

MANJISTHA : THE POWERHOUSE OF SKINCARE



Manjistha is an ideal herb for healthy skin, in Ayurveda. Manjistha i.e Rubia cordifolia (Rubia means red), this red colour alludes blood and this red herb has been used as a blood purifier (RaktaShodhak) in Ayurveda since thousands of years.

Manjistha balances Pitta in the body. It helps in smooth functioning of all Pitta activities and is a boon to women's health. It treats hormonal imbalances and supports the female reproductive system. It also helps to relieve menstrual pain. It also ensures good digestion and prevents premature ageing. It also regulates blood pressure, blood vessel constriction and helps protect from blood clot formation.

Manjistha helps to balance our lymphatic system. Our lymphatic system drains the wastes from our body and regulates our immune system. This herb helps to destroy toxic cells and boosts the health of other cells. It also aids in flushing out unneeded toxins in our body.

Manjistha is widely used for skin care due to its blood purifying property. Ancient sages mentioned this herb in the Varnya group of herbs while categorising all the herbs. Varnya means herb which enhances complexion. The abundance of antioxidants in this herb can help to reduce wrinkles, fine lines and give the skin an overall youthful appearance. It also treats hyper-pigmentation and keeps the skin healthy and spot free. It relieves itching and soothes the skin in eczema, psoriasis and dermatitis. It also treats skin allergies.

This red herb was used as a dye in ancient times. Even today, an Australian clothing brand, "Kitx" uses Ayurvedic recipes to dye fabrics, infusing garments with anti-bacterial properties. They call it as "conscious, healing" fashion, Manjistha has been used in the collection to create a passionate red colour that's beautiful and comes with healing properties.

Manjistha can be used internally as well as externally. Internally, Manjistha can be taken 1-3 grams daily. Manjistha powder can be mixed with almond milk, honey, sandalwood powder and added in face packs and scrubs for an instant skin glow.