LEKHANIYA MAHAKASHAYA AND ITS PHARMACOLOGY: A LITERARY REVIEW

Dr. Vinod Kumar*1, Dr. Manish Pamnani2, Prof. Kamini Kaushal3, Dr. Ashwini K. Sharma4, Dr. Rajesh Chandra Mishra5 and Dr. Pradeep Soni6

M.D. Scholar1,2, H.O.D.3, Asso. Prof.4, Asso. Prof.5 and Lecturer6
PG Department of Dravyaguna, MMM. Govt. Ayu. College, Udaipur.

ABSTRACT

Lekhaniya mahakashaya denotes, group of ten medicines, which act differently on Sthoulya. Sthoulya can be Correlate with the term Obesity of modern medicine. Lekhaniya Mahakashaya is the 3 of the 50 mahakashaya described in fourth chapter of Sutra sthan of Charak Samhita and includes Mustak, kusth, haridra, daruhridra, vacha, ativisha, katuka, chitrak, chitbilv, swetvacha ten ingredients. These 10 plants are work together and give enhanced effect. They are also effective individually. These plants having Katu, Tikta, Ushna Virya, Katu Vipaka, Ruksha, Laghu, Tikshan Guna and Tridoshaghan (Mainly kaphaghan) properties.

KEYWORDS: Lekhaniya mahakashaya, obesity, Katu Rasa, Tikta Rasa, Ushna Virya, Katu Vipaka, Kaphaghan.

INTRODUCTION

Acharya Charaka described Mahakashaya in fourth chapter of Sutrasthana of Charak Samhita. Each Mahakashaya includes ten drugs. Lekhaniya Mahakashaya is the 3th of the 50 mahakashaya. Lekhaniya mahakashaya denotes, group of ten medicines which act differently on Obesity. These ten medicines are Mustak, kusth, haridra, daruhridra, vacha, ativisha, katuka, chitrak, chitbilv, swetvacha. Lekhaniya mahakashaya, group of ten dravyas, which act on Sthoulya. Sthoulaya roga can be correlated with the term obesity of modern medicine. They are also effective individually. These plants having Katu, Tikta, Ushna Virya, Katu Vipaka, Ruksha, Laghu, Tikshan Guna and Tridoshaghan (Mainly kaphaghan) properties.
Number of overweight people is higher than the number of starving or undernourished [WHO, 2014]. In India (1998-2005), statistics point an increase in overweight or obese citizens by 20%. WHO further projects that by 2015, approximately 2.3 billion adults will be overweight and more than 700 million will be obese.[6,9]

According to Ayurveda Maharshi Charak clarified the sign and symptoms of atisthula purusha (Fatty person) in Ch. Su. 21 as.

**Astouninditya Adhaya as Below**[1]

Excessive accumulation of the fat and muscle mass specially on the region of the hips, abdomen and breast and becomes thrill during movements. The person feels lethargies. Related diseases - More than 65 million adult & 10 million children suffer from obesity, and is considered one of the leading causes of life-threatening diseases. Due to overweight, the probabilities of developing some diseases are as- (1) Hypertension, (2) Diabetes, (3) Heart disease, (4) High cholesterol Levels, (5) Cancer, (6) Infertility, (7) Back Pain, (8) Skin infections, (9) Ulcers, (10) Gallstones.

**Samprapti**[1,2,3,4,5]

Consumption of guru (heavy to digest), sheeta(cold), Snigdha (unctuous), madhuradi kaphavardhaka (sweets) drugs along with lack of exercise and sedentary life style result in excessive nourishment of medas while other bodily elements (dhatus) are deprived of nourishment resulting in sthoulya.[1,2,3,4,5]

**Complications of Obesity According to Ayurveda**[1,6,9]

Disproportionately increased medas is accountable for several serious consequences reported in charaka and Sushrut samhita like.
- Ayuhrasa (decrease of life span),
- Javoparodha (decrease in enthusiasm and activity),
- Krichravyavayata (Difficulty in sexual Act),
- Dourbalya (Decrease of Strength),
- Dourgandhya (bad odor)
- Swedabadha (Excess perspiration)
- Kshut Pipasadhikya (Excessive hunger and thirst)
- Mandotsaham (Less activity referring to sedentary lifestyle)
- Atisnigdham (Excessive intake of fatty substances)
- Atisthaulyam (Gross obesity)
- Mahashanam (Excessive eating)

**Lekhaniya Mahakshaya Dravyas**[1,2,3,4,5,11,12,13,14,15,16,20,21]

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Hindi/ Sanskrit Name</th>
<th>Botanical Name</th>
<th>Family</th>
<th>English Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mustak</td>
<td>Cyperus rotundus Linn</td>
<td>Cyperaceae</td>
<td>Nut grass</td>
</tr>
<tr>
<td>2</td>
<td>Kustha</td>
<td>Saussarea lappa C.B.Clarke</td>
<td>Compositae</td>
<td>Costus</td>
</tr>
<tr>
<td>3</td>
<td>Haridra</td>
<td>Curcuma longa Linn.</td>
<td>Zingiberaceae</td>
<td>Turmeric</td>
</tr>
<tr>
<td>4</td>
<td>Daruharidra</td>
<td>Berberis aristata DC.</td>
<td>Berberidaceae</td>
<td>Indian Barberry</td>
</tr>
<tr>
<td>5</td>
<td>Vacha</td>
<td>Acorus calamus Linn.</td>
<td>Araceae</td>
<td>Sweet flag</td>
</tr>
<tr>
<td>6</td>
<td>Ativisha</td>
<td>Aconitum heterophyllum Wall.</td>
<td>Ranunculaceae</td>
<td>Indian atees</td>
</tr>
<tr>
<td>7</td>
<td>Katurohini</td>
<td>Picrorhiza kurroa Royle. Ex. Benth.</td>
<td>Scrophulariaceae</td>
<td>Pichizaror</td>
</tr>
<tr>
<td>8</td>
<td>Chitrak</td>
<td>Plumbago zeylanica Linn.</td>
<td>Plumbaginaceae</td>
<td>Leadwort</td>
</tr>
<tr>
<td>9</td>
<td>Chirbily</td>
<td>Holopteliya integrifolia Planch.</td>
<td>Ulmaceae</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Hemvati</td>
<td>Iris germenica Linn.</td>
<td>Iridaceae</td>
<td>Oris root</td>
</tr>
</tbody>
</table>

**Properties and Action**[11,12,13,14,15,16,17,18,19]

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Sanskrit Name</th>
<th>Guna</th>
<th>Rasa</th>
<th>Virya</th>
<th>Chemical constitutes</th>
<th>Vipaka</th>
<th>Doshakarma</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mustak</td>
<td>Laghu, Ruksa</td>
<td>Tikta, katu, kashaya</td>
<td>Sheet</td>
<td>Cineol, beta-sitosterol, sugenol,</td>
<td>Katu</td>
<td>Kaphapittahara</td>
</tr>
<tr>
<td>2</td>
<td>Kustha</td>
<td>Laghu, Ruksa, tikshana</td>
<td>Tikta, katu, Madhum</td>
<td>usna</td>
<td>Reginoids, Saussurine, Inulin, sugar</td>
<td>Katu</td>
<td>Kaphavatahara</td>
</tr>
<tr>
<td>3</td>
<td>Haridra</td>
<td>Laghu, Ruksa</td>
<td>Tikta, katu</td>
<td>usna</td>
<td>Curcumin</td>
<td>Katu</td>
<td>Tridosahara</td>
</tr>
<tr>
<td>4</td>
<td>Daru-haridra</td>
<td>Laghu, Ruksa</td>
<td>Tikta, kashaya</td>
<td>Ushna</td>
<td>Berberine</td>
<td>Katu</td>
<td>Kaphapittahara</td>
</tr>
<tr>
<td>5</td>
<td>Vacha</td>
<td>Laghu, Tikshana</td>
<td>katu, Tikta</td>
<td>Ushna</td>
<td>Asaryl aldehyde, Acorin, A &amp; B-Asarone</td>
<td>Katu</td>
<td>Kaphavatahara</td>
</tr>
<tr>
<td>6</td>
<td>Ativishya</td>
<td>Laghu, Ruksa</td>
<td>Tikta, katu</td>
<td>Ushna</td>
<td>Atisine, Heteratisine</td>
<td>Katu</td>
<td>Tridosahara</td>
</tr>
<tr>
<td>7</td>
<td>Katurohini</td>
<td>Laghu, Ruksa</td>
<td>Tikta</td>
<td>Ushna</td>
<td>Picrorhizin, kutkin</td>
<td>Katu</td>
<td>Kaphapittahara</td>
</tr>
<tr>
<td>8</td>
<td>Chitrak</td>
<td>Laghu, Ruksa, Tikshana</td>
<td>katu</td>
<td>Ushna</td>
<td>Plumbagin</td>
<td>Katu</td>
<td>Kaphavatahara</td>
</tr>
<tr>
<td>9</td>
<td>Chirbily</td>
<td>Laghu, Ruksa</td>
<td>Tikta, kashaya</td>
<td>Ushna</td>
<td>Hexacosanol, Beta-amyrin, friedelin</td>
<td>Katu</td>
<td>Kaphapittahara</td>
</tr>
<tr>
<td>10</td>
<td>Hemvati</td>
<td>Laghu, Ruksa, Tikshana</td>
<td>Katu, Tikta,</td>
<td>Ushna</td>
<td>Iridin, glucosides, starch, tannin</td>
<td>Katu</td>
<td>Kaphavatahara</td>
</tr>
</tbody>
</table>
Lekhaniya mahakashaya having Katu, Tikta, Ushna Virya, Katu Vipaka, Ruksha, Laghu, Tikshan Guna and Tridoshashan (Mainly kaphaghan) properties.

Probable Mode of Action[^3,^6,^9]

The properties of wholesome formulation of Lekhaniya Mahakashaya are as follows:

Rasa-Katu, Tikta, Kashaya
Vipaka -Katu
Virya-Ushna
Guna -Laghu, Ruksha, Tikshan
Dosh shamakta-KPV↓

Pic of Lekhaniya Mahakashaya Dravyas
CONCLUSION$^{[1,2,6,9]}$

Lekhaniya mahakshaya drugs have mentioned in Ayurvedic classic text. Charak samhita. Some of the research studies carried out on these herbs confirmed both hypolipidemic & hypoglycemic activities$^{[1,2,6,9]}$. This observation is useful for dressing new formulation to treat medodusti and its complication. These drugs are katu, tikta, kashaya in Rasa, possessing Ushna Virya and Laghu, Ruksha Guna are largely responsible for Medohara & lekhaniya properties. All the 10 drugs are having the quality to treat the sthoulya Roga. Lekhaniya mahakashya helps re-establish normal physiological function in the affected tissues and organs. Physician can select the best drug among these with the help of Yukti Pramana.$^{[1,2,6]}$

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