


SHORT COMMUNICATION ARTICLE

An Overview of Current Practices in *Lekhana Vasti*

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ABSTRACT

Lekhana Vasthi is a type of enema which contains drugs that cause the excoriation of excessive fat from the body (*Medohara* action). This study aims at reviewing various *Lekhana Vasthi Prayogas* currently practiced at randomly selected 6 Ayurveda colleges in Kerala. Details regarding the ingredients of *Lekhana Vasthi* were collected through the house surgeons of respective colleges and all the collected data are reviewed along with the classical reference. Minor to major changes in the selection of *Vasthi Dravyas* were noted from the classical reference of *Lekhana Vasthi*. Differences in the ingredients would definitely cause a noticeable change of effect in the action of *Vasthi*. These are to be further evaluated and studied to establish a scientific base for the action of the modified version of *Lekhana Vasthi* or any other similarly.

1. INTRODUCTION

Vasti has been considered a primary treatment modality in *Panchakarma* for the pacification of aggravated *vata* and *vata pradhana vyadhi*. In *sthoulya*, along with *kapha*, *vata* is also a dominating dosha. Hence, Acharya Charaka has specially prescribed *ushna* and *teekshna Vasthi* in *sthoulya* patients.^[1] Acharya Susrutha has mentioned that *nirooha Vasthi* has *sodhana* and *Lekhana effect*.^[2]

1.1. Classical Reference of *Lekhana Vasthi*

According to Sushrath Samhita Decoction of *Triphala* added with cow's urine, honey, *Yavakshara*, and paste of drugs of *Ushakadi Gana*.^[3] and administered as an enema is *Lekhaneeya* in action.

This study aims at reviewing various *Lekhana Vasthi Prayogas* currently practiced at randomly selected 6 Ayurveda colleges of Kerala. Details regarding the ingredients of *Lekhana Vasthi* were collected through the house surgeons of respective colleges, and all the compiled data are reviewed along with the classical reference.

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2. MATERIALS AND METHODS

The data regarding the *Vasthi Dravyas* for *Lekhana Vasthi* were collected from house surgeons of respective colleges are compiled as an activity work under the Department of *Panchakarma*, Vaidyaratnam Ayurveda college, Ollur. This compilation involves randomly selected 6 Ayurveda Colleges of Kerala with their data regarding the ingredients and their doses used for *Lekhana Vasthi* in their institutions. The identity of colleges is masked to avoid ethical issues. However instead a code abbreviation of KAC for Kerala Ayurveda College is used along with the numeral.

2.1. Ingredients and Dosage

2.1.1. KAC01

- *Saindhavam*-15 g
- *Makshikam*-50 mL
- *Vaiswanarachoornam*-30 g
- *Kalyanaksharam*-1 pinch
- *Kashayam*-300 mL.

2.1.2. KAC02

- Lekhana Vasthi*-I (*Shathahwadi Vasthi*)
 - *Saindhavam*-15 g
 - *Makshikam*-200 mL
 - *Thailam* (*PunarnavadiThailam* + *DhanwantharamThailam*) – 120 mL
 - *Kalkam*-100 g (50 g each of *Sathapushpa* and *Tila*)

- *Kashayam*-240 mL
- *Dhanyamlam*-80 mL.

Here, *Kashaya* is prepared using 15 g each of *Sathapushpa*, *Swetha Kushta*, *Punarnava*, *Bala moola*, *Rasna*, *Tila*, *Shunti*, and *Gokshura*

Used mainly in infertility conditions.

- ii. *Lekhana Vasthi* – II
- *Saindhavam*-15 g
 - *Makshikam*-120 mL
 - *Dhanwantharam Thailam Mezhpakam*-120 mL
 - *Kalkam*-30 g (15 g each of *Sathapushpa* and *Tila*)
 - *Dhanyamlam*-120 mL
 - *Gomutram*-120 mL

Indicated in conditions like PCOS.

- iii. *Lekhana Vasthi*-III
- *Saindhavam*-15 g
 - *Makshikam*-120 mL
 - *Thailam*-120 mL
 - *Kalkam*-30 g
 - *Triphaladi Kashaya*-240 mL

For *Kashaya-Triphaladi Kashaya choorna*-120 g boiled in 1 L water and reduced to 240 mL.

For *Kalka*-4 g each of paste of *Ajamodaka*, *Madanaphala*, *Vilwa*, *Swetha Kushtam*, *Vacha*, *Shathapushpa*, *Pippali*, and *Mustha*.

Indicated in hypothyroidism.

- iv. *Lekhana Vasthi*-IV (*Karanjaadi Vasthi*)
- *Saindhavam*-15 g
 - *Makshikam*-120 mL
 - *Karanjaadi yamakam*-120 mL
 - *Kalkam*-30 g
 - *Kashayam*-480 mL

For *Kashaya*, *Balamoola*-100 g, *Karanja patra*-100 g, boiled in 2 L water and reduced to 480 mL and filtered.

For preparing *Karanjaadi Yamaka*-

For *Kashaya*-60 g each of *Balamoola*, *Kushtam*, *Trivrit*, and *Karanja Patram* boiled in 2 L water and reduced to 480 mL and filtered.

For *Kalka*-

- Karanja patram*-15 g, *Guggulu*-15 g, *Kalyanaksharam*-5 g
- *Ghritham*-100 mL
 - *TilaThailam*-100 mL.

Then prepare *Yamaka* using *Snehapaakavidhi*

Useful in conditions like Endometriosis.

2.1.3. KAC03

- *Makshikam*-150 mL
- *Saindhavam*-12 g
- *Nallenna/Tila Thaila*-150 mL
- *Gomutram/Dhanyamlam*-200 mL
- *Hinguvachadichoorna*-20 g
- *Triphala Kashaya*-200 mL

Here, instead of *Ushakadi Gana* is replaced by *Hinguvachadichoorna* as *Kalka Dravya*.

This formulation is used mainly in conditions such as obesity and PCOS. Formulation is modified according to the condition of the patient and also based on physician's *Yukthi*.

2.1.4. KAC04

- *Saindhavam*-5 g
- *Makshikam*-120 mL
- *Sneham*-80 mL
- *Kalkam*-25 g (*Yavaksharam*-5 g, *Hingu*-10 g, *Thuttham*-10 g)
- *Triphalakashayam*-180 mL
- *Gomutram*-60 mL

2.1.5. KAC05

- *Saindhavam*-10 g
- *Makshikam*-160 mL
- *Triphala Kashaya*-240 mL
- *Gomutram*-120 mL
- *Yavaksharam*-30 g
- *TilaThailam*-240 mL
- *Ushakadi Gana Prakshepa*-80 g

2.1.6. KAC06

- *Saindhavam*-15 g
- *Makshikam*-200 mL
- *Thailam*-200 mL (*Varuni Thailam* 100 mL + *Dhanwantharam Thailam* 100 mL)
- *Kalkam*-100g (50 g each of *Sathapushpa* and *Tila*)
- *Kashayam*-480 mL
- *Dhanyamlam*-80 mL.

For *kashaya*-30 g each of *Sathapushpa*, *Swetha Kushta*, *Punarnava*, *Balamoola*, *Rasna*, *Tila*, *Shunti*, and *Gokshura*, boiled in 2 L water and reduced to 480 mL.

From these data, an evident difference in the usage of *Kalka* is visible in both the ingredient and dosage criteria of 6 colleges. A comparison table is given below [Table 1]:

3. DISCUSSION

Modern science claims that obesity is a risk factor for conditions such as diabetes mellitus, osteoarthritis, coronary heart disease, and hypertension. Under the eight verities of obstacles, known as *Ashta Nindita Purusha*, Acharya Charaka added *Atisthula Purusha*.^[3] Even though more than 190 PG and Ph.D. theses have been filed across India to date, there is yet ample opportunity to control *Sthaulya* using *Panchkarma* therapy.

In terms of contributing components, it is noted that *Sushruta* mentions endogenous type *Nidana*, but Acharya Charaka mentions the majority of exogenous type *Nidana*. Acharya Charaka is the only one to mention *Beejadosh* *Swabhava*.^[4] Etiological causes mostly vitiate the *Meda-Kapha* in *Sthaulya*.^[5] This vitiated *Meda* obstructs *Vata*'s path, provoking *Vata* in the process. Two primary components in the *Samprapti* are *Tikshna Jatharagni* and *Medodhatvagnimandya*.^[6]

Lekhana Because of its *Rasapanchaka* dominance, *Basti* has the qualities of *Sneha*, *Meda*, *Kleda* *Upashoshana*, *Deepana*, *Pachana*, *Tikshna*, *Lekhana*, *Ruksha*, and *Kapha-Vatahara*.^[7] This has led to the reduction of the following: flabbiness in the hip-abdomen-breast (*Angachalatva*); laziness/lack of enthusiasm (*Alasya/Utsahahani*); excessive sleep (*Nidradhikya*); excessive sweating (*Swedadhikya*); body odor (*Daurgandhya*); oily body luster (*Snigdhangata*); heaviness in the body (*Angagaurava*); and fatigue (*Gasrasada*).^[8] Reduced joint discomfort (*Sandhishoola*) and dyspnea on exertion (*Kshudrashwasa*)

can also be ascribed to Basti's Srotoshodhana (cleaning of the body's microchannels), which eliminates Avaranajanya Vataprakopa. Increased weight and weakness (Daurbalyata-Alpa Vyayama) are related.^[9]

Therefore, the decrease in weakness has been greatly aided by the reduction in weight. Since Laghu-Ruksha Guna, Katu-Tikta-Kashaya Rasa, and Ushna Virya reduce Kapha, they may be the primary causes of the standard control drug's superiority in lowering excess sleep.^[10] Given that basti is the most effective Vatahara treatment, the decrease in excess hunger (Atikshudha) and thirst (Atipipasa) may be related to the correction of vitiated Vayu, which is known to produce Trisha and Jatharagni Sandhukshana.^[11]

The above collected data show how differently the practice of *Lekhana Vasthi* is carried out in the randomly selected 6 Ayurveda colleges of Kerala, India. This indicates the improvisations and modifications one can adopt in their mode of treatment protocols. The indications vary according to the ingredients and their dosages. This study aimed at bringing out the difference in practices of *Lekhana Vasthi* in the current scenario based on the ingredients and their doses. A scope for further study in this same context along with their indications, time of procedure, etc. becomes evident after evaluating this compilation work. Even though in classics, *Lekhana Vasthi* is considered a *Medohara Vasthi*, which includes ingredients such as *Makshika*, *Saindhavam*, *Triphala Kashayam*, *Gomutram*, *Kshara*, *Katu Thailam*, and *UshakadiPrathivapa*, but practically in many institutions, *Lekhana Vasthi* is not much practiced in the classical way. An improvised practice has been noticed in most of the Ayurvedic colleges in Kerala. Contents of *Ushakadi Gana* (as *Prakshepa Dravya* in *Lekhana Vasthi*) are *Ushaka* (Saline soil), *Saindhavam* (rock salt), *Shilajatu* (natural bitumen), *Kasisadwaya* (2 varieties of FeSO₄), *Hingu* (*Ferula asafoetida*), and *Thuttha* (CuSO₄). These are *Ushna Veerya* and *KatuVipaka* and hence have *Lekhana* effect. It is observed that *Gomutramor Dhanyamlam* is commonly used as an ingredient in all the colleges, that were a part of this study.

4. CONCLUSION

Sthaulya is a Vyadhi with Dushya dominance. All three Doshas are involved in Sthaulya, although Kapha-Vata and Meda vitiation are the most significant. The primary causative factor is vitiated Kapha-Meda. This vitiated Meda causes its Avarana, which in turn provokes Vata, to hinder the passage of Vata. Consequently, being in the Kostha Vata leads to Atikshudha, which intensifies the illness and results in Sthaulya Kritichhsadhaya. Owing to Meda's restriction, Vayu was unable to carry nutrients to other Dhatu, resulting in a drop in Uttardhatu and an increase in Medadhatu.

Therefore, the treatment approach should take vitiated Meda, Kapha, and Vata into account. *Lekhana Basti* is one of those people. Urbanization, poor eating habits, sedentary lifestyles, and inactivity all contribute to the condition. Genetic predisposition: Sthaulya is more common in those with a Kapha-dominated Prakriti. Because of feminine characteristics such as menopause and exacerbating variables such as childbirth, I.U.C.D., oral contraceptive pill use, and miscarriage, women are more likely to be obese. Basti outperformed in nearly every parameter because it removes Doshas from the body and absorbs the medicine at the same time as it acts as Samprapti Vighatana at the cellular level.

In current practice, physicians try to improvise the action of *Lekhana Vasthi* by altering the ancient list of ingredients by addition of new ingredients or by changing the classic dosage of those ingredients. By this, one can evaluate the action of a revised *Lekhana Vasthi* procedure in different disease conditions and thus assess the improvements.

5. ACKNOWLEDGMENT

Nil.

6. AUTHORS' CONTRIBUTIONS

All the authors contributed equally to the design and execution of the article.

7. FUNDING

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8. ETHICAL APPROVALS

The study does not require ethical approval as it is a short communication.

9. CONFLICTS OF INTEREST

Nil.

10. DATA AVAILABILITY

This is an original manuscript, and all data are available for only review purposes from principal investigators.

11. PUBLISHERS NOTE

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Table 1: *Kalka* and its dosage used in these 6 Ayurveda colleges

Kalka	
KAC01	<i>Vaiswanarachoornam</i> -30 g <i>Kalyanaksharam</i> -1 pinch
KAC02	I-50 g each of <i>Sathapushpa</i> and <i>Tila</i> II-15 g each of <i>Sathapushpa</i> and <i>Tila</i> III-4 g each of paste of <i>Ajamodaka</i> , <i>Madanaphala</i> , <i>Vilwa</i> , <i>Swetha Kushtam</i> , <i>Vacha</i> , <i>Shathapushpa</i> , <i>Pippali</i> , <i>Mustha</i> . IV- <i>Karanja patram</i> -15 g, <i>Guggulu</i> -15 g, <i>Kalyanaksharam</i> -5 g
KAC03	<i>Hinguvachadi Choorna</i> -20 g
KAC04	<i>Yavaksharam</i> -5 g, <i>Hingu</i> -10 g, <i>Thuttham</i> -10 g
KAC05	<i>Yavaksharam</i> -30 g <i>Ushakadi Gana Prakshepa</i> -80 g
KAC06	50 g each of <i>Sathapushpa</i> and <i>Tila</i>
Classical Reference	<i>Ushakadi Gana</i>