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Efficacy of *Lekhaniya Mahakashaya* on Non-Communicable Diseases

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Abstract: Acharya Charaka has described Lekhan as Karma and its therapeutic utility for the first time. He has used lekhan term for different things. a) *Lekhaniya mahakashya*, b) as a property of *tikta rasa* and ,c) as a *shastra karma*. *Lekhaniya mahakashaya* is doing lekhan of excessive fat(reducing excessive fat) due to its *ushna,tikshna*, *lekhan*(penetrating hot properties). So it is useful in obesity as well as hyperlipidaemia. *Lekhaniya mahakashaya* significantly reduces weight, BMI. *Santarpana janya vikara* as explained in ayurvedic classics produces *Medo-dushti*, which is root causes of many diseases. Administration of *lekhaniya mahakashaya* which is *Tikta-Katu* in *Rasa*(bitter taste), *Ushna Veerya* (Hot in potency), *Laghu* and *Ruksha* (light and dry qualities)*Katu Vipaka* and is thus *Vata Kaphahara*. These all properties are against *Medo dhatu* which helps to reduce fat in body. *Lekhaniya mahakashya* Is beneficial in reducing total cholesterol level, LDL levels, VLDL levels. *Lekhaniya mahakashaya* having potent effect on non-communicable diseases (NCD) such as hyperlipidaemia ,hypothyroidism and cardiac disorders and symptoms like stress, fatigue etc.

Keywords: *Lekhaniya mahakashaya*, *Veerya*, *Vipaka*, *LDL*, *VLDL*, *Hyperlipidaemia*.

Aims and objectives-

- 1) To Study *Lekhaniya mahakashaya* in context with *Medodushti*.
- 2) To know the effect of *Lekhaniya Mahakashya* on *dhatvagni dusti* and *Aam pachan* as per classical ayurvedic text.
- 3) *Aam* and disorders derived from *Dhatvagni dusti* like *Hypothyroidism*, *Diabetes*, *Hyperlipidaemia* , *Coronary artery diseases*.
- 4) *Diseases induced by Virudh aahar sevan*.

I. INTRODUCTION

In recent Era, due to changed lifestyle, daily routine, food habits and environmental changes, the population of unhealthy people has increased in number even in developing countries. It increases mental stress and excessive strain, time shortage and hectic life is adding more to health problems. Because of these factors many diseases are becoming very common now a days like hyperlipidaemia and related disease and outcome of hyperlipidaemia atherosclerosis , it leads to coronary heart disease(CAD) and ischemic heart disease (IHD).Hyperlipidaemia could be considered analogous with increased *dusht medo dhatu* in the body which is caused by hypo functioning of *medo dhatvagni*.

II. MATERIAL METHODS

Drug profile-*Lekhaniya mahakashya* is the third of the 50 *mahakashya* described in fourth chapter of sutra sthan of charak samhita and includes following ten ingredients -

S.N.	HINDI NAME	ENGLISH NAME	BOTANICAL NAME	PART USED	TARGET ORGAN
1	Mustak	Nut grass	<i>Cyperus rotundus</i>	Tuber	LIVER
2	Kushtha	Costus	<i>Saussurea lappa</i>	Root	Liver
3	Haridra	Turmeric	<i>Curcuma longa</i>	Dry rhizome	Liver
4	Daruharidra	Indian berberri	<i>Berberis aristata</i>	Stem wood	Liver
5	Vacha	Sweet Flag	<i>Acorus calamus</i>	Dry rhizome	Liver, pancreas

6	Ativisha	Indian Atees	<i>Aconitum heterophyllum</i>	Root	Liver
7	Katuka	Picrorhiza	<i>Picrorhiza kurrao</i>	Root	Liver
8	Chitrak	Cyelon lead wort	<i>Plumbago zylanica</i>	Bark of root	Liver, heart
9	Chirbilwa	Indian Elm	<i>Holoptelia integrifolia</i>	Bark of stem	Liver, pancreas
10	Haimvati	Oris Root	<i>Iris ensata</i>	Root	Liver,spleen

Standardization on the basis of following parameters-

- 1) Organoleptic or morphological evaluation – Shape, colour, odour, taste, size and other special features.
- 2) Microscopic evaluation – Quantitative microscopy, stomata, trichomes.
- 3) Physical evaluation – Foreign matter, moisture content, viscosity, sol

A. Mode Of Action

Lekhaniya mahakashya contain essential fatty acids(polyunsaturated fatty acids).e.g.linolenic acid .Intake of diet containing linolenic acid alter the fatty acid composition of the plasma lipoproteins and lessens their capacity to carry lipids, cholesterol in particular with a consequent lower levels of them in blood.


B. Mode Of Action From Ayurvedic Point Of View




As per *Sushruta*, the *drugs* which perform lekhan karma are mainly constituted of *vayu* and *agni mahabhoot*.So the properties of whole formulation of *Lekhaniya Mahakashaya* are as follows-




- 1) *Rasa*: Katu,Tikta
- 2) *Guna*: Laghu ,Tikshana,Ruksha
- 3) *Virya*: Ushna
- 4) *Vipaka*: Katu




According to *ras panchaka lekhaniya Mahakashaya* works on *Jatharagni*, *bhutagni*, and *dhatvagni* specifically *medo dhatvagni*- All these properties of *Lekhaniya Mahakashya* constitute a *medo dhatu* depleting formulations and prime action on *jatharagni*. *Jatharagni* corrects hypofunction of *medodhatuvagni*. *Lekhaniya Mahakashaya* is igneous in nature, stimulates *Jatharagni* and performs *lekhan karma* in the body.

III. OBSERVATION AND RESULT

S.N.	Dravya	Actions	Animal study
1.	 <p><i>Mustak</i></p>	Carminative Hypolipidaemic ,hepatoprotective Anti obesity properties aqueous as well as alcoholic extracts.	Animal study exhibited a lipolytic action and mobilized fat from the adipose tissues in rats,thus helping to reduce the obesity.

<p>2.</p>	<p><i>Kustha</i></p> 	<p>Hepatoprotective</p>	<p>The aqueous methanolic extract of saussurea lappa root investigated against lipopolysaccharide (LPS) induced hepatitis in mice and the data indicate that the saussurea lappa exhibits hepato protective effect on mice. This study rationalize the traditional use of this plant in liver disorder.</p>
<p>3.</p>	<p><i>Haridra</i></p> 	<p>Hepatoprotective Anti oxidant</p>	<p>Feeding the animals a high cholesterol diet (HCD) for 7 days resulted in marked hypercholesterolemia, increased serum level of LDL-C, But a decreased serum HDL-C. Curcumin showed an obvious hypocholesterolemic effect that could be due to an effect on cholesterol absorption , degradation or elimination. Curcumin containing diet, especially one rich in fats could have a lipid lowering effect.</p>
<p>4.</p>	<p><i>Daruharidra</i></p> 	<p>Hepatoprotective, used in hepato biliary disorders.</p>	<p>Berberis aristata dry stem powder 80% ethanolic extract possesses significant hypoglycemic activity in type2 diabetic model rats and normal rats.</p>

<p>5.</p>	<p><i>Vacha</i></p> 	<p>Hepatoprotective , work on fat metabolism also work on CTZ center.</p>	<p>Adult male albino rats (Charles foster strain) weighing 150-200g were used in the study. Initially,they were maintained on rat pellet diet and tap water(unless mentioned otherwise)at a 12 hour light dark schedule. They were group housed at a temperature of 24 °C.</p>
<p>6.</p>	<p><i>Ativisha</i></p> 	<p>Hepatoprotective Work on obesity, hyperlipidemia</p>	<p>The experiment is performed on albino Wistar rats (weighing150-200g).</p>
<p>7.</p>	<p><i>Katurohini</i></p> 	<p>Hepatoprotective prevention and treatment of diverse liver disease.</p>	<p>Male Wistar rats, experiment from the institutional Animal Ethics Committee of SNTD University monosaturated and saturated (MUFA and SFA) favor adiposity by increasing lipogenesis.</p>

<p>8.</p>	<p><i>Chitrak</i></p> 	<p>Hepatoprotective</p>	<p>Wister Albino rats of either sex weighing between 100-200g were used for this purpose. The standard drug treated groups of animals, indicating protection of hepatic cell.</p>
<p>9.</p>	 <p><i>Chirbilwa</i></p>	<p>Hepatoprotective Carminative, adaptogenic activity, antihyperlipidemic Anti obesity activity</p>	<p>Healthy Adult Albino rats of wister strain weighing about 200-250g of either sex, between two three months of age were selected for the experiments.</p>
<p>10.</p>	<p><i>Hemvati</i></p> 	<p>Work on liver spleen both</p>	<p>The extract of dried root of <i>Iris ensata</i> were screened for their effects on Hyperlipidamic activity in normal rats and rabbits.</p>

Standardization on the basis of following parameters-

- 1) *Organoleptic or Morphological Evaluation*: Shape, colour, odour, taste, size and other special features.
- 2) *Microscopic Evaluation*: Quantitative microscopy, stomata, trichomes.
- 3) *Physical Evaluation*: Foreign matter, moisture content, viscosity, sol tandardization on the basis of following parameters-
- 4) *Organoleptic or Morphological Evaluation*: Shape, colour, odour, taste, size and other special features.
- 5) *Microscopic Evaluation*: Quantitative microscopy, stomata, trichomes.
- 6) *Physical Evaluation*: Foreign matter, moisture content, viscos

IV. CONCLUSION

All *dravyas* are mentioned by *charaka* in *lekhniya mahakashya* is mainly carminative in nature as well as Hepatoprotective. *Lekhniya dravya* does bioscraping of *meda dhatu* and *kapha* from obstructed channels. By the combination of bitter, pungent taste and *katu vipaka*, dryness, lighten attributes. *Lekhniya Mahakashya* has got hypolipidaemic effect and the most probable mode of action is by excreting bile in faeces, reducing absorption of all types including fats lipids in the Intestine. The extract formulation of *Lekhniya Mahakashya* yields better hypolipidaemic effect then decoction formulation. So, it basically means that *lekhniya dravya* clear the *sukshma* channel (shrotas). For, non communicable disease management through ayurveda can give a better approach.

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