

ROLE OF LANGHANA IN MEDHO ROGA**B. Nandanasai Reddy^{1*}, N. Padmapriya², Praveen K. Madikonda³ and B. Johar⁴**Scholar¹, Assistant Professor², Associate Professor³, HOD & Professor⁴

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Corresponding Author*Dr. B. Nandanasai Reddy**Scholar Department of
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College, Hyderabad.**ABSTRACT**

Medodhatu is one among the seven tissue systems and the disease caused by hypo functioning of medodhatu is termed as Medhoroga. It is considered as mother of all life style disorders. Medhoroga or Obesity is due to pathological conditions caused by excessive accumulation of medas or fat in the body, that can be correlated with hyperlipidemia or metabolic syndrome of contemporary system. Medhoroga is very common now-a-days due to lack of exercise, consumption of junk food and no exposure to the sun etc. The consequences are increased cholesterol levels which are responsible for atherosclerosis, CVA, CAD, type 2 diabetes. It poses the risk of landing in a diseased state by early forties and may also be fatal. Therefore, it is essential to treat the

problem. "Langhana" as narrated in Ayurveda is a specially designed principle, which is simple to practice and at the same time yield significant health benefits. Langhana includes a wider spectrum of both dietary adjustments and Panchakarma therapies. They not only help in the process of Apatarpana but also make the body fit, improve immunity thus increase lifespan. The paper will present a critical analysis of Langhana therapies in the management of obesity.

KEYWORDS: Medhoroga, obesity, langhana.**INTRODUCTION**

In Ayurveda, Medoroga is defined as an excessive accumulation of medo dhatu resulting in increase of the size of the physique and the pendulous appearance in buttocks, belly and breast in the body.

In a pathological condition called as Medoroga, it is quoted as 'Medasa avruta maargatvaat

pushyanti anye na dhatavah^[1] i.e., when the fat obstructs the passages and channels of transportation of the body, other tissues will not be nourished. This leads to abnormal decrease and imbalance of tissues leading to loss of strength and immunity. This provides an ideal platform and backdrop for manifestation of many systemic diseases.

Medo maamsaa ati vrudhatvaat chala spik udara stanaha Ayathaa upachaya utsaaho nara ati sthoola uchayate^[2]. A person who due to excessive accumulation of muscles and fat in the body presents the muscles and fat tissue are nourished and formed normally (they are abnormally deposited) and the energy levels also are not normal (below normal) is called ati sthula or obese. Acharya Charaka mentioned atisthula as Astanindhita.

Obesity is a chronic disease that is highly prevalent and that poses a serious risk for the development of diabetes mellitus, hypertension, cardiovascular diseases, musculoskeletal disorders especially osteoarthritis, and certain forms of cancer. It develops gradually and often persists throughout life.

Acharya Charaka in Santarpaniya adhyaya quoted that “उक्तं सन्तर्पणोत्थानामपतर्पणमौषधम्” in all santarpana vyadhis apartarpana (langhana) is the line of treatment³.

So, the present study deals with role of langhana in medhoroga

Aims and Objectives

To understand the efficacy of langhana in medhoroga

Concept of medho roga and sthoulya

The dhatu which lubricates the body is called medho dhatu and the disease caused by hypo or hyper functioning of medodhatu is termed as Medhoroga.

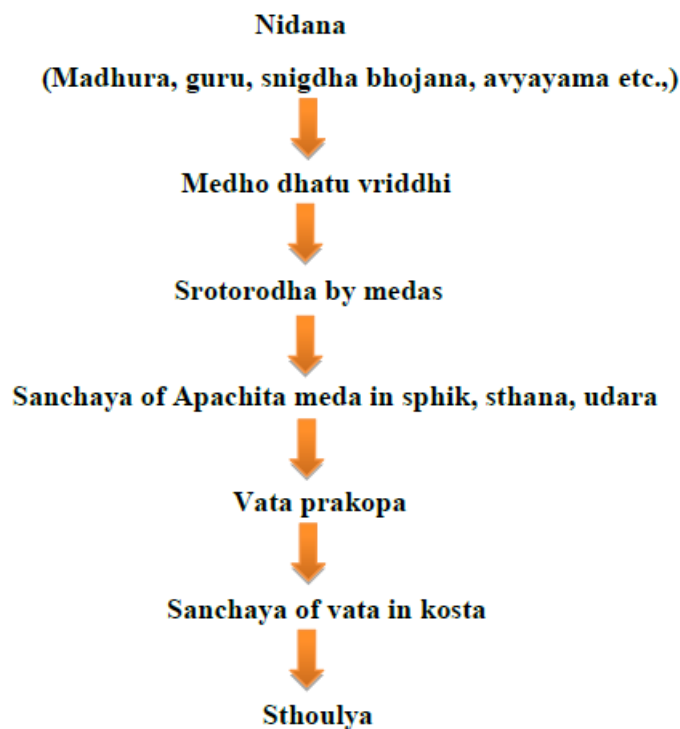
Two types of Meda (Fat) are described in Ayurveda

1. Baddha (bounded/unmovable) Meda- The fat which is not mobile and is stored in the form of fat at various places (fat depots/ omentum/muscles in the body).
2. Abaddha Meda (unbounded/movable) - The fat which is mobile and circulates in the body along with blood in the form of lipids (Cholesterol, Triglycerides, LDL, HDL & VLDL etc.)

Sthoulya is described as excessive and abnormal increase of medho dhatu along with mamsa dhatu resulting in bulkiness of specific parts like sphik, udara and sthana. Medo dhatu plays a

prominent role in the pathogenesis of sthoulya. In fact, the excessive formation of medas occurs and further dhatus remain unformed due to the dhatwagni mandhya of medas thereby resulting into sthoulya. Sthoulya can be correlated as Obesity.

Samprapti of sthoulya



Langhana

यत् किञ्चिल्लाघवरं देहे तल्लङ्घनं स्मृतम् || which causes lightness to the body is called langhana.^[4]

Properties of langhana

Laghu, usna, teekshna, visada, rukshma, sukshma, khara, sara and kathina

Types of langhana therapy

According to Acharya Charaka, there are ten types of langhana.

1. Vamana
2. Virechana
3. Niruha basti
4. Nasya
5. Pipasa

6. Maruta
7. Aatapa
8. Pachana
9. Upavasa
10. Vyayama

According to acharya vagbhata^[5]

Langhana is classified into 2 types- Samana, Sodhana

Sodhana includes- Vamana, Virchana, Kaya-vireka, Shiro-vireka, Asra-visruti

Samana includes- Pachana, Deepana, Ksut, Trsna, Vyayama, Atapa, Maruta

DISCUSSION

Vamana

Sthoulya is the kaphaja nanatmaja vikara. Sthoulya is santarpanajanya vikara in bahusoshavasta condition and kapha pradhana vyadhi. Among Sodhana therapies, vamana is highly suitable.

Virechana

As sthoulya is bahudoshaja vyadhi. The etiopathogenesis of sthoulya is excessive intake of Madhura, guru, snigdha, and kapha vardaka ahara leads to the aggravation of kapha-pitta doshas. Virechana is the specific modality for the elimination of pitta and kapha.

Niruha vasti

sthoulya is due to kapha and excessive production of medhodhatu. Ruksha, ushna, tikshna vastis are suggested by Acharya charaka. Vastis like lekhana vasti, kshara vasti, bhadradi kaphahara vasti, gomutra niruha vasti etc., can be used for treating the sthoulya. The dravyas in these vastis contain rasa like katu, tikta, Kashaya and gunas like teekshna, usna, sukshma, lekhana, amapachana, srotorodha, Kaphamedhohara and acts at the level of agni and corrects medhodhatvagnimandhya. Hence vastis are highly effective in medhoroga.

Nasya

As sthoulya is kaphajananatmaja vyadhi, Rechana nasya can be used.

Acharya Susrutha recommended the use of Triphaladhi taila.^[6]

A pilot study had demonstrated the effect of intranasal spray of oxytocin for eight weeks in providing substantial weight loss in obese and overweight adults.^[7]

Pipasa nigraha

- Hina shoulya and hina bala are indicated for pipasa nigraha.
- Pipasa nigravana means lower the intake of water. Jala mahabhuta is guru by its natural guna. As jala mahabhuta reduces in the body, laghutvam increases.

Maruta sevana

- Patients having Alpa bala and obese are indicated for maruta sevana.
- As per Acharya Charaka, vayu has ruksha, sita, laghu, sukshma, chala, vishada and khara properties. By which it decreases the snigdha, guru, sthula and sthira and mrdu properties of kapha. Therefore, it results in lightness of the body.

Atapa sevana

- Madhyama bala are indicated for atapa sevana.
- Atapa sevana does the soshana of kapha and medas
- Stimulates the jataragni
- Enhances sweating and thirst etc.

Pachana

- Madhyama sthoulya and Madhyama bala are indicated for pachana.
- In Madhya sthoulya, moderately strong, and moderate vitiation of kapa and pitta – pachana followed with suitable sodhana therapy should be done.

Upavasa

Upavasa can be taken as partial or complete restriction of food intake. The basic cause of all diseases is wrongful feeding which leads to the formation of ama due to impaired jataragni, as agni is always busy in digestion of daily consuming food and if it is withdrawn as upavasa then doshas which are present in the amasaya or the ama, medas at the level of jataragni will be digested and clears the blockage.

Japanese biologist Yoshinori Ohsumi won the noble prize for his research on how cells cycle and renew their content, a process called **Autophagy**.

Vyayama

Activities which produce tiredness to the body is called vyayama. By doing regular exercise,

- Increases the power of digestion

- Body becomes light
- Reduces the fat and body parts become distinct and firm.
- Madhyama bala are indicated for vyayama.

Yoga

Practice of Surya namaskaras regularly and other asanas like ustrasana, pavanamuktasana, chakrasana, bhujangasana, dhanurasana, vajrasana, trikonasana, veerabadhrasana, and kapalabhati pranayama.

Samana oushadas

1. Navaka Guggulu – Dravyas possess kaphavatahara property, ama pachana, Guggulu possesses medhohara property
2. Shilajittu – Kaphamedhohara, rasayana
3. Triphaladi guggulu –Dravyas possess kaphavatahara property, medhoagni deepana, Guggulu possesses medhohara property,
4. Vidangasava

Single drugs

1. Musta – It exhibit lipolytic action to mobilize fat from adipose tissue and help in reduction of weight.
2. Lasuna – Lowers the level of total cholesterol.
3. Kusta - Lowers the cholesterol level.
4. Haridra – Lowers serum cholesterol and to prevent atherosclerosis.
5. Palandu – Decreases serum cholesterol level. It is used as hypercholesteremic agent both acts as preventive and curative.

CONCLUSION

- Thus, concluded that langhana acts as both preventive and curative treatment of medhoroga.
- The management of medhoroga through langhana by means of samana and sodhana resulted as effective plan.
- Langhana includes a broad spectrum of both panchakarma therapies and food consumption patterns.
- By following langhana as dinacharya reduces the complications due to medho roga and maintain the health.

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