



SHATTWAM TU NATI VARTATE WSR To Langhana Chikitsa

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Abstract:

Each medical system has its own principles of diagnosing a disease and hence the management approach. Ayurveda sights health as a equilibrium state of Doshas and Dhatus the derangement of which either in the form of undernourishment or over nourishment affects the homeostasis and result in diseases. Management of such a derangement is based on substituting the depleted component and removal of those accumulated in excess. Ayurveda the ancient science of life describes various types of treatments in context of healthy individual and also diseased one. Amongst them Shadvidhopkrama bears a lot of significance in todays life. Shadvidhopkrama means union of six types of treatments principles, viz Langhana, Bruhana, Rukshana-Snehana, Swedana-Stambhana. Out of these six therapies Ayurveda advocates two basic treatment principle which are termed as Brumhana and Langhana Upkarmas. Management of all the disease occurs mainly in or around these two principle. Among the two, Langhana Upakarma is the one supported in conditions which arise due to Atibrumhana or Santarpana. The purpose of this therapy is to make the body light by relieving heaviness.

The purpose of this paper is provide a systematic compilation of Langhana therapy for easier application of the concept.

Langhana Nirukti:

“Langhah + Lyut” (Śabdakalpadruma)

“Laghi gatau, Laghi Shoshanea” (Amarakoṣa 1/1/64)

“Laṅghana” word derived from Laṅgha Dhātu and Lyutpratyaya.

Laṅgha Dhātu indicates Gati or Soṣaṇa (to soak).

Langhana Definition:

The procedures or a substance which create lightness in the body are called Langhana.

Synonyms:

Anāsana, Apararpaṇa, Laghubhojana and Upavasa are the synonyms of Langhana. Langhana as Upavāsa found in Sāmhita.

Pharmaco-Therapeutic Properties Behind Langhana:

The substances that carry out function of Langhana have the following properties.

Acharya Charaka states them as follows:

- Laghu(light): herbs or medicines, diet which predominantly have lightness as its quality.
- Teekshna (sharp): the purpose of Langhana is to open channels or blockages hence medicines or remedies with sharpness are chosen which enter the minute channels and eliminate the morbid matter and open the channels.
- Vishada(clear or pure): helps to clear channels by taking away stickiness.
- Ushana(hot): since hot substances are light in nature they are usually used.
- Rooksha (dry): dryness brings lightness. Hence substances with Rooksha Guna are used.
- Sookshma(minute): helps the medicine to enter each and every channel of the body and brings lightness.
- Khara (rough) and Sara (mobility): relieves the obstruction. eliminates morbid matter from the channels helps to clear channel and ensuring movement of body fluid in normal direction.

Case study**Samprapti:**

When a person with sedentary habits having Mandagni indulge in-Viruddha AharVihara and does physical exercise after taking fatty food forms Aama.ThisAama is pro-pelled by 'Vayu' reaches at the site of Sleshmaat Sandhis. This Aama is vitiated by Vata,Pitta and Kapha and then is circulated all over the body through Dhamani[vessels].It lodges in the Strotas as called 'Strotorodh It renders the patient weak and produces feeling of heaviness and stiffness. When this Aama lodges at Sandhis causing Shula, Shotha[swelling], Vrushchikdandshvat Vedana[scorpionbite like pain],Ushnasparsha[localizedtemperature] called'Aamavat'.

Case presentation:

A34-year-oldwoman visited Kamakshi Arogya Dham shiroda Goa.

Complaints–Aasane Gamane Kashtata[since 4years]

-Sarva Sandhi Shula and Shotha

-Chakraman Kashtata

History of present illness:

Patient has all of the above symptoms from 4 years. She had stated joint pain from Right first metatarsal joint. Then to Ankle joint then to the knee joint by the time, the patient had pain and inflammation all over the joints.

On examination– When the patient came to the hospital for treatment, she was thoroughly examined and complete history was taken. She had no history off all, no family history. Patient was unable to walk without

support. Patient was cooperative and oriented to time, place and person. No signs of pallor, icterus, clubbing, lymphadenopathy.

Nadi– 98/ mins, Mutra–Prakrut, Mala–Sam, Jivha– Sam, Shabda– Ksheen, Sparsha– Ushna

Drika– Prakrit, Akrti– Madhyam, Agni– Manda, Bala– Heena.

Treatment:

लंघनं स्वेदनं तिक्तदीपनानि कटूचि च।

विरेचनं स्नेहपानं बस्त्यश्चाममारुते।।

रूक्षः स्वेदो विधातव्यो वालुकापोटलैस्तथा ।

उपनाहाश्च कर्तव्यास्तेऽपि स्नेहविवर्जिता।।'- योगरत्नाकर

Langhana:

In this patient with Aamavat‘Kshut Nigraha’ a type of Langhana is planned.

Course– Three courses of alternate Langhana[Kshutnigraha with Mudgayusha] and Matrabasti.

Here, 200 ml of Mudga Yusha was given to the patient when she felt hungry. Then Bruhat-Saindhawadi Taila Matrabasti was given for 8days.

Anupana–Koshnajala

Result:

After this Langhana Upakrama of three courses, patient showed improvement in her condition. The Inflammation and pain over the joints are subsided. The patient was feeling lightness all over the joints. The temperature is subsided. The Samata over the tongue get de-created. Then she started walking without support.

Discussion:

Langhana means the food which gives lightness to the body. If it will not be available for digestion then the Agni will metabolize the Aama and Sama Dosha result in Agni Dipan and Amapachana. Langhana is one of the six basic principles explained by Ayurveda called Shata Upakrama. Among three Doshas, vitiated Kapha Dosha is responsible for Stotas Avarodha [blocking all body channels]. Due to this Guru [heavy], Abhisyan [pores clogging] and Picchala [sticky], Guna [properties] which are also the properties of Aama. In this Kshut Nigraha with Mudgayusha and Koshnajala, the Agni will metabolize the Aama responsible for Aamavat. Langhana Dravya are Laghu, Ushna, Tikshna, Vishada, Sukshma, Khara, Sara and easy for digestion. Mudga is Kashaya Madhura, Sheeta, Katu Vipaka and Laghu Guna. Aamavata brings two components in mind i.e. Aama and Vata. According to Ayurveda, Mandagni is main root cause for all disease. Aamavata is Strotosawarodha Janya Vyadhi. In Aamavata, Aama lodges at Strotas [channels]. According to classics Langhana will remove the clogs present in the Strotas as due to its Laghu Guna. Here Kshutnigraha is advised to the patient and Mudga Yusha is given whenever the patient was hungry. As Mudga Yusha is very Laghu and Supachya. The symptoms of patient get subsided and the patient can walk without support.

AUTOPHAGY:

The word autophagy is derived from Greek word “auto” meaning self and “phagy” meaning eating. Autophagy is normal physiological process in the body that deals with cell destruction in the body, it maintains homeostasis or normal functioning by protein degradation and turnover of the destroyed cell organelle for new cell formations. During cellular stress the process of autophagy is up scaled and increased, cellular stress is caused when there is deprivation of nutrients or growth factors. Hence autophagy may come up with an alternative source of intracellular building blocks and substrates that may originate energy to enable continuous cell survival.

CONCLUSION:

One of the most important treatment principle in Ayurveda is Langhana since it can be used in all types of patients by various means viz, under the title Shodhana and Shaman. Whenever Aama Dosha increases in the body it disturbs the level of Doshas, blocks the body channels, and leads to heaviness. In such condition Langhana is best modality of treatment whereby it helps in removing blockages of channels and brings lightness in body. Langhana is such type of karma, which reactivates the Agni in the Aama and Agnisamyoga in Aama condition. In Nidānaparivarjana: Langhana as Upavāsa excludes all type of Nidāna Sevana which is the first step of Chikitsā. It stops the formation of Sammūrchanā and directly improves Agni and removes Ama. In Prakṛti Vighāta: by its Laghu, Uṣṇa, Rūkṣa Guṇas it removes vitiated Doṣas from Srotasa. Among six types of Upakramas, due to Agneya Guṇa Prādhānya, Langhana, Rūkṣaṇa and Swedana are included under Langhana. Langhana helps in purifying body channels. Increases digestive power and boosts up hunger and thirst. Fasting, exercise and ketogenic diet are all different ways of autophagy therefore it can be correlated with Langhana therapy. Thus Langhana according to Ayurveda and autophagy according to modern science maintain good state of health.

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