DASHVIDH LANGHAN – A DISCUSSION

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ABSTRACT

Ayurveda, a science of life described many principles to remove toxins from our body, among them Langhan known as fasting, can be included. “As per Hemandri- Langhen laghu” – meaning any process by which our body feels lighten is known as Langhan. By overviewing deeply in Samhita the process by which lightness meaning feeling Laghu by us, whether it may be physically, mentally or socially known as Langhan. In Charak Samhita Sutrasthan Langhan and its types i.e. Dasvidha Langhan is described. The aim of this article is to understand and the importance of Langhan.

KEY WORDS - Langhan/lightens.

INTRODUCTION

As per the Ayurveda describe 6 basis principle of treatment known as Shattaupkarma among which Langhan is first in Charak samhit Sutrstanth 22 “Langhanbrihaniyam adhyaya” Acharya Charak mainly described the ten types of Langhan as-

“CHATUSPRAKARA SANSUDHI PIPASA MARUTAATAAPAATU
PACHANANYA UPWASASHCH VYAYAMASCHETI LANGHANAM”

1. Vaman
2. Virechan
3. Nasya (Sirovirechan)
4. Niruha Vasti
5. To suppress the urge of thirst
6. Vayu
7. Atap sevan
8. Uses of Pachan aushadiya
9. Upvash
10. Vyayam.

Chatusprakara sansudhi mainly deals Panchkarma except the Anuvasan Vasti as all the 4 process, detoxifies the body and do the process of Dosha Virechan by which making lightness in body.

MATERIAL AND METHOD

This concept is based on review of ayurvedic text. Materials related to and other relevant topic has been selected and compiles from the samhitas and net suffering.

“YAT KINCHITTLAGHAHAKARMA DEHE,
TATT LANGHANAM SMRITAM”

(Ch.Su.22/9)

All the Panchkarma therapies, medicine, and life style changes that brings lightness and thinness to the body is called Langhana – i.e. Deprivation therapy.

Out of those ten types of Langhan – each type are summarized as follow:-

1. **Vaman** is a procedure in which doshas (Waste products or Toxins) are eliminated through upper channels i.e. mouth, mainly kapha and pittaj vyadhis are eliminated and toxins are removed from our body, causing lightness in body and due to suppression of disease a person feels lightness physically and mentally. Mainly Vaman has been indicated kustha, Hypothyroidism and Amlapitta etc.

2. **Virechan** person is made to undergo controlled purgation, designed to flush out the toxins like Liver detox and colon detox. Virechan is targeted to expel increased pitta dosha out of the body. Mainly Virechan has been indicated Tamak swasa, Pakhshaghat, Udarroga etc.

3. **Niruh Vasti** is a type of Vasti, which eliminates, expels the morbid doshas or disease from the body, it is called Niruh vasti (Niruha to eliminate). This vasti also establishes life span and age there for known as Asthapan vasti, Lightens our soul to live long, establishing age means enhancing the age enhancing the life span of each and every cells in our body. Niruh Vasti has been indicated in all the Vatavyadhis.
4. **Nasya - Sirovirechan** is a panchkarma through which all the disease of Head and Neck are managed. Nose is considered to be main gate of Head and nearer to brain, *Nasya* i.e. nose through which *Shirovirechan* is carried out.

But as per the *Acharya Sushruta Raktamokshan* is the $5^{th}$ procedure of Panchkarma. *Raktamokshan* i.e. bloodletting, the vitiated blood is letted out through the body, making *lightens* our body and resolving various skin and blood related problems.

5. **Deepan** - In *ayurveda*, the procedure which enhances the digestive power is known as *Deepan*. The *Deepan* kriya is effective tool to deal with problem of increasing body weight as per *Vagbhatt* “*ROGA SARVE API MANDAGNI JAYATE*”- All root cause of all disease are mandagni- if we want to rule out whole disease mandagni should be treated first and *Deepan* is the main karma to resolve the Mandagni.

6. **Aatap** - It can be included under the Saman Chikita. In *Samhitas* Sunbath is indicated mainly in Svitra chikitsa and Kustha roga. In all Skin disorder after Sneh (Medicated oil) exposure to Sun proven boon to fight with diseases.

- Sunbath/sun exposure 10-15 min early in the morning (7-9 am) is best as this time UV rays are minimum.
- Sunlight boosts to over body Serotonin Secretion, this Serotonin is happy hormone, making us feel Happy and Energetic
- The major source of Vit-D for child and adult is the exposure to natural Sunlight.
- Sun rays enhance generation of T-cell, thus enhance our immune system.
- Sun rays also increase the $O_2$ carrying capacity of RBCs.
- Exposure to Sun can help to heal skin conditions such as Psoriasis, Acne, Eczema and Fungal Infection.
- Recent study shows, Sunrays maintain Menstrual health and decrease Infertility rate.
- According to US National cancer institute is is found that people exposed to high level of sunlight were signifficantly less likely to die from Breast and Colon Cancer.

7. **Maruta sevan** – It is also a kind if Shaman Chikitsa. In *Atharv veda*, *Maruta sevan* is been described as Kriminashak. As we know after walking, the air comes in contact to our body and does its main karma i.e. Shoshan i.e. it absorbs its excess sweat and fat to making us feel Happy, Healthy and *Lightens*.

8. **Upwas (Fasting)** - Many factors are at work during *Fasting*, including less aggressive Hormone production, less Circulating ‘bad’ cholesterol, glucose deprivation and Serotonin stimulation. Serotonin are highly protective hormones known to be produced
under condition of food deprivation. Food deprivation is also (not surprisingly) associated with leaner bodies.

A thinner body would have lowered fat stores and fat is the precursor of Estrogen, a hormone known to stimulate many Cancers. Fat is also a wonderful solvent and so a body with less fat stores contains less dissolved toxins. This fat we cannot see is called visceral fat and it is now thought capable of bathing our internal organs in a slew of toxins, which dieting might avoid. Certainly research on exercise has shown that visceral fat starts to liquefy after only 15 minutes of exercise.

Fasting actually stopped cancer cells producing protection proteins from their mutated genes, while healthy cells made more protective proteins. As a result the healthy cells stop dividing and are less attacked by chemotherapy resulting in lowered side-effects. In some combinations of fasting and chemotherapy the tumours actually disappeared. So fasting can improve effectiveness and reduce the side effects of Chemotherapy. Research showed levels of IGF-1 (Insulin-like Growth Hormone) also fall significantly and quickly during fasting. Both insulin and IGF-1 are linked with higher rates of cancer.

9. Exercise- “Laghav karmsarthyam sthariyam dukhasahisthudhtta.”
Acharya charak has been described the benefits of Vyayam as Laghav i.e. the bodies feels Lightens, capable to do all the work, having patience in the Mental and Physical work, able to tolerate the Stress, workload and other works etc.

Other effects we can see as:

- **Role of Exercise in Obesity**- The goal of treatment for obesity is weight loss. Exercise is an essential part of any weight-loss program and should become a permanent part of our lifestyle. The benefits of exercise can include:-
  - Reducing in volume of subcutaneous Adipose tissue.
  - Increasing mobilization of Adipose tissue.
  - Increasing Muscle Lipolysis.
  - Less tendency to overeat following activity.
  - Increasing Metabolic rate and Fat Oxidation.
  - Maintaining Muscle tone.
  - Improving Circulation.
  - Increasing sense of self-control.
• Reducing Depression.
• Helping sleep well.
• Preventing Diabetes, High Blood Pressure and high Cholesterol.

• Role of Exercise in Ischaemic Heart Disease- Exercise also has a positive effect on a number of factors important in the development of Cardiovascular Disease. Examples of these include blood lipids, cholesterol and Insulin sensitivity. Even other lifestyle changes are significant and through adding regular physical activity in to one's new lifestyle to other lifestyle factors, such as Diet and Smoking, are also positively impacted. This can further reduce the risk for Cardiovascular Morbidity and Mortality.

*Aerobic exercise* can increase the threshold for ventricular Tachycardia (rapid, extra heart beats initiated by the ventricle). This effect reduces the risk for sudden death by reducing the activity in the sympathetic nervous system and raising parasympathetic activity.

**Cardiovascular effect**
- Increase in Plasma volume.
- Increase Myocardial contractility.
- Increase peripheral venous tone.
- Positive changes in fibrinolytic (blood coagulation) system.
- Increased endothelium-dependent vasodilation.
- Increased gene expression for production of an enzyme (No synthase) that helps to produce nitric oxide (NO).
- Increased Parasympathetic Activity.
- Increase in Coronary Blood flow, Coronary collateteral vessels and Myocardinal capillary density.

**Metabolic effect**
- Reduced obesity.
- Increased glucose tolerance.
- Improved blood lipid profile.

**Lifestyle effect**
- Reduced likelihood of Smoking.
- Possible reduction of Stress physiological responses.
• Possible short-term reduction of Appetite.

**Role of Exercise in Stress**-

• **Endorphins** - These are often classified to be the happy hormones. Any form of physical activity leads to the release of these feel good Neurotransmitters. The increase in Endorphins in your body leads to a feeling of Euphoria, modulation of appetite, the release of different sex hormones and an enhancement of immune response. This helps combat the negative effects of stress.

Whether the exercise is of building muscle or stamina, all types of exercise relaxes tense muscle and tissue. These can strongly contribute to stress-related Aches and pains such as neck or Back pains and Headaches.

Exercise helps peoples to shed the day’s irritations and the good exercise results in higher energy levels and optimism can help to feel clearer and calmer. But the positive endorphins that exercise releases will also help to Maintain a more positive outlook afterwards.

According to Vagbhatt kchuda that is suppressing the urge of hunger has been described that by this there is pachan of Aama and Aama pachan is the main treatment of various diseases because this Aama is the main cause of creating toxins in our body disturbing the normal metabolic functions.

**After this all in Samhitas Langhan has been described in many Rogas such as**

• Jwara
• Aamvata
• Aatisara
• Ajeerna
• Visuchika
• Alsaka etc.

**CONCLUSION**

After this brief discussion we found that if Langhan therapy is applied it can resolves many problems which persons are facing in this busy life schedule such as Metabolic Disorders which are root cause of all disease, as this disturbs the Agni and for balancing Agni Langhan...
is the first line if treatment for maintaining it. *Langhan* is the main tool to resolve all disease, moreover the *Pipasa, Marutsevan, Aatapsevan, Upwas, Vyayam* all this are cost effective too.

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