

EFFICACY OF LANGHANA IN TARUNAJWARA AND SAAMJWARA

*¹Amruta Arjun Chavare and ²Sharmili V. Suryavanshi¹P.G Scholar ²nd Year Department of Kaya-Chikitsa.²H.O.D, Department of Kaya-Chikitsa.

*Corresponding Author: Amruta Arjun Chavare

P.G Scholar ²nd Year Department of Kaya-Chikitsa.

Article Received on 02/01/2021

Article Revised on 22/01/2021

Article Accepted on 12/02/2021

ABSTRACT

Jwara is principal disease which we find globally. *Jwara* is mentioned in *ayurvedic* literature and it also documented in various *ayurvedic* texts. *Shrotorodh* (blockage of channels) and *swasthan pracyuta agni* (displacement of *agni*) are two main factors in *samprapti* of *tarunjwara*. *Langhana* exactly cause *dosh pachan* and *agnideepan* and helps in *samprapti* breakdown in *tarunjwara*. *Langhana* reduces the *aggravated dosha* and stimulates the *agni* due to this body becomes light, appetite is get restored and *jwara* get subside. In this scenario we did a literature review on how *langhana* works in *tarunjwara* and *saam jwara*.

KEYWORDS: *Tarunjwara, Saam jwara, Langhana.*

INTRODUCTION

According to *Acharya Charaka*, *jwara* is first manifested disease. *Jwara* is most powerful disease as well as it is principle disease amongst all other diseases. *Jwara* causes trouble to body, senses and mind. This powerful and principle disease is associated with birth and death of creatures. When *jwara* occurs the first 7 days of *jwara* are considered as *saam avastha* of *jwara* and it is also called as *tarunjwara*. After 7 days of *jwara mala* from 7 *dhatus* is get metabolized and *jwara* becomes *nirama*. In *saam avastha* or in *tarun avastha* of *jwara* the *langhana upakrama* is done in initial stage. The true physician is one who knows the use of therapies like *Langhana* (reducing), *Brihana* (nourishing), *Rukshana* (dryness causing), *Snehana* (oleation), and *Swedana* (sudation), *Sthambhana* (astringent/styptosis). Whatever produces *lightness* or reduction in the body is known as *langhana* therapy.

This *langhana upakrama* is called as *aadya upakrama* (first *upakrama*) in *tarunjwara*. In *tarunjwara* patient does not sweats because of *shrotorodh* (blockage of channels) *swasthana prachyuta agni* (displacement of *agni*). The *langhana upakrama* when given in this condition, reduces the *aggravated dosha* and stimulates the *agni*, as a result of which body becomes light. Appetite of patient is get restored and *jwara* get subside. That's why *langhana* is *adya-upkrama* in *tarunjwara*.

AIMS

To study the literature review of efficacy of *langhana* in *tarunjwara* and *saam jwara*.

MATERIAL AND METHODES

Charaka Samhita (classics of *brihatrayi* in *ayurveda*) were referred for study.

REVIEW OF STUDY

Jwara is the disease which afflicts the body, senses and mind. *Jwara* is *sarvarogagraja vyadhi* (first manifested disease) and *pradhana vyadhi* (principle disease).

Classification of *jwara*

A) According to *karana* (causes) *jwara* is divided in following 8 types

1. *Vaataj*
2. *Pittaja*
3. *Kaphaja*
4. *Vaata-Pittaja*
5. *Vaata-Kaphaj*
6. *Pitta-Kaphaj*
7. *Vaata-Pitta-Kaphaj*
8. *Agantuj*

B) *Agantuj jwara* is again classified into 4 types

1. *Abhighaataja*
2. *Abhicharaja*
3. *Abhishaapaja*
4. *Abhishangaja*

C) *Jwara* classification in *chikitsa sthana* is as following

1. *Sharir* and *Manas*
2. *Saumya* and *Agneya*
3. *Antarvegi* and *Bahirvegi*
4. *Sadhya* and *Asadhya*

D) *Jwara* classification according to *dhatugatatva*

1. *Rasagata jwara*
2. *Raktagata jwara*
3. *Mansagata jwara*
4. *Medogata jwara*
5. *Asthigata jwara*
6. *Majjagata jwara*.
7. *Shukragata jwara*

E) Classification of *vishamajwara*

1. *Santata jwara*
2. *Satata jwara*
3. *Anyedushka jwara*
4. *Trutiyaka jwara*
5. *Chaturthaka jwara*

In *tarunajwara* the *strotorodha* (obstruction of channel) and *swasthan prachyta agni* (displacement of *agni* from its own site) are two main components of *samprapti* (pathophysiology). Due to this following symptoms occur. *Aruchi* (anorexia), *Avipaka* (indigestion), *Udara gaurav* (Heaviness in stomach), *Tandra* (drowsiness), *Alasya* (laziness), *Vibandha* (Non excretion of *doshas* and *malas*), *Gurutva* (heaviness), *Stabdhatta* (rigidity), *Suptata* (numbness), *Bahumutrata* (excessive micturition), *Apakva mala* (improper formation of stool), *Glani* (weakness).

LANGHANA

In *chikitsasutra* of *tarunajwara* also the *langhana* is performed as first part of treatment. *Langhana* (fasting), *swedana* (fomentation), *kala* (waiting period of 8days), *yavagu* (medicated gruels) and *tikta rasa* and all digestive enhancers of *avipakva dosha* are performed in *taruna jwara*.

Langhana upakrama can be done by following 10 procedures.

- ❖ **4 types of shodhana procedures:** *Vaman*, *Virechana*, *Niruhabasti*, *Nasya*.
- ❖ **6 shaman procedures:** *Pipasa*, *Maruta*, *Atapa*, *Pachan*, *Upavasa*, *Vyayam*. But mostly we use the *langhana* as *upavasa* in *tarunajwara*.

Indications of *Langhana*

Langhana upkrama and its types described in *Charaka sutrasthana* 22 should administered in following conditions.

- ❖ *Saam Jwara* : When *jwara* is in *saam avastha*.
- ❖ *Kaphaja Jwara* : When *jwara* is produced by *dushit* and *prakupit kapha*.
- ❖ *Kapha Pittaj Jwara* : When *jwara* is produced by *dushit kapha* and *pitta*.

Contraindications of *Langhana*

Langhana is contraindicated

- When *jwara* is produced by *vata*
- When *jwara* is produced by *shrama* (exhaustion)
- *Purana jwara* (chronic fever)
- When *jwara* is caused by *kshata* (external and

internal injuries).

Such patients should not treated by *langhana*, they should be treated by *shaman chikitsa*.

AT WHAT EXTENT LANGHANA SHOULD BE DONE ?

Langhana should be *pran-avirodhi* that is, it should be performed to the extent that it should not cause harm to vitality and life of patient.

BENEFITS OF LANGHANA

- *Langhana* reduces the aggravated *dosha* and stimulates the *agn,i* due to this body becomes light.
- *Langhana* restores the appetite.
- *Langhana* subsides the *jwara*
- *Langhana* causes elimination of flatus ,feces and urine.
- Causes cleansing like feeling in body.
- *Langhana* causes disappearance of drowsiness and exhaustion.
- Causes appearance of perspiration and reappearance of taste.
- *Langhana* produces hunger and thirst along with feeling of well being.

DISCUSSION

As per *ayurveda jwara* is principle disease and it needs very proper treatment *protocol*. This treatment should be performed according to *saam* and *nirama avastha* of *dosha*. In *saam avastha* of *jwara*, *langhana* is first step of treatment, because *langhana* helps in breaking of *samprapti* which happened in *tarunajwara* and subsides the *jwara*. *Langhana* works on aggravated *dosha* and *agnimandya* which are main factors of *jwara samprapti*. In this way the *samprapti* breakdown occurs and *jwara* gets well treated by *langhana*.

REFERENCES

1. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita volume II- Chokhamba sanskrita pratishtan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 90-Verse charaka chikitsasthan 3/132.
2. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita volume II- Chokhamba sanskrita pratishtan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 70-Verse charaka chikitsasthan 3/4,5
3. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita part 1-Chokhamba sanskrita pratishtan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 316-Verse charaka sutrasthan 22/4.
4. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita volume II- Chokhamba sanskrita pratishtan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 91-Verse charaka chikitsasthan 3/140.
5. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-

- Charaka samhita part 1-Chokhamba sanskrita pratishthan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 474-Verse charaka nidanasthan 1/17.
6. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita part 1-Chokhamba sanskrita pratishthan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 478-Verse charaka nidanasthan 1/30.
 7. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita volume II- Chokhamba sanskrita pratishthan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 73-Verse charaka chikitsasthan 3/32,33,34.
 8. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita volume II- Chokhamba sanskrita pratishthan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 73-Verse charaka chikitsasthan 3/35.
 9. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita volume II- Chokhamba sanskrita pratishthan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 90-Verse charaka chikitsasthan 3/134,135.
 10. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita volume II- Chokhamba sanskrita pratishthan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 91-Verse charaka chikitsasthan 3/142.
 11. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita part 1-Chokhamba sanskrita pratishthan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 318-Verse charaka sutrasthan 22/18.
 12. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita volume II- Chokhamba sanskrita pratishthan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 111-Verse charaka chikitsasthan 3/283.
 13. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita volume II- Chokhamba sanskrita pratishthan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 110-Verse charaka chikitsasthan 3/272.
 14. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita volume II- Chokhamba sanskrita pratishthan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 91-Verse charaka chikitsasthan3/141.
 15. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita volume II- Chokhamba sanskrita pratishthan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 91-Verse charaka chikitsasthan3/140.
 16. Acharya Vidyadhar Shukla-Pro.Ravidatta Tripathi-Charaka samhita part 1-Chokhamba sanskrita pratishthan 38 U.A, Bungalow road, Jawahar Nagar, Delhi-Reprint, 2012. Page no 321-Verse charaka sutrasthan 22/34, 35.