



EFFECT OF LEKHAN BASTI IN STHAULYA VYADHI – A REVIEW

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Absrtact-

Obesity is one of the Major and rising problem now a days, and main reason is changing lifestyle and faulty dietary habits. Sthaulyavyadhi or medaoroga in Ayurveda is similar to Obesity in modern medaical science. This disease is occurred due to dushti of jatharagni and specially medaadhatvagni. Due to medaadhatvagnimandya and medaagnidushti, medadhatu is not formeda properly, and as a result of jatharagnimandya production ofaama dosha takes place, this aama gets attached to various dhatus giving rise to dushti of that particular dhatu. Due to medadhatvagnimandya excessive productin of samamedaa takes place, this is called as medaroga. This samameda dhatu causes srotorodha and other comlications by ocumulating in various srotasas. Increase in the weight of a person by 120 % or more of his/her normal weight is called as obesity. Obesity is a result of accumulation of excessive fat in the adepose tissue of a person. According to ayurveda sthaulya is one of the santarpanothavyadhi, and to treat this vyadhi, apatarpana is the main therapy and lekhan karma is one of the best treatment among apatrpana therapies. Basti is indicaed in all srotasdustijanyavyadhiies. And hence lekhanbasti is the best therapy for medaoroga(obesity).

Key words lekhanbasti, obesity, shaulya, medaoroga.

INTRODUCTON- Obesity is commonly found among sedentary workers, in women after child birth, menopause and continuous long term use of IUCDs, contraceptive pills. Patient suffering from obesity may also suffer from Diabetes melitus, high blood pressure, coronary heart disease,

infertility osteo arthritis, these are physical diseases but obesity can be a reason of mental disorders also such as anxiety, depression, stress-tension etc.¹

Till date many more medicines and drugs were used for the management of obesity but, no perfect solution is found in various treating sciences including modern medical science. But in Ayurveda sthulyavyadhi and its treatment is described in detail in various samhitas and granthas. Sthulya is nothing but obesity disease in modern era. Acharya Charaka has described sthulya as ashtau-mahaninditavyadhies. As we as it is also described in Shleshmananatmaja and Santarpanajanitaavyadhies also.²

In sthulyavyadhi dosha are kapha (Kledak), pitta (pachaka), vata (samana and vyana) and dushyas are Rasa, medadhatvagnimanya is and mandagni are most responsible factors for sthulya.^{3,4} in Ayurveda specially panchakarma various basties have been described, among those Acharya Sushruta have stated Lekhan Basti (A type of Niruha Basti), this basti is given in Chikitsasthana of Sushruta Samhita, this basti can be used for lekhan karma in sthulya because basti is best controller of vata here vata plays an important role in samprapti of sthulya and basti contains lekhanadravyas which are best for lekhan, bhedana and chhedana of meda and kapha. The word Lekhan itself means it scarifies the kapha or meda thus lekhan is a process of imaciation. Acharya Sharangdhara have stated that Lekhana is a process in which lekhanadravyas dry or removes the increased doshas, dhatus or malas by scraping.⁷ in this study lekhan basti by Acharya Sushruta is used for lekhan in sthulya.

Defination of shaulya⁸:-

Sthulya is a condition of a person in which the person have excessive growth of mansa and meda dhatu, resulting in excessive storage (Deposition) of mansa and meda at belly, buttocks and breast region. Body grows without proper proportion.

Aetiology of sthulya :-^(9,10,11,12,13,14)

All hetus described by various Acharyas according to Ayurveda Are

Aharaja Hetu	Viharaj Hetu	Manas Hetu
Santarpak Ahara	Avyayama	Nitya Harsha
Guru, madhura, snigdha ahara,	Avyavaya	Achintan
Navanna Sevana	Diwaswapa	priyadarshana
Pishttanna Sevana	Asana sukham	Manas Nivrutti
Mansa sevana	Sugandhidravye	
Gudavikrutiseana	Bhojannottarasnana	
Abhishyandhi ahara		

Rupa (Symptoms)¹⁵ :- Acharya Charaka says that, chalasphik, chalaudara and chalasthana and atimedomasavrudhi are the symptoms of sthulya.

Acharya charaka have also stated that there are 8 Doshas

(side effects) of sthulya.

- 1) Ayushoharsha(Reduction of life span)
- 2) Javoparodha (Javoparadha)
- 3) Krucchavyavaya (Difficuly in sexual intercourse)
- 4) Daurbalya (General Debility)
- 5) Daurgandhya (Faul smelling of body)
- 6) Swedabadh (Exessiveswetting)
- 7) Atikshudha (excessive hunger)
- 8) Atipipasa (excessive thirst)

Samprapti :-¹⁶

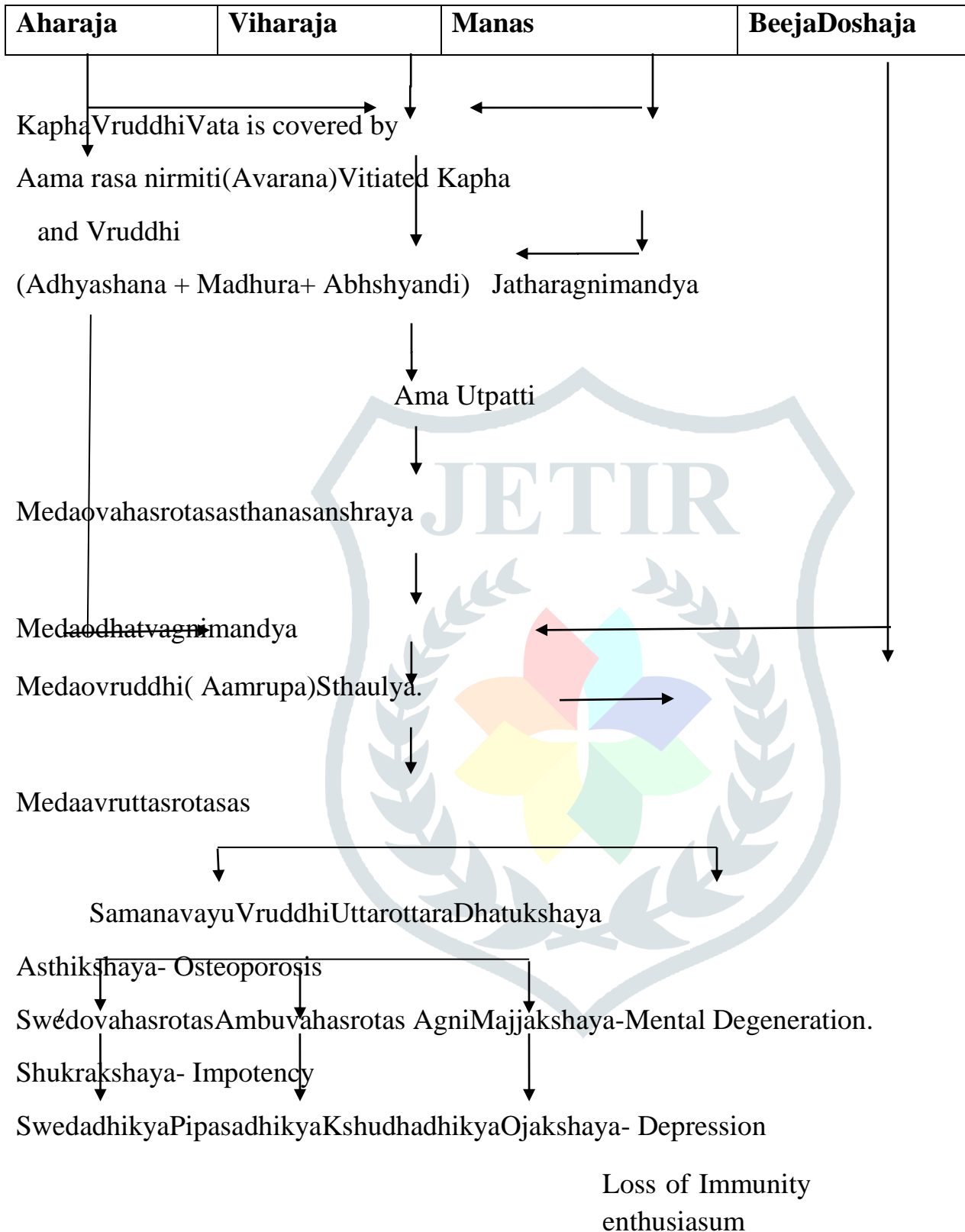
As there is obstruction by meda in all srotasas including annvahasrotas, vata dosha in stomach gets vitiated and affects the jatharagni, as a result jatharagnidigests (absorbs) the food fast. As a result of this the patient fees hungry frequently and have severe urge to eat something. Overeating results in excessive accumulation of medaa dhatu, leading to oncrease in sthulya.

SampraptiGhatak:-

- Dosha- kaphapradhanatridosha, samanavayu, vyanavayu, pachaka pitta, kledakakapha.
- Dushya- Meda, Mansa, Rasa.
- Agni- Jatharagni, medao- dhatvagni.
- Srotas- medaovaha, mansavaha.
- Sroto-dushti- Sanga (Margavarodha)
- Udbhava- sthana – Aamashya(Koshtha)
- Adhishthana- Whole Body specially udara, stana, sphika.
- Vyaktisthana- Whole Body specially udara, stana, sphika.
- Rogmarga- Bahya.
- Swabhava- Chirakalin.
- Sadhya-asadhayatva- Krucchasadhya.

Here aama is causative factor created by agnimandya (jatharagni, dhatvagni specially Mansa, meda)

Sthulyasamptaptichakra :-Nidansevana



Definition of Obesity¹⁷-

Obesity is a long-term (chronic) health condition that progresses over time. Obesity is defined by excess body fat (adipose tissue) that may impairs health.

Aetiology of Obesity¹⁸-

Sedentary life style-Enforced inactivity.

Dietary factors-Over eating, frequent eating, fatty diet.

Endocrine Disorders- Hypothyroidism, Cushing's syndrome, PCOD, Hypogonadism.

Psychiatric Disorders- Night eating syndrome.

Genetic Disorders- Autosomal recessive trains, Autosomal dominant trains, X- linked trains, chromosomal abnormalities.

Drugs- Steroids, clozapine, Amitriptyline, Cyproheptadine, Beta blockers, Anti-depressants, Estrogen containing contraceptive pills.

Cmplications¹⁹-

1. Cardiovascular system-

- Hypertension
- Coronary heart disease

- Embolism

- Deep vein thrombosis.

2. Pulmonary-

- Obstructive sleep apnea.
- Restrictive lung disease

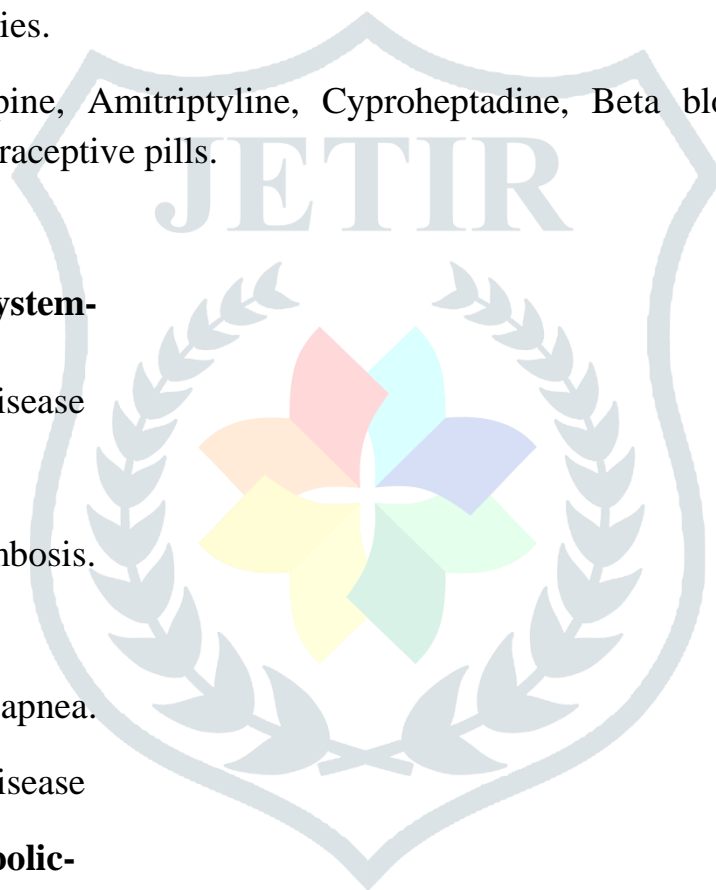
3. Endocrine and metabolic-

- DM-II
- Dyslipidemia
- Pancreatitis

4. Gastric-

- Esophageal Reflux.

5. Biliary-



- Gall stone

6. Liver-

- Steatohepatitis.

7. Musculoskeletal-

- Gout

- Osteo arthritis

8. Gynecological-

- Menstrual irregularity

- Amenorrhea

- Infertility.

- Perinatal mortality

- premature delivert

- Pre-eclampsia.

Assesment of obesity with Body mass index²⁰(BMI)

BMI is calculated as persons weight in kg. Divided by his/her height in meters. (WT (kg)/ Height (m²))

BMI Kg/m ²	Classification	Risk of Obesity
18.5 -24.9	Normal Range	Negligible Risk
25.0- 29.9	Over weight	Mild Risk
>30	Obese	
30.0-34.9	Grade I	Moderate Risk
35.0-39.9	Grade II	HighRisk
= &> 40	Grade III	SevereRisk

Probable mode of action of Basti²¹-

Absorption of Basti - Firstly sodium ion from sainddhava gets absorbed from colon. High concentration of sodium ions facilitates sugar influx. Increased sodium concentration increases osmotic pressure. Water flows from lower concentration to higher concentration. And thus passive

absorption of water takes place. Free fatty acids are easily gets absorbed in by passive diffusion in colon.

Importance of Basti Dravya-

SaidhavaLavana- Saindhalavana is one of the best lavanaprakara. Saindhava plays an important role in absorption of basti.

Madhu- Madhu plays an important role in minimizing the irritation by saindhava, and hence retention period of basti is increased. As period of retention increases basti shoes fine results.

Sneha- Sneha is useful in the absorption of fat soluble proteins from bastidravyas in colon. By this way lipids and lipid soluble substances enters easily in the cell, thus bastidravyas reaches to cellular level.

Kalka- Basti becomes thick due to kalka and hence increases retention time of basti. Volatile and other fresh drugs are used form kalka of basti.

Kwatha- Kwatha is decoction of dry medicinal drugs, it is prepared by a Ayurvedic scientific way, with specific amount of drugs and water by evaporating specific quantity of water. Sometimesdravadravyas like Gomutra, kanji etc. are also used in basties.

Avap Dravya- Avapdravyasare used to make bastiTikshan (intense) or Mrudu(Light) accordingly.

Action of Basti-

Saindhava: Because of its

1. Sukshma Guna – It reaches up to the Micro channel of the body.
2. Tikshana Guna – It break down the morbid Mala and Dosha Sanghata.
3. Snigdha Guna – Liquefies the Dosha.
4. It reduces the Picchila, Bahula and Kashaya properties of Madhu.
5. It becomes helpful for the elimination of Basti due to its irritant property.
6. In excess quantity, it can cause Daha and Atisara, Absence or less quantity of Saindhava is responsible for Ayoga.

Madhu

If any drug is administered with appropriate vehicle, it can be absorbed and assimilated by the body very quickly. Madhu is made of various substances and considered best among the vehicles. It forms the homogeneous mixture with the Saindhava. Madhu has predigested sugar and it is easy to digest and is readily gets absorbed and assimilated by the body. In this way it energizes body in very short period.

Sneha

SnehaDravyas reduces VataDushti, softens bodies microchannels, destroys the compact Mala, and removes the obstruction in the channels.

Owing the Snigdha Guna it produces unctuousness in body, intern helps for easy eliminations of Dosha and Mala. It is already discussed in Virechana review that how Sneha increases the permeability of cell membrane and become helpful in elimination of Dosha and Mala. Because of its Guru–Snigdha Guna, it liquefies the Dosha and breakdowns the compact Mala. Apart fromthisfunctionsit also protects the mucus membrane from the untoward effect of irritating drugs in the Basti Dryava.

Kalka, Kwatha and Avapa Dravya-

Kalka and Kwatha Dravya are the main constituents of the Basti Dravya. They serve the function of Utkleshana or Dosha Harana or Shamana depending upon it contains and are selected accordingly. They are selected on the basis of Dosha, Dushya and Srotasa so their main action is SampraptiVighatana of Roga. Avapa Dravya is also used for elimination of particular Dosha. Lekhana Basti has prepared as per classical reference. TriphalaKwatha was used because of its UshnaVeerya, TridoshaShamaka and Medaohara property.

Drug Of Lekhana Basti²²-

- Madhu
- Saindhava lavana
- TilaTaila
- Prekshepa of Shilajita, Tuttha, Kasisa, Yavakshra,
- Hingu
- Gomutra
- TriphalaKwatha

Properties of Lekhana Basti Dravyas²³

S.N.	Dravya	Rasa	Guna	Veerya	Vipaka	Uses/Action
1	Madhu	MadhuraKashaya	Laghu,Ruksha	Sheeta	Katu	Deepan,Lekhan,yogwahi
2	Saindhavlavana	Lavana, Madhur	Laghu,SnigdhaSukshma,Tikshna	Sheeta	Madhura	Deepan,Rochana,chakshusya,Hridya
3	TilTail	Madhur,TiktaKashaya	Snigdha Tikshna, Guru,sara, sukshma,vyavayi,vikasi, vishada,	Ushna	Madhura	Deepan,Lekhana,Vatahara, Balya
4	Triphala Kwatha	Kashaya	Laghu,Ruksha	Anushna	Madhura	Deepan, pramehahara,Medaohara,c haksuhsya
5	Hingu	Katu	Laghu,snigdhaTikshna	Ushna	Katu	Deepan, chhedana,Vatanulomana
6	Tuttha	Katu,Kashaya, Madhura	Laghu	Ushna	Katu	Kaphavatahara
7	Kasis	Amla,KashayaTikta	Laghu	Ushna	Katu	Kaphavatahara
8	Yavakshara	Katu,Lavana,	Sukshma, tikta	Ushna	Katu	Kaphavatahara
9	Shilajit	Tikta,Kashaya	Guru,SnigdhaMridu	Sheeta	Katu	Kaphavatahara
10	Gomutra	Katu, TiktaKashaya	Tikshnaushna,laghu	Ushna	Katu	Kaphavatahara

Avyavaprabhava ofLekhana Basti

TheAvyavaprabhavaproportionatedistributionofproperties in the Lekhana Basti is arithmetically accessedand givenbelow.

ProportionatedistributionofRasa

Rasa %

Lavana	20.00
Madhura	40.00
Kashaya	70.00
Katu	40.00
Tikta	40.00
Amla	10.00

ProportionatedistributionofVeerya

Veerya	%
Anushanasheeta	10.00
Sheeta	30.00
Ushna	60.00

ProportionatedistributionofVipaka

Vipaka	%
Madhura	30.00
Katu	70.00

ProportionatedistributionofDoshagnata

Doshghnta	%
Tridosahara	30.00
KaphapittaShamaka	10.00
Kapha-VataShamaka	60.00

ProportionatedistributionofGuna

Guna	%
Snigdha	40.00
Ruksha	20.00
Laghu	70.00
Guru	20.00
Tikshna	50.00
Sukshma	30.00
Sara	10.00
Mrudu	10.00
Vishad	10.00
Vyavayi	10.00
Vikasi	10.00

EfficacyofLekhanBastionSthaulyaRoga

Basti keeps all the five types of Vata in their normal status by affecting its Seat-Pakvasaya. Thus it also reduces the vitiation of Samana Vayu. Atikshudha plays most important role in Sthaulya. Because due to obstruction by Medaa, Vata remains in Kosha and through Agni Sandhukshana it causes Atikshudha which leads the person to Adhyashana and to take Guru Snigdha Ahara. It again causes Vitiation of Medaa and production of Ama. In this way, this cycle goes on. Hence, it becomes very difficult to manage this disease but Basti controls the Samana Vata and breaks this

cycle, thus helps in the management of this disease.

It is already discussed in Basti review that how Basti Dravya gets absorbed from the colon and reaches at the cellular level.

After reaching at cellular level, they perform the action of Samprapti Vighatanaby virtue of its Rasa, Guna, Veerya, and Vipaka. The drugs of Lekhana Basti have dominance of Katu-Tikta-Kashaya Rasa, Laghu-Tikshna-Shukshma Guna, Ushna Virya and Katu Vipaka.

On the basis of Rasa of Lekhana Basti

Lekhan Basti has Kashaya Rasa dominance 70% followed by Katu Rasa 40% and Tikta Rasa 40%.

Kashaya Rasa- It is having Ruksh, Meda, Kleda Upshoshak properties.

Tikta Rasa- It has Khara Guna which is opposite to Meda.

Katu Rasa- It is having Sneha, Meda, Kleda Upshoshak, Deepana, Pachana properties. Hence it digests the Ama and reduced the increased Kleda in the body.

Katu, Tikta, Kashaya Rasa by reducing increased Kleda, they cause wasting of all the Dhatus. Thus help in Lekhana Karma of all the Dhatus. Tikta, Kashaya Rasa also reduces Pittadusti.

On the basis of Guna

Lekhan Basti has Laghu Guna dominance 70% followed by Tikshna Guna 50% and Sukshma Guna 30%.

Laghu Guna- It is having dominance of Vayu, Agni, and Akash Mahabhutas. It causes Krishata and Dhatu kshaya. Reduction of over nourished Dhatu is the main aim of Lekhana Karma which helps in Sthaulya.

Sukshma Guna - Sukshma Guna helps the drug to reach at cellular level because of its Vayu, Akasha and Agni Mahabhuta dominance.

Tikshna Guna - Tikshna Guna is dominated by Agni Mahabhuta and it breaks down the Dosha Sanghata in Srotas, thus it helps in removing Sangai in Srotas. By removing Sangai it keeps Sanchranamarga of Vyana Vayu in normal condition. Thus Vyana Vayu can transport the nutrient to its related Dhatu and Uttrotar Dhatu Nirmana takes place properly. Hence the process of Meda ovrudhi is checked.

On the basis of Veerya

Lekhana Basti has dominance of Ushna Veerya 60%. Ushna Veerya has dominance of Agni Mahabhuta possess Laghu and Tikshna Guna. Ushna Veerya is liable for the reduction of Meda. It also has Deepana, Pachana, and Kapha-Vata shamak properties. As a result of Deepana, Pachana Karma Basti Dravya increases Agni at all level by which reduces Ama and corrects Meda ovrudhi.

On the basis of Vipaka

Lekhan Basti is having dominance of Katu Vipaka 70% because of its Laghu, Ruksha, Guna causes Dhatukshaya and reduces excessive Meda Dhatu. It also pacifies and increases Kapha.

On the basis of Doshashamanakarma

Lekhana Basti is having predominance of Kapha-Vata shama properties 60%. Kapha and Vata are the main doshas involved in the pathogenesis of Sthauilya Vyadhi.

On the basis of Shodhanakarma

Lekhana Basti is specifically a Tikshna Shodhana Basti and it is indicated in Bahudoshavastha which includes Meda ovrudhi^[24] It removes vitiated doshas from whole body, thus causes srotoshodhana. It makes the further removal of the doshas from the body, hence breaks the Samprapti of Meda odusti.

CONCLUSION

Sthauilya is one of the Santarpanajanya Vyadhi and Apatarpana is the remedy for Santarpanajanya Vyadhi. Among all the treatment modalities in Ayurveda, "Basti" seems the best due to its fastest Apatarpana karma when prepared with apatarpaka or lekhiya Dravyas. So in the light of above references from classics of Lekhan Basti, Rasa, Guna, Veerya, Vipaka, Doshashamanakarma and shodhan properties are used to reduce Kapha-Vata Dushti, increase Agni, digest the Ama, correct the Meda odhatvagni Mandya, remove obstruction in Meda ova srotas and nourishes Uttarottardhatu. Thus, it becomes very helpful in disease Sthauilya.

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