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A Scientific Assessment of *Lekhaniya Mahakashaya* -Review

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ABSTRACT: -

Sthaulya(obesity) is emerging problem in this globalizing era. We cannot ignore it because it can cause other diseases like diabetes, heart diseases, gastric disorders ,hypertension etc. Every person wants to look good, but people suffering from obesity suffer from inferiority complex due to this paucity.so we can say that *Sthaulya* affect both physical and mental health. years ago, *Acharya Charak* described important *Mahakashayas* for healing, one of them is the *Lekhaniya Mahakashaya*. It includes 10 drugs which mainly made with combination of *vayu* and *Agni Mahabhuta*.

Key words-*Lekhaniyamahakashaya ,Sthaulya ,Lekhan* etc.



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INTRODUCTION

In present scenario everyone is in mental and physical stress due to their modern living lifestyle undisciplined to pursue the daily regimen, dietic rules and regulations, which result in many diseases as hypertension, diabetes mellitus, obesity, cardiac diseases, respiratory disorders etc. Among these lifestyle induced diseases like *sthaulya*(obesity) is one of them^[1]. *lekhan* means that which has the ability to scrap out the excess tissue from the area where it is located such drug are needed essential to decreased the body weight.^[2] *Acharya Charaka* has mentioned 'Lekhaniya *Dravya*' On *Sthaulya* (obesity). i.e. *Musta*

Table 1 and 2 given below described pharmacognosy and Rasapanchaka of Lekhaniya Mahakashaya respectively.

,*Kushta, Haridra, Daruharidra, Vacha, Ativisha, Katurohini, Chitrak, Chirbilva, Hemavati*. Above ten drugs alone or in combination work miraculous in *sthaulya*.^[3]

AIMS & OBJECTIVES

- 1.To study the scientific base of *Lekhaniya Mahakashaya* in *Sthaulya* (obesity).
- 2.To study the *Gunkarmatmak Adhyan* of *Lekhaniya Mahakashaya*.

MATERIAL & METHODS

For this review all information related to the topic are compiled from classical literature, textbooks, journals and modern text books.

Pharmacognosy & Rasapanchaka^[4]-

Basonym	Botanical name	Family	Synonyms
<i>Musta</i>	<i>Cyperusrotundus</i> Linn.	<i>Cyperaceae</i>	<i>Motha</i>
<i>Kushtha</i>	<i>Saussurea lappa</i>	<i>Compositae</i>	<i>Kutha, kushtha</i>
<i>Haridra</i>	<i>Curcuma longa</i> Linn.	<i>Zingiberaceae</i>	<i>H a l d i</i>
<i>Daruharidra</i>	<i>Berberis aristata</i>	<i>Berberidaceae</i>	<i>Daruharidra</i>
<i>Vacha</i>	<i>Acoruscalamus</i> Linn.	<i>Araceae</i>	<i>Vasa, ghodvacha</i>
<i>Ativisha</i>	<i>Aconitum heterophyllum</i>	<i>Ranunculaceae</i>	<i>A t i s a</i>
<i>Katurohini</i>	<i>Picrorhiza kurroa</i>	<i>Scrophulariaceae</i>	<i>Katuka, tikta</i>
<i>Chitrak</i>	<i>Plumbago zeylanica</i>	<i>Plumbaginaceae</i>	<i>Chitra, chita</i>
<i>Chirbilva</i>	<i>Holoptelia integrifolia</i>	<i>Ulmaceae</i>	<i>Putikaranja</i>
<i>Hemavati</i>	<i>Iris ensata</i>	<i>Iridaceae</i>	<i>Balvacha</i>

Table-2

DRUG	R A S A	G U N A	V E E R Y A	V I P A K A
<i>M u s t a</i>	<i>Tikta, katu, kashaya</i>	<i>Laghu ,ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Kushtha</i>	<i>Tikta, katu, madhur</i>	<i>Laghu, ruksha, tikshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Hridra</i>	<i>Tikta ,Katu</i>	<i>Ruksha ,laghu</i>	<i>Ushna</i>	<i>Katu</i>
<i>Daruharidra</i>	<i>Tikta ,kashya</i>	<i>Laghu ,ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Vacha</i>	<i>Katu ,tikta</i>	<i>Laghu ,tikshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Ativisha</i>	<i>Tikta ,katu</i>	<i>Laghu ,ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Katurohini</i>	<i>T i k t a</i>	<i>Laghu, ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Chitrak</i>	<i>K a t u</i>	<i>Laghu, ruksha, tikshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Chirbilva</i>	<i>Tikta ,kashaya</i>	<i>Laghu ,ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Hemavati</i>	<i>Katu ,tikta</i>	<i>Laghu, ruksha, tikshna</i>	<i>Ushna</i>	<i>Katu</i>

PHARMACODYNAMICS^{[5]-[6]}-Table-3

DRUGS	CHEMICAL COMPOSITION
<i>Cyperus rotundus</i> Linn.	Flavonoids, terpenoids, carbohydrates
<i>Saussurea lappa</i>	Costunolide, resin, alkaloids
<i>Curcuma longa</i> Linn.	Steroidal glycoside, saponin, cinammic acid
<i>Berberis aristata</i>	Berberine ,alkaloids ,berbamine
<i>Acorus calamus</i> Linn.	Asarone, calamenol, fatty acids
<i>Aconitum heterophyllum</i> Wall	Atisine ,atidine, heterophyllisine, tannic acid
<i>Picrorhiza kurroa</i>	Kutkin, apocynin, kutkoside
<i>Plumbago zeylanica</i>	Plumbagin, chitanone, zeylanone
<i>Holoptelia integrifolia</i>	-
<i>Iris ensata</i>	-

DISCUSSION

Acharya charaka has given *Lekhaniya Mahakashaya* of 10 drugs. Analysis of *Lekhaniya Mahakashaya* has been made from different classical literature, text book of *Dravyaguna* and modern text books. Table 1 described the botanical name, family, synonyms, of respective *Mahakashaya* according to modern and ancient literature.

Rasa(essence), *Guna* (Quality), *Veerya*(potency), *Vipaka* (post digestive effect) have been enlisted in table 2. *Tikta rasa* is seen in 9 herbs, *katu* in 7, *Kashaya* in 3 and *Madhur* in 1 herb. Analysis of *Lekhaniya Mahakashaya* clearly indicate that *Tikta Rasa Dravyas* dominates the list (9) followed by *Katu*, *Kashaya* And *Madhur*. Among the analyzed drugs, *ushna veerya* drugs are more in number (8) in comparison to *Sheeta Veerya dravya*. Enumeration of *Gunās* of *Lekhaniya Dravya* clearly indicate *Laghu*(10), *Ruksha Dravya* (9)are dominates followed by *Tikshna Dravya*(4) and all *dravya* of *lekhanīya mahakashaya* are of *katu vipaka Tikta rasa* reduces vitiation of *kapha* and *medodushti* along with neutralization of

amavisha (undigested food) through its *Deepaniya*(appetizer),*Pachniya* (digestive) and *Vishaghna*(anti-toxic) activities. *Katu rasa* exert similar effect on *Ama*, *Kapha*, and *Medodushti* by its *Laghu*(light), *Ruksha* (dry), And *Ushna* (hot)*Gunās*.^[7]

CONCLUSION

Year ago *Lekhaniya Mahakashaya* depict by *Acharya Charaka* for today's emerging disease *Sthaulya* (obesity). Some of the research studies carried out on these herbs confirmed hypolipidemic. Drugs of *Lekhaniya Mahakashaya* have equal effect on quantitative and qualitative *doshas*.

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