

IMPORTANCE OF LANGHANA AS AVASTHIK CHIKITSA IN AMAVASTHA OF CERTAIN VYADHIS

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ABSTRACT

Ayurveda is an ancient science of life, which has blessed us with its basic principles, prevention techniques and treatment of diseases. Ayurveda has two main purposes; first is to maintain the health of healthy people and another is to cure the diseased one. Along with the administration of medicine langhana is mentioned as important treatment by Granthakaras. Langhana creates laghu guna in the body. This therapy takes away heaviness of the body. It is a type of Apatarpana (treatment in which avoid of nourishing food and medicine is done). Langhana therapy is used in amavastha of vyadhis. Ama is undigested product of food in the form of doshas which creates trouble and diseases in body. It is of guru guna and difficult to treat (digest), so to cure ama langhana, ushna, deepana, pachana, teekshna dravyas (medicines) are used. When the jatharagni (digestive fire) gets cool

(agnimaandya) then the condition of amavastha creates. Until the ama is not treated there is no use of giving various medicines for curing the diseases; rather than the given drug will also convert into ama and the disease will increase. **Conclusion:** For treating amavastha of vyadhi first line of treatment is langhana (which creates laghu guna that is opposite to guru guna of ama). In present era where heavy food and junk food is the main cause of diseases, it is very important to follow langhana therapy as a prime treatment.

KEYWORDS: Langhana, ama, apatarpana, pachana, jatharagni, viruddhahara.

INTRODUCTION

Globalization has changed the lifestyle of people across the world. All the working sectors need skillful and dedicated workforce willing to put extra efforts to achieve business objectives. Most of these professionals are habituated to shortcuts in their normal daily routine. Eating habits are disturbed in these peoples which creates indigestion and ultimately leads to ama.

Another crowd of people are who have ample free time to spend and think mainly about over eating, attracted towards different kind of heavy food which creates indigestion (ama) in them. Agnimaandya acts as primordial factor in every disease which leads to formation of ama at initial stage of vyadhi where langhana is done as treatment. So it is a very important type of treatment in Ayurveda.

LANGHANA DEFINITION^[1]

Langhana is the therapy which creates laghava (lightness) in the body. It is a type of apatarpana.

There are ten types of langhana given^[2]

1.) Vamana (vomiting) 2.) Virechana (use of laxatives) 3.) Niruha (kind of enema) 4.) Nasya 5.) Pipasa (Thirst) 6.) Marut (Air) 7.) Atapa (Sunrays) 8.) Pachan (use of digestive drugs) 9.) Upavasa (fasting) 10.) Vyayama (exercise)

The first four types of langhana are nothing but shodhana chikitsa. This chikitsa is given to the patients who have strong physique, powerful, vitiating Kapha, Pitta, Rakta, mala along with Vayu.

Patients having medium body strength and suffering from vomiting due to vitiated kapha and Pitta, Atisara (dysentery), Hrudrog (Heart disease), Visuchika, Alasaka, Jwara (fever), Vibandha (obstruction), Gaurava (heaviness), udgaar (belching), hrullas (nausea), arochaka diseases use pachana dravyas for langhana.

Patients having low body strength and suffering from above mentioned diseases but of low severity then thirst and fasting is used for langhana.^[3]

There are another three types of langhana as mentioned in commentaries-Laghvashana (eating light food), Alpashana (eating less amount of food), Anashana (fasting).

Qualities of Langhana dravyas^[4] are

1) Laghu (light) 2.) Ushna (hot) 3.) Teekshna 4.) Vishada 5.) Ruksha (dry), 6.) Sukshma (minute) 7.) Khara (rough in nature) 8.) Sara 9.) Kathina (hard) These qualities of langhana dravyas are opposite to that of ama.

Indications of langhana^[5]

Langhana is indicated in amavastha, skin diseases, atisnigdha (unctuous), abhishyandi, brunhita sharira, in shishira rutu and in shishira guna yukta hemanta rutu.

Samyaka yoga of langhana (proper langhana)^[6]

Easy excretion of flatulence, urine, faeces without any interference; lightness of body and chest part, clear belching, cleanliness in throat and mouth region; vanishing of giddiness and tiredness, sweating, ruchi (appropriate taste of food), increase in thirst and appetite, these are signs of proper langhana.

AMA AND AMAVASTHA VARNANA

Literal meaning of word ama is “raw”, “uncooked” or “state or condition of being raw”.^[7] According to Ayurveda “ama is the undigested product of food or product of improper digestion and metabolism” gets accumulated in amashaya and creates disease in body. This condition of body is called amavastha. In various diseases different avastha (stages) are seen. When there is presence of ama it is amavastha and absence of ama is niramavastha of that disease.

Main cause of ama formation

Disturbed eating habits, it may be due to running life (lack of time); over eating, taking heavy food in dinner, more attraction towards different food cultures, frequent eating, tea, coffee, cold drinks due to meetings, having meal before digesting the previous one. This cause indigestion and formation of ama.

According to Granthakara Vagbhata Amadosha is the result of practice of viruddhahara and taking food before digesting the previous food and indigestion so the patient suffer from amavisha or amadosha, its symptoms are like poison. In today’s culture many recipes of food or combination of food comes under viruddhahara.^[8]

Signs of amavastha^[9]

Vishtambha (constipation), praseka (salivation), pain, burning sensation, anorexia and heaviness.

DISCUSSION

Langhana and other medications are recommended in amavastha of many vyadhis.

In **Amajeerna** indigestion occurs due to vitiation of Kapha dosha. Symptoms seen in this condition are swelling at eyes and cheeks, burping like full stomach, mouth watering, nausea, heaviness of body.^[10] Here langhana is told as treatment. In virechana, after giving virechaka dravya (medicine) in agnimaandya and dosha janya weakness and symptoms of proper virechana is not seen then langhana is given.

In **Jwara** vyadhi jatharagni gets vitiated with Doshas and immigrate from stomach to other parts of the body with rasa.^[11] So it becomes difficult for stomach to digest any food or medicines. For this firstly it is necessary to cure agni (i.e. agni deepana) by langhana and pachana. In Jwara first treatment is Upavasa (langhana). In taruna Jwara (initial stage of Jwara) langhana is mentioned in chikitsa (treatment).^[12] Here benefits of langhana are - Calm down the vitiated Doshas, increase the jatharagni, subsides Jwara, lightness in body and increase appetite.^[13] Langhana should be done upto the strength of body is maintained.

Excretion of residing ama in the body without curing or digesting it destroys the body.^[14] Hence it is very important to treat ama with the help of langhana and pachana dravyas before excretion. Some conditions in Jwara is contraindicated for langhana as kshayaja, vataja, bhayaja, krodhaja, shokaja, shramajanya Jwara.^[15]

In **Raktapitta** blood get vitiated with Pitta due to amadosha and comes out from natural openings of the body, firstly should treated with langhana for ama pachana.^[16] In this disease according to factors, way of coming out of blood, relations of Doshas, should decide langhana or brunhana (nourishment) to the patient.

In sheet (cool), guru (heavy), snigdha (unctuous) quality of **Kaphaja Gulma** where vamana is contraindicated and agnimaandya, langhana is told as treatment.^[17]

In amatar (i.e. dysentery with amavastha) diarrhea should not be stopped, rather than it must be flushed of with ama and treat it with deepana pachana dravyas.^[18]

In context to Grahani gada (disease)^[19]

When the dosha located in Grahani is afflicted by food, which is not fully digested (vidagdha i.e. partly digested and partly undigested), then the signs of ama (product of improper digestion and metabolism). Such a patient should be administered emetic therapy with the help of Luke warm water. Alternatively the decoction of madana phala mixed with pippali and sarshapa should be used for emetic therapy. If the ama moves downwards and remains adhered to the colon, then the patient should be given purgation therapy (niruha) with such drugs as are stimulant of digestion. If the dosha in its ama (undigested) stage is converted into rasa (chyle) and pervades other parts of the body, then the patient should be made to fast (upavasa), and be given drugs conducive to pachana (metabolic transformation) of the undigested material, e.g. yavagu (thick gruel).

In case of Kaphaja and Pittaja Visarpa langhana is used as treatment.^[20] Pachaka dravyas like vyosha, tvak, bhallataka are used as a treatment of amaja trushna.

CONCLUSION

Today's corporate world and lifestyle includes heavy food, intake of irrelevant hot and cold beverages, altered timing of eating habits leads more to indigestion and amajanya vyadhis which is difficult to cure and in amavastha if medicine is given to patient then it will also convert into ama and instead of curing disease will increase it, so there is no alternative option for its treatment other than langhana and pachana dravyas. Excretion of residing ama in the body without curing or digesting it with langhana destroys the body. Langhana therapy will digest the undigested material, increase the jatharagni, brings lightness in the body and cure ama ultimately curing the disease.

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