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Review on drug manashila mentioned in bhruhattrai.**Dr. Radhika Vaishnav¹, Dr. Swati V. Patil²**

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ABSTRACT

Manashila (Arsenic disulfide), a renowned mineral drug in Ayurveda, holds a significant place in the classical texts of the *Bṛhatrayī* — *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*. This review aims to comprehensively explore the references of *Manashila* in these authoritative treatises, highlighting its diverse therapeutic and non-therapeutic applications. The analysis reveals that *Manashila* has been extensively utilized in both internal and external pharmaceutical formulations such as *Churna*, *Anjana*, *Lepa*, *Taila*, and *Dhooma*. It is prescribed for a wide spectrum of disorders including *Kasa* (cough), *Shwasa* (dyspnea), *Hikka* (hiccup), *Chhardi* (vomiting), *Pinasa* (rhinitis), and various dermatological and ophthalmic conditions. The review also discusses the mode of administration, formulation contexts, and dosage considerations rooted in classical guidelines. By compiling and categorizing these references, this article emphasizes the therapeutic significance of *Manashila* in *Ayurvedic* practice and its potential scope for future pharmacological exploration.

Keywords: *Manashila*, *bhruhattrai* (*charaka*, *Shushruta*, *Ashtang hrudya*).

INTRODUCTION

Āyurveda, the ancient science of life, is one of the oldest and most comprehensive systems of medicine known to humanity. The classical Ayurvedic texts, such as the *Charaka Samhitā*, *Suśruta Samhitā*, and *Aṣṭāṅga Hṛdaya*, lay the foundational theories of

physiology, pathology, diagnosis, and treatment using herbs, diet, lifestyle, and spiritual practices.

Rasaśhāstra, a specialized branch of Ayurveda, deals with the preparation and therapeutic application of herbo-mineral and metallic formulations. Among the various minerals used, **manashila** holds a unique place. Identified as **realgar** (As_2S_2), *manashila* is an arsenic compound traditionally used in numerous Ayurvedic formulations for its potent therapeutic effects, especially in treating chronic and stubborn diseases.

Manashila is classified under *uparasa varga* (secondary minerals) and is considered the "sibling" of *Haratāla* (orpiment – As_2S_3), owing to its chemical and physical similarities.

It is used in formulations aimed at treating skin diseases (*kushṭha*), helminthic infections (*krimi*), respiratory disorders, and even malignant conditions. Its inclusion in traditional medicines reflects the precision and scientific acumen of Ayurvedic pharmaceuticals.

Manashila (arsenic disulfide) has been used for a wide range of health-related purposes. However, there are very few studies or reports that specifically mention where *Manahshila* is referred to in the *Bṛhatṭrayī* (the three major classical texts of Ayurveda). To address this gap, the references to *Manahshila* found in the *Bṛhatṭrayī* have been collected and grouped into different categories. This was done to highlight both its **therapeutic uses** (for treatment) and **non-therapeutic uses** (other purposes). The main categories include:

- Therapeutic uses
- Internal use (taken by mouth)
- External use (applied on the body)
- Non therapeutic uses

AIM AND OBJECTIVE

Aim to review the drug *manashila* mentioned in *bhruhattrai*.

MATERIALS AND METHODS

Bhruhattrai (*charaka Samhita Sushruta Samhita and Ashtang hrudaya*) are screened to compile references of arsenicals

Etymology & Identity

- **Sanskrit Name:** *Mānśilā* / *Mānashilā*
- **Other names:** *Raktashilā* (variant form), Realgar
- **Chemical Composition:** Arsenic disulphide (As_2S_2)
- **Appearance:** Reddish to orange-red crystalline mineral

In ancient times, *Manashila* was widely incorporated into therapeutic preparations for oral administration and external use. It is internally used in various dosage forms to treat diseases like *Kasa*, *Hikka*, *Shwas*, *Chhardi*, *Visha* and *Pinasa*. *Manahshila* has been an essential component in several topical formulations traditionally prescribed for the treatment of skin diseases, eye infections, and other localized conditions. The occurrences of *Manashila* in the *Brihatrayi* have been summarized in the table below

Therapeutic utilization of *Manahshila* in *Charak Samhita*

Internal Administration

Reference	Formulation	Ingredients	Therapeutic use
Chikitsa 17/145	Manshiladi ghrut ¹	<i>Manashila</i> , <i>sarjara</i> , <i>laksha</i> , <i>rajani</i> , <i>padmak</i> , <i>manjishtha</i> , <i>hartal</i> ghrut	<i>Hikka</i> , <i>Shwas</i>
Chikitsa 18/52	Vidangadi leha ¹	<i>Vidang</i> , <i>saindhav</i> , <i>Kustha</i> , <i>Vyosha</i> , <i>hingu</i> , <i>manashila</i> Madhu, <i>sarpi</i>	<i>Kasa</i> , <i>Shwas</i> , <i>Hikka</i>
Chikitsa 20/39	Leha ¹	<i>Manashila</i> , <i>phalpurak</i> ras, <i>madhu</i>	<i>Chardi</i>
Chikitsa 23/55	<i>Mrutasanjivan agad</i> ¹	<i>Sprukka</i> , <i>plav</i> , <i>sthoneyak</i> , <i>kanshi</i> , <i>jatamansi</i> , <i>surasaagra</i> , <i>manashila</i> , <i>hartal</i> , <i>shirish</i> etc.	<i>Visha</i>
Chikitsa 23/190	<i>Mansyadi yog</i> ¹	<i>Jatamansi</i> , <i>kum</i> , <i>kumpatra</i> , <i>tvag</i> , <i>chandan</i> , <i>manashila</i> , <i>vyaghri</i> , <i>sursa</i> .	<i>Visha</i>
Chikitsa 23/192	<i>Chandanadi yog</i> ¹	<i>Chandan</i> , <i>tagar</i> , <i>Kustha</i> , <i>haridra</i> dve, <i>tvag</i> , <i>manashila</i> , <i>tamal</i> , <i>parad</i> , <i>nagkeshar</i> , <i>vyaghri</i> <i>nakhi</i> .	<i>Visha</i>
Chikitsa 23/213	<i>Param agad</i> ¹	<i>Vacha</i> , <i>vansh</i> <i>tvak</i> , <i>patha</i> , <i>surasa</i> <i>manjiri</i> , <i>Kustha</i> , <i>manashila</i> , <i>shilajatu</i> , <i>kshar</i> etc.	<i>Visha</i>

External Application

Reference	Formulatoin	Ingredients	Therapeutic use
Sutrasthan 3/5	Lepa ²	Manashila, hartal, ghruhdhum, ela, kasis, lodhra, arjuna, musta, sarja	Kustha
Sutrasthan 3/10	Kusthadi churna ²	Kushtha, guduchi, kasis, kampillk, musta, lodhra, gandhak, sarjaras, vidang, manashila, hartal, karvirtvak, tuttha, darvi	Kustha
Sutrasthan 3/12	Tutthyadi lep ²	Tuttha, vidang, marich, kushtha, lodhra, manashila	Kustha
Sutrasthan 3/15	Manashiladi lep ²	Manashila, kutaj tvak, kushtha, slomsh, saidgaj, karanj, bhoj granthi, karvir, tushodak, palasha swaras	Kustha
Sutrasthan 5/26	Shwetadi shirovairchni k dhoom varti ²	Aprajita, jyotishmati, hartal, manashila, agaru, gandh varga	Shirovirechan
Chikitsa 7/111	Kankkshiri taila ¹	Kankkshiri, manashila, bhargi, dantya, jati, praval, sarshap, lashuna, vidang, etc. sars hap tail	Kustha
Chikitsa 7/117	Sidhmahar Lepa ¹	Kustha, tamalpatra, marich, manashila, kasis	Sidhma Kustha
Chikitsa 7/167	Manshiladi lep ¹	Manshila, vidang, rochana, kanak pushpa, saindhav.	Shweta Kustha
Chikitsa 7/170	Lepa ¹	Manshila, mayur pitta	Shweta Kustha
Chikitsa 17/77	Dhoom ¹	Haridra, yav, erand, Laksha, manashila, devdaru, hartal, jatamansi	Hikka shwas
Chikitsa 18/69	Manshiladi Dhoom ¹	Manashila, hartal, madhuk, mansi, musta, ingudi	Kasa
Chikitsa 18/71	Prapondrikadi Dhoom ¹	Prapondrik, madhuk, gunja, manashila, marich, pippali, draksha, ela, sursamanjiri	Kasa
Chikitsa 18/73	Dhoom varti ¹	Manashila, ela, marich, kshar, anjana, vanshlochan, hartal etc.	Kasa
Chikitsa 18/146	Manshiladi Dhoom ¹	Manashila, palasha, ajagandha, vanshlochan, sunthi	Kasa
Chikitsa 18/147	Dhoom ¹	Manashila, adra vatashrung	Kasa
Chikitsa 25/114	Lepa ¹	Manashila, ela, manjishtha, laksha, ubhay haridra	Twakshudikar lep
Chikitsa 26/152	Pradhaman nasya ¹	Manashila, vacha, trikatu, vidang, hing, guggul	Kaphaj pratishyaya
Chikitsa 26/196	Pitak churna kaval ¹	Manashila, yakshar, hartal, saindhav, darvi tvak	Mukhroga

Chikitsa 26/250	Churna anjan or varti ¹	Soviraanjan,tuttha,tapya,manashila,ch akshushya,madhuk,loha,manay,etc.	Timiradi roga
Chikitsa 26/252	Sukhavti varti ¹	Kataksya phala,shankha,saindhav,trikatu,manas hila,vidang,etc.	Timir , Patal, kacha roga.

Other Reference

Reference	Other
Sutrasthan 1/70	Classified under Parthiv dravya ²

Therapeutic utilization of Manahshila in shushrut Samhita Internal Administration

Reference	Formul atoin	Ingredients	Therap eutic use
Chikitsa 40/4	Dhoom varti ⁴	Bruhati,kantkari,trikatu,kasmard,hing,ingudi,tvak,mana shila,amruta,karkatshrugi	Kasa
Uttaratant ra 51/50	Dhoom varti ⁵	Manashila,devdaru,haridra,chhadan,aamish,laksha,uru buk	Hikka, shwas

External Application

Reference	Formul atoin	Ingredients	Therape utic use
Chikitsa 2/68	Ropan Taila ⁴	Tagar,agar,ela,jati,chandan,padmak,manashila,darv i,amruta,tuttha ,taila	Vrana
Chikitsa 20/24	Lepa ⁴	Marich,manashila,kasis,tuttha,tagar,devdaru	Indralupt
Chikitsa 20/54	Ropan Taila ⁴	Sumana,bhallatak,manashila sariva,ela,chandan,agar,taila	Valmika
Uttaratant ra 11/17	Anjana ⁵	Nadeya lavan,shevt marich,manashila,matulunga ras	Kandu
Uttaratant ra 12/16	Anjana ⁵	Shankha,manashila,nila tuttha,darvi,saindhav,madhu	Sirotpata
Uttaratant ra 12/29	Anjana ⁵	Tamra,rajat,shankha,manashila,marich,saindhav	Shukra nashak
Uttaratant ra 13/7	Applicat ion ⁵	Manashila,Kasis,trikatu,rasaanjan,saindhav	Lekhyrog a
Uttaratant ra 14/4	Applicat ion ⁵	Saindhav,Kasis,pippali,pushpanjan,manashila,ela	Bhedhya roga
Uttaratant ra 14/7	Applicat ion ⁵	Manashila,ela,tagar,saindhav,madhu	Bhedhya roga
Uttaratant ra 17/7	Anjana ⁵	Gomans,marich,shirisha,manashila	Drushtig ata roga
Uttaratant ra 17/18	Varti ⁵	Manashila,abhaya,trikatu,bala,kalanusariva,sfena,aj adugdha	Ratryand ha

Uttaratantra 17/39	Raskriya ⁵	Rasanjan, madhu, sita, manashila, madhuk	Pittaja Timir
Uttaratantra 17/43	Raskriya ⁵	Manashila, trikatu, shankha, madhu, saindhav, kasis	Kaphaj Timir
Uttaratantra 18/98	Tagaradya Anjana ⁵	Tagar, marich, jatamansi, shaileya, manashila, tamalpatra, anjan, yashthi	Netraroga
Uttaratantra 18/100	Manashiladya Anjana ⁵	Manashila, devdaru, ubhayharidra, triphala, ushan, manjishtha, makshik, loha, tamara tagar, kukutanda	Timir
Uttaratantra 19/14	Kukunkhar Anjana ⁵	Manashila, marich, shankha, rasanjan, saindhav, guda, madhu	Nayana abhighat
Uttaratantra 21/48	Priyavadi Taila ⁵	Priyangu, madhuk, pathav, dhataki, manashila, shaliparni, manjishtha, lodhra, laksha, kapitha ras, taila	Karnaroga
Uttaratantra 26/33	Nasya ⁵	Madhu, chandan, manashila	Shiroroga
Uttaratantra 35/7	Balin Goshala ⁵	Varnak, churnak, mala, anjan, parad, manashila	Mukhamandika
Uttaratantra 39/263	Nasya ⁵	Pippali, saindhav, taila, manashila	Jwara pratishedha
Uttaratantra 50/18	Dhoom ⁵	Manashila	Hikka

Other Reference

Reference	Other
Sutrasthana 1/41	Classified under parthiv dravya ³

Therapeutic utilization of Manashila in Ashtang hrudya Samhita Internal Administration

Reference	Formulation	Ingredients	Therapeutic use
Chikitsa 6/20	Leha ⁷	Manashila, pippali, marich bijapurak swaras or kapitha swaras madhu	Kaphaj chardi
Uttarasthana 5/19	Ghruta ⁸	Trikatu, tamalpatra, kumkum, pippalimula, kshar, yashthi, manjishtha, manashila, dadhi, tagar, ghrut, mutra etc.	Graha badha
Uttarasthana 35/24	Chandrodyagad ⁸	Anjana, tagar, kushtha, hartal, manashila, trikatu, sprukka, harenu, mansi, sarjaras, shatavha, kumkum, bala etc.	Visha
Uttarasthana 36/82	Tvagadi churna ⁸	Tvag, manashila, nisha, tagar, vyaghri nakhi, tamal, keshar, chandan etc.	Visha

External Application

Reference	Formulatoin	Ingredients	Therapeutic use
Sutrasthan 21/18	<i>Dhoom</i> ⁶	Jyotishmati,nisha,dashmoola, manashila,hartal,laksha,triphalala etc.	Tikshna Doom drvya
Chikitsa 1/159	<i>Anjana</i> ⁷	Manashila, saindhav,pippali taila.	Visham Jawar
Chikitsa 3/67	<i>Dhoom</i> ⁷	Manashila,hartal,madhuk,mansi,musta,in guditvak	Kasa
Chikitsa 3/149	<i>Dhoom</i> ⁷	Manashila, aadra vatshungya,sarpi	Kasa
Chikitsa 16/44	<i>Anjana</i> ⁷	Manashila, gairik,dhatri	Kamala
Chikitsa 19/67	<i>Churna</i> ⁷	Musta,amruta,kankshi ,katnkateri,kasis,kampillk,kushtha,lodhra ,gandhak,manashila,hartal,karvir twak	Kushtha
Chikitsa 19/70	<i>Lepa</i> ⁷	Manashila, hartal,marich,Taila, ark pay	Kushtha
Chikitsa 19/71	<i>Taila</i> ⁷	Guggul,marich, vidang,sarshap,kasis,sarjaras,musta,shri veshtak,hartal, Gandhak,manashila,kushtha,kampillk,ub hay haridra	Kushtha
Chikitsa 19/73	<i>Lepa</i> ⁷	Marich,tamalpatra,kushtha,manashila, kasis,taila	Kushtha
Chikitsa 19/81	<i>Mahavajrak tail</i> ⁷	Erant,tarkshya,kadamb,bhargi,kampillk, vidang,shriveshtak,manashila,hartal,gug gul, ark dugdha,snuhi ksheer,taila	Kushtha
Uttrasthan 1/23	<i>Anga lepa</i> ⁸	Manshila,hartal,rochan,agaru,chandan	Navajat Balak
Uttrasthan 2/73	<i>Lepa</i> ⁸	Kasis,rochan,tuttha ,manashila,rasanjan,kanji	Vrana
Uttrasthan 11/24	<i>Anjana</i> ⁸	Sita,manashila,Lavan,shunthi,rasanjan	Timir, Arma
Uttrasthan 13/70	<i>Varti vimala</i> ⁸	Shankha,priyangu,manashila,triphalala,tri katu	Timir
Uttrasthan 13/86	<i>Varti</i> ⁸	Chandan,triphalala,atrikatu,hartal,manashil a,samudrafen , ajadugdha	Ratryandha
Uttrasthan 16/4	<i>Bidalak</i> ⁸	Manashila,phalini,madhu.	Kapha abhishyand netra roga
Uttrasthan 16/5	<i>Churna Pottali</i> ⁸	Sitamaricha, manashila,shabrakam	Abhishyand
Uttrasthan 20/24	<i>Nasya</i> ⁸	Danti,nishothar,saindhav,manashila,hart al,pippali,chitrak,ghrut,madhu	Putinasa

Uttrasthan 22/100	Kaval ⁸	Darvitawak,saindhav,manashila,yavshuk, hartal	Mukharog
Uttrasthan 24/28	Lepa ⁸	Kasis,manashila,tuttha,ushan	Indralupt vyadhi
Uttrasthan 25/49	Churna ⁸	Jatimukul,Kasis,manashila,hartal,guggul ,chitrak	Vranaavsadan
Uttrasthan 25/60	Lepa ⁸	Laksha,manashila,manjishtha,hartal,ubh ay haridra	Vrana twagshudhikar
Uttrasthan 30/22 Uttrasthan	Taila ⁸	Bhadra,shridaru,marich,ubhay haridra,trivrut,musta,manashila,hartal,ja tamansi,vishala,karvir, gomutra,vatsnabh,bhramhi ras,ark ksheer,goshakrud ras,sharshap taila	Kustha, dustha vrana
32/1	Lepa ⁸	Devdar,kushtha,hartal,manashila	Yavprakhya (kshudra roga)
Uttrasthan 32/31	Sneha ⁸	Manjishtha,lodhra,laksha,ubhay haridra,manashila,hartal kumkum,kushtha,gorochan,gairik,chanda n ugma,vasa,majja,dugdha	Kantiprad

DISCUSSION

The present review of classical Ayurvedic texts—*Charaka Samhitā*, *Suśruta Samhitā*, and *Aṣṭāṅga Hṛdaya*—reveals that **Mānashilā (Arsenic disulphide)** held a significant place in ancient therapeutics. Despite its known toxicity, it was widely employed in both internal and external therapeutic modalities.

The data compiled from the *Bṛhatrayī* show that *Mānashilā* was utilized in diverse formulations such as

- **Lepa (external paste),**
- **Dhūma (medicated smoke),**
- **Añjana (collyrium),**
- **Churna (powder), and**
- **Taila (medicated oil).**

Internally, *Mānashilā* was frequently prescribed for

1. **respiratory conditions (*Kāsa*, *shwas* , *Hikka*),**
2. **emesis (*Chardi*),**
3. **toxicity (*visha*) and**
4. **nasal disorders (*Pīnasa*).**

Externally, its use was prominent in the treatment of **skin diseases, eye disorders, and wound care**, often in compound preparations.

CONCLUSION

The comprehensive review of Br̥hatrayī—*Charaka Samhitā, Suśhrut Samhitā, Ashtang Hrudya*—clearly establishes the significant therapeutic role of *Mānaśhilā* (Arsenic disulphide) in classical Ayurvedic medicine. Its usage across a wide spectrum of diseases—ranging from respiratory and digestive disorders to skin and eye conditions.

Since antiquity, *Manashila* (Arsenic disulfide) has been utilized in both internal and external therapeutic applications.

Summary

Authors (samhita)	Internal Administration	External Application
<i>Charak samhita</i>	7	20
<i>Shushrut samhita</i>	2	21
<i>Ashtang Hrudya</i>	5	21

References from Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya regarding both internal and external applications have been compiled and organized into a table

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