

Manjishta

Rubia cordifolia

roots, stems, leaves

Complexion Perfection

Metabolism Tonic & Balance

Foremost Detoxing Blood Purifier



by Prashanti de Jager ©2013
for more insights into Manjishta read
[Aushadhi: Endangered Himalayan Herbs](#)

Manjishta is unsurpassed as one of the best liver/blood/skin/spleen alterative purifiers. The combination of being bitter, astringent, sweet, heavy, dry and hot is remarkable and foreshadows a broad-spectrum effective healer. Superb for complexion and skin, from psoriasis to white or brown spots, as well as the Kidney, Spleen and Liver, and neuroprotective via 5 mechanisms, it combines well with Kutki, Atis, and Turmeric.

Names & Etymology

Manjishta: cleansed, bright red

Aruna: tawny red; without debt

Rubia: red

Cordifolia: heart-shaped leaf

AtiSamya: (the sweet juice) strong equi-pose

Dosha & Energetics

Rasa (taste): bitter, astringent, sweet

Virya (strength): warming

Vipaka (metabolites): pungent

Dosha (constitutions): V= P= K=

Prabhava (Power) Control Fever

PhytoChemistry

Anthraquinone glycosides: pseudopurpurin/purpurin, alizarin, lucidin, munjistin, nordamnacanthal, rubiadin; Naphthohydroquinones: mollugin; Saponins

Actions

Bitter, Astringent, Alterative, Antioxidant, Anti-inflammatory, Hepatoprotective, Detox, Diaphoretic, Blood Purifier, Immunomodulator, Anti-allergy, Antibiotic, Urolithiasis

Indications

Inflammation; All Liver-Blood-Skin Disease, Poisoning, Debility, Jaundice, Complexion, Wounds, Brown Spots, Psoriasis, Eczema, Allergies, Weight Loss

Which Manjishta is Superior?

Quickly going extinct, please only use responsibly cultivated Manjishta from reliable sources, and try the aerial portions as well, which share much of the chemistry.