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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>

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- 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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