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**“Study the etiopathogenesis of hyperlipidaemia and action of
lekhanīya mahakashaya vati.”**

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ABSTRACT

The study was designed to face very serious and vigorously found disease unstable lipid profile (Hyperlipidaemia) evaluates its etiopathogenesis and the property of *Lekhanīya Mahakashaya Vati*. 1 patient was selected. Progression of Hyperlipidaemia shows various unbalanced physiological basic body elements (*Sapt Dhatu, Tri Dosha, Trimala*) like *Med Dhatu, Mutra, and Kapha Dosh*. *Lekhanīya Mahakashaya Vati* having property of *Katu, Tikta, Kashaya Rasatmaka*, and *Ushna virya*, they acts from ingestion to *Dhatuposhan nyaya*, so

they were able minimum deposition of lipid in body and scrub the lipid. It observed that *Lekhanīya Mahakashaya Vati* shows significant activity against Hyperlipidaemia.

KEY WORDS:- Hyperlipidaemia, *Med Dhatu Karya*, *Lekhanīya Mahakashaya*.

INTRODUCTION:-

Aims of *Ayurveda* had to maintain the health of healthy person & to cure the disease of diseased person.^[1]

Every leaving being aspires to live healthily and as long as possible. *Ayurved* was the science of life serves for the same.

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Ahara plays an important role to keep the health maintain providing nutrition to our body.^[2]

It could produce large number of health problems both independently, or association of other disease and plays an important role in metabolic syndrome which includes Hyperlipidaemia, Insulin dependent diabetes mellitus, Cardiovascular diseases, Obesity, Atherosclerosis, Gall stone Some types of cancers and premature deaths. Hence Hyperlipidaemia was very serious problem in modern era which needs a special attention and costs effective management in *Ayurveda*. According to *Susruta Lekhan* was one of the important karma to subtract the extra deposition of fat from our body.^[3]

To study the effect of *Lekhaniya Mahakashaya gana* on effect of the Hyperlipidaemia.^[4]

AIMS AND OBJECTIVES

- 1) To study the effect of *Lekhaniya Mahakashaya Vati* on Hyperlipidaemia.

- 2) To study the etiopathogenesis of Hyperlipidaemia to both *Ayurveda* and modern science.

- 3) To evaluate efficacy of *Lekhaniya Mahakashaya vati* on Hyperlipidaemia.

Hyperlipidaemia:- Hyperlipidaemia was an excess of lipid in the blood, It is common and either results from a primary abnormality in Lipid metabolism.

MATERIALS AND METHODS:-

MATERIALS:-*Lekhaniya Mahakashaya Vati*, Blood sample, Serum fasting, EDTA Bulb, 2 CC disposable syringe with needle, Centrifuge machine, RA-50 analyzer machine, Buffer with reagent for total lipid profile.

SELECTION CRITERIA

- 1) The patient had Hyperlipidaemia who had full fill the inclusive criteria the patient was selected from hospital for present study.
- 2) Among all the selected patients who were legally mature and every patient was asked to sign the written consent in presence of the

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doctor and local witness before starting treatment for my respected study.

3) 1 patient was included in the study.

INCLUSIVE CRITERIA:-

Age - 40 to 60 yr
Sex - Male and Femal
Total cholesterol level - Above 200 mg/dl
Serum LDL - Above 130 mg/dl
Serum HDL - Below 60 mg /dl
Serum VLDL - Above 20 mg/dl
Serum triglyceride-Above160mg/dl

EXCLUSIVE CRITERIA:-

Age- More than 60yr, Less than 40yr, Obstructive pathology, Liver abscess, liver disorders, HbsAg+ve patients, Pathology with HIV/AIDS patients, Patients with tuberculosis, uncontrolled diabetes. Any type of Malignancy, Psychotic patients, Hyperlipidaemia due to constitutional causes, i.e. - Genetic factor. - Family and racial factors. Severe cardiac problems like IHD and MI. Hypothyroidism and Pregnancy and auto immune disease.

METHODS:-

- **01** patient of Hyperlipidaemia total sr. cholesterol level- > **200** mg/dl.
- Serum LDL level - > **130** mg/dl.
- Serum HDL level - < **60** mg/dl.
- Serum VLDL level - > **160** mg/dl.
- Written consent and willing patient was taken in to consideration
- **01** patient of Hyperlipidaemia was selected.
- Performing the appropriate procedure analyzer machine which reveals the level of total lipid profile.

DRUG- i.e. *Lekhaniya Mahakashaya Vati*,

Dose:- 500 mg x 2tab x bd

Anupana:- Ushnodaka

Fasting blood sample was collected on **first day of treatment.**

Treatment and follow up period was **3 months (90 days).**

Follow up at- 1st day, 45th day & 90th day.

DRUG- - *Lekhaniya Mahakashaya Vati*.

- Route of drug administration

– Orally

- Dose- 500mg x 2 tab x B.D.

- *Anupana- Ushnodaka.*

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- Time- before meal.
- Duration- 3 months (90days).

The preparation of *Lekhaniya Mahakashaya Vati* was administrated in the tablet form (Vati) .^[5] It was made in RASA SHALA of Ayurved Mahavidyalaya, Rahuri. The dose of the drug was decided upon the *Prakruti*, *Koshtha*, *Agni*, *Bala* etc.

PROCEDURE OF PREPARATION OF LEKHANIYA MAHAKASHAYA VATI:-

DRUG INTRODUCTION

No	DRUG	LATIN NAME	FAMILY	UPAUKTANG
1	MUSTA	<i>Cyperus rotundrus</i>	Cyperaceae	Root
2	KUSHTHA	<i>Sassurea lappa</i>	Compositaceae	Root
3	HARIDRA	<i>Curcoma longa</i>	Zingiberaceae	Dry rhizome
4	DARUHARIDRA	<i>Berberis ariststa</i>	Berbidaceae	Stem
5	VACHA	<i>Acorus calamus</i>	Araceae	Dry rhizome
6	ATIVISHA	<i>Aconitum heterophyllum</i>	Rhenunculaceae	Root
7	KATUROHINI	<i>Picrorhiza kurrao</i>	Scrophulouriaceae	Root
8	CHITRAKA	<i>Plumbago zylanica</i>	Plumbajinaceae	Bark of root
9	CHIRBILWA	<i>Holoptela intigrifolia</i>	Ulmaceae	Bark of stem
10	HEMAVATI	<i>Iris ensata thumb</i>	Iridaceae	Root

All contents of the Vati were taken in equal amount and each Vati of 500mg will by scientific procedure.

PROPERTIES OF LEKHANIYA MAHAKASHAYA DRAVYAS

No	DRUG	RAS	VIRYA	VIPAKA	DOSHAGHNATA	GUNA
1.	Musta	Katu Tikta Kashaya	Sheet	Katu	Pitta kaphagnha Vatakar	Laghu, Ruksha

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2.	Kushtha	Tikta, Katu Madhur	Ushna	Katu	Kaphavataghna	Laghu, Tikshna, Snigdha
3.	Haridra	Tikta Madhur	Ushna	Katu	Kaphapittaghna	Laghu, Ruksha
4.	Daruhari dra	Tikta Kashaya	Ushna	Katu	Pittakaphaghna	Laghu, Ruksha
5.	Vacha	Tikta Katu	Ushna	Katu	Kaphavataghna Pittakar	Laghu, Ruksha, Tikshna
6.	Ativisha	Tikta Katu	Ushna	Katu	Tridoshaghna	Laghu, Ruksha
7.	Kat Urohini	Tikta	Sheet	Katu	Kaphapittaghna Vatakara	Laghu, Ruksha
8.	Chitraka	Katu	Ushna	Katu	Vatakaphaghna Pittakara	Laghu, Ruksha, Tikshna,
9	Chirbilw a	Tikta Kashaya	Ushna	Katu	Kaphapittashamak	Laghu, Ruksha
10.	Hemavati	Katu Tikta	Ushna	Katu	Kaphavatshmak	Laghu, Ruksha,

Dose:- 500mg x 2tab x bd**Kala:- Lekhaniya Mahakashaya Vati was taken in *Pragbhakta kala*. (Before meal)****LIPID VALUE CHARTS**

	Total Sr.cholesterol (mg/dl)	Sr. LDL (mg/dl)
Desirable	< 200	<130
Border line	200-239	130-159
High Risk	>240	>160
	Sr. HDL (mg/dl)	Sr.Triglycerides(mg/dl)

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Normal	>60	<160
Moderate	40-60	160-199 (borderline)
High Risk	<40	200-499
Very High		500

No	Patient's name	LIPID PROFILE	1 st Day	45 th Day	90 th Day	Gradation%
1.	Xyz Age-49yr Sex-male	Sr.cholesterol	219	210	203	II
		Sr.Triglyceroids	197	174	155	III
		Sr.H.D.L	46	50	55	III
		Sr.L.D.L.	137	130	123	III
		Sr.V.L.D.L	38	33	31	III

OBSERVATION TABLE**OBSERVATION GRADATION:-**

% of changes in level of each test	Grade
No changes	0
Up to 5%	I
5% to 10 %	II

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More than 10%	III
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RESULT:-

Lipid profile chart of the patient before, during, after treatment mentioned above so that observed the *Lekhaniya mahakashaya vati* was much more effective in hyperlipidimea.

- *Lekhaniya mahakashaya vati* reduces the lipid profile counts markedly.
- Clinically no adverse drug reactions were seen due to *lekhanika mahakashaya vati*.
- *Lekhaniya mahakashaya vati* was well tolerated by patients of different types of prakruti.

CONCLUSION:-

After the present study it could concluded that *Lekhaniya mahakashaya vati* was effective in hyperlipidimea and further related disorders.

- After treatment of *Lekhaniya mahakashaya vati* Sr. Cholesterol, Sr.HDL, sr VLDL, Sr. Triglyseride, Sr.LDL decreases.

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