



LEKHANIYA MAHAKASHAYA AND ITS PHARMACOLOGY: A LITERARY REVIEW

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ABSTRACT

Lekhaniya mahakashaya denotes, group of ten medicines, which act differently on *Sthoulya*. *Sthoulya* can be Correlate with the term Obesity of modern medicine. *Lekhaniya Mahakashaya* is the 3 of the 50 *mahakashaya* described in fourth chapter of *Sutra sthan* of *Charak Samhita* and includes Mustak, kusth, haridra, daruhridra, vacha, ativisha, katuka, chitrak, chitbilv, swetvacha ten ingredients. These 10 plants are work together and give enhanced effect. They are also effective individually. These plants having *Katu*, *Tikta*, *Ushna Virya*, *Katu Vipaka*, *Ruksha*, *Laghu*, *Tikshan Guna* and *Tridoshaghan* (Mainly *kaphaghan*) properties.

KEYWORDS: *Lekhaniya mahakashaya*, obesity, *Katu Rasa*, *Tikta Rasa*, *Ushna Virya*, *Katu Vipaka*, *Kaphaghan*.

INTRODUCTION

Acharya Charaka described Mahakashaya in fourth chapter of *Sutrasthana* of *Charak Samhita*. Each Mahakashaya includes ten drugs. *Lekhaniya Mahakashaya* is the 3th of the 50 *mahakashaya*.^[4,5,6] *Lekhaniya mahakashaya* denotes, group of ten medicines which act differently on Obesity. These ten medicines are Mustak, kusth, haridra, daruhridra, vacha, ativisha, katuka, chitrak, chitbilv, swetvacha. *Lekhaniya mahakashaya*, group of ten *dravyas*, which act on *Sthoulya*.^[1,4,5] *Sthoulya roga* can be correlated with the term obesity of modern medicine. They are also effective individually. These plants having *Katu*, *Tikta*, *Ushna Virya*, *Katu Vipaka*, *Ruksha*, *Laghu*, *Tikshan Guna* and *Tridoshaghan* (Mainly *kaphaghan*) properties.^[1]

Number of overweight people is higher than the number of starving or undernourished [WHO, 2014]. In India (1998-2005), statistics point an increase in overweight or obese citizens by 20%. WHO further projects that by 2015, approximately 2.3 billion adults will be overweight and more than 700 million will be obese.^[6,9]

According to Ayurveda Maharshi Charak clarified the sign and symptoms of atisthula purusha (Fatty person) in Ch. Su. 21 as.

Astouninditya Adhaya as Below^[1]

esnL;rho lao`s lglSokfuykn;%A fodkjk~ nk:.kku~ d`Rok uk'k;UR;k;q thforeAA
 esnekalkfro`)RokPpyfLQxqqwnjLru%A v;Fkksip;ksRlkgks ujks·frLFkwy mP;rsAA
 ¼p-lw-v-21@8] 9½

Signs of Obese Person^[6,9]

Excessive accumulation of the fat and muscle mass specially on the region of the hips, abdomen and breast and becomes thrill during movements. The person feels lethargies.

Related diseases - More than 65 million adult & 10 million children suffer from obesity, and is considered one of the leading causes of life - threatening diseases. Due to overweight, the probabilities of developing some diseases are as- (1) Hypertension, (2) Diabetes, (3) Heart disease, (4) High cholesterol Levels, (5) Cancer, (6) Infertility, (7) Back Pain, (8) Skin infections, (9) Ulcers, (10) Gallstones.

Samprapti^[1,2,3,4,5]

Consumption of guru (heavy to digest), sheeta(cold), Snigdha (unctuous), madhuradi kaphavardhaka (sweets) drugs along with lack of exercise and sedentary life style result in excessive nourishment of medas while other bodily elements (dhatus) are deprived of nourishment resulting in sthoulya.^[1,2,3,4,5]

Complications of Obesity According to Ayurveda^[1,6,9]

vfrLFkwyL; rkonk;q'kks âklkstoksijks/k%A
 d`PNO;ok;rk nkScZY;a nkSxZU;/a Losnkck/k%AA
 {kqnkfrek= fiiklk;ksx'psfr HkoUR;'Vks nks"kk%AA ¼p-lw-v- 21@4½

Disproportionately increased medas is accountable for several serious consequences reported in charaka and Sushrut samhita like.

- Ayuhrasa (decrease of life span),
- Javoparodha (decrease in enthusiasm and activity),
- Krichravayavayata (Difficulty in sexual Act),
- Dourbalya (Decrease of Strength),
- Dourgandhya (bad odor)
- Swedabadha (Excess perspiration)
- Kshut Pipasadhikya (Excessive hunger and thirst)
- Mandotsaham (Less activity referring to sedentary lifestyle)
- Atisnigdham (Excessive intake of fatty substances)
- Atisthaulyam (Gross obesity)
- Mahashanam (Excessive eating)

Lekhaniya Mahakshaya Dravyas^[1,2,3,4,5,11,12,13,14,15,16,20,21]

Table No 1

SN	Hindi/ Sanskrit Name	Botanical Name	Family	English Name
1	Mustak	<i>Cyperus rotundus</i> Linn	Cyperaceae	Nut grass
2	Kustha	<i>Saussurea lappa</i> C.B.Clarke	Compositae	Costus
3	Haridra	<i>Curcuma longa</i> Linn.	Zingiberaceae	Turmeric
4	Daruharidra	<i>Berberis aristata</i> DC.	Berberidaceae	Indian Barberry
5	Vacha	<i>Acorus calamus</i> Linn.	Araceae	Sweet flag
6	Ativisha	<i>Aconitum heterophyllum</i> Wall.	Ranunculaceae	Indian atees
7	Katurohini	<i>Picrorhiza Kurroa</i> Royle. Ex. Benth.	Scrophulariaceae	Pichizaror
8	Chitrak	<i>Plumbago Zeylanica</i> Linn.	Plumbaginaceae	Leadwort
9	Chirbilv	<i>Holoptelyia integrifolia</i> Planch.	Ulmaceae	
10	Hemvati	<i>Iris germanica</i> Linn.	Iridaceae	Oris root

Properties and Action^[11,12,13,14,15,16,17,18,19]

S.No.	Sanskrit Name	Guna	Rasa	Virya	Chemical constitutes	Vipaka	Doshakarma
1	Mustak	Laghu, Ruksha	Tikta, katu, kashaya	Sheet	Cineol, beta-sitosterol, sugenol,	Katu	Kaphapittahara
2	Kustha	Laghu, Ruksha, tikshana	Tikta, katu, Madhur	ushna	Reginoids, Saussurine, Inulin, sugar	Katu	Kaphavatahara
3	Haridra	Laghu, Ruksha	Tikta, katu	ushna	Curcumin	Katu	Tridosahara
4	Daru-haridra	Laghu, Ruksha	Tikta, kashaya	Ushna	Berberine	Katu	Kaphapittahara
5	Vacha	Laghu, Tikshana	katu, Tikta	Ushna	Asaryl aldehyde, Acorin, A & B-Asarone	Katu	Kaphavatahara
6	Ativisha	Laghu, Ruksha	Tikta, katu	Ushna	Atisine, Heteratisine	Katu	Tridosahara
7	Katurohini	Laghu, Ruksha	Tikta	Ushna	Picrorhizin, kutkin	Katu	Kaphapittahara
8	Chitrak	Laghu, Ruksha, Tikshana	katu	Ushna	Plumbagin	Katu	Kaphavatahara
9	Chirbilv	Laghu, Ruksha	Tikta, kashaya	Ushna	Hexacosanol, Beta-amyrin, friedelin	Katu	Kaphapittahara
10	Hemvati	Laghu, Ruksha, Tikshan	Katu, Tikta,	Ushna	Iridin, glucosides, starch, tannin	Katu	Kaphavatahara

- *Lekhaniya mahakashaya* having *Katu, Tikta, Ushna Virya, Katu Vipaka, Ruksha, Laghu, Tikshan Guna and Tridoshagan* (Mainly *kaphagan*) properties.

Probable Mode of Action^[3,6,9]

The properties of wholesome formulation of *Lekhaniya Mahakashaya* are as follows:

Rasa-Katu, Tikta, Kashaya

Vipaka -Katu

Virya-Ushna

Guna -Laghu, Ruksha, Tikshan

Dosh shamakta-KPV ↓

Pic of *Lekhaniya Mahakashaya* Dravyas



MUSTAK



KUSTHA



DARUHARIDRA



HARIDRA



VACHA



KATUKA



CHITRAK



CHIRBILAV



ATIVISHA



HEMVATI

CONCLUSION^[1,2,6,9]

Lekhaniya mahakshaya drugs have mentioned in Ayurvedic classic text. Charak samhita. Some of the research studies carried out on these herbs confirmed both hypolipidemic & hypoglycemic activities.^[1,2,6,9] This observation is useful for dressing new formulation to treat medodusti and its complication. These drugs are katu, tikta, kashaya in Rasa, possessing Ushna Virya and Laghu, Ruksha Guna are largely responsible for Medohara & lekhaneya properties. All the 10 drugs are having the quality to treat the *sthoulya Roga*. *Lekhaniya mahakashya* helps re-establish normal physiological function in the affected tissues and organs. Physician can select the best drug among these with the help of *Yukti Pramana*.^[1,2,6]

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