Shveta Chandana, Bhadrashri, Malayaja, Gosheersha, Tilaparnaka Shreekhanda, Chandradtyuti. chandana- "chandati ahladayatiti, Gandhasara, Shri khanda</i>

Table 3 *Ganas* of *Manjishthadi Taila Varti*;⁴

S.No.	Drug Name	<i>Ganas</i>
1.	<i>Manjishta</i>	<i>Charaka Samhita- Jvarahara, Varnya, Vishaghna</i> <i>Sushruta - Priyangvadi and Pittasamshamana</i> <i>Vagbhata – Priyangvadi</i>
2.	<i>Murwa</i>	<i>Charaka- Sthanya sodhana</i> <i>Sushruta- Aragvadhadi,</i> <i>Patoladi Vagbhata- Aragvadhadi, Patoladi</i> <i>Bhavaprakasha- Guduchyadi varga</i> <i>Dhanvantari Nighantu- Guduchyadi varga</i> <i>Kaiyyadeva Nighantu- Oushadhi varg</i> <i>Raja Nighantu- Guduchyadi varga</i> <i>Shodala Nighantu- Guduchyadi varga</i>
3.	<i>Chandana</i>	<i>Charaka- Daha Prasamana, Angamada Prassamana, Trishna Nigrahana Varnya</i> <i>Vishaghna, Kandughna.</i> <i>Sushruta-Salasaradi, Sarivadi, Patoladi, Priyangvadi, Guducyadi</i> <i>Vagbhata- Asanadi, Patoladi, Sarivadi, Priyangvadi, Guducyadi</i>

Table 4 Pharmacodynamic properties (*Rasa Panchaka*) of *Manjishthadi Taila Varti*;⁵

S.no.	<i>Manjistha</i>			<i>Murawa</i>	<i>Chandana</i>
Rasa	<i>Madhura,</i> <i>Kashaya, Tikta</i>			<i>Kashaya, Tikta</i>	<i>Madhura, Tikta</i>
Guna	<i>Guru, Rooksha</i>			<i>Guru, Rooksha</i>	<i>Guru, Rooksha</i>
Veerya	<i>Ushna</i>			<i>Ushna</i>	<i>Sheeta</i>
Vipaka	<i>Katu</i>			<i>Katu</i>	<i>Katu</i>
Dosha- Karmta	<i>Tridosh-Shamaka</i> <i>Kapha-Pitta Shamak</i>			<i>Tridosh-Shamaka</i>	<i>Tridosh-Shamaka</i> <i>Kapha-Pitta Shamak</i>

Table 5 Approximation *Rasa Panchaka* of *Manjishthadi Taila Varti*:⁶

1	Rasa	<i>Madhura</i>	2	50%
		<i>Tikta</i>	3	75 %
		<i>Kashaya</i>	2	50 %
2	Guna	<i>Laghu</i>	0	0%
		<i>Grahi</i>	3	75 %
		<i>Ruksha</i>	3	75 %
		<i>Ushna</i>	0	0%
		<i>Tikshna</i>	0	0%
		<i>Sheeta</i>	0	0%
		<i>Guru</i>	0	0%
3	Virya	<i>Ushna</i>	2	50%
		<i>Sheeta</i>	1	25%
4	Vipaka	<i>Madhur</i>	0	0%
		<i>Katu</i>	3	75%
5	Doshakarma	<i>Vatahara</i>	0	0 %
		<i>Pittahara</i>	2	50 %
		<i>Kaphahara</i>	2	50 %
		<i>Tridoshara</i>	3	75 %

Table 6 Chemical constituents & Karma o *Manjishthadi Taila Varti* ⁷

S.no.	Drug	Chemical Constituents	Therapeutic Action
1.	<i>Manjishtha</i>	quinones, iridoids, oleananes triterpenoid, bicyclic hexapeptides, anthraquinones. Some notable anthraquinones are alizarin, purpurin, and rubicordifolin	<i>Blood purifier, anti-bacterial, anti-viral, anti-inflammatory, anti-spasmodic, immune enhancer, anxiety and mood elevator,</i>
2.	<i>Murwa</i>	The bark of the shoots contains milky juice containing caoutchouc. The root and seed contain pregnane glycosides. The stem of the plant contains glycoside called tenacissoides A-E. Apart from these, the plant also contains Marsdenin, D-Cymarose, Asclepobiose, D- Canarose and Cissogenin.	<i>Anti oxidant, anti-diabeticant-spasmodic, anti-fungal, anti-microbial, hypolipidaemic activity, anti-pyretic.</i>
3.	<i>Chandana</i>	Sandalwood oil-a-Santalol, B- Santene, and Santalenes, Santenol, Teresantalol, nor-Tricycloekasantalal, 1- santenone, santanone, teresantalic, acid, a- and B- <i>Santatalic acids.</i> <i>Other Parts- Santalic acid, n-octacosanol, Plamitone etc.</i>	<i>Anti bacterial, Anti viral, Anti fungal</i> <i>Anti oxidant</i> <i>Antipyretic</i> <i>Hemostatic</i> <i>Cooling</i>