



AYURVEDA CONCEPTS OF LANGHANA, PACHANA AND BRIMHANA CHIKITSA

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ABSTRACT

Ayurveda described health as a state of equilibrium between *Doshas* and *Dhatus*, and diseases are brought on by disrupting this equilibrium. Ayurveda described several diseases along with their causes, symptoms, pathogenesis and complications. Furthermore Ayurveda mentioned different therapeutic modalities for curing various types of diseases, in this regards Ayurveda advocated uses of therapies such as; *Langhana*, *Bruhana*, *Rukshana*, *Snehana* and *Swedana*, etc. The Ayurveda approaches like *Langhana*, *Brimhana* and *Pachana Chikitsa* offers unique health benefits in the management of different health ailments. Considering this fact present article explores Ayurveda perspectives on *Langhana*, *Pachana* and *Brimhana Chikitsa*.

KEYWORDS: *Ayurveda*, *Langhana*, *Pachana*, *Brimhana Chikitsa*.

INTRODUCTION

Ayurveda explains that the manifestation of disease depends upon the patient's particular body constitution and the combination of *Dosha*, *Dhatu* and *Mala*. *Acharya Charak* identifies different types of treatment options as depicted in **Figure 1**, which helps to manage various pathological conditions. *Swedana*, *Langhana*, *Brimhana*, *Rukshana*, *Snehana* and *Pachana* are important therapeutic approaches of Ayurveda regimen. This article explores clinical importance of *Langhana*, *Pachana* and *Brimhana Chikitsa*.^[1-4]

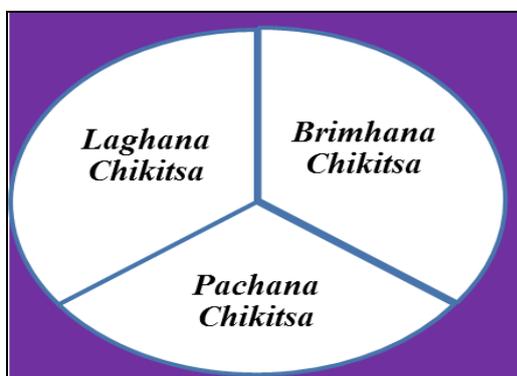


Figure 1: Ayurveda approaches utilizes for therapeutic purposes.

LANGHANA CHIKITSA

Ayurveda advocates two fundamental treatment principles; *Brimhana* and *Langhana upkarma*, out of

many treatments. The disease that arises as a result of *Atibrumhanacana* can be managed by *Langhana upakarma*. This therapy aims to lighten the body by removing excess weight. The *Langhana* treatment is utilized whenever *Kapha dosha* causes an increase in the obstruction of the body channels, or if there is an additional *Kapha* association with a *Pittadosha*.^[4-7]

The *Langhana* therapy involves following features:

➤ **Laghu (light)**

Herbs or medicines, a diet primarily known for its lightness.

➤ **Teekshna (Sharp)**

The intent of *Langhana* is to clear obstructions or channels; consequently, potent medicines or treatments are selected to enter the smallest channels, eradicate disease, and clear the channels.

➤ **Ushana**

Hot substances are typically utilized due to their light nature.

➤ **Rooksha**

Lightness comes from dryness; as a result, substances containing *Rookshaguna* are used.

➤ **Sookshma**

Therapy enables the medication to enter the body through all channels and brings lightness. This therapy

ensures the normal flow of body fluids, and removes morbid matter from body.

Methods of *Langhana* includes purification therapies, *Pipasa* (control of thirst), *Maruta* (exposure to wind), *Pachana* (application to digestive measure) and *Upawasa* (fasting), amongst them *Upawasa* (fasting) is considered as major approach of *Langhana* therapy.^[6-8]

Clinical Importance of *Langhana* Practice

Feeling of both thirst and hunger at the same time; a pure mind and heart; diseases become less severe; disappearance of trance or lassitude and enthusiasm goes up. *Langhana* balances the *Doshas* by digesting *Amadosha*, boosting digestive power. *Langhana* reduces the intensity of the *Dosha*, which in turn increases the digestive fire and makes the body feel lighter.

Langhana becomes an important modality in the *Jwara Saanipaathavastha*. *Shunthi*, *Guduchi*, *Amalaki*, *Mudga*, *Kulatha*, *Triphala*, *Vidanga*, *Yavachurna*, *Madhu* and *Kshara*, etc. are medicines that help the body feel lighter.

BRIMHANACHIKITSA

Brimhana, which means "building," or "nourishing," is one of the six essential treatment principles of Ayurveda. *Brimhana* therapies are recommended for degenerative conditions or to nourish and replenish depleted body parts. *Brimhana* treatment makes the body strong and firm. *Brimhana* therapy involves foods, medicines, and physical activities that carry out the *brimhana* action.

The *Brimhana* substances have properties like; *Sheeta Guna*, *Mrudu*, *Snigdha*, *Bahala*, *Sthoola*, *Picchila*, *Manda*, *Sthira* and *Shlakshna*. The substances with these properties are heavy to digest, slow to act, and promote weight gain capacity. This therapy is considered good for people whose constitution is dominated by *Vata*, weak or emaciated individuals and injured individuals.

Therapy also indicated for pregnant ladies, post pregnancy period and people who involves in excessive physical activities. It is considered useful in the winter, when the digestive capacity is good enough. The nourishing therapies include specific diet, daily habits, psychological factors and therapeutic measures along with some physical and massage therapies. This therapy is contradicted in whom fasting treatment is suggested or also contradicted for obese and diabetic person.

PACHANACHIKITSA

The word *Pachana* means digesting property and this therapy mainly indicated for to promote digestion. It is an important treatment for indigestion, anorexia and constipation, etc. It is planned to eliminate undigested food (*Ama*) from the body, similarly for the treatment of mild diseases, it is prescribed to pacify *Dosha*.

The food or medicine or therapy having *Pachana* effect possess hot potency, *Rukshaguna*, *Katu* and *Amla* properties to potentiate digestive fire of body. These drugs improve overall metabolic activities.

Nagakeshara, *Haritaki*, *Musta*, *Pippalyadigana*, *Vachadigana* and *Haridradigana*, etc. are drugs used for *Pachana* purpose. Similarly curd, buttermilk, citrus fruit and *as afetida*, etc. are dietary items which possess *Pachana* properties. The *Pachana* medicines shall be administered before and after food, these drugs offer *Lavana*, *Tikta*, *Amla* and *Katu* properties thus helps in metabolic activities.

Indications of *Pachana* Therapy

- ✚ Moderate diseases involving aggravation of *Dosha* mainly *Pitta*.
- ✚ Aggravation of *Kapha* along with *Pittadosha*.
- ✚ Formation and spread of *Ama* leading to the pathological manifestations.
- ✚ Anorexia, constipation and indigestion

Clinical Importance of *Pachana*

The body experiences toxic effects as a result of the undigested food or metabolic waste products (*Ama*). These should be removed from the body to acquire normal physiological functioning. *Pachana* treatment assists digestion and prevents harmful effects of undigested food/*Ama*. The *Pachana* treatment also prevents obstruction of channels by toxins and improves physical as well as mental health. This therapy nourishes body, provide strength and promote general process of growth and development. *Pachana* therapy not only offers therapeutic advantages but also promote general health.^[9-11]

CONCLUSION

Langhana is one of Ayurveda's most important treatment principles because it can be applied to any patient through a variety of methods. *Aamadosha* increases in the body when it disturbs the level of *Doshas*, obstructs the channels in the body, and causes pathological manifestations. In such condition *Langhana* is best methodology of treatment by which it helps in eliminating blockages of body channels. *Brimhana* therapy is another important approach of Ayurveda which used for degenerative conditions or to nourish and replenish depleted body. Similarly *Pachana* therapy offers digesting property and mainly indicated to promote digestion. It is an important treatment for indigestion, anorexia and constipation, etc. It is planned to eliminate *Ama* from the body and pacify vitiated *Doshas*.

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