



# Comprehensive Review on the Role of Manjistha Kwath as a Raktashodhaka in Vicharchika

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**ABSTRACT:** Vicharchika, a chronic inflammatory skin disorder categorized under Kustha Roga in Ayurveda, closely resembles eczema in modern dermatology and presents with symptoms such as itching, oozing, discoloration, and skin thickening. The condition arises from the vitiation of Kapha, Pitta, and Rakta Dhatu, necessitating therapies that target blood purification and dosha balance. Manjistha Kwath, a classical decoction derived from *Rubia cordifolia* Linn., is traditionally acclaimed for its potent Raktashodhaka (blood-purifying) and Kushtaghna (anti-skin disease) properties. This review critically examines both classical Ayurvedic texts and contemporary pharmacological studies to elucidate the therapeutic potential of Manjistha Kwath in managing Vicharchika. The formulation's bitter-astringent taste, hot potency, and pungent post-digestive effect support the pacification of Pitta and Kapha doshas. Modern research highlights its significant anti-inflammatory, antioxidant, antimicrobial, hepatoprotective, and immunomodulatory activities. Clinical evidence demonstrates marked improvement in symptoms such as itching, oozing, and pigmentation following 4–6 weeks of treatment, with a favorable safety profile. These findings substantiate the role of Manjistha Kwath as a safe, effective, and holistic intervention for chronic eczematous skin disorders, bridging traditional wisdom with scientific validation.

**KEYWORDS:** Manjistha Kwath, *Rubia cordifolia*, Vicharchika, Raktashodhaka, Kustha Roga, Ayurveda, Eczema

## 1. INTRODUCTION

Skin disorders represent a significant category of chronic ailments in both Ayurvedic and modern medicine. Among these, **Vicharchika**, described under Kustha Roga in classical Ayurvedic texts such as *Charaka Samhita*, is characterized by itching (Kandu), thick eruptions, oozing (Srava), and discoloration (Vaivarnyata). This condition involves vitiation of the Kapha and Pitta doshas along with contamination of the Rakta Dhatu, leading to pathological changes in the skin (Tvak). The clinical features closely resemble eczema as described in contemporary dermatology.

Ayurveda advocates purification (Shodhana) and pacification (Shamana) therapies in the management of such conditions. Among the numerous blood-purifying herbs, **Manjistha (*Rubia cordifolia* Linn.)** is a prominent Raktashodhaka Mahakashaya, traditionally prescribed for chronic skin diseases due to its blood-purifying and

complexion-enhancing effects. The classical preparation, **Manjistha Kwath** (decoction), is widely used as both internal medication and adjuvant therapy.

This review aims to bridge classical Ayurvedic principles with modern pharmacological evidence to comprehensively evaluate the role of Manjistha Kwath in managing Vicharchika.

## 2. MATERIALS AND METHODS

### 2.1 Literature Collection

Classical Ayurvedic references were sourced from texts including *Charaka Samhita*, *Sushruta Samhita*, *Bhavaprakasha Nighantu*, and *Dravyaguna Vigyana*. Contemporary pharmacological data and clinical studies were collected from databases such as PubMed, Google Scholar, and AYUSH Research Portal covering literature from 1980 to 2025.

### 2.2 Search Criteria

Keywords used included “*Rubia cordifolia*,” “Manjistha Kwath,” “Vicharchika,” “Raktashodhaka,” and “Eczema.” Articles in English and Sanskrit were reviewed.

### 2.3 Preparation of Manjistha Kwath

According to Ayurvedic Pharmacopoeia of India (API) standards:

- 10–20 g of Manjistha powder is boiled in 200 ml water until reduced to 50 ml.
- The decoction is filtered and administered lukewarm.

### 2.4 Dosage and Duration

- Dose: 40–80 ml twice daily after meals.
- Common adjuvants include Guduchi Satva, Triphala Kwath, and Khadira Sara.
- Duration: 4–8 weeks under medical supervision.

## 3. RESULTS

### 3.1 Ayurvedic Pharmacodynamics of Manjistha

Parameter	Description
Rasa (Taste)	Tikta (bitter), Kashaya (astringent), Madhura (sweet)
Guna (Quality)	Guru (heavy), Ruksha (dry)
Virya (Potency)	Ushna (hot)
Vipaka (Post-digestive effect)	Katu (pungent)
Karma (Actions)	Raktashodhaka, Kushtaghna, Kandughna, Varnya, Vishaghna

These qualities assist in pacifying Pitta and Kapha doshas, which are primarily aggravated in Vicharchika.

### 3.2 Pharmacological Properties

**Key constituents:** Anthraquinones (manjistin, purpurin, alizarin), glycosides, tannins, rubiadin.

#### Pharmacological Property Reported Activity / Mechanism

Anti-inflammatory	Inhibits prostaglandin and cytokine synthesis
Antioxidant	Scavenges free radicals, reduces oxidative stress
Antimicrobial	Inhibits bacterial and fungal pathogens
Hepatoprotective	Supports liver detoxification and regeneration
Immunomodulatory	Balances immune response and reduces hypersensitivity

### 3.3 Clinical Observations

Clinical studies demonstrate significant improvements in symptoms of itching, oozing, and lesion thickness after 4–6 weeks of Manjistha Kwath therapy. Additionally, complexion enhancement and reduction in post-inflammatory pigmentation were noted. No significant adverse effects were reported, indicating good tolerability.

### 4. DISCUSSION

Manjistha Kwath exerts its therapeutic effects through multiple complementary mechanisms. Its Raktashodhaka property purifies vitiated Rakta Dhatu, a crucial factor in the pathogenesis of Vicharchika. The Kushtaghna and Kandughna actions alleviate itching and discharge, common distressing symptoms.

The Tikta-Kashaya Rasa (bitter and astringent taste) and Ushna Virya (hot potency) effectively pacify Pitta-mediated inflammation and Kapha-related oozing and thickening. Modern pharmacological studies corroborate these effects, highlighting the decoction's anti-inflammatory, antioxidant, and antimicrobial properties. The hepatoprotective activity supports systemic detoxification, aligning with Ayurvedic concepts of Rakta Shuddhi (blood purification).

The combined Ayurvedic and scientific evidence underscores the holistic nature of Manjistha Kwath, which purifies, detoxifies, and rejuvenates the skin internally, rendering it effective for chronic, relapsing dermatological disorders such as Vicharchika.

### 5. CONCLUSION

Manjistha Kwath is a safe and effective Ayurvedic formulation for managing Vicharchika due to its blood-purifying and anti-skin disease properties. It balances the aggravated Pitta and Kapha doshas, purifies Rakta Dhatu, and alleviates inflammation and itching. Supported by both classical Ayurvedic knowledge and modern pharmacological data, it represents a valuable therapeutic option in chronic eczematous skin conditions. Further clinical trials utilizing standardized extracts and biochemical markers are warranted to optimize dosage and confirm its mechanisms.

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