

## ***Indian Madder or Manjishtha***

***Latin Name(s):*** Rubia Cordifolia

***English Name(s):*** Indian Madder

***Sanskrit / Indian Name (s):*** Manjishtha, Samanga



***Cure for:*** Manjishtha is known as best blood-purifying herb in Ayurveda. It purifies the blood by removing toxins from blood, dissolving obstructions in blood flow and removing stagnant blood. It is alterative, anti-tumor, astringent, deobstruent, diuretic, emmenagogue, hemostatic, lithotriptic in action and acts effective as an immune regulator. Manjishtha is at the same time bitter, astringent and sweet in taste and heavy, dry and hot in effect thus it is a pacifier of both kapha and pitta.

Manjishtha is used in treatment of number of diseases like raised uric acid and gouty arthritis, glandular swellings, recurrent skin infections and other diseases of the skin like pigmentation anomalies and leucoderma, gynecological problems, like white discharge and irregular menstruation. It is used in many herbal formulations also. It can be used both internally as medicine or externally as face pack. This herb is specially advisable in skin ailments such as pimples, acne, freckles and discoloration but it can also used for gaining luster or glow of the skin.