

**REVIEW ON LEKHANIYA DRAVYA BY ACHARYA CHARAK**

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**ABSTRACT**

‘Lekhana’ means that which has the ability to scrap out the excess tissues from the area where it is located. Such drugs are indeed essential to decrease the body weight. In recent decades, because of the changed life style, daily routine, food habits and environmental changes, the population of unhealthy people is increasing even in developed countries, which made them victim of many diseases. Sthaulya (obesity) is one of them. Obesity has become major health problem over the world affecting people of all ages, sex and ethnicities. Acharya charak has mentioned ‘lekhaniya dravya’,<sup>[1]</sup> which do scraping by absorbing fluid part from dhatu and mala. It includes 10 drugs which are mainly made with the combination of Vayu and Agni mahabhuta.

**KEYWORDS:** lekhaniya dravya, sthaulya, lekhana.

**INTRODUCTION**

Person having heaviness and bulkiness of the body due to extensive growth especially in abdomen region is called as ‘sthula’ and the state of sthula is called as ‘sthaulya’. Sthaulya person is a person in whom excessive and abnormal increase of medo dhatu along with mamsa dhatu is found, it results into pendulous appearance of buttocks, belly, breasts and whose increased bulk is not matched by a corresponding increase in energy.

Now a days in fast pace life, people are more inclined to food which is low in cost, palatable and readily available in pre packaged forms. But it serves high caloric density resulting in obesity.

Obesity was considered to be a disease of affluence in past but, now a days it is increasingly seen in socioeconomically deprived class, as well. The modern science fails to give a safe and effective remedy.

Aim of ayurveda is to maintain health of healthy person and to cure the disease of diseased person.<sup>[2]</sup>

Acharya charak has mentioned ‘lekhniya dravya’ on sthaulya. The drugs which causes deplication of our body dhatu’s and also makes our body feel light and lean. Those are called as lekhniya dravya.<sup>[3]</sup>

**Lekhniya dravya<sup>[4]</sup>**

Sr no	Name of dravya	Guna	Rasa	Vipak	Virya	Doshghnata
1.	Musta	Laghu,ruksha	Katu,tikta,kashaya	Katu	Sheet	Pittakaphghna
2.	Kustha	Laghu,tikshna,snigdha	Tikta,katu,madhur,	Katu	Ushna	Kaphvatghna
3.	Haridra	Laghu,ruksha	Tikta,madhur	Katu	Ushna	kaphpittaghna
4.	Daru Haridra	Laghu,ruksha	Tikta,kashaya	Katu	Ushna	Pittakaphghna
5.	Vacha	Laghu,ruksha,tikshna	Tikta,katu	Katu	Ushna	Kaphvatghna,Pittalar
6.	Ativisha	Laghu,ruksha	Tikta,katu	Katu	Ushna	Tridoshghna
7.	Katurhohini	Laghu,ruksha	Tikta	Katu	Sheet	Kaphpittaghna, Vatar
8.	Chitrak	Laghu,ruksha,tikshna	Katu	Katu	Ushna	Vatkapghna, Pittakar
9.	Chirbilwa	Laghu,ruksha	Tikta,kashaya	Katu	Ushna	Kaphpittashamak
10.	Haimvati	Laghu,ruksha	Katu,tikta	Katu	Ushna	Kaphvatshamaks

**Lekhniya gana**<sup>[5]</sup>

1. **Musta:** Circulation provider, absorbant, scraping digestive and carminative. It improves lactation, relieves fever, burning sensation, excessive thirst. Commonly known as nut grass.
2. **Kushtha:** Purifier of the semen, clearant, digestive, blood purifier, fat metabolizer and wormicidal.
3. **Haridra:** Epilator, complexion enhancer, liptolytic, anti hyperglycemic. Turmeric is one of the very useful and famous ayurvedic herbs. It is used in many forms and through many routes of administration, such as – nasal, oral, over the skin.
4. **Daru Haridra:** Skin detoxifier, eye tonic, scraping, liver stimulant, hair tonic, anti hyperglycemic. Daru haridra is used in Ayurveda to treat eye disorders, skin disorders, diabetes.
5. **Vacha:** Stimulant, scraping, memory enhancer, carminative, digestive, anti spasmodic. Improves speech, intelligence.
6. **Ativisa:** Anti helminthic, anti pyretic, diaphoretic, scraping, metabolizer, absorbant. Atis is an Ayurvedic herb, especially used in diseases of children.
7. **Katurohini:** purgative, liver stimulant, blood purifier, anti hyperglycemic. Kutki is a powerful Ayurvedic herb used in treating mainly chronic fever, skin disorders and diabetes. It is also used in purgation.
8. **Chitraka:** Digestive, carminative, abortifacient, stimulant.
9. **Chirbilva:** Blood purifier, laxative, circulation provider, vaso constrictor. In Ayurveda it is used for the treatment of localized swelling, skin diseases, nausea, diabetes, indigestion, piles and acts as blood purifier.
10. **Haimavati:** Stimulant, memory enhancer, absorbant, anti helminthic.
11. The above mentioned drugs of lekhnिया gana are dry, rough, light, hot and motile in nature. They are bitter pungent and astringent in taste and most of the drugs are hot in potency and undergo pungent kind of metabolic transformation. Due to these qualities they act as scraping agents in therapeutic action.

**Therapeutic uses of lekhnिया dravya**

The above mentioned drugs are useful in mamsa medo vriddhia vikaras like malignancy, abscess, hyperthyroidism, type II DM, obesity, worm infection, fatty liver.

**Qualities of lekhnिया dravya**

The above mentioned drugs of lekhnिया gana are rough, dry, light, hot, minute and motile in nature. They are bitter, pungent 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.

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