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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 *lekhanika 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

2.	<p><i>Kustha</i></p> 	Hepatoprotective	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.
3.	<p><i>Haridra</i></p> 	Hepatoprotective Anti oxidant	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.
4.	<p><i>Daruharidra</i></p> 	Hepatoprotective, used in hepato biliary disorders.	Berberis aristata dry stem powder 80% ethanolic extract possesses significant hypoglycemic activity in type 2 diabetic model rats and normal rats.

5.	<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>
6.	<p><i>Ativisha</i></p> 	<p>Hepatoprotective Work on obesity, hyperlipidemia</p>	<p>The experiment is performed on albino Wistar rats (weighing150-200g).</p>
7.	<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 SNDT University monosaturated and saturated (MUFA and SFA) favor adiposity by increasing lipogenesis.</p>

8.	<p><i>Chitrak</i></p> 	Hepatoprotective	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.
9.	 <p><i>Chirbilwa</i></p>	Hepatoprotective Carminative, adaptogenic activity, antihyperlipidemic Anti obesity activity	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.
10.	<p><i>Hemvati</i></p> 	Work on liver spleen both	The extract of dried root of <i>Iris ensata</i> were screened for their effects on Hyperlipidemic activity in normal rats and rabbits.

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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