In the introduction of the Mānasa-khaṇḍa Janamejaya addresses the Súta desiring to hear of the creation of the world and its state subsequent to that event and the mahatmyas of the great tirthas or places of pilgrimage. We need only to quote a passage which is of special interest to us in connection with the lake. The Sūta tells the legend of Himāchala to Janamejaya. Dattātreya Ŗishi, one of the seven human incarnations of Vishnu, after his visits to Himāchala, went to Kāci (Benares) and proclaimed the glories of Himāchala to the Rāja Dhanvantari. They talk of the tīrthas, and the sage glorifies Himāchala . . . »that Himāchala where Çiva lived and where Gangā falls from the foot of Vishnu like the slender thread of a lotus flower and where the Rishis worship and where the Civa lingas are numerous. I behold Māna-sarovara and there in the form of the rāja-hansa (royal goose) dwells Çiva. This lake was formed from the mind of Brahmā, therefore was it called 'Mānasa-sarovara'. There dwell also Mahādeva and the gods, thence flow the Sarayu (here probably Karnali) and other (female) rivers and the Catadru and other (male) rivers. When the earth of Mana-sarovara touches anyones body or when anyone bathes therein, he shall go to the paradise of Brahmā, and he who drinks its waters shall go to the heaven of Çiva and shall be released from the sins of a hundred births, and even the beast who bears the name of Māna-sarovara shall go to the paradise of Brahmā. Its waters are like pearls. There is no mountain like Himāchala, for in it are Kailas and Māna-sarovara. As the dew is dried up by the morning sun, so are the sins of mankind dried up at the sight of Himāchala. At Māna-sarovara, the king, Bhagīratha, performed the austerities by which the holy Gangā was produced and Vasishtha obtained the Sarayu. The country around this holy lake is called Mānasa-khaṇḍa.» Concerning the creation of Māna-sarovara we read: »The sons of Brahmā, Marīchi and Vasishtha and the rest proceeded to the north of Himāchala and performed austerities on Kāilāsa. There they saw Çiva and Pārvatī, and there they remained for twelve years absorbed in mortification and prayer. There was then very little rain and little water, and in their distress they went to Brahmā and worshipped him. Then Brahmā asked what their desire might be. The Rishis answerd and said. — 'We are engaged in devotion on Kāilāsa and must always go thence to bathe in the Mandākinī; make a place for us to bathe in'. Then Brahmā by a mental effort formed the holy lake of Mānasa. The Rishis returned and rejoicing at the success of their journey again engaged in mortification and prayer on Kāilāsa and worshipped the golden ling which rose from the midst of the waters of the lake.»

khanda, — there exists in India a Rāmaçīlamāhātmya, professing (but such professions are very untrustworthy) to belong to the Mānasa-khanda of the Skanda Purāna. But no such Mānasa-khanda appears to exist in manuscript or print. Atkinson's version must have been made especially for him from some unknown manuscript.» From Atkinson's reference to Sir John Strachey this seems indeed to have been the case.

Atkinson adds the explanation that the Catadru is Satlej, which rises in the Rákas lake, which is itself connected with the Mána lake.»