

**PHARMACOLOGICAL ACTIONS OF LEKHANIYA DRAVYAS (WEIGHT REDUCING DRUGS) - A LITERARY REVIEW****Dr. Umakant N. Rabb\***

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**ABSTRACT**

The drugs which does the *Karshana* or *Lekahan* (Scraping) are called as *Lekhana Dravyas*. As per *Acharya Charaka* the drugs which produce lightness in the body known as *Lekshana Karma*. As per *Acharya Sushruta* these *Lekhaniya* drugs are predominant by *Vayu* and *Agni Mahabhutas*. The qualities of these drugs are; *Laghu* (Light), *Ushna* (Hot in potency), *Teekshna* (Penetrating and Sharpness action), *Vishada* (Clearness), *Ruksha* (Dryness), *Sookshma* (Minuteness), *Khara* (Roughness), *Sara* (Mobility), *Kathina* (Hardness). The *Lekhaniya Dravyas* are; *Mustha* (*Cyperus rotundus* Linn, Cyperaceae), *Kustha* (*Saussurea lappa* C.B clarke, Asteraceae), *Haridra* (*Curcuma longa* Linn, Zingiberaceae), *Daruharidra* (*Berberis aristata* Roxb.ex DC, Berberidaceae), *Vacha* (*Acorus calamus* Linn, Araceae), *Ativisha* (*Aconitum heterophyllum* wall. Ex Royle, Ranunculaceae), *Katuki* (*Picrorrhiza kurroa* Royle ex Benth, Scrophulariaceae), *Chitraka* (*Plumbago zeylanica* Linn, Plumbaginaceae), *Chirabilva* (*Holoptelea integrifolia* Planch, Ulmaceae), *Shweta Vacha* (*Iris ensata* Thumb, Araceae). These drugs help to increase the metabolism which help in utilizing the body fat and increasing the body vitality. These drugs also helps in the eliminating excess cellulite deposition, obstruction, blocks, clots, haematoma, obesity etc metabolic diseases from the body and prevent further disease pathogenesis.

**KEYWORDS:** *Ayurveda, Lekhaniya Dravyas, Acharya Charaka, Acharya Sushruta, Weight reducing drugs, etc.***INTRODUCTION**

The *Lehaniya* drugs dissolves the accumulated excess *Kapha* in the Channels by scraping action. The word *Lekha* means carving on the stone. So it is termed as *Utkerna Lekha* (Stone carving). The action is same on the body tissues. These drugs penetrate the tissues and scrape the unwanted and undigested toxins and expel out of the body. According to *Sharangadhara Samhita*<sup>[1]</sup> the drugs which reduce or scrape away the unwanted tissues and metabolic wastes is known as *Lekhana*. Examples are *Vacha* (*Acorus calamus* Linn Araceae), *Yava* (*Hordeum vulgare* linn Poaceae), *Madhu* (Honey), *Ushna Jala* (Hot water). A *Lekhana* Drug is predominant by *Vayu* and *Agni Mahabhuta*. These drugs<sup>[2]</sup> produces *Laghuta* (Lightness) in the body. The *Langhana* (Fasting Therapy) is the synonyms of *Lekhana*. The properties<sup>[2]</sup> of these drugs are; *Laghu* (Light), *Ushna* (Hot in potency), *Teekshna* (Penetrating and Sharpness action), *Vishada* (Clearness), *Ruksha* (Dryness), *Sookshma* (Minuteness), *Khara* (Roughness), *Sara* (Mobility), *Kathina* (Hardness). By these qualities these drugs can be advised in obesity, internal blockages, clots, drug induced obesity and metabolic disorders.

**DISCUSSION**

The *Lekhaniya Dravyas*<sup>[3]</sup> are; *Mustha, Kustha, Haridra, Daruharidra, Vacha, Ativisha, Katuki, Chitraka, Chirabilva, Shweta Vacha*.

**MUSTHA- (*Cyperus rotundus* Linn, Cyperaceae)**<sup>[4,5,6,7,8,9,10]</sup>

*Musta* is *Katu* (Pungent), *Kashaya* (Astringent), in taste, *Hima* (Cold in potency), *Grahi* (Absorbent), *Tikta* (Bitter), *Dipana* (Appetizer and digestive). It alleviates *Kapha, Pitta* and *Rakta* related diseases, *Trishna* (Thirst), *Jwara* (Fever), *Aruchi* (Distaste), *Krimi* (Worms), *Atisara* (Diarrhoea), *Arsha* (Haemorrhoids). *Mustha Choorna* is administered with milk cures nerve debility, menstrual problems, *Daha* (Burning sensation), *Aruchi* (Loss of taste), *Rakta Vikaras* (Bleeding disorders). The *Musta Choorna, Devadaru, Vacha, Shunthi, Shodhita Ativisha* together taken with warm water cures *Amavata* (Rheumatoid arthritis).

**KUSTHA - (*Saussurea lappa* C.B clarke, Asteraceae)**<sup>[11,12,13,14,15,16,17]</sup>

*Kustha* is *Ushna* (Heat), *Katu* (Pungent), *Tikta* (Bitter), *Swadu* (Sweet) in taste. *Shukrala* (Increases semen), *Rasayana* (Vitalizer), *Laghu* (Light), *Vata* and *Kapha Shamaka* (Subsides *Vata* and *Kapha Doshas*), *Visarpa*

(Herpes type of skin diseases), *Kasa* (Cough), *Visha* (Poison), *Kandu* (Itching), *Trishna* (Excessive thirst), *Kushta* (Skin diseases).

**HARIDRA- (*Curcuma longa* Linn, Zingiberaceae)**<sup>[18,19,20,21,22,23,24]</sup>

*Haridra* is *Katu* (Pungent), *Tikta* (Bitter) in taste, *Ruksha* (Drying), *Ushna* (Heat), subsides *Kapha-Pitta*, and *Vata Vikaras*. *Varnya* (Improves complexion). It cures *Twak Dosh* (Skin diseases), *Aruchi* (Dys taste), *Meha* (Urinary disorders), *Rakta* (Blood disorders), *Shotha* (Edema), *Pandu* (Anemia), *Vrina* (Heals the wounds or ulcers), *Kandugna* (Cures itching sensation), *Peenasa* (Chronic rhinitis).

**DARUHARIDRA- (*Berberis aristata* Roxb.ex DC, Berberidaceae)**<sup>[25,26,27,28,29,30,31]</sup> - Its properties are similar to *Haridra*, but specifically it cures *Netra-Karna-Asya Roganut* (eye, ear and oral cavity diseases), *Yakrid vikara*, *Rakta Vikara*.

**VACHA- (*Acorus calamus* Linn, Araceae)**<sup>[32,33,34,35,36,37,38]</sup>

*Vacha* is *Uragandha* (Sharp smell), *Katu* (Pungent), *Tikta* (Bitter), *Ushna* (Heat), *Vanti Krit* (Emetic), *Vanhikrit* (Appetizer). It cures *Vibandha* (Constipation), *Adhmana* (Abdominal distention), *Shoola* (Colic pain). It is *Shakrad Shodhaka* (Laxative), *Mutra Vishodhaka* (Diuretic). It alleviates *Apasmara* (Epilepsy), *Kapha Dosh*, *Unmada* (Insanity), *Bhuta* (Evil spirits), *Jantu* (Worms), *Anila* (*Vata* diseases). *Vacha Choorna Bhasma* with honey cures running nose, cough. *Vacha Choorna* is given with cow ghee improves memory, and voice and is applied on joints cures arthritis and paralysis, It cures urinary calculi, dysuria. *Jwara* (Fever), *Atisara* (Diarrhea), *Ama* (Undigested food material or toxins).

**ATIVISHA-(*Aconitumheterophyllum* wall. ExRoyle, Ranunculaceae)**<sup>[39,40,41,42,43,4]</sup>

*Ativisha* is *Ushna* (Heat), *Katu* (Pungent), *Tikta* (Bitter) in taste, *Pachani* (Digestive), *Dipani* (Appetizer). It cures *Kapha* and *Pittaja* disorders, *Atisara* (Diarrhoea), *Ama* (Digests the undigested food material), *Visha* (Poisonous effects), *Kasa* (Cough), *Vami* (Vomiting), *Krimi* (Worms).

**KATUKI - (*Picrorrhiza kurroa* Royle ex Benth, Scrophulariaceae)**<sup>[45,46,47,48,49,50,51]</sup>

*Katuka* is *Tikta* (Bitter) in taste, *Katu Vipaka* (Pungent in post digestive effect), *Ruksha* (Drying), *Hima* (Cooling), *Laghu* (Light), *Bhedini* (Expels the hard stools), *Dipani* (Appetizer), *Hridya* (Good for heart), *Kapha-Pitta Nahaka*, Cures *Jwara* (Fever), *Prameha* (Urinary disorders including diabetes), *Shwasa* (Dyspnoea), *Kamala* (Jaundice), *Yakrid Roga* (Liver diseases), *Vibandha* (Constipation), *Kasa* (Cough), *Asr* (Bleeding diseases), *Daha* (Burning sensation), *Kustha* (Skin diseases), *Krimi* (Worms).

**CHITRAKA- (*Plumbago zeylanica* Linn, Plumbaginaceae)**<sup>[52,53,54,55,56,57,58]</sup>

*Chitraka* is *Katu* (Pungent in taste), *Katu Vipaka* (Pungent in post digestive effect), *Dipana* (Appetizer), *Pachana* (Digestive), *Laghu* (Light), *Rooksha* (Drying), *Ushna* (Heat). It cures *Grahani* (Sprue syndrome), *Kustha* (Skin diseases), *Shotha* (Edema), *Arsha* (Haemorrhoids), *Krimi* (Worms), *Vata-Shleshma Hara* (Alleviates *Vata* and *Kapha*), It is *Grahi* (Absorbent). Alleviates *Vata-Pitta-Kapha*. *Chitraka Moola Panchanga Choorna* is given with butter or milk cures all types of diseases, especially *Kritrima Visha*, *Jalodara* (Ascitis), *Kustha* (Skin diseases). *Chitraka Mooloo* with *Gomutra* cures *Arsha* (Haemorrhoids).

**CHIRABILVA- (*Holoptelea integrifolia* Planch, Ulmaceae)**<sup>[59,60]</sup>

*Chirabilva* is *Laghu* (Light), *Ruksha* (Dry), *Tikta* (Bitter), *Kashaya* (Astringent) in tastes, *Katu Vipaka* (Pungent at post digestive effect), *Ushna Veerya* (Hot in potency), It is *Kapha-Pitta Shamaka* (Subsides *Kapha* and *Pitta Dosh*), *Shothagna* (Edema), *Dipana* (Appetizer), *Anulomana* (Downward movement of *Vata*), *Pitta Saraka* (Laxative), *Bhedana* (Purgative), *Krimigna* (Anthelmintic), *Raktashodhaka* (Blood purifier), *Pramehagna* (Urinary diseases including diabetes), *Kustha* (Skin diseases), *Medagna* (Obesity).

**SHWETA VACHA- (*Iris ensata* Thumb, Araceae)**<sup>[61,62,63,64,65,66,67]</sup>

*Shweta Vacha* properties are similar to *Vacha*. It is *Uragandha* (Sharp smell), *Katu* (Pungent), *Tikta* (Bitter), *Ushna* (Heat), *Vanti Krit* (Emetic), *Vanhikrit* (Appetizer). It cures *Vibandha* (Constipation), *Admana* (Abdominal distention), *Shoola* (Colic pain). It is *Shakrad Shodhaka* (Laxative), *Mutra Vishodhaka* (Diuretic). It alleviates *Apasmara* (Epilepsy), *Kapha Dosh*, *Unmada* (Insanity), *Bhuta* (Evil spirits), *Jantu* (Worms), *Anila* (*Vata* diseases). *Vacha Choorna Bhasma* with honey cures running nose, cough. *Vacha Choorna* is given with cow ghee improves memory, and voice, and expels earth worms, urinary calculi, dysuria. *Jwara* (Fever), *Atisara* (Diarrhea), *Ama* (Undigested food material or toxins). It causes emesis. It is also called *Prasika Vacha*, *Medhya*. When applied on joints cures arthritis and paralysis.

**CONCLUSION**

By the above discussion all the drugs possessing *Katu* (Pungent), *Tikta* (Bitter), *Kashaya* (Astringent) in taste, *Ushna Virya* (Hot in potency), *Katu Vipaka* (Pungent at post digestive effect), *Laghu* (Light), *Ruksha* (Dry) properties. These properties helps to liquefy the accumulated *Doshas*, *Malas* and expel out of the body by *Sara Guna* (Laxative and Purgative action). These drugs also helps in the eliminating excess cellulite deposition from the body and helps to prevent further disease pathogenesis. These drugs helps in the clear out the obstruction or blocks by the above properties Therefore

might be used in the cardiac blocks, clots, haematoma, obesity etc metabolic diseases.

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