
ARTICLE ON EFFECT OF MANJISTHA IN SKIN CARE WSR AYURVEDA CONTEXT

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ABSTRACT –

Ayurveda is an ancient medical science originated in India. Since the early age, human life has a great impact on the external appearance of an individual. Skin is the basic element of the external appearance. Beauty is generally depended on the type and texture of the skin one has. Ayurveda determined beauty by *prakriti, sara, sanhana, pramana, twak* and *dirghayu lakshana*. The concept of using herbs for beautification is well defined in Ayurveda. The cosmetic preparations are used for worship and for sensual enjoyment in India since Vedic period. Cosmetology is the science of alternation of appearance and modification of beauty. *Ayurveda* cosmetology starts from *dinacharya* and *ritucharya* with the use of herbal medicines. *Ayurvedacharyas* believe that toxins (imbalanced doshas) inside the body makes the person unhealthy and the unhealthy body leads to unhealthy skin (dull skin) etc. . Manjistha is considered to be one of the most valuable herbs in Ayurveda, the world's oldest health care system that originated in India.

KEYWORDS -Ayurveda cosmetology,Beauty, Manjistha, Skin care.

INTRODUCTION - Beauty is desired by every individual which give pleasure to the sense. Beauty is not only a source of joy but also gives immense confidence . . In Ayurveda the concept of using Aushadha Dravaya or herbs for beautification is well explained. Twacha cover of the exposed part of the body the sense of touch, over the entire body through skin. Healthy person with a well formed flesh which is firm, the skin is correspondingly firm, glowing hair is also closely related and part of beauty of the human beings. Ayurveda cosmetology started from mother wombs, *dinacharya, ratricharya, ritucharya* with the practice of medicinal herbs and minerals.. Cosmetology is the science of alternation of appearance and modification of beauty. Ayurveda focus on external and internal beauty. The secret of Ayurvedic cosmetology is in the surrounding nature. There are some secret way of physical beauty in Ayurveda like Ayurvedic therapies, treatment and advice. According to Ayurveda Ama (toxins) free body, improve cellular nutrition, smooth removal and the balance of the Dosha resulting health development, beauty management and healing. Ahar (Diet) and lifestyle are two major things which help to gain good health and beauty. Acharyas of Ayurveda state that the

function of Ayurvedic herb's is to purify blood and eliminate vitiated doshas (Vata, Pitta, Kapha) that causes skin disorders and other diseases.

Concept of Beauty in Ayurveda -

Ayurveda decides the beauty by Sara (Structural dominance), Prakriti (Body constitution) Sanhanana (Body density), Pramana (Measurement), Twaka (Skin complexion), and Dirghayu Lakshana (Signs of long life). According to Ayurveda, human body functions through various channel systems called "Srotamsi", containing both microscopic and macroscopic structures such as the respiratory system, lymphatic/ circulatory system, reproductive system and nervous systems, among others. These channels function as innumerable psychobiological processes such as enzyme production, neurotransmitter secretion, hormonal intelligence, respiratory capacity and digestive assimilation/ elimination, immune power etc and responsible for wellness and beauty.

Ayurveda medicine as Cosmetics -

In Charaka Samhita Acharya Charaka mentioned cosmetic drugs as, Kushtaghna, Varnya, Kandughna etc. and many Pralepa (Poultice) are narrated in Sushruta Samhita by Acharya Sushruta and Ashtanga Hridaya by Acharya Vagbhatta. The very common and well accepted ones are Chandanadi Lepa, Kumkumadi Lepa, Dashanga Lepa, Kukummadi Taila, Himasagar Taila, Nilibringaraj Taila, etc. Buttermilk and goat's milk traditionally used in Indian face mask formulations have soothing and moisturizing properties. They also contain vitamin A, B6, B12 and E.

Manjistha (*Rubia cordifolia*) –

Rubia cordifolia, often known as Common Madder or Indian Madder, is a species of [flowering plant](#) in the [coffee](#) family, [Rubiaceae](#).

The Manjistha, literally meaning "bright red" is of the coffee family and is most commonly known for its extremely effective cleansing and detoxifying abilities. The plant itself is a climber by nature, most commonly found and grown in the Indian subcontinent. A multipurpose herb, it is best used for people attempting to detoxify their bodies or for those eating a primarily toxic diet.

Ayurvedic Properties -

Rasa - Madhura, Tikta, Kasaya, **Guna** - Guru, **Vipaka** - Katu, **Virya** - Usna, **Karma** - Svarya, Vrsya, Varnya, Visa, Krmighna, Kaphapittasamaka, Sothaghna, Kusthaghna, Pramehaghna, Stambhan, Artavajanana, Rasanyana, Sonitasthapana.

Ayurvedic Indications Of Manjistha –

Since the Vedic period, Manjistha denoted as "Atreya Aranyaka" has been mentioned by the ancient Indian sage and physician, Charaka, as a "rejuvenative herb" that confers potent detoxifying effects. Several ayurvedic scriptures and journals mention this bright red root for various indications

which include Pandu (treats skin disorders), Raktadoshahara (blood purifying), Yakrit Vikara (prevents liver infections), Sangrahini (treats diarrhoea), Jvara (useful in [fever](#)), Kamala (prevents jaundice), Kasahara (Relieves cough), Amahara (treats indigestion), Dahahara (relieves burning sensation), Shwasha (relieves breathing difficulties), Deepana (enhances stomach fire), Pachana (helps in digestion), Rochana (stimulates appetite), Kupachan (prevents [bloating](#), indigestion), Anulomana (improves breathing), Vayasthapana (prevents ageing), Shonitasthapana (prevents bleeding), Hridaya (treats heart problems), Vran Ropana (heals wounds), Mehahara (treats urinary tract disorders), Prameha (manages [diabetes](#)), Vamana (prevents nausea and vomiting), Trutahara (relieves excessive thirst), Pandu (treats anaemia), Balya (improves muscle strength), Hikkanigrahana (controls [hiccups](#)), Kantya (relieves sore throat), Triptighno (relieves pseudo-satiation), and Vamanopaga (treats emesis), Varnya (improves complexion), and Krimihara (relieves intestinal worms).

Benefits Of Manjistha For Skin

*Manjistha benefits for skin dryness

People who have dry skin can surely benefit from manjistha, especially if they develop dry skin flareup. Manjistha can help to soothe, soften, and calm the skin by reducing the flaking.

*Manjistha powder benefits to improve skin complexion

The powder can also be used to improve skin complexion and uneven skin tone. This powder can also help take care of other problems like brown spots, tan, dark spots, freckles, etc.

*Benefits of manjistha for acne-prone skin and acne scars

People who suffer from acne problems will surely see a difference if they use manjistha regularly. It is known for its anti-androgen, antioxidant, anti-inflammatory, and anti-bacterial properties.

*Manjistha benefits for wounds

The wounds that have not healed properly can lead to various skin problems and conditions. You can now take care of injuries, mild burns, and cuts naturally with the decoction of madder root powder benefits.

1) Effect On Doshas

This magical blood-purifying herb showcases Madhura (i.e. sweet), Kashaya (i.e. astringent) and Tikta (i.e. bitter) Rasa. It is blessed with Rukhsha (dry) and Guru (i.e. heavy) gunas. It has

Ushna Virya (hot potency) and Katu Vipaka (pungent metabolic property). The bioactive ingredients in this Ayurvedic Properties

Rasa - Madhura, Tikta, Kasaya,

Guna - Guru,

Vipaka - Katu,

Virya - Usna,

Karma - Svarya, Vrsya, Varnya, Visa, Krmighna, Kaphapittasamaka, Sothaghna, Kusthaghna, Pramehaghna, Stambhan, Artavajanana, Rasanyana, Sonitasthapana. red root makes it a Kapha-Pitta Samapak dravya i.e., it actively balances the Pitta (fire and air) doshas and Kapha (earth and water) doshas and often an excess of it can aggravate the Vata (air) doshas.

Manjistha is widely available in the form of churnas, avalehas, kashayams and gutikas and even as dried root. Owing to its pungent-bitter taste, one can consume it alongside honey to mask the taste.

The precise therapeutic dosage of the manjistha may vary from person to person depending upon the age, severity, and condition of the patient. One must consult an ayurvedic doctor or practitioner, as he or she will thoroughly examine the indications and prescribe the effective dosage for a specific period of time.

Churna/ Powder - Take ¼ - ½ tsp of Manjistha Churna by mixing it in warm water and adding honey twice a day, after meals or as directed by the ayurvedic doctor or practitioner.

Gutika/ Tablet/ Capsule - Take 1-2 tab/ cap of Manjistha alongside water twice a day after meals.

Conclusion -

Ayurveda is an ancient medicinal science in which using herbs and other natural ingredients. Ayurveda products and Indian herbs are being sourced and tested for use in the cosmetics industry and practiced in beauty parlors. Manjistha is a drug used since ancient time as a colouring agent and promotes pigmentation of skin.

It is extensively used for treating a variety of skin conditions, enhancing lymphatic functions, remedying flu and feverish conditions, relieving liver problems, managing cough and cold, sore throat, treating respiratory diseases, preventing viral infections, promoting digestion and many more.

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