

A CRITICAL STUDY OF MANTH KALPANA FROM BRUHATRAYI**Dr. Yogeshwari vinayakrao Ghule^{*1} Dr. Dnyaneshwari vinayakrao ghule²****Dr. Supriya Gore³**

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ABSTRACT

Manth kalpana—a traditional Ayurvedic formulation—has been mentioned and used in classical texts like Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya and Yogratnakar. The study focuses on gathering and analyzing information about the preparation methods, ingredients and specific applications of *Manth* in different diseases. By looking at historical references, the study aims to uncover how this preparation works, its types, and the conditions in which it is prescribed and how it enhances health through balancing the doshas (*Vata*, *Pitta* and *Kapha*). The study highlights *Manth kalpana* as a versatile and easily prepared formulation, often used in conditions like *Chardi*, *Jwara* and *Madatyaya*. The research also seeks to understand how different forms of *Manth* are categorized—such as *Santarpana* (*Balya* and *Bruhan*) and *Apatarpana* (*Laghu*)—and how these are used based on individual patient needs.

INTRODUCTION

This study is based on the ancient principles of Ayurveda, which sees health as a balance between the three Doshas—Vata, Pitta and Kapha—that control the body's functions and mental states. According to Ayurvedic philosophy, illness happens when these Doshas become imbalanced, often due to wrong diet, lifestyle, or environmental factors. The goal of this research is to explore Ayurvedic methods for restoring balance, especially through natural remedies, changes in diet and adjustments to lifestyle. Ayurveda's focus on Prakriti,

or a person's unique constitution, allows for very personalized treatments, which is a key part of this study.

There are many formulations present in this modern era such as *Swaras*, *Kalka*, *Qwath*, *Phant* and *Hima*. However, *Manth* which are related to "Manthn" process are included in this study. Also *Saktu* which is similar to *Manth* is including. *Manth* is a *Kalpana* in which solid ingredients are mixed with fluid by stirring, usually parched barley – a meal with milk.

There are many *Upkalapana* like *swaras*, *quath*, *phant*, *avaleha*, *gutika*, *usnodak* and many of knows all about this. However, *Manth kalpana* also is one of the *Upkalapana* and this is easily prepared and used. People are not aware of *Manth kalpana* or its formulation. Therefore, this study is all about *Manth kalpana* and its formulation how this *Manth* are used in various types of diseases and give tremendous results. Also due to this study, we know the all formulation of *Manth kalpana* and their benefits.

Manth can be used easily in the present era according to the acceptability of the patients. *Manth* can be easily prepared, easily absorbable with good taste also safe in use accepted by all age groups. Each contents of *Manth* is very effective, it is interesting to find out how it works on diseases. Also, *Acharya's* has mentioned different types of formulations like *Sadya Tarpan*, *Hima* and *Phant* etc. Due to the critical study of *Manth kalpana*, it will help to understand how *Manth kalpana* plays an important role to prevent and cure diseases like *Madatyaya*, *Trushna*, *Chardi*, etc. *Manth kalpana* is a more effective and less expensive treatment.

AIMS AND OBJECTIVE

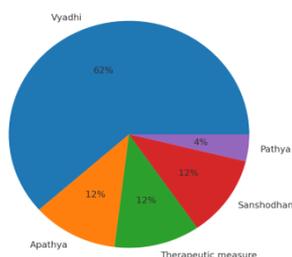
- To compile, classify and critical study of the *Manth kalpana* from *Bruhatrayi*.

Methodology- The research thoroughly reviewed literature, including *Samhitas* and scholarly articles, to explore *Manth kalpana*, focusing on its role in specific diseases and its potential relevance in others. Related concepts like *Manthn*, *Manthn* and *Manth*-related principles were examined to distinguish them from *Manth kalpana*. The study involved classification, comparison and analysis of verses, leading to a conclusive understanding based on the findings and discussions.

Observation and Discussion-

Manth Kalpana From Charak Samhita

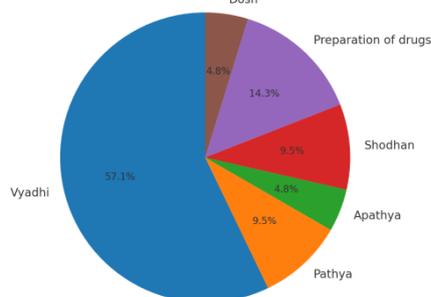
Manth Kalpana - Broad Indication Categories



In the Charak Samhita, a total of 27 types of *Manth* are described. Most of the references are found in the *Chikitsa Sthan* and *Sutra Sthan*. These *Manths* are primarily used in conditions such as *Rakta pitta*, *Trushna* and *Santarpan Vyadhi*. Some *Manths* are contraindicated during the winter and summer seasons due to their differing properties. In winter, cold conditions and *Manths* prepared from *Madhur* (sweet) *Dravyas* are contraindicated. The Charak Samhita mentions specific types of *Manth* such as *Santarpan Manth*, *Trushnadi Manth*, *Vrushya Manth* and *Laja Manth*. Additionally, in the context of *Atiyog* (excessive administration) of *Virechan* (purgation therapy), *Manth* prepared with *Ajarakta* is used.

Manth Kalpana From Sushrut Samhita

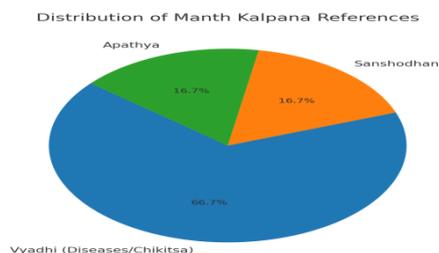
Distribution of Manth Kalpana References in Sushrut Samhita



The review focuses on various references to *Manth kalpana* from the Sushruta Samhita, highlighting its applications and indications. It begins with the definition of "*Manthn*" and its role in preparing *Takra*. Key references outline different formulations, including those made with ingredients like *Amla rasa*, *sharkara* and *Draksha*, which are indicated for conditions such as *Mutrakruchha* and *Pitta vikar*. The preparation of *Manth* using *Bhallatak powder* and *Takra* is noted for treating *Arsh*, while specific formulations for *Kushta* and *Mahakushta* are detailed, showcasing their therapeutic benefits. Additionally, the text emphasizes the importance of varied *Manth* preparations by Vaidyas for effective treatment across different

conditions, including managing thirst and *udavarta* through *Saktu* made with cold water and *sharkara*. Overall, these references underscore the versatility and significance of *Manth kalpana* in Ayurvedic practice, particularly in disease management.

Manth kalpana from Ashtang Hruday



In the Ashtang Hrudaya, there are a total of 13 references that denote the concept of *Manth kalpana*, most of which are utilized for the management of diseases. Some of these preparations are categorized as *Apathya* (not recommended) and are contraindicated in cases of *Vaman Atiyog* (excessive vomiting). Among these, the *Java Manth* and *Drakashadi Manth* are significant. The *Drakashadi Manth* is particularly indicated for *Jwar* (fever) conditions.

CONCLUSION

The critical study of *Manth kalpana*, drawn from Bruhatrayi, provides valuable insights into the versatility and therapeutic potential of this ancient Ayurvedic formulation. By examining the procedures, classifications and medicinal applications of Manth, it becomes evident that this formulation plays a crucial role in addressing various health conditions, particularly those related to imbalances in *Pitta* and *Kapha* doshas. In conclusion, *Manth kalpana* remains a valuable, underutilized formulation with the potential to provide significant health benefits in both preventive and therapeutic contexts.

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