



A CRITICAL REVIEW OF KHARJURADI MANTHA WITH SPECIAL REFERENCE TO SHARANGDHAR SAMHITA.

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ABSTRACT

Panchavidha Kashay kalpana is the basic kalpanas of Bhaishajya Kalpana. Mantha Kalpana comes under Hima Kalpana as a upkalpana. This review critically examines its theoretical foundations, procedural aspects and therapeutic relevance with special reference to Kharjuradi Manth. It is mentioned in many of Ayurveda texts as Chakradutta, Sharangadhar, Bhaishajyaratnavali and Bhaishajyakalpana. Kharjuradimanth is one of the important and prestigious formulation which is successfully used since the ancient period. It was first described in Chakradutta written by Chakrapanidutta in 11th century. Mantha kalpana is widely used for the drugs which can't be extracted by using direct heat means the drug's active principles can't be extracted in water by using direct heat, instead the drugs are soaked over night in water and after completion of desired hours the formulation is macerated well and filtered after that, that's how we can get active ex-tract of that drug.

KEYWORDS : Mantha Kalpana, Kharjuradi Manth, Madatyay.

INTRODUCTION:

A critical review of Kharjuradi Mantha is essential to bridge the gap between classical Ayurvedic wisdom and modern scientific understanding. While classical texts highlight its role in improving strength, cooling the system, and enhancing vitality, contemporary evaluation is necessary to validate these claims in terms of pharmacological actions, nutritional composition, therapeutic potential, dosage safety, and clinical applicability. By systematically analyzing its ingredients, preparation method, traditional indications, and available scientific evidence, this review aims to provide a holistic perspective on the relevance of Kharjuradi Mantha in present-day healthcare.

Mantha is a preparation prepared by dravyachurna using cold water and churning. Definition of this preparation is first mentioned in Sushrut Samhita and then by Sharangdhara Samhita. Sharangdhara mentioned that Mantha is a type of Phanta. But on the basis of its definition given by Sushrut and Sharangdhara it seems to be the Hima like preparation as for this preparation both are advised to use cold water. Whereas in Phanta they advised to use hot water.

Aims And Objective:

- To analyze its pharmacological, therapeutic, and nutritional significance in the management of various conditions.
- To study the pharmacodynamic properties (Rasa, Guna, Virya, Vipaka, Prabhava) of its ingredients.
- To evaluate the probable mode of action (Karma) based on Ayurvedic principles.

MATERIALS AND METHODS:

This Review Is Based On Qualitative Textual Analysis Of Classical Ayurvedic Manuscripts Including:

- Sharangdhara Samhita, madhyam khanda, 3/10.
- Charak sutra 23/38
- Bharat Bhaishajya Ratnakar part -1 no.1060
- Yogratnakar Panatayaynidan chikitsa-sat -1

METHOD:

- Equal parts of fleshy parts of fruits.
- Add 4 times water
- Mixture is crushed properly
- Till maximum part of fleshy part of fruits came into water
- Filter it through muslin cloth

Advantage:

- Safe in all age groups.
- Quick preparation and Instant energy provider.
- Preserves potency (Virya raksana) as there is no heating, natural qualities, nutrient and potency of ingredients are retained.
- Palatable and refreshing due to sweet, cooling, pleasant in taste.
- Good for dehydration and fatigue.

- Acts as both Rasayana and Vyadhihara (disease-curative) challenges and limitations.

Textual Reference:

Mantha Kalpana Vidhi

जले चतुष्पले शीते चूर्णं द्रव्यपलं पिबेत् |

मृत्पात्रे मन्थयेत् सम्यक्तस्माच्च द्विपलं पिबेत् ||

शा.म.ख.3/9

Kharjuradi Mantha:

खर्जूरदाडिमद्राक्षातिंटीकाम्लिकामलः |

सपरुषैः कृतो मन्थः सर्वमद्यविकारनुत् ||

शा.म.ख.3/10

Probable Indications: Madatyay, Daha, Trishna, Shrama, Murccha, Rakta-Pitta, Jwara, ksaya, Rakta-ksaya, Shukra Kshaya.

Drug Review-

Sr.no.	Raw drugs	Ratio	Quantity
1.	Kharjur	1 part	10gm
2.	Dadim	1 part	10gm
3.	Draksha	1 part	10gm
4.	Tintidika	1 part	10gm
5.	Amlika	1 part	10gm
6.	Amala	1 part	10gm
7.	Parushak	1 part	10gm
8.	Jala	28 parts	280gm

Drug Details-

Sr. No.	Drugs	Latin Name	Family	Part Used
1.	Kharjur	Phoenix sylvestris Roxb	Arecaceae	Fruit
2.	Dadim	Punica granatum Linn.	Punicaceae	Fruit
3.	Manuka	Vitis vinifera Linn.	Vitaceae	Fruit
4.	Tintidika	Garcinia indica Choisy.	Guttiferaceae	Fruit
5.	Amlika	Tamarindus indica Linn.	Leguminosaceae	Fruit
6.	Amala	Phyllanthus Emblica Linn.	Phyllanthaceae	Fruit
7.	Parushaka	Grewia asiatica Auct.	Tiliaceae	Fruit

Sr. No.	Drugs	Properties	Rasa	Virya	Vipaka
1.	Kharjur	Snigdha, guru	Madhur	Sheet	Madhur
2.	Dadim	Lagu, snigdha	Madhur, kashay, amla,	Anushna	Madhur, Amla
3.	Draksha	Snigdha, Guru, Mrudu	Madhur	Sheet	Madhur
4.	Tintidika	Guru, Ruksha	Amla	Ushna	Amla
5.	Amlika	Laghu, ruksha	Madhur,	Ushna	Amla

			Amla		
6.	Amla	Guru, Ruksha, Sheet	Madhur, Amla, katu, tikta, kashay	Sheet	Madhur
7.	Parushaka	Laghu, Snigdha	Madhur, amla, kashay	Sheet	Aalm

1. Kharjura:-

Chemical Composition:-

- The crude extract of leaf contains alkaloids, flavonoids and phenols. Fruit contains proteins 1.2%, carbohydrate 33.8%, fibres 3.7%, minerals 1.7%, calcium 0.22% and phosphorus 0.38%, contains vitamins B and C. It is a rich source of vitamin B complex. pindakharjura contains higher nutritive value.

Main Actions :-

Nadibalya - mastishkashamaka, vedanasthapana, dahaprasadana, raktapittashamaka, hridya, jvaraghna, mutrala, vrishya, shramahara, balyabrinhana, snehana, anulomana.

Rogaghnata :-

- Hridvikara, mada-murchha, madyobhutavikara, jvaradaha, kshaya, Kshataurakhshata, Action on tridosha- Vatapittashamaka

Therapeutic Uses:-

- Fruits are used in various forms and modes in cough, hiccup, asthma, spermatorrhoea, dysuria, fever, burning sensation, thirst, faints, alcoholism, sciatica, backache, vomiting and diarrhea.

Pharmacological Studies:

- The phoenix sylvestris leaf crude and methanol purified extract has significant antioxidant and antibacterial activity.
- The mesocarp tissue extract of sugar date palm (phoenix sylvestris), suggested that the metabolites present in the fruit mesocarp shown the potential antioxidant activity and properties to inhibit the enzymes α -amylase and α -glucosidase.

2. Draksha:-

Chemical Composition:

- Fruits contain flavonoids (quercetin) anthocyanins, proanthocyanins, organic acids, tannin, mineral salts and vitamins, fruit skin is rich in resveratrol which is a derivative of stilben.
- Fruit juice contains malic, tartaric and racemic acid along with 0.05% of ash.

Main Action-

- Ripe fruit is laxative, purgative, fattening, diuretic aphrodisiac, appetizer, and cures thirst, asthma, vata and vatarakta, snehopaga, trishnanigrahana, dahaprashamana, santarpana, anulomana, ruchikara, hridayabalaprada, raktaprasadana, raktapittashamaka, phuphusabalada, sandhankarmak, vrishya, jivaniya, balya, brinhana, medhya, soumanasyajanana, mashtishkabalya, madahara, shoshahara.

Rogaghnata:

- Madatyaya, kamala, pandu, mastiskadourbalya, murchha, hrididourbalya, krishta, trishna, daha, sammoha, santapa, vibandha, udavarta.

Action on tridosha- Vatapittashamaka

Therapeutic Uses:

- The ripe fruits are diuretic, laxative, aphrodisiac, and appetizer. It is good for eyes and throat. It cures thirst, fever, asthma, gout, jaundice, bad effects of drinking or alcoholism and blood diseases.

Pharmacological Studies:

- Vitis vinifera has antioxidant activity, hepatoprotective effects, anticarcinogenic effects, cardioprotective effects, antimicrobial and antiviral effects, and antidiabetic effects.

3. Vrikshamla:

Chemical Composition:

- Garcinia consists of bioactive molecules including xanthenes, flavonoids, Benzophenones, lactones and phenolic acids.
- Seeds of the fruit yield a valuable edible fat known as kokam butter. Fruits acid contains malic acid, tartaric acid and citric acid.

Main Actions:

- These include its usefulness as an infusion, in skin rashes caused by allergies, to relieve sunstroke, remedy for dysentery, an appetiser, liver tonic, to allay thirst and as a cardio tonic. It is hridya, Rochana, Yakriduttejaka, Vatanulomana, Jwaraghna, Sandhaniya, Tvagadoshahara.

Rogaghnata:

- Aruchiagnimandhya, udarashula, gulma, hridroga. Action on tridosha- Kaphavatashamaka

Therapeutic Uses:

- This is antiscorbatic, astringent, cardiogenic, stomachic, and carminative, cooling, demulcent and emollient. It is used in anorexia, colic dyspepsia, heart disease.

Pharmacological Studies:

- Garcinia indica choisy has antioxidant activity, antimicrobial, antiulcer and hepato protective activity.
- Garcinia indica fruit has antidepressant and anxiolytic effects.

4. Amlika:

Chemical Composition:

- Fruit contains invert sugar, citric acid, oleic acid, linoleic acid, volatile oils (geraniol, limonene), pipelicolic acid, lupeol, orientin, vitamin B3, vitamin C, vitexin, phenylalanine, leucine, potassium, Campesterol, β -amyrin, β -sitosterol, Tannins, saponins, glycosides. tartaric acid 5%, citric acid 4%, malic acid, acetic acid, potassium tartarate 8%, sugar 25-40% gum and pectin.
- Seeds contain pectin, fat, carbohydrate 63-72%, albuminoids and fibers and alkalies substances consisting phosphorus and nitrogen. Pods or fruit pulp also contain some oxalic acid. Seeds coat contain a fixed oil, tannic acid and some insoluble substances.

Main Actions-

- Its usefulness in jaundice, in liver, complaints, as an acid refrigerant, as a gentle laxative, in yellow fever, as a blood tonic, and as a skin cleanser. Yakriduttejaka, rochana –deepana, hridya, raktavataprashamana, shothahara, vedanasthapana, ropana, arshoghna.

Rogaghnata:

- Hridvikara, raktavata, agnimandhya, vama, aruchi, vatavyadhi, arochaka-bhaktadvesha, gulma-arsa-udarashula, vibandha, sothavedanayuktavikara, abhigata.

Action On Tridosha-

- Apakvaphala-vatashamaka, kaphapittavardhak, raktapittakaraka. Pakvaphala-pitta shamaka, kaphavatashamaka

Therapeutic Uses:

- Ripe fruits drink is useful as cardiac tonic, loss of appetite, stomachic, indigestion and in vomiting, excessive hot urinary complaints (burning and scanty urination or micturition) and also checks complications (excessive thirst, burning sensation, nausea and vomiting etc.) during febrile condition.

Pharmacological Studies:

- Tamarindus indica has antioxidant activity, antimicrobial, anthelmintic, antidiabetic, anti-inflammatory, analgesic, Hypolipidemic and weight reducing Activity, anivenom immunomodulatory, antiemetic, antipyretic antihistaminic and hepatoprotective activity.

5. Dadima:

Chemical Composition:

- It contains numerous valuable ingredients such as flavonoids, ellagitannin, punicalagin, ellagic acid, vitamins and minerals. The principal constituents including punicalagins and ellagitannin are responsible for immeasurable health benefits due to its strong antioxidant activity.
- Additionally, constituents of pomegranate show health promoting effect through the modulation of physiological and biochemical pathways. Pomegranate peel is a rich source of tannins, flavonoids and other phenolic compounds.

Main Actions:

- Hepatoprotective effect, antioxidant activity, anti-inflammatory and analgesic effect, anti-diabetic activity, anti-microbial activity, anti-bacterial activity, neuro-protective effect, nephro-protective

effect, anti-tumoractivity, rochana, ruchivikara, dipana, grahi, hridya, sonitsthapana, medhyamashtishkya, balya, sothahara, ropana.

Rogaghnata:

- Hridroga, raktavikara, mashtishkadourbalya, mashtishkavikara, aruchi, agnimandhya, atisara, pravahika, urdhvaroga, sukradourbalya, jvarapathya (phalabeej) dourbalya (phala), mukhakanthavikara(phalatwak).

Action On Tridosha-

- Tridoshaghna (madhuraphala) kinchitpittakara (madhuramlaphala), kaphavatashamaka-pittala (amlaphala).

Therapeutic Uses:

- It is anthelmintic, astringent, cardiac and cooling, diuretic, expectorant, refrigerant and supportive. It is useful in brain affections, cold and cough, diarrhea, dysentery, dropsy and heart tonic. The drug increases seminal flow.
- The ripe fruit is sweet, tonic, laxative, diuretic, enrich the blood, they are used in sore throat, sore eyes, brain diseases, spleen complaints, chest troubles. Fruits are useful in the ailment of brain and allied (mental) complaints. They are useful in anemia, general debility, fever and allied complaints.

Pharmacological Studies:

- Pomegranatehas hepatoprotective effect, antioxidant activity, anti-inflammatory and analgesic effect, anti-diabetic activity, antimicrobial activity, anti-bacterial activity, neuro-protective effect, nephro-protective effect, anti-tumor activity. Punica granatum juice has hepatic oxidative stress reducing activity.

6. Parushaka:

Chemical Composition:

- Fruits are a rich source of nutrients such as protiens, amino acids vitamins, and vitamins and contains various bioactive compounds like anthocyanins, tannins, phenolics and flavonoids. The seeds of parushaka fruits contain oil.
- Bark contains mucilaginous substance which is reported to contain various chemical substances. The presence of triterpenes viz. lupeol, lupenone, fridelin and botulin in the stem bark of grewia asiatica after successive extraction with light petrol. Fruits contain acid as citric acid 2.8%, sugar (sucrose)11.7% and vitamin C-trace.

Main Actions:

- Fruit possess anticancer, antioxidant, radioprotective, and antihyperglycemic properties. rochana-hridya, madahara, Brimhana, dahaprashamana, deepanapachana, shulaprashamana, jwaraghna, shukrajanana.

Rogaghnata:

- Madatyaya, bhrama, daurbalya, hridaroga, hriddaurbalya, paittikjawara, daha, kshaya, shula, shukradosha, shophya, aruchi, agnimandhya.

Action on tridosha- Pittashamana, vatakapahara.

Therapeutic Uses:

- The ripe fruit is useful in thirst, burning sensation, inflammation, heart and blood disorders and fever, strengthen the chest and the heart and useful in diarrhea.
- In alcoholism caused by pitta dosha, saturating soups and drinks may be prepared of the juice of drug parushak along with amalaki and kharjura

Pharmacological Studies:

- Grewia asiatica has antioxidant activity, radioprotective activity, antimicrobial, anticancer activity, antihyperlipidemic activity, analgesic and antipyretic activities.

7. Amalaki:

Chemical Composition:

- Embllica officinalis reported to possess bioactive compounds like tannins, flavonoids, saponins, terpenoids, ascorbic acids and fruit is rich source of vitamin C.
- Seeds contain fixed oil, phosphatides and an essential oil. Fruit, leaves and bark are rich in tannin. Fruits contain gallic acid, tannic

acid, resinous matter, glucose, albumin, cellulose and minerals specially calcium, other than good content of vitamin C and other substances.

Main Action:

- medhya-nadi-indriya-mashtishkabalaprada, rasayanavayasthapana, rochana, deepana, yakriduttejaka-plihahita, shothahara, hridya, shonitasthapana, anulomana, raktastambhaka, raktaprasadana, vrishya, jwaraghna, dahaprashamana, shukrakara, shramahara, shulaprashamana, balavivardhana,jivaniya.

Rogaghnata:

- Mashtishkadaurbalya, nadidaurbalya, indriyadaurbalya, yakrita-plihavikarapandu, hridaroga, raktavikara, aruchi, kasa-shwasa-yaksham, daurbalya, kshaya, shoshadrashitimandhya, udararoga, vibandha, aruchi, agnimandhya, amlapitta, gulma.

Action on tridosha- Tridosahara, pittashamaka

Therapeutic Uses:

- It is useful as an astringent, cardiac tonic, diuretic, laxative, liver tonic, refrigerant, stomachic, restorative, general tonic, aphrodisiac, antipyretic, anti-dermatosis, hair-tonic nervine-brain tonic, anti-inflammatory and digestive medicine.
- It is used in anemia, hyperacidity, peptic ulcer, dyspepsia, anorexia, diarrhea, dysentery, dyspepsia, eyes inflammation, jaundice, weakness of memory, nervine debility, oedema, liver complaints, cough, asthma, and pthisis. The paste of dried fruit is applied in diseases of head, hair and brain and skin complaints.

Pharmacological Studies:

- Embllica officinalis hepato-protective activity, antimicrobial, antioxidant, and free radical scavenging activity, anti-inflammatory, hepatoprotective, radioprotective activity, hypolipidemic activity, antidepressant activity, immunomodulatory, hypolipidemic, HIV-reverse transcriptase inhibitory activity and many other activities.
- This medicinal plant is also reported to have anticancer, anti HIV-reverse transcriptase, antidiabetic, antidepressant, antiulcerogenic, wound healing activities. Embllica officinalis has alcohol induced hepatic injuryprotective effect.

DISCUSSION

- In Ayurveda terms addiction is vatapitta dominant and jathragni daurbalya avasthaand if we see the kharjuradimanth ingredients, most of the ingredients having vatapittashamaka property and allow the ingredients having amla rasa pradhanta except kharjura. As we know the amlarasa it is agnideepana in nature.
- So it can be said that the most of the ingredients of kharjuradimanth have madatyay vikara shamaka properties as vatapittashamaka, agnideepana, yakriduttejaka, hridya, balya, aruchinashaka, nadibalya, mastishkashamaka, medhya, soumanasyajanana, vedanasthapana properties. So on the basis of vivid description of all the seven drugs of kharjuradi manth, which is a most common and famous preparation for the treatment of alcoholism (acute and chronic alcohol addiction and withdrawal).
- It can be said that kharjura itself is a rich source of vitamin B1 (thiamin) that is a major nutrient which deficiency occurs at the time of withdrawal of alcohol consumption. Thiamin deficiency may cause degeneration of mammary bodies of hippocampal area of the brain.

CONCLUSION:

- Mantha preserving natural potency and ensuring rapid absorption without altering the active principles through heat.
- It holds both preventive and curative importance in various ailments, especially in summer and pitta-related disorders.
- However further work can be continued on different parameters.

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