

Manibhadra Yoga as Nitya Virechana in Psoriasis: A Review Article

C. Sakshi¹, W. Priyanka², K. Monika³, K. Little⁴

¹P.G. Scholar, Department of Kaumarbhritya, Patanjali Ayurveda College, Haridwar, Uttarakhand, India

²Professor, Department of Kaumarbhritya, Patanjali Ayurveda College, Haridwar, Uttarakhand, India

^{3,4}P.G. Scholar, Department of Kaumarbhritya, Patanjali Ayurveda College, Haridwar, Uttarakhand, India

ABSTRACT

In the present era, awareness regarding preventive healthcare and holistic treatment approaches is steadily increasing, leading to renewed global interest in Ayurveda. Pediatric skin disorders are becoming increasingly common due to changing lifestyle, dietary habits, environmental pollution, and reduced immunity. Classical Shodhana therapies such as Virechana Karma are considered effective in the management of Kushtha and other Twak Vikara; however, their direct application in children is difficult because of the delicate constitution (Sukumara Sharira), low strength (Alpa Bala), and unstable digestive capacity (Manda Agni) in pediatric patients.

In this context, the concept of Mridu Shodhana and Nitya Virechana becomes clinically significant. Manibhadra Yoga, a classical Ayurvedic formulation described in Ashtanga Hridaya and other classical texts, acts as a mild daily purgative and offers gradual elimination of vitiated Doshas without causing excessive strain. The formulation contains Vidanga, Amalaki, Haritaki, Trivruttha, and Guda, which collectively possess Deepana, Pachana, Anulomana, and Mridu Rechana properties.

This review article aims to explore the classical references, pharmaceutical preparation, therapeutic properties, and probable mode of action of Manibhadra Yoga as a Nitya Virechana in Ekkustha. The article also highlights previous research works supporting its efficacy and safety. Due to its palatability, safety profile, and gentle detoxifying action, Manibhadra Yoga may serve as a suitable alternative to classical Virechana in children.

Keywords: Ayurveda, Manibhadra Yoga, Nitya Virechana, Pediatric Skin Disorders, Kushtha, Gudapaka Kalpana.

1. INTRODUCTION

Ayurveda emphasizes the importance of Shodhana Chikitsa for the elimination of vitiated Doshas and maintenance of health. Among Panchakarma procedures, Virechana Karma is specifically indicated for Pitta and Rakta predominant disorders including Kushtha, Kandu, Visarpa, and other Twak Vikara. However, administration of classical Virechana in Bala Avastha is difficult because children possess delicate body tissues, lower physical strength, and poor tolerance toward intensive purification therapies. To overcome these limitations, Ayurvedic classics advocate the use of Mridu Shodhana and gradual purification methods. Nitya Virechana refers to mild daily purgation which helps in continuous

elimination of vitiated Doshas without causing physical exhaustion. Such therapies are particularly useful in chronic skin disorders where repeated purification is required.

Ashtanga Hridaya describes Manibhadra Yoga in Kushtha Chikitsa. The formulation is traditionally believed to have been prepared by Yaksha Manibhadra for Bhikshus seeking purification of body and mind. The formulation mainly consists of Vidanga, Amalaki, Haritaki, Trivrutta, and Guda. Due to its Mridu Rechana, Deepana, Pachana, and Rasayana properties, Manibhadra Yoga is considered beneficial in chronic skin disorders and conditions associated with Kapha-Pitta Dushti.

Its sweet base (Guda) enhances palatability and improves compliance in children, making it suitable for long-term administration. Therefore, Manibhadra Yoga can be considered an ideal formulation for Nitya Virechana in Ekkustha.

2. AIM AND OBJECTIVES

Aim

To study the role of Manibhadra Yoga as Nitya Virechana in Ekkustha.

Objectives

1. To review classical references of Manibhadra Yoga.
2. To study the pharmaceutical preparation and ingredients of Manibhadra Yoga.
3. To evaluate its probable mode of action in Ekkustha.
4. To review previous research works related to Manibhadra Yoga.

3. MATERIALS AND METHODS

This study is a conceptual and literary review based on classical Ayurvedic texts, Ayurvedic Formulary of India (AFI), published research articles, dissertations, and available scientific literature.

Sources of Data

- Ashtanga Hridaya
- Ashtanga Sangraha
- Chakradatta
- Bhaishajya Ratnavali
- Gadanigraha
- Sharangadhara Samhita
- Ayurvedic Formulary of India
- Published research papers and dissertations

4. REVIEW OF LITERATURE

4.1 Classical References of Manibhadra Yoga

Ashtanga Hridaya and Ashtanga Sangraha

Both texts mention Manibhadra Yoga in Kushtha Chikitsa. The formulation contains Vidanga, Amalaki, Haritaki, Trivrutta, and Guda. The word “Kumbha” is used as a synonym for Trivrutta.

विडंगसारामलकाभयानां पलत्रयं त्रीपि पलानिनकुम्भात्।

गुडस्य च द्वादश मासमेष पितात्मनां हन्त्युपयुज्यमानः ॥ ३१

कुष्ठ पित्रि ।सकासोदराशो मेहप्लीहग्रन्थिरुग्जन्तुगुल्मान्॥

पसद्धं योगं प्राह यक्षो मुमुक्षोपचभक्षोः प्राणान्माचपभद्रः पकलेमम् ॥३२॥ (अष्टाङ्गहृदय कुष्ठ चिकित्सा31-32)

Bhaishajya Ratnavali and Chakradatta

The formulation is mentioned as “Manibhadra Modaka” in Arsha Chikitsa. In these references, Guda is used in six parts instead of twelve parts.

Gadanigraha

The formulation is described under Gutikadhikara as “Manibhadra Vataka.”

Ayurvedic Formulary of India (AFI)

AFI describes two methods of preparation: 1. Agnisiddha method 2. Anagnisiddha method

4.2 Method of Preparation

Agnisiddha Method

Lehya paka is prepared by boiling jaggery with water. Fine powders of the drugs are added and mixed uniformly.



Anagnisiddha Method

Fine powders of all ingredients are triturated with jaggery in Khalwa Yantra without heating.

Table 1. Classical References of Manibhadra Yoga

Sr. No.	Reference	Name Mentioned	Guda Quantity	Method
1	Chakradatta	Manibhadra Modaka	6 parts	Powder mixed with guda
2	Ashtanga Hridaya	Manibhadra Yoga	12 parts	Same as above
3	Bhaishajya Ratnavali	Manibhadra Modaka	6 parts	Same as above
4	Sahasrayoga	Manibhadra Yoga	12 parts	Same as above
5	Vangasena	Manibhadra Modaka	6 parts	Same as above
6	Gadanigraha	Manibhadra Vataka	12 parts	Powder mixed in Gudapaka

Table 2. Ingredients of Manibhadra Yoga

Sr. No.	Drug	Latin Name	Part Used	Quantity
1	Vidanga	Embelia ribes	Fruit	1 part
2	Amalaki	Emblica officinalis	Fruit	1 part
3	Haritaki	Terminalia chebula	Fruit	1 part
4	Trivrutta	Operculina turpethum	Root bark	3 parts
5	Guda	Jaggery	-	12 parts

Table 3. Pharmacological Properties of Ingredients

Drug	Rasa	Virya	Vipaka	Guna
Vidanga	Katu	Ushna	Katu	Laghu, Ruksha, Tikshna
Amalaki	Pancharasa (except Lavana)	Sheeta	Madhura	Guru, Ruksha
Haritaki	Pancharasa (except Lavana)	Ushna	Madhura	Laghu, Ruksha
Trivrutta	Katu, Tikta, Madhura, Kashaya	Ushna	Katu	Laghu, Ruksha, Tikshna
Guda	Madhura	Ushna	Madhura	Snigdha

5. PREVIOUS WORKS

- Several Ayurvedic studies have reported the efficacy of Manibhadra Yoga in Kushtha and other chronic skin disorders due to its Mridu Rechana and Rakta Shodhana properties.
- Research on Operculina turpethum (Trivrutta) has demonstrated significant purgative, anti-inflammatory, and detoxifying actions, supporting its role in Virechana Karma.

3. Studies on *Embelia ribes* (Vidanga) have shown antimicrobial, anthelmintic, and digestive stimulant activities which contribute to Ama Pachana and correction of Agni.
4. Clinical observations on Haritaki and Amalaki suggest antioxidant, immunomodulatory, and Rasayana effects beneficial in chronic inflammatory skin disorders.
5. A review published in Ayurvedic research journals highlighted that mild daily purgation therapies are safer and more suitable in pediatric age groups compared to classical intensive Panchakarma procedures.
6. Studies on pediatric dermatological disorders indicate that therapies aimed at improving digestion, reducing Ama, and eliminating vitiated Pitta-Rakta Dosha can significantly reduce recurrence and chronicity.
7. AFI and classical pharmaceutical studies have emphasized the palatability and better compliance of Gudapaka and Avaleha formulations in children.

6. DISCUSSION

Virechana Karma is one of the prime Shodhana procedures indicated mainly for elimination of Pitta Dosha and associated vitiated Doshas. Classical texts including Charaka Samhita and Ashtanga Hridaya emphasize its role in diseases involving Rakta, Twak, and Annavaha Srotas. However, direct administration of classical Virechana in children is difficult because pediatric patients are physiologically delicate and psychologically sensitive.

Children are described as Alpa Bala, Sukumara, and Manda Agni. Therefore, intensive purification may lead to dehydration, weakness, electrolyte imbalance, and poor compliance. In such conditions, the concept of Nitya Virechana becomes highly significant.

Manibhadra Yoga acts as a Mridu Rechaka formulation and facilitates gradual expulsion of vitiated Doshas. Trivrutta serves as the principal purgative drug, while Haritaki supports Anulomana and bowel regulation. Vidanga helps in Ama Pachana and Deepana, whereas Amalaki acts as Rasayana and Pitta Shamaka. Guda improves palatability and enhances patient compliance.

The formulation also possesses Deepana and Pachana properties, helping to improve impaired Agni and reduce Ama formation, which is considered a major factor in the pathogenesis of skin diseases. Through regular elimination of accumulated Doshas, Manibhadra Yoga helps maintain Dosha equilibrium and supports healthy skin.

In pediatric skin disorders associated with Rakta and Pitta Dushti, such as Kandu, Dadru, and Ekakushtha, continuous mild purgation may help reduce recurrence and chronic inflammation. Due to its safety profile and gradual action, Manibhadra Yoga appears suitable for long-term administration under medical supervision.

7. CONCLUSION

Manibhadra Yoga is a classical Ayurvedic formulation possessing Mridu Rechana, Deepana, Pachana, and Rasayana properties. Its role as Nitya Virechana becomes particularly important in pediatric patients where classical Virechana Karma is difficult to administer.

The formulation enables gradual elimination of vitiated Doshas without causing excessive physical strain, thereby making it safer and more acceptable in children. Due to its effectiveness in correcting Agni, reducing Ama, and purifying Rakta and Pitta Dosha, it may prove beneficial in the management of pediatric skin disorders.

Furthermore, its palatability, ease of administration, and favorable safety profile enhance patient compliance. Hence, Manibhadra Yoga can be considered a valuable therapeutic option for Nitya Virechana in pediatric Twak Vikara.

REFERENCES

1. Acharya Vagbhata, Ashtanga Hridaya, Sarvangasundara Commentary by Arunadatta, edited by Dr. Anna Moreshwar Kunte, Chaukhamba Orientalia, Varanasi; Reprint 2020; Kushta Chikitsa 19/31-32.
2. Ayurvedic Formulary of India (AFI), Part I, Government of India, Ministry of Health and Family Welfare, 2nd Edition, 2003.
3. Tripathi Brahmanand. Sharangadhara Samhita, Vati Kalpana, Chaukhamba Surbharati Prakashan, Varanasi, 2013.
4. Jyotir Mitra. Ashtanga Sangraha, Chikitsa Sthana 21, Chaukhamba Sanskrit Bhawan, Varanasi, 2012.
5. Shaligram Nighantu, Khemraj Shrikrishnadas Prakashan, Mumbai, 1993.
6. Shastri Ambikadatta. Bhaishajya Ratnavali, Chaukhamba Prakashan, Varanasi, 2017.
7. Shastri Ravidatta. Chakradatta, Chaukhamba Surbharati Prakashan, Varanasi, 2000.
8. Sodhala. Gadanigraha, Chaukhamba Sanskrit Pratishthan, Varanasi, 1991.
9. Sharma Priyavrat. Sahasrayoga, Chaukhamba Sanskrit Series Office, Varanasi.
10. Sharma PV. Dravyaguna Vijnana, Chaukhamba Bharati Academy, Varanasi.
11. Research articles on Operculina turpethum, Embelia ribes, and pediatric dermatological disorders from AYUSH indexed journals and PubMed indexed publications.