iJRASET
International Journal For Research in Applied Science and Engineering Technology

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 9 **Issue:** III **Month of publication:** March 2021

DOI: https://doi.org/10.22214/ijraset.2021.33246

www.ijraset.com

Call: 08813907089 | E-mail ID: ijraset@gmail.com

International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.429
Volume 9 Issue III Mar 2021- Available at www.ijraset.com

Efficacy of *Lekhaniya Mahakashaya* on Non-Communicable Diseases

Dr. Sonam Aswal[1], Prof. Kamini Kaushal[2]
[1]*MD scholar, HOD,* [2]*PG Department of Dravyaguna, MMM Govt, Ayurved college, Udaipur(Raj)*

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 considerd 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	*Cyperus rotundus*	Tuber	LIVER
2	Kushtha	Costus	*Saussurea lappa*	Root	Liver
3	Haridra	Turmeric	*Curcuma longa*	Dry rhizome	Liver
4	Daruharidra	Indian berberri	*Berberis aristata*	Stem wood	Liver
5	Vacha	Sweet Flag	*Acorus calamus*	Dry rhizome	Liver, pancreas

6	Ativisha	Indian Atees	*Aconitum heterophyllum*	Root	Liver
7	Katuka	Picrorhiza	*Picrorhiza kurrao*	Root	Liver
8	Chitrak	Cyelon lead wort	*Plumbego zylanica*	Bark of root	Liver, heart
9	Chirbilwa	Indian Elm	Holoptelia integrifolia	Bark of stem	Liver, pancreas
10	Haimvati	Oris Root	Iris ensata	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.	 *Mustak*	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.

2.	*Kustha* 	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.	*Haridra* 	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.	*Daruharidra* 	Hepatoprotective, used in hepato biliary disorders.	Berberis aristata dry stem powder80% ethanolic extract possesses significant hypoglycemic activity in type2 diabetic model rats and normal rats.

5.	*Vacha* 	Hepatoprotective , work on fat metabolism also work on CTZ center.	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.
6.	*Ativisha* 	Hepatoprotective Work on obesity, hyperlipidemia	The experiment is performed on albino Wistar rats (weighing150-200g).
7.	*Katurohini* 	Hepatoprotective prevention and treatment of diverse liver disease.	Male Wistar rats, experiment from the institutional Animal Ethics Committee of SNDT University monosaturated and saturated (MUFA and SFA) favor adiposity by increasing lipogenesis.

8.	*Chitrak* 	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.	 *Chirbilwa*	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.	*Hemvati* 	Work on liver spleen both	The extract of dried root of Iris ensata were screened for their effects on Hyperlipidamic activity in normal rats and rabbits.

Standardization on the basis of following parameters-

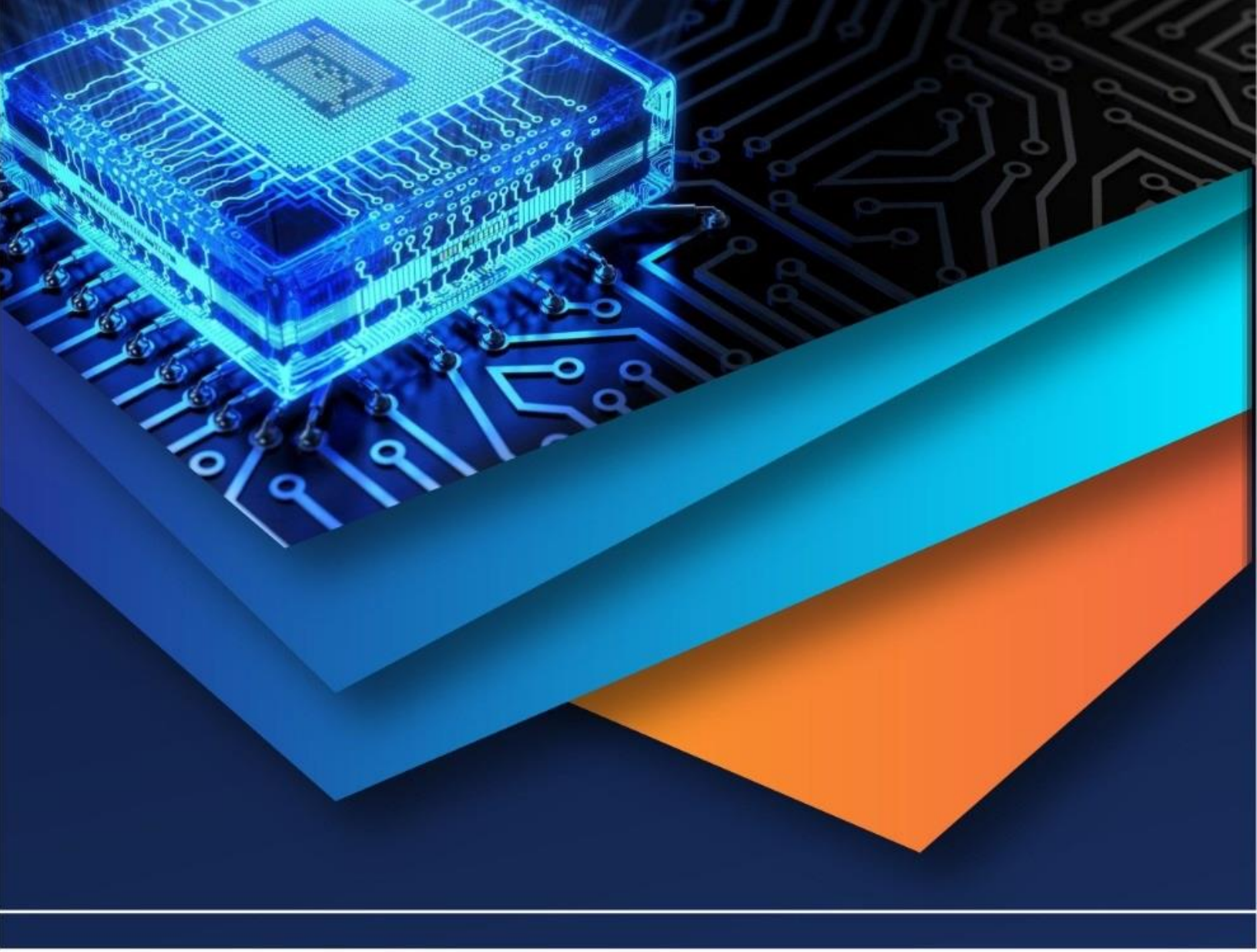
1) *Organoleptic or Morphological Evaluation:* Shape, colour, odour, taste, size and other special features.
2) *Microscopic Evaluation:* Quantitative microscopy, stomata, trichomes.
3) *Physical Evaluation:* Foreign matter, moisture content, viscosity, sol tandardization on the basis of following parameters-
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 .*Lekhaniya dravya* does bioscraping of *meda dhatu* and *kapha* from obstracted channels. By the combination of bitter, pungent taste and *katu vipaka*, dryness, lighten attributes. *Lekhaniya 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 Mahakashaya* 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.

REFERENCES

[1] Shastri Kashinath and Chaturvedi Gorakhnath:Charak Samhita of agnivesh with Vidyotni Hindi commentary,Sutra sthan 4/2. Chaukhambha Sanskrit sansthan, Varansi.1992,p 72.
[2] Tripathi Bramhanand: Sharangdhar Samhita of sharangdhar with Vidyotani hindi commentary, Madhayam khand2/3, Chaukhambha, Sanskrit sansthan, Varansi.1992,p 148.
[3] Bhaskar Ghanekar Govind:Sushurt Samhita of Sushurta with ayurved rahashya Hindi commentary on sutra sthan,41/11,Hindu Vishwavidhyalaya, Varanasi.1969,p 305.
[4] Sharma Priyavrat:Dravyaguna Vigyan,Volume-1,Chaukhambha Bharti Academy , Varansi.1969,p312.
[5] Prof.P.V. Sharma Dravyaguna VigyanVol.2 ,Chaukhambha bharti academy,Varansi 2006;162-163.
[6] Prof. P.V. Sharma Dravyaguna VigyanVol.2 ,Chaukhambha bharti academy,Varansi 2006;818-819.
[7] Prof. P.V. Sharma Dravyaguna VigyanVol.2 ,Chaukhambha bharti academy,Varansi 2006;370-371.
[8] Shastri Kashinath and Chaturvedi Gorakhnath:Charak Samhita of agnivesh with VIDYOTANI Hindi commentary,Sutra sthan 4/2.Chaukhambha Sanskrit sansthan, Varansi2009, 278;21
[9] Kaviraj Ambikadutta Shastri Susruta samhita of maharshi –susruta Ayurveda Tattva-Sandinpika hindi Commentry, published by-Chaukhambha Sanskrit Sansthan Varansi,2010;214.



10.22214/IJRASET

45.98

IMPACT FACTOR: 7.129

IMPACT FACTOR: 7.429

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY