

# Manibhadra Avaleha: A Narrative Review Based on Ayurvedic Classical Texts

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## ABSTRACT

*Manibhadra Guda* is a polyherbal *Ayurvedic* formulation described by the *Asthanga Samgraha* for the treatment of *Vicharchika* (eczema) in this they include *Vidanga* (*Embelia ribes* Burm. F.), *Amalaki* (*Emblica officinalis* Gaertn.), *Haritaki* (*Terminalia chebula* Retz.), *Trivrit* (*Operculina turpethum* Linn.), and *Guda* (jaggery). *Manibhadra Avaleha* is potent *Ayurvedic* medicine used for its *shodhan* and *shaman* properties. This review aims to gather and examine references from various classical *Ayurvedic* samhitas and texts for better understanding its pharmacological actions And clinical significance. The formulation is primarily defined as having a mild purgative, which helps in eliminating accumulated doshas and maintaining *agni bala*. Classical literature shows its effectiveness in treating the skin disorders, metabolic conditions such as *Prameha*, and parasitic infections. Also, it supports to respiratory and gastrointestinal health through its herbal composition. The review includes a thorough examination of classical *Samhitas* and texts that focus on ingredients, uses, methods of action, and therapeutic applications. These findings suggest that *Manibhadra Avaleha* works through a multi-faceted approach. They balance doshas, improve *jatharagni* and also promotes detoxification. Its ingredients play an important role in both preventive and curative health aspects. In summary, this review highlights the value of ancient knowledge in recent healthcare. It suggests that *Manibhadra Avaleha* has significant potential for integrative therapeutic use

**Keywords:** *Avaleha, Manibhadra Avaleha, Virechan Karma, Krimiroga.*

**How to cite this article:** Patil RS, Matekar M, Jandara MM, Mishra BB. *Manibhadra Avaleha: A Narrative Review Based on Ayurvedic Classical Texts.* Int J Drug Deliv Technol. 2026;16(51s): 922-928. DOI: 10.25258/ijddt.16.51s.77

**Source of support:** Nil.

**Conflict of interest:** Nil

## INTRODUCTION

*Avaleha*, or *Leha* is a semi-solid dosage form of *Ayurvedic* pharmacology intended designed for internal administration. It is prepared by the adding a *jaggery*, sugar or sugar candy and boiled with the prescribed drug decoction or drug juice etc. liquids, It can be consumed along with some adjuvant<sup>2</sup>. According to *Acharya Sharangdhara*, the solid mass obtained by the evaporating moisture content of an aqueous solution (*Swarasa, Kwath, Hima* and *Phanta*) is known as *avaleha* or *Leha* and the process is known as "*Rasakriya*."<sup>3</sup> The word *Avaleha* has been created from 'lih-aswadane'. *Leha* comes under four categories of food items i.e. *Peya, Leha, Bhaksya* and *Chavya*. Amongst them *Leha* is taken by licking with good palatability. Metabolism and absorption of *Avaleha* starts from the mouth itself due to the presence of good amount of sweetening agents like glucose, fructose etc<sup>4</sup>. In present era, *Avaleha* is gaining rapid importance because of its good compatibility and dietetic value.<sup>5</sup>

*Manibhadra Avaleha* is mentioned in *Ashtang Sangrah, Bhaishajya Ratnavali, Sahastra yog. In*

*Manibhadra Avaleha, The Contains is Haritaki, Vidang, Trivrit, Amalaki, Jaggery. Manibhadra Avaleha* is known to have the *Sukha Virechan* action as mentioned in classical texts.. *Manibhadra Guda*(MG) is such formulation contains *Vidanga*(*Embelia ribes*. Burm.F), *Amalaki* (*Emblica officinalis*. Gaertn), *Haritaki* (*Terminalia chebula*.Retz),*Trivrit* (*Operculina turpenthum*Linn.) and *Guda* (*jiggery*).<sup>6</sup> This formulation is useful in *Vicharchika* (Eczema), *Shvitra* (Vitiligo), *Shwasa* (Asthma), *Kasa* (Cough), *Udara Roga* (Disease of abdomen), *Arsha* (Haemorrhoids), *Pleeha* (Splenic disorders), *Prameha* (Diabetes), *Granthi* (Cyst), *Krimi* (Worm manifestation) and *Gulma* (Abdominal lumps).<sup>7</sup>

This review's purpose is to explore *Manibhadra Avaleha* through a detailed study of its classical references mentioned in *Ayurvedic* texts. It focuses on understanding the formulation by examining its individual ingredients and their pharmacological properties, including their actions, qualities, and therapeutic potential.

## METHODOLOGY :-

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The study was conducted through a thorough review of various classic *Ayurveda* textbooks, including, *Ashtang Sangraha*, *Bhaishajya Ratnavali* and *Sahastra Yoga Sangraha*, also we use two government-authorized books: *Ayurvedic Formulary of India (AFI)* and *Ayurvedic Pharmacopoeia of India (API)*

**Theoretical study:**

This was named *Manibhadra Yoga* by *Yaksha Manibhadra*, which was providing by the *yaksha* as a gift to the *bhikshus* who wants to attain *moksha*. *Manibhadra guda* drugs was first cited in the *Brihatrayis* in *Ashtang Sangraha* and *Ashtang Hridaya* in *Kushtarogachikitsa*. Then, in other books, for example, *Chakradatta*, *Bhaishajyaratnavali*, *Sahastrayoga*, *Vangsen*, *Gadanigraha* etc, *manibhadra guda* was reported in altered formulations and named differently in different *adhyayas*

**Classical References and Indications** <sup>8-14</sup>

The therapeutic indications of *Manibhadra Avaleha* are described across various classical *Ayurvedic* texts with slight variations in formulation names and references.

In *Ashtanga Hridaya* (*Chikitsa Sthana, Kushtha Chikitsa* 19/31–32), *Manibhadra Avaleha* is indicated in conditions like *Kushtha* (skin disorders), *Kshwitra*, *Swasa* (dyspnea), *Kasa* (cough), *Udara* (abdominal disorders), *Arsha* (hemorrhoids), *Prameha* (urinary disorders including diabetes), *Granthi* (glandular swellings), *Gulma* (abdominal masses), and *Krimiroga* (worm infestations).

***Bhaishajyaratnavali* and *Chakradatta*** Both mentioned same *shloka* in *Arsha Roga chikitsa* with the name “*Manibhadra Modak*”. Ingredients are same as *Ashtang Hridaya* reference. Difference is that *here guda* mentioned in 6 parts while in all other references *guda* mentioned in 12 parts. Here dose mentioned as “*Masen Trinshadgutika*” - 30 tablets per month. This preparation was formulated for

benefit of normal people which are taking normal diet. which means not for *bhikshus* who were taking special diet. It is also mentioned that suitable for all age groups. Similarly,

**In *Sahastra Yoga* (*Leha Prakarana* No. 4)**, referred to as *Manibhadra Guda*, it is indicated for *Kushtha*, *Kshwitra*, *Kasa*, *Udara*, *Arsha*, *Meha* (urinary disorders), *Pleeha*, *Granthi*, *Jantu* (parasitic infections), and *Gulma*. Overall, these references highlight its broad therapeutic utility, especially in skin diseases, gastrointestinal disorders, respiratory conditions, metabolic disorders, and parasitic infections.

In *Ashtanga Sangraha* (*Chikitsa Sthana, Kushtha Chikitsa* 19/31–32), *Manibhadra Avaleha* is indicated in conditions such as *Kushtha* (skin disorders), *Kshwitra*, *Swasa* (dyspnea), *Kasa* (cough), *Udara* (abdominal disorders), *Arsha* (hemorrhoids), *Prameha* (urinary disorders including diabetes), *Granthi* (glandular swellings), *Gulma* (abdominal masses), and *Krimiroga* (worm infestations).

***Gadanigraha*** In *gadanigraha* ‘*Manibhadra Vatak*’ mentioned under “*Gutikadhikar*”. Two references were mentioned, in first reference *vati* is in the form of ‘*Gutika*’ In Second reference *vati* is in the form of ‘*Vatak*’ *Sahastra yoga* The *yoga* is mentioned in ‘*Leha prakaran*’ as ‘*Manibhadra Guda*’, *shloka* is similar to that of *Ashtang Sangraha*.

**Classical method of *Manibhadra Avleha* preparation:** <sup>7</sup>

First, collect all the raw material with suitable quality Identification and authentication of drugs Separate the waste material and measure the weight, mix all and grind them in a proper manner. Make a decoction of all the drugs and separate when one eighth left *Guda* is dissolved well in the decoction and boiled until the *paka* (*Phanita*) becomes *tantuvat* (thread like) when pressed between thumb and index Finger or when it sinks in the glass of water without getting easily dissolved. Packaging after cooling

**Table 1: Organoleptic Characteristics<sup>7</sup>**





1	Colour	Brown
2	Odour	Aromatic
3	Touch	Soft
4	consistency	Semi solid
5	Taste	Sweet & bitter

**Table 2: Rasapachak of each ingredient: Ayurvedic Pharmacopoeia of India:** <sup>15-18</sup>

Sr no.	Ingredient	Rasa	Guna	Veerya	Vipak	Karma
1	<b>Haritaki</b>	Kashya, Katu, Tikta, Amla, Madhur	Laghu, Ruksha	Ushna	Madhur	Sarva Dosh Prashaman, Rasayana, Chakshushya, Deepan, Anuloman, Medya
2	<b>Vidanga</b>	Katu, Tikta	Ruksha, Laghu, Tikshna	Ushna	Katu	Krimighna, Deepana, Anuloman, Vatakaphahara
3	<b>Trivrit</b>	Madhur, Katu, tikta, Kashay	Ruksha, Laghu, Tikshna	Ushna	Katu	Vatal, Virechana, Kaphapittahar, Sukhavirechak, Pittahar, Jwarahar
4	<b>Amalaki</b>	Amla, Kashay, Madhur, Tikta, Katu	Ruksha, Laghu	Sheeta	Madhur	Tridoshaj, Rasayana, Chakshushya, Vrushya
5	<b>Jaggery</b>	Madhur	Snigdha	Natisheeta	Madhur	Swadukar, Mutra shodhak, Rakta Shodhak, Kapha Vruddhikar, Vataghna, Balya, Vrushya

**Table No. 3: Pharmacological Properties (Ayurvedic View)** <sup>15-18</sup>

Sr. No	Drug Name	Botanical Name	Family	English Name	Useful Part	Quantity
1)	Haritaki	<i>Terminalia chebula</i>	Combretaceae	Myrobalan	Fruit	3-6 g of the drug in powder form.
2)	Vidanga	<i>Embelia ribes</i>	primulaceae	-	Fruit	5-10 g of the drug in powder form.
3)	Trivrit	<i>Operculina turpethum</i>	convolvulaceae	Terpeth Root, Indian Jalap	root	1-3 g of the drug in powder form.
4)	Amalaki	<i>Phyllanthus emblica</i>	phyllanthaceae	Emblic Myrobalan	fruit	10-20 g of the drug. 5-10 ml of fresh juice.
5)	Jaggery	<i>Sachharum officinarum</i> Poaceae	Poaceae	Jaggery	-	5 to 30 g

Sr. No.	Plant	Action	Image	Chemical Constituents
1	<i>Haritaki</i> [11]	Mild laxative, antioxidant, anti-inflammatory, antimicrobial, rejuvenative		Tannins, anthraquinones and polyphenolic Compounds.
2	<i>Vidanga</i> [12]	Anthelmintic, antimicrobial, anti-inflammatory		Benzoquinones, alkaloid (christembine), tannin and essential oil.
3	<i>Trivrit</i> [13]	detoxifying, anti-inflammatory		Resinous Glycosides.
4	<i>Amalaki</i> [14]	antioxidant, anti-inflammatory, hepatoprotective.		corbic acid and tannins. gallotannins.

5	Jaggery	Detoxifying		-
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Table no.4 Medical Properties Of Manibhadra Avaleha :<sup>8-14</sup>

Table no 5: Therapeutic Indications of *Manibhadra Avaleha* in various texts<sup>[8-14]</sup>

Sr. No	Disease	Ashtang Hruday	Ashtang Sangrah	Bhaishajya Ratnavali	Sahasta yoga	Chakradatta
1	<i>Kushtha</i>	+	+	+	+	-
2	<i>Kasa</i>	+	+	+	+	-
3	<i>Kwasa</i>	+	+	-	+	-
4	<i>Kwitra</i>	+	+	-	+	-
5	<i>Udar</i>	+	+	+	+	-
6	<i>Arsha</i>	+	+	+	+	+
7	<i>Prameh</i>	+	+	-	+	-
8	<i>Granthio</i>	+	+	-	+	-
9	<i>Gulma</i>	+	+	-	+	+
10	<i>Krumirog</i>	+	+	-	+	-
11	<i>Kshay</i>	+	+	+	-	-
12	<i>Bhagandar</i>	+	+	+	-	-
13	<i>Pleeha</i>	+	+	+	-	-
14	<i>shoola</i>	-	-	-	-	+

## Results

The review shows that *Manibhadra Avaleha*:

- Acts as *Virechaka* (mild purgative)
- Effective in *Kushtha* (skin diseases)
- Useful in Metabolic disorders (*Prameha*)
- Beneficial in *Krimi Roga* (parasitic infections)
- Supports digestive and respiratory health

The review shows that *Manibhadra Avaleha* has many health benefits. It acts as a mild purgative (*Virechaka*) and helps to purify the system without causing exacting effects. It has shown effectiveness in handling *Kushtha* (various skin disorders) and is useful in *Prameha*

(metabolic conditions) in place of its role in regulating bodily functions. Additionally, it shows usefulness in *Krimi Roga* (parasitic infections), supporting the body in eliminating harmful organisms. Also, it subsidises positively both digestive and respiratory health, promoting overall well-being in a balanced and holistic manner.

## DISCUSSION

*Manibhadra Avaleha* is a classical Ayurvedic formulation commonly used in conditions such as *Kushta* (skin diseases), *Anaha* (abdominal distension), *Gulma*, *Udara*, and *Mala vibandha* (constipation). Its therapeutic significance is deeply rooted in the principles laid down by eminent *Acharyas*, *Acharya Charaka*,

*Acharya Sushruta*, and *Acharya Vagbhata*, who emphasised the importance of *Shodhana* (purificatory therapy) in chronic and systemic diseases.

According to *Acharya Charaka*, *Kushta* and similar chronic disorders are mostly caused by vitiation of *Tridosha*, especially *Pitta* and *Kapha*, along with the involvement of *Rakta Dhatu*. The *Acharya Charak* mentioned repeated *Shodhana* as the main line of treatment to eliminate deeply seated *doshas* and prevent recurrence. In this context, *Manibhadra Avaleha* acts as a *Mridu Virechaka*, simplifying gentle but effective expulsion of vitiated *doshas* through the *Adho Marga* (lower gastrointestinal tract). Its action helps in restoring *Agni* and clearing *Ama*, which are well thought-out root causes of many metabolic and inflammatory disorders.

*Acharya Sushrut* also highlights the role of *Rakta Dushti* and toxin accumulation in the pathogenesis of skin diseases and abdominal disorders. *Acharya Sushrut* emphasises treatments that cleanse *Rakta dhatu* and regulate bowel function. *Manibhadra Avaleha*, by quality of its ingredients like *Haritaki* and *Trivrit*, supports *Rakta Shodhana* and promotes regular evacuation, thereby reducing systemic toxicity and improving tissue health.

Furthermore, *Acharya Vagbhata* advocates the use of *Mridu Shodhana* in patients who are weak or unable to tolerate strong purgative therapies. He suggests that mild and repeated purification is safer and more effective in the chronic conditions. *Manibhadra Avaleha* fits well in this condition, it provides controlled purgation without causing excessive debility. It is also suitable for long-term use.

From a pharmacological perspective, the formulation comprises herbs like *haritaki* (*Terminalia chebula*), known for its *anulomana* and *rasayana* properties; and *amalaki* (*Emblica officinalis*), which acts as a potent antioxidant and *Pitta-shamaka*; *Vidanga* (*Embelia ribes*), which possesses *Krimighna* activity; and purgative drugs like *Trivrit* (*Operculina turpethum*) and *Danti* (*Baliospermum montanum*), which facilitate effective bowel cleansing. The base of *Guda* (jaggery) improves palatability and performances as a *Yogavahi*, improving drug delivery and absorption of drug.

In the contemporary context, *Manibhadra Avaleha* can be interpreted through the lens of the gut-skin axis and metabolic detoxification. They have mild laxative action helps in eliminating intestinal toxins, improving digestion, and modulating systemic inflammation. The antioxidant and anti-inflammatory properties of its

ingredients donate to its efficacy in chronic dermatological conditions such as eczema and psoriasis. In conclusion, *Manibhadra Avaleha* exemplifies the classical *Ayurvedic* principle of combining *Shodhana* and *Shamana* therapies. The perceptions which are provided by *Acharya Charaka*, *Acharya Sushruta*, and *Acharya Vagbhata* confirm its role as a safe, effective, and versatile formulation for treating chronic diseases through holistic detoxification and metabolic correction. All the ingredients of *Manibhadra Avaleha* work together to increase the effect of the drug. *Trivrit* provides purgative action, helping in purification (*Shodhana*). *Vidanga* acts as an anthelmintic, while *Haritaki* and *Amalaki* provide *Rasayana* effects. The formulation primarily balances the *Kapha Dosha* and *Pitta Dosha* and improves *Agni* (digestive fire). Its role in chronic diseases like *Kushtha* and *Prameha* places of interest its detoxifying and rejuvenating properties

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