

A CRITICAL REVIEW ON MEDOHAR AND LEKHANIYA DRAVYAS

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ABSTRACT

Lifestyle disorders are the diseases in which lifestyle and diet lay crucial roles in the etiology of the diseases. The most common LSDs are obesity, hypertension, diabetes and cardiovascular diseases. Due to sedentary lifestyle and food habits the ratio of obesity in India is increasing day by day. Medodushti (fat metabolism disorders) serves as one of the important etiological factor in most of these disorders including Ischemic heart disease(IHD). Growing prevalence of obesity increases the rising rates of coronary and cerebrovascular diseases, diabetes. Medodushti serves as one of Ayurveda have a good result to combat the situation. Ayurvedic classics are the wealth of herbal drugs. The drugs having medohar, lekhana, karshana dravyas in Ayurveda have antiobesity activity. Drugs having laghu, ruksh guna(light and dry qualities), ushna veerya, (hot potency), Katu vipaka and vatakaphara actions are useful in obesity.

KEYWORDS: Obesity, Dyslipidemia, lifestyle disorder.

INTRODUCTION

Acharya Charaka described that Atisthaulya considered as one of the eight despicable conditions.^[1] Atisthula is a person in whom there is excessive accumulation of mamsa (muscle tissue) and meda (fat tissue).^[2] Meda is body tissue predominant in prithvi and Aap mahabhuta similar to kapha dosha.^[3] Consumption of Guru(heavy to digest), Snigdha (unctuous), Sheeta (cold), Madhuradi kaphavardhaka (sweet and kapha increasing) drugs along with lack of exercise and sedentary lifestyle result in excessive nourishment of medas. Disproportionately increased medas is accountable for several serious consequences like Ayurhara (decrease of lifespan), Dourbalya (decrease of strength), Swedbadha (excess perspiration), Atisthaulyam (gross obesity), Mahashanam (excessive eating)^[4]

Lekhaniya dravya^[5]

Sr. no.	Name of dravya	Guna	Rasa	Virya	Vipaka	Doshagnata
1	Musta	Laghu, Ruksha	Katu, Tikta, Kashaya	Sheet	Katu	Pittakaphaghna
2	Haridra	Laghu, Ruksha	Tikta, Madhur	Ushna	Katu	Kaphpittaghna
3	Daruharidra	Laghu, Ruksha	Tikta, Kashaya	Ushna	Katu	Pittakaphaghna
4	Kustha	Laghu, Snigdha, Tikshna	Tikta, Katu, Madhur	Ushna	Katu	Kaphvataghna
5	Vacha	Laghu, Tikshna, ruksha	Tikta, Katu	Ushna	Katu	Kaphvataghna
6	Ativisha	Ruksha, Laghu	Tikta, Katu	Ushna	Katu	Tridoshaghna
7	Katurohini	Laghu, ruksha	Tikta	Sheet	Katu	Kaphpittaghna, vatkar
8.	Chirbilwa	Ruksha, Laghu	Tikta, Kashaya	Ushna	Katu	Kaphpittashamak
9.	Haimvati	Ruksha, Laghu	Katu, Tikta	Ushna	Katu	Kaphvaatshamak
10.	Chitrak	Ruksha, Laghu, Tikshna	Katu	Ushna	Katu	Vatkaphghna, pittakar

MATERIAL AND METHOD

List of Medohara Ganas

Name of Gana	C.S	S.S	A.S	A.H
Lekhaniya gana	+	-	-	-
Lodharadi gana	-	+	+	+
Varunadi gana	-	+	+	+
Shalasaradi gana	-	+	=	=
Arkadi gana	-	+	+	+
Nyagrodhdi gana	-	+	+	+
Mushkakadi gana	-	+	+	+
Ushkadi gana	-	+	+	+
Tryushana	-	+	=	=
Surasadi gana	-	=	+	+
Vatsakadi gana	=	=	+	+
Vacha Haridradi Gana	=	=	+	+
Asanadi gana	=	=	+	+

LEKHANIYA GANA^[6]

1. **Musta**
Absorbant, scraping digestive and carminative, circulation provider.
2. **Kushtha**
Clearant, blood purifier, digestive, fat metabolizer,
3. **Vacha**
Digestive, scraping, carminative, speech, intelligence, memory enhancer, Stimulant
4. **Haridra**
Complexion enhancer, antihyperglycemic, liptolytic.
5. **Daruharidra**
Scraping, antihyperglycemic, skin detoxifier, diabetes, eye disorder
6. **Katurohini**
Purgative, antihyperglycemic, liver stimulant, skin disorder, diabetes
7. **Ativisa**
Scraping, metabolizer, absorbant, diaphoretic
8. **Chirbilva**
Laxative, skin diseases, diabetes, blood purifier
9. **Chitraka**
Carminative, digestive, abortifacient
10. **Haimavati**
Absorbant, stimulant, anti helmetic

THERAPEUTIC USES OF LEKHANIYA DRAVYA

Lekhaniya dravyas are useful in mamsa medo vridhhi vikaras like abcess, malignancy, type 2 DM, obesity, fatty liver, worm infection, hyperthyroidism.

QUALITIES OF LEKHANIYA DRAVYA

Lekhaniya dravya are rough, dry, hot, light, minute and motile in nature. They are pungent, bitter and astringent in taste and most of drugs are hot in potency i.e katu vipak. Due to these qualities they act as scraping agents in therapeutic action.

AYURVEDIC FORMULATIONS CONTAINING LEKHANIYA DRUGS

Dashamoolarishta
Chirbilvadi kashaya
Mustakarishtha
Amritarishtha
Navayasa loha
Sudarshana choorna

DISADVANTAGES OF LEKHANEYYA GANA DRUGS

The drugs in lekhaneeya gana are sharp and hot in nature and scraping in action. They are to be avoided in the individuals who are in emaciating disorders, pregnancy, anaemia, puerperal period, debility, menopausal syndrome etc.

If such formulations are to be administered then proper medicine which has compensating effect has to be prescribed.

DISCUSSION

Obesity is a lifestyle epidemic. The drugs mentioned under medohara, lekhaniya and karshaniya effect may have antiobesity outcome. The drugs with katu and kashaya rasa are more likely to have medohara effect. It may be because these rasa have vayu mahabhuta^[7] and ruksha-laghu guna^[8] which are opposite to the gunas of meda dhatu i.e guru (heavy), sthula (space occupying) picchila (slimy), Mridu (tender/soft) and Sandra (dense).^[9] All the drugs having vayu mahabhut.^[10] Because of vayu mahabhut it causes the shoshana karma i.e drying up of the dhatus and malas.^[11] The katu vipaka of the drug may enhance the metabolism and result in medohara, lekhana and karshana effect. The ushna veerya drugs were more than sheeta veerya drugs. Work was done on many plants and their hypolipidemic activity was proven.^[12]

CONCLUSION

Drugs that are katu, Tikta, kashaya in rasa, possessing ushna virya, laghu ruksha guna are responsible for medohara and lekhaneeya activities. The dravyas possessing tikta rasa and katu rasa are to be prescribed in the intial stages of treatment of Dyslipidemia and kashaya dominat drugs can be incorporated in the subsequent phases which facilitates for shoshana of liquefied or detoxified kapha and medodhatus, a state produced by tikta rasa and katu rasa. These herbs have hypolipidemic and hypoglycemic activities. These drugs are useful for designing new formulations to treat medodushti and its complications. Majority of herbs having vatahara and kaphahara activity are also found to be medohara in action. Salsaradi gana, nyagrodhadi ganas and lodhradi ganas containing kashaya, Tikta and sheeta veerya drugs increases ruksha gana resulting in medoshoshan.

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