

## EFFECT OF LEKHANIYA MAHAKSHAYA IN GYNECOLOGICAL DISEASES

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### ABSTRACT

Gynecological disorders such as Polyendocrine Metabolic Ovarian Syndrome (PMOS), obesity-related infertility, uterine fibroids, dysmenorrhea, menorrhagia, and leucorrhoea are increasingly prevalent due to sedentary lifestyle, improper dietary habits, stress, and metabolic disturbances. In Ayurveda, many of these conditions are primarily associated with *Kapha-Meda dushti*, *Agnimandya*, *Ama* formation, and obstruction of *Artavavaha srotas*. Charaka Samhita describes **Lekhaniya Mahakashaya** as a group of ten herbs possessing *Lekhana* (scraping), *Medohara*, *Deepana*, *Pachana*, and *Srotoshodhana* properties, which help eliminate pathological accumulations and restore normal physiological functions. The present review highlights the role of **Lekhaniya Mahakashaya** in gynecological diseases from both Ayurvedic and modern perspectives. The drugs included in this Mahakashaya exhibit

significant anti-inflammatory, antioxidant, hypolipidemic, antimicrobial, and endocrine-regulating activities. These properties help in reducing obesity, correcting hormonal imbalance, improving insulin sensitivity, regulating menstrual cycles, reducing abnormal tissue growth, and enhancing reproductive health. By clearing channel obstruction and improving tissue metabolism, Lekhaniya Mahakashaya supports proper functioning of the

female reproductive system. The combined pharmacological and Ayurvedic actions of these herbs make them particularly useful in the management of Kapha-dominant gynecological disorders. The review suggests that Lekhaniya Mahakashaya offers a holistic and cost-effective therapeutic approach for gynecological diseases, especially those associated with metabolic syndrome and hormonal dysfunction. Further clinical and experimental studies are recommended to validate its efficacy and establish evidence-based therapeutic applications in modern gynecological practice.

**KEYWORDS:** *Kapha-Meda dushti, Agnimandya, Ama formation, and obstruction of Artavavaha srotas.*

## INTRODUCTION

लेखनमनिलानलभूयिष्ठम' (सु. सु. ४१)

लेखने हितो लेखनीयः (चक्रपाणि)।

धातून् मलान् देहस्य विशोष्योल्लेखयेच्च यत्। (शा.)।

लेखनीय महाकषायः

“मुस्तकुष्ठहरिद्रादारुहरिद्रावच्चातिविषाकटुरोहिणीचित्रकचिरबिल्वहैमवरय इति दशेमानि लेखनीयानि भवन्ति” [Charak Sutra 4/3]

- Lekhaniya Mahakashaya is one of the 50 Mahakashayas (great herbal groups) mentioned by Acharya Charaka Samhita, Sutrasthana 4.
- The word “Lekhaniya” is derived from “Lekhana”, meaning **scraping** or **reducing excess**.

□ Charaka Sutrasthana 4/3

“Lekhaniya Dashama Meda-Kapha-Hara”

(The ten Lekhaniya herbs remove excessive fat and Kapha from the body)

□ Constituents of Lekhaniya Mahakashaya

Sanskrit Name	Botanical Name	Family	Rasa	Guna	Virya / vipak
Mustaka	<i>Cyperus rotundus</i>	Cyperacea	Tikta Kashaya	Laghu Ruksha	Sheeta/ Katu
Kushta	<i>Saussurea lapp</i>	Compositae	Tikta Katu Madhur	Laghu Ruksha Tikshna	Ushna/Katu
Haridra	<i>Curcuma longa</i>	Zingiberaceae	Tikta Katu	Ruksha Laghu	Ushna/ Katu

Daruharidra	<i>Berberis aristata</i>	Berberidaceae	Tikta	Ruksha Laghu	Ushna/ Katu
Vacha	<i>Acorus calamus</i>	Araceae	Katu Tikta	Laghu	Ushna/ Katu
Ativisha	<i>Aconitum heterophyllum</i>	Ranunculaceae	Katu Tikta	Ruksha Laghu	Ushna/ Katu
Chitraka	<i>Plumbago zeylanica</i>	Plumbaginacea	Katu	Laghu Ruksha Tikshna	Ushna/ Katu
Chirabilva	<i>Holoptelia integrifolia</i>	Ulmaceae	Tikta Kashay	Laghu Ruksha	Ushna/ Katu
Katurohini	<i>Picrorrhiza kurroa</i>	Scrophulariaceae	Tikta	Ruksha Laghu	Sheet/ Katu
Haimvati	<i>Iris germanica</i>	Iridaceae	Tikta Katu	Laghu	Ushna/ Katu

#### □ Pharmacological Actions Relevant to Gynaecology

Drug name	Doshaghnta	Chemical constituents
Musta	Kapha pitta Shamak Raktashodhak Stanyashodhak	Sesquiterpenoids-Anticancer Flavonoids-anticancer, antioxidant, antiinflamotory
Kushta	Kapha vata shamak Raktshodhan Stanyjanan Aartavjanan	Saussurine- ksharabh Triterpenes- antitumor
Haridra	Tridosha shamak Raktshodhak Kaphagn Medohar Garbhashaya shodhan	Curcumin-alkaloid Curcuminoid-antitumoractivity Germacrone-anticancer Zingiberene-antitumor Bisdemethoxy curcumin-antioxidant, anticancer, anti metastasis, alkaloid Desmethoxy cucumin-anti-inflammatory, antineoplastic
Daruharidra	Kapha pittashamak Raktavikar	Bieber's aristata-it is has 8 type of alkaloid i'e barberine, palmatine, oxyacanthine, bar amine. etc alkaloid mostly found in root.
Vacha	Kapha vata shamak Medohar Sangyashtapan	Calamene-alkaloid Asarone-anticaner, antioxidant, antiulcer Acorin-act like a madhu
Ativisha	Tridosh shamak Raktashodhak Shothhar Medohar	Heteratisine, hetisin – alkaloid Heterophyllidine-antiinflammatory Heterophyllisine-antiulcer
Katurohini	Kapha pittahar Bhedan Medohar Stanyshodhan	Kulkoside-antioxidants, anti inflammatory iridoids-anticancer
Chitraka	Kapha vata shamak Medohar Shothhar Rajavrodhnashak	Isoquinoline-antioxidant, anticancer, anti spasmodic B-sitosterol-antiinflammatory, anticholestrol Plumbago-neuroprotective
Chirabilva	Kapha pitta shamak	Holoptellin-antiobesity, anti-inflammatory

	Raktashodhan Medohar	Betulinic, friedelin-antiinflammatory Hexacosanol-increased energy level
Haimvati	Kapha vatashamak Artavajanan Medohar	Naringenin-antiobesity, anti diabetic, anti fibrotic Dimethoxyflavone-anticancer, anti-inflammatory, anti obesity, hypolipidaemic

Action	Relevance to Gynaecological Health
Lekhana	Reduces excessive fat (Medo dhatu) and cysts
Kapha-hara	Useful in PMOS, fibroids, abnormal discharges
Medohara	Reduces obesity-linked infertility
Shothahara	Reduces inflammation in uterus and ovaries
Raktashodhaka	Purifies blood, helpful in menorrhagia and acne
Artavajanana	Stimulates menstruation (Chitraka, Vacha)
Yonishodhana	Cleanses female reproductive tract

## AIM

To review the properties and action of 10 Lekhaniya mahakashaya on Sthoulya (obesity).

## ANALYSIS

Analysis of the herbs clearly indicate that most of the drugs are having katu, Tikta rasa, Laghu Ruksha Tikshna Guna.

Drug of Lekhaniya mahakashaya possess mostly Laghu, Ruksha, Tikshna Guna with the help of which fulfils the required criteria of 'Sthoulya chikitsa'. Sthoulya causes many Gynaecological Diseases such as pmos, infertility etc. Drugs that are katu, tikta, kashaya in rasa, possessing laghu, ruksha guna are largely responsible for medohara/ lekhaniya activities.

## DRUG REVIEW

### Musta (Nagarmotha)

Musta (Nagarmotha) is an important herb in Ayurveda used in gynecological disorders because of its anti-inflammatory, analgesic, antimicrobial, and astringent properties. It is commonly used in conditions such as dysmenorrhea, menorrhagia, uterine fibroids, PMOS, and leucorrhoea.

### Role in Gynecological Diseases

- **Dysmenorrhea (Painful Menstruation):** Dysmenorrhea occurs due to increased prostaglandin production, uterine spasms, inflammation, and reduced uterine blood flow. In Ayurveda, it resembles Kashtartava caused mainly by aggravated Vata. Musta helps by relieving uterine spasms, reducing pain and inflammation, and balancing Vata and Pitta dosha.

- **Menorrhagia (Heavy Menstrual Bleeding):** Menorrhagia develops due to hormonal imbalance, excess estrogen stimulation, and vascular fragility. In Ayurveda, it correlates with Raktapradara. Musta acts as a cooling, astringent, and anti-inflammatory herb that helps control excessive menstrual bleeding and reduces Pitta aggravation.
- **Uterine Fibroids:** Uterine fibroids are estrogen-dependent benign tumors associated with chronic inflammation and metabolic imbalance. In Ayurveda, they resemble Granthi or Mamsaja Arbuda. Musta helps reduce pelvic inflammation, improves metabolism, decreases Kapha accumulation, and controls abnormal bleeding associated with fibroids.
- **PMOS:** PMOS involves insulin resistance, hyperandrogenism, obesity, and chronic inflammation. Musta helps improve metabolism, supports menstrual regulation, reduces Kapha and Meda, and decreases inflammation.
- **Leucorrhoea (Shweta Pradara):** Leucorrhoea occurs due to vaginal infection, cervical inflammation, hormonal imbalance, and excess Kapha. Musta possesses antimicrobial and anti-inflammatory properties that help reduce vaginal discharge, control infection, and balance Kapha.

### **Kustha (Saussurea lappa)**

Kustha (*Saussurea lappa*) is an important Ayurvedic herb used in various gynecological disorders because of its anti-inflammatory, analgesic, antimicrobial, and Vata–Kapha balancing properties. It is commonly used in conditions such as dysmenorrhea, amenorrhea, leucorrhoea, pelvic inflammatory disorders, and infertility.

### **Role in Gynecological Diseases**

- **Dysmenorrhea (Painful Menstruation):** In dysmenorrhea (painful menstruation), the pathophysiology involves increased prostaglandin production, uterine spasms, pelvic congestion, and inflammation, which lead to severe menstrual pain. In Ayurveda, it resembles Kashtartava mainly caused by aggravated Vata dosha. Kustha helps by relieving uterine spasms, reducing pelvic pain and inflammation, improving blood circulation, and balancing Vata.
- **Amenorrhea:** Amenorrhea occurs due to hormonal imbalance, ovarian dysfunction, stress, nutritional deficiency, or obstruction of menstrual flow. In Ayurveda, it is correlated with Anartava involving Vata and Kapha imbalance. Kustha acts as a uterine stimulant and circulation enhancer, helping to promote menstruation and regulate the menstrual cycle.

- **Leucorrhoea (Shweta Pradara):** Leucorrhoea (Shweta Pradara) is commonly associated with vaginal infection, cervical inflammation, excess Kapha, and poor genital hygiene. Kustha possesses antimicrobial and anti-inflammatory properties that help reduce vaginal discharge, control infection, and decrease inflammation.
- **Pelvic inflammatory disorders:** Pelvic inflammatory disorders develop because of microbial infection and inflammation of reproductive organs, causing pelvic pain, congestion, and fever. Kustha helps by reducing inflammation, controlling microbial growth, relieving pelvic pain, and improving pelvic circulation.
- **Infertility:** In infertility, factors such as hormonal imbalance, ovulatory dysfunction, pelvic inflammation, and tubal blockage play important roles in pathophysiology. Kustha may support reproductive health by improving circulation, reducing inflammation, and balancing Vata and Kapha doshas.

### Haridra (*Curcuma longa*)

Haridra (Turmeric) is an important herb in Ayurveda widely used in gynecological disorders because of its anti-inflammatory, antioxidant, antimicrobial, blood-purifying, and Kapha–Pitta balancing properties. Its active constituent, curcumin, plays a major role in reducing inflammation and oxidative stress.

### Role in Gynecological Diseases

- **Dysmenorrhea:** Haridra helps by reducing inflammation, relieving pain, improving circulation, and balancing aggravated Vata and Pitta doshas.
- **Polyendocrine Metabolic Ovarian Syndrome:** In polycystic ovary syndrome (PMOS), the disease process includes insulin resistance, hyperandrogenism, obesity, chronic low-grade inflammation, and irregular ovulation. Haridra helps improve insulin sensitivity, reduce inflammation, regulate metabolism, and support menstrual regularity.
- **Menorrhagia:** Menorrhagia (heavy menstrual bleeding) occurs due to hormonal imbalance, excess estrogen stimulation, uterine pathology, or vascular fragility. Haridra acts as an anti-inflammatory and blood purifier, helping reduce uterine inflammation and control abnormal bleeding.
- **Leucorrhoea:** Leucorrhoea (Shweta Pradara) is commonly caused by vaginal infection, cervical inflammation, and excess Kapha. Haridra possesses strong antimicrobial and antiseptic properties that help reduce vaginal discharge, infection, itching, and inflammation.

- **Pelvic inflammatory disease:** Pelvic inflammatory disease develops because of ascending microbial infection causing inflammation of pelvic reproductive organs, pain, fever, and congestion. Haridra helps by controlling infection, reducing inflammation, and promoting tissue healing.
- **Infertility:** In infertility, chronic inflammation, hormonal imbalance, oxidative stress, and reproductive tract infection may impair fertility. Haridra supports reproductive health through antioxidant, anti-inflammatory, and detoxifying actions.

### **Daruharidra (*Berberis aristata*)**

Daruharidra (*Berberis aristata*) is an important Ayurvedic herb used in gynecological disorders because of its antimicrobial, anti-inflammatory, antioxidant, wound-healing, and Kapha–Pitta balancing properties. Its major active constituent, berberine, is known for strong antimicrobial and anti-inflammatory action.

### **Role in Gynecological Diseases**

- **Leucorrhoea (Shweta Pradara):** In leucorrhoea (Shweta Pradara), the pathophysiology involves vaginal infection, cervical inflammation, excessive mucus secretion, and Kapha aggravation. Daruharidra helps by reducing vaginal discharge, controlling microbial infection, decreasing inflammation, and maintaining vaginal health.
- **Pelvic Inflammatory Disease (PID):** In pelvic inflammatory disease (PID), ascending bacterial infection cause inflammation of the uterus, fallopian tubes, and surrounding pelvic structures, leading to pain, fever, and pelvic congestion. Daruharidra acts as an antimicrobial and anti-inflammatory herb that helps reduce infection, pelvic inflammation, and pain.
- **Menorrhagia (Heavy Menstrual Bleeding):** In menorrhagia (heavy menstrual bleeding), hormonal imbalance, endometrial inflammation, and vascular fragility contribute to excessive bleeding. Daruharidra helps by reducing inflammation, purifying blood, and supporting control of abnormal uterine bleeding.
- **Dysmenorrhea:** In dysmenorrhea (painful menstruation), increased prostaglandin production and uterine spasms lead to pelvic pain and inflammation. Daruharidra helps reduce inflammation and pelvic congestion, thereby relieving pain.
- **Polyendocrine Metabolic Ovarian Syndrome (PMOS):** PMOS, insulin resistance, obesity, hyperandrogenism, and chronic inflammation are major pathological factors.

Daruharidra may support metabolic correction, reduce inflammation, and improve insulin sensitivity due to the action of berberine.

- **Infertility:** In infertility associated with chronic pelvic infection or inflammation, Daruharidra helps by controlling infection, improving reproductive tract health, and reducing oxidative stress.

### **Vacha (*Acorus calamus*)**

Vacha (*Acorus calamus*), commonly known as Sweet Flag, is an important medicinal herb in Ayurveda used in various gynecological disorders. It possesses Tikta and Katu Rasa, Laghu and Tikshna Guna, Ushna Virya, and Katu Vipaka. Vacha mainly pacifies Vata and Kapha Dosha and acts as Deepana, Pachana, Lekhana, Shothahara, Vedanasthapana, and Krimighna. Due to these properties, it is beneficial in disorders involving inflammation, Kapha accumulation, obstruction of channels (Srotorodha), pelvic congestion, and impaired circulation.

### **Role in Gynecological Diseases**

- **Dysmenorrhea:** In dysmenorrhea (Kashtartava), the modern pathophysiology involves excessive prostaglandin production, uterine muscle spasm, reduced blood flow, and ischemic pain. According to Ayurveda, aggravated Apana Vata along with Kapha obstruction causes painful menstruation. Vacha helps by reducing Vata-Kapha imbalance, improving pelvic circulation, and relieving spasmodic pain and inflammation due to its Ushna and Tikshna properties.
- **Amenorrhea:** In amenorrhea (Anartava), hormonal imbalance, ovarian dysfunction, stress, and metabolic disturbances lead to absence of menstruation. Ayurveda considers this condition as a result of Vata-Kapha imbalance, Agnimandya, and obstruction in Artavavaha Srotas. Vacha stimulates metabolism, enhances circulation, clears blocked channels, and regulates Apana Vata, thereby helping to restore normal menstrual flow.
- **Polyendocrine Metabolic Ovarian Syndrome:** In PMOS, the major pathological factors include insulin resistance, hyperandrogenism, obesity, chronic anovulation, and ovarian cyst formation. Ayurvedically, PMOS is associated with Kapha-Vata Dushti, Medodushti, and Srotorodha. Vacha, because of its Lekhana and Kapha-shamaka action, helps reduce excessive Kapha and Meda, improves metabolism, enhances ovarian circulation, and reduces pelvic congestion.

- **Leucorrhea:** In leucorrhea (Shweta Pradara), excessive vaginal discharge occurs due to infection, inflammation, hormonal imbalance, and Kapha aggravation. Vacha acts as an antimicrobial and anti-inflammatory herb, helping to reduce discharge, foul smell, and local inflammation while cleansing the reproductive channels.
- **Uterine Fibroid:** In Uterine Fibroids, abnormal smooth muscle proliferation, chronic inflammation, and hormonal imbalance contribute to fibroid formation. Ayurveda correlates fibroids with Mamsa Granthi and Kapha accumulation. Vacha helps by improving circulation, reducing stagnation, decreasing Kapha accumulation, and supporting reduction of abnormal tissue growth through its Lekhana property.
- **Infertility:** In infertility (Vandhyatva), ovulatory disorders, tubal blockage, endometriosis, and hormonal imbalance are common causes. Ayurveda attributes infertility to Vata imbalance, defective Artava, weak Agni, and Srotorodha. Vacha improves metabolism, clears obstructed channels, enhances pelvic circulation, and balances Vata-Kapha Dosha, thereby supporting reproductive health.

#### **Ativisha (*Aconitum heterophyllum*)**

Ativisha (*Aconitum heterophyllum*) is an important Ayurvedic herb known for its Deepana, Pachana, Jwaraghna, and anti-inflammatory properties. It mainly balances Kapha and Pitta Dosha and is useful in gynecological disorders associated with Ama, inflammation, infection, and menstrual irregularities.

#### **Role in Gynecological Diseases**

- **Dysmenorrhea (Kashtartava):** Helps reduce menstrual pain by correcting Vata imbalance, reducing Ama, and relieving uterine spasms.
- **Menorrhagia (Raktapradara):** Reduces inflammatory congestion and supports proper metabolism, helping control excessive bleeding.
- **Leucorrhea (Shweta Pradara):** Its antimicrobial and Kapha-reducing actions help decrease excessive vaginal discharge and infection.
- **Pelvic Inflammatory Disorders:** Acts as anti-inflammatory, antipyretic, and antimicrobial, useful in pelvic infections and fever.
- **Postpartum Disorders (Sutika Roga):** Improves digestion, prevents Ama formation, and supports postpartum recovery.

#### **Chitrak (*Plumbago zeylanica*)**

Chitrak (*Plumbago zeylanica*) is an important Ayurvedic herb with Deepana, Pachana, anti-inflammatory, and Kapha-Vata balancing properties. It is useful in gynecological disorders caused by Ama, Kapha accumulation, and menstrual obstruction.

#### Role in Gynecological Diseases

- **Dysmenorrhea (Kashtartava):** Reduces uterine spasm and pain, Improves blood circulation, Balances Vata and clears Srotorodha.
- **Amenorrhea (Anartava):** Stimulates Agni and metabolism, Improves menstrual flow, Clears obstruction in Artavavaha Srotas.
- **Leucorrhea (Shweta Pradara):** Reduces excessive vaginal discharge, Acts as antimicrobial and anti-inflammatory, Decreases Kapha accumulation.
- **Pelvic Inflammatory Disease:** Reduces inflammation and pelvic congestion, Helps digest Ama, Supports recovery from infection.
- **Uterine Fibroids:** Reduces Kapha stagnation, Improves metabolism and circulation, Helps reduce inflammatory swelling.

#### Chirbilva (*Holoptelea integrifolia*)

Chirbilva (*Holoptelea integrifolia*) is an Ayurvedic herb with anti-inflammatory, antimicrobial, analgesic, and Kapha-Vata balancing properties. It is useful in gynecological disorders associated with infection, inflammation, pain, and abnormal vaginal discharge.

#### Role in Gynecological Diseases

- **Leucorrhea (Shweta Pradara):** Reduces excessive vaginal discharge, Acts as antimicrobial and anti-inflammatory, Decreases Kapha accumulation.
- **Dysmenorrhea (Kashtartava):** Relieves menstrual pain and cramps, Balances Vata, Improves pelvic circulation.
- **Pelvic Inflammatory Disease:** Reduces pelvic inflammation, Controls infection, Helps reduce pain and congestion.
- **Menorrhagia (Raktapradara):** Kashaya Rasa helps control excessive bleeding, Supports uterine healing, Reduces inflammatory heat.

#### Haimvati (*Iris germanica*)

Haimvati (*Iris germanica*) is an Ayurvedic herb with anti-inflammatory, analgesic, antimicrobial, and Kapha-Vata balancing properties. It is useful in gynecological disorders related to pain, infection, inflammation, and menstrual obstruction.

#### **Role in Gynecological Diseases**

- **Dysmenorrhea (Kashtartava):** Relieves menstrual pain and cramps, Balances Vata, Improves pelvic circulation.
- **Leucorrhea (Shweta Pradara):** Reduces excessive vaginal discharge, Controls infection and inflammation, Reduces Kapha accumulation.
- **Pelvic Inflammatory Disease:** Reduces pelvic inflammation and swelling, Controls infection, Relieves pelvic pain.
- **Amenorrhea (Anartava):** Stimulates circulation, Clears menstrual channel obstruction, Supports proper menstrual flow.

#### **Katurohini (*Picrorhiza kurroa*)**

Katurohini (*Picrorhiza kurroa*), also called Kutki, is an Ayurvedic herb with anti-inflammatory, antimicrobial, hepatoprotective, and Pitta-Kapha balancing properties. It is useful in gynecological disorders related to inflammation, infection, excessive bleeding, and Ama.

#### **Role in Gynecological Diseases**

- **Menorrhagia (Raktapradara):** Helps control excessive bleeding, Reduces Pitta and inflammation, Supports hormone metabolism.
- **Leucorrhea (Shweta Pradara):** Reduces excessive vaginal discharge, Controls infection and inflammation, Decreases Kapha accumulation
- **Pelvic Inflammatory Disease:** Reduces pelvic inflammation and fever, Controls infection, Supports tissue healing.
- **Dysmenorrhea (Kashtartava):** Relieves pelvic pain and discomfort, Reduces inflammation, Helps remove Ama.

**SUMMARY: Why Lekhaniya Mahakashaya is Useful in Gynaecology.**

Disease	Action of Lekhaniya
PMOS	Reduces cysts, balances hormones
Menorrhagia	Reduces bleeding, inflammation
Leucorrhoea	Reduces discharge, antimicrobial
Obesity-related infertility	Promotes ovulation, weight loss
Uterine fibroids	Anti-tumor, detoxifies

#### □ Forms of Administration

Form	Usage
Kwatha (Decoction)	Traditional method, daily taken
Churna (Powder)	Mixed with honey or lukewarm water
Vati (Tablets)	For convenient modern use
Anupana (Adjuvants)	Honey, warm water, ghee depending on dosha

## DISCUSSION

Lekhaniya Mahakashaya, described in Charaka Samhita, possesses Lekhana (scraping), Medohara, Deepana, Pachana, and Srotoshodhana properties. It is mainly useful in Kapha-Meda dominant gynecological disorders such as PMOS, uterine fibroids, obesity-related infertility, leucorrhoea, and dysmenorrhea. Herbs like Musta, Haridra, Daruharidra, Vacha, and Kustha help reduce Kapha, Meda, Ama, and Srotorodha while improving Agni and metabolism.

In PMOS, it helps reduce obesity, improve insulin resistance, and restore ovulation. In uterine fibroids, its Lekhana and anti-inflammatory actions help control abnormal tissue growth. In obesity-related infertility, it improves hormonal balance and follicular development. In Shweta Pradara (leucorrhoea), it reduces excessive discharge and infection due to its antimicrobial and Kapha-shamaka properties. In dysmenorrhea, it relieves pain by removing obstruction and regulating Apana Vata. Modern studies also support its anti-inflammatory, antioxidant, hypolipidemic, and hormonal regulatory effects. Thus, Lekhaniya Mahakashaya plays an important role in managing gynecological disorders by correcting the root pathology and restoring normal reproductive health.

## CONCLUSION

Lekhaniya Mahakashaya is an important therapeutic group in Ayurveda for managing Kapha-Meda dominant gynecological disorders. Its Lekhana, Deepana, Pachana, Medohara, and Srotoshodhana properties help correct metabolic disturbances, remove channel obstruction, and restore normal reproductive function. The herbs of this Mahakashaya are particularly beneficial in conditions such as PCOS, obesity-related infertility, uterine fibroids,

dysmenorrhea, menorrhagia, and leucorrhoea. They help reduce excessive fat accumulation, regulate menstruation, improve ovulation, decrease inflammation, and maintain hormonal balance. Modern pharmacological studies also support the antioxidant, anti-inflammatory, hypolipidemic, antimicrobial, and endocrine-regulating activities of these drugs. Therefore, Lekhaniya Mahakashaya provides a comprehensive and holistic approach for the prevention and management of gynecological diseases. Further clinical and experimental studies are needed to scientifically validate its efficacy and establish standardized therapeutic protocols in contemporary gynecological practice.

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