



Review on Langhana Karma Mention in Charaka Samhita

R K N Priyangika^{1,*}, Rekha Sharma², Amol.S.Kadu³, Sharad.M.Porte⁴

^{1,2,3,4} Department of Toxicology, NIA (Deemed University), Jaipur, Rajasthan

ABSTRACT: *Langhana* is one of the treatment procedures that mentioned in the main General Medicine text in Ayurveda. In context of Ayurveda health is balance condition of the Vata Pitta and Kapha in internal environment of the body. To maintain the good health this balancing state has to be maintain. Hence all drugs, procedures and behavioural modification which are mentioned in the Ayurveda is mainly based on this concept. There are 10 different measures are included in *langhana* and all the common in revising lightness in body. Mostly disease due to over nutrition or nourished will subjected to *langhana* treatment. As per the given criteria *Langhana* mostly apply on *Kapha* and *Pitta* vitiated disease on aggravated state but *Vata*. In Charaka Samhitha *langhana* procedure is explained in detail with several chapters. Therefore, applying with understanding of appropriate condition and accurate procedure *Langhana* might be remarkable treatment in various pathological condition in current world.

KEY WORD: *Langhana*, Charaka Samhita, Fasting

INTRODUCTION

Charaka Samhita is the purist and oldest text related to the general medicine in Ayurveda medical system. The content of the text is more specific and informative in particular point of view having multiple dimensions. In accordance to critical view, it bares three perspectives in explaining same fact as normal meaning of the word itself, subjective meaning and philosophical or conceptual meaning. The phonetic meaning of the *Langhana* related to derived root of *langha* that bares one of the meanings of motion (*gati*) or stretching out (Abhyankar, 2012). The subjective meaning of the *langhana* is the procedures or a substance which create lightness in the body *Ca.Su.22.9*.

The prominent role of the *Langhana* is one of the therapeutic measures that was mentioned by the *Charakachrya* which *Brimhana*, (nourishing), *Rukshana* (drying) *Snehana* (oleation), *Swedana* (sudation) and *Stambhana* (styptic) are the rest *Ca.Su.22.4* (Dash, 2021 reprint). In Ayurveda system there are similar meaning words for *langhana*: *Anasana*, *apatarpana*, *laghubhojana* and *upavasa* and *langhana* as *upavasa* is found in another *Samhita*. There are number of references has found related to the word *Langhana* in Charaka Samhitha. Fifty-seven (57) and forty- one (41) references found in original (*mula*) and commentary (*vayakya*) respectively. On the basis of these reference *langahana* mostly refers to intermittent fasting.

Objective

To elaborate the *langhana* Procedure mention in Charaka Samhitha

METHODOLOGY

Search is carried out with the keyword of *Langhana* in Charaka Samhitha and collected data is analysed according to applicable condition in practical.

FINDINGS

Principle of the *Langhana* Procedure

In Ayurveda *Roga* (disease) is a condition of imbalance of the internal environment of the body (*Doshavaishmya*). In general imbalance of any concept, would be happened either scenario of increasing or decreasing. In *langhana* (reduction) mainly focus on reducing concept to revise the balancing state. By eliminating, by absorbing, by removing or by throwing out reduction can be performed. Hence having a target of that in *Langhana* procedure different tools, medication and behavioural application are collected into ten methods in *Charaka Samhitha*: *Vamana* (emesis), *Virechana* (purgation), *Niruh basti* (non-unctuous enema), *Nasya* (drug administration via nasal root), *Pipasa* (control of thirst), *Maruta* (exposure to wind), *Aatapa* (exposure to sunlight), *Pachana* (application to digestive measure), *Upawasa* (fasting), *Vyayama*(exercise). Apart from that drugs that mentioned in the *Charaka* are showed attributers that compatible with the same principle. *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 to clear or reduce the heaviness of causative factor. *Rooksha* (dry): dryness cause lightness by absorbing. Hence substances with *rookshaguna* are used. *Sookshma* (minute): helps the medicine to enter each and every channel of the body and remove the obstruction or clear the collection 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. *Ca.Su.26.35*. All these drugs have fire, (*Agni*) air, (*Vayu*) ether (*Akash*) *mahabhutha* dominance and related to lightness. So, this theory companionable with *Samanyam Vridhikaranam* or general theory in Ayurveda.

Types of *Langhana* Procedure

In *Charaka Samhita* ten application methods of *Langhana* have been prescribed with specific criteria as follows, *Ca.Su.22*, & *Cakrapani Vayakya*

Table 1: Application method of *Langhana* in brief

No	Method	Description & Specific Criteria
1	<i>Vamana</i> (emesis)	Vomiting is given when <i>Dhatu Dosh Shlesma</i> (kapha) is aggravated
2	<i>Virechana</i> (purgation)	When <i>Pitta dosha</i> is present in excess and disorders related to <i>Pitta dosha</i> accompanying
3	<i>Niruh basti</i> (non-unctuous enema)	enema made by herbal decoction is given
4	<i>Nasya</i> (drug administration via nasal root)	Drugs having purifying agents as its main contents are administered through nasal route
5	<i>Pipasa</i> (control of thirst)	<i>Pipasa</i> is applied on mild to moderate <i>dosha</i> aggravating
6	<i>Maruta</i> (exposure to wind)	In moderate nature of disease after applying <i>Pachana</i> and mild nature of disease directly can apply <i>Maruta</i> and <i>Aatapa</i>
7	<i>Aatapa</i> (exposure to sunlight)	
8	<i>Pachana</i> (application to digestive measure)	When <i>Kapha</i> and <i>Pitta</i> vitiated moderated nature of Disease <i>Pachana</i> can administered
9	<i>Upawasa</i> (fasting)	<i>Upavasa</i> can apply on mild to moderate nature of disease with moderate strong patients
10	<i>Vyayama</i> (exercise)	With Strong patients with moderate nature of disease can apply

Further in *Vimana* chapter, Charaka mentioned 3 types of *Apatarpana*: *Langhana*, *Langhana pachana*, and *Doshavasechana*. **Ca/Vi/3/42-44** and specially mention these types of *Apatarpana* treatment can be administered on disease caused by over nourishment.

Clinical Application of *Langhana* Procedure

In Charaka, two criteria have been considered while applying the *langhana* as treatment: nature or strength of the disease (*Roga*) or patient (*Rogi*) partially it was mentioned the seasonal reference too. Thus, certain diseases are mentioned specifically named as: Vomiting (*Vamya*), Diarrhoea (*Athisara*), Heart- disease, (*Hrida*), Cholera (*Visuchika*), Intestinal torpor (*Alasaka*) Fever (*Jwara*), Constipation (*Vibhandha*), Heaviness of body (*Gaurav*), Eructation (*Anaha*), Nausea (*Hurlasa*), Anorexia (*Arochaka*) **Ca/Su/22/19-20**. In due account strength of patient and disease critically interfere the procedure and has to consider before performing *Langhana*. **Ca/Su/22/21-24**

As per the Athreya Punarvasu the terms *roga* and *jwara* are synonyms and whole pathological condition can be pointed under the term of *Jwara* **Ca/Ni/01/05**. Therefore, in basic theories of *Jawara* commonly can be apply the any pathological changes. In the line of treatment of *Jawara* *langhana* has advised in first stage (*nava Jwara*) but it is unable in aggravation of *Vayu* (**Ca/chi/3/139-140**). In spite of that in applying of six therapeutic measures, it was mentioned, *langhana* can be applied in disease that aggravating *Kapha* and *Pitta* dosha. Though the reference mentioned only *Jwara* this fact can be applied in every indication of *langhana*. Not only *jwara* but also in **Ca/Su/16/20** mentioned *langhana* is able to eliminate vitiated dosha from the root when it is in alleviating phase. Therefore, with requirement of sealed the recurrence *langhana* procedure including *pachana* should be applied on alleviated dosa. Mostly in first phase of the disease doshas are form of fully aggravate and Charaka has advised to apply *langhana* treatment.

The very first reference of the *langhana* in Charaka find in **Ca/Su/07/15** regarding non suppression of natural urges (*nvegandharaniya*). In this *langhana* is prescribed to disease due to suppress the vomiting reflex along with smoking and bloodletting. These diseases are same that mentioned in the **Ca/Su/22** such as vomiting, skin disease fever and urticaria, anorexia that related to *pitta* and *kapha* vikara. It proves again though reflex is related with *vata dosha* disease are cause by *pitta* and *kapha* vitiation. In **Ca/Vi/6/18** refers to management of *Kapha* constitution and in its management all types of *Langhana* are advised. Also, the *jwara* is caused by the excessive aggravation of *Kapha* if *vayu* is not aggravated and having mild temperature due to *ama* and not reach the proper digestion that time patient has to kept in fast **Ca/Ci/3/272-283**. In the disease of *Kaphaja Gulma* at the beginning patient should be given fasting when his Agni and metabolism is weak. **Ca/Chi/05/49**. Further in *Vataja Gulma* it is advised it should not fast the patient. **Ca/Ci/5/112**. Hence in Charaka Samhitha *langhana* is not recommended to *vata dosa* aggregated *roga*. *Jwara* due to raja *yakshma* *langhana* is contra indicated **Ca/Ci/08/14**. In *sama* stage of *vayu* fasting is able to do as per the *vayakya*. Also, in treatment of *Chardhi* it is recommended the fasting due to doshas in stomach but in *vatika* type of *chardhi* *langana* is not recommended. **Ca/Ci/20/20-21**

Agni is one of the main theories in Ayurveda and due to the improper and incompatible diet or food habit *Ama* (semi digested foods) is resulted. *Ama* can work as *Visha* (*gara visha/sanyogaja visha*) and damage body. As per the Ayurveda due to *ama*, *anna rasa* doesn't form in proper form and unable to make *ranjaka pitta* in *raktha vaha srothas mula* (*yakrit* or *pleeha*). Therefore, *rasa dhatu kapha* and *pitta dosha* can vitiate in this state Charaka has advised to perform all types of *langhana* procedure. **Ca/Su/28/23.24**. Disease having vitiated *ama* should be treated with emesis in the beginning after that fomentation and suppositories (*varthi*) should applied and let patient to be fast. Specially in *Visucika* (Cholera) first patient has to be fast and then apply the thin gruel and mild purgation can be applied. **Ca/Vi/2/13**. The oedema (*Svayathu*) cause by *ama* patient should ne given *langhana* including *pachana*, *shodhana* to alleviate the *Kapha*. **Ca/Ci/12/17**. In the

chapter of Grahani cikitsa in ama grahani it is advised to do *langhana* therapy by applying *pachana*, purgative, fasting with *peya* like medicated foods. **Ca/Ci/15/73-76**. The management of complication as *hikka* and *swasa* due to *ama* suffers from fever is recommended to apply fasting with *ruksha sweda* **Ca/Ci/17/85**. In *kaphaja Atisara* in the beginning *langhana* and *pachana* therapies are recommended and drugs have to be included with *ama pachana* drugs. **Ca/chi/19/102**. In *Madathya* treatment alcohol comprising treatment and milk administration is advised and after administration of alcohol fasting is recommended due to formation of *ama* **Ca/Ci/24/196**, Also, in treatment of *kapaja* ulcer patient should be given *langhana* and *pachana* therapies **Ca/Ci/25/16**

In *Sira vyadha* (venesection) fasting is advised in treatment of *Galaganda* and *Gandamala*. **Ca/Ci/12/79-80**. This disease relevant to blood called *Jalakagardabha* is pitta prominent serious type of swelling with suppuration of blood and spreading. Mostly parallel with infection. In bleeding piles associated with pitta and kapha it is advised to keep patient fasting **Ca/Ci/14/176**. In *paittika Atisara* patient should be treated with *pachaniya* recipes. **Ca/Ci/19/50**. In treatment of *Granthi Visarpa* when condition of *rakta* and *pitta* dominant *langhana* is advised. **Ca/Ci/21/118**

Disease has a particular origin and it is critical in treating disease. In spite disease that are originate from *amasaya* (stomach including small intestine) can cured by only *langhana*. **Ca/ Ni/08/31**. In *langhana* treatment it is focus to reduce heaviness and restore the lightness. For this *upavasa*, *pachana*, *virechana* like *langhana* types can be applied. In *Ahisara* treatment has mentioned when dosas are only slightly aggravated then *langhana* is very useful. **Ca/Ci/19/19** In *Anaha* (constipation) caused by *ama* treated with *langhana* is mentioned, and in *tridosas* or *sannipata* heart disease *langhana* therapy is advised. **Ca/chi/26/100**. Further in *trimarmeya adhyaya* in *kaphaja* type of rhinitis (*Peenasa*) *langhana* is advised. In mouth disease drugs like *pipali* with *thekshana* quality is recommended for treatment. **Ca/Ci/26/187**

DISCUSSION

The concept of *Langhana therapy* is parallel with intermittent fasting and ketogenic diet in the modern medicine. Fasting leads to changes in the activity of many metabolic pathways associated with the switch into a mode able to generate energy and metabolites using carbon sources released primarily from adipose tissue and in part from muscle. The changes in the levels of circulating hormones and metabolites translate into a reduction in cell division and metabolic activity of normal cells and ultimately protect them from harmful metabolites in various pathological condition (Raffaghello, 2008). Ketogenic diets are dietary regimens that have normal calorie, high-fat and low carbohydrate content (Martin K, 2016). Ketogenic diets can reduce blood glucose levels, but they normally remain within the normal range (Urbain, 2017). In *langhana* procedure frequently try to control the energy and applying all *Yavagu* type medicated foods its further counterparts with the concept. It is proved fact regarding intermittent fasting can benefit by strengthening circadian rhythms, migrating immune cells, lower inflammatory factors, and enriching microbial diversity. In addition of the anti-inflammatory effect by regulating macrophages, protection against oxidative stress with hormone secretion and oxidative-related gene expression plays a key beneficial role for the influence of intermittent fasting (Zhangyuting, 2023). Though the *Langhana* procedure not limited to the intermittent fasting it can be advance therapeutic intervention with better application.

On the basis with reference the Charaka *langhana* procedure mainly base with specific facts in applying the different types of diseases. Thus, the fasting (*upavasa*) along with other types of described in the Charaka Samhitha should be administered in the condition of the diseases in its *dosha* aggravating phase that on *saama* stage. Specially *Kapha dosha* is aggravated and strength of the person in high state, both *Kapha* and

Pitta are aggravated together and in proper season. Also, *Langana* is not suitable in *Vata* aggravating pathological condition.

Fasting alleviates the aggravated doshas and prompts the *agni* therefore it should be prescribed as per the physical strength of the patient. Also, when *langhana* is applied in accordance to the prescribed method in each and every disease that is advised in the Charaka it is much more useful to ignite the natural immunity of the person.

CONCLUSION

In accordance to Charaka Samhita in applying with understanding of appropriate condition and accurate procedure *langhana* might be a remarkable treatment in various pathological conditions in the current world.

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