

INTRODUCTION OF

LANGHAN - THERAPY

Prepared by :-

Dr. Shalu Jain

MD Scholar

Pt. Khushilal Sharma Govt. Auto. Ayurveda College And
Institute, Bhopal (M.P.)

Definition

यत् किञ्चिल्लाघवकरं देहे तल्लङ्घनं स्मृतम्॥

(Ch.Su. 22/9)

Procedures which produces lightness or reduction in the body is known as *Langhana* therapy.

Properties Of Langhan Dravyas

लघूष्णतीक्ष्णविशदं रूक्षं सूक्ष्मं खरं सरम्॥
कठिनं चैव यद्द्रव्यं प्रायस्तल्लङ्घनं स्मृतम्।

(Ch.Su. 22/12)

CONT.

- ◉ Laghu (light)
- ◉ Ushna (hot)
- ◉ Tikshna (sharp)
- ◉ Vishada(clean)
- ◉ Ruksha (dry)
- ◉ Sukshma (minuteness)
- ◉ Khara (rough)
- ◉ Sara (movable)
- ◉ Kathin (hard)

Synonyms

- ⦿ Aptarpan
- ⦿ Laghu bhojan

Langhan Ek Upakram

लङ्घनं बृंहणं काले रूक्षणं स्नेहनं तथा।
स्वेदनं स्तम्भनं चैव जानीते यः स वै भिषक्॥
(Ch.Su. 22/4)

- Langhan is a karma which is include in shad-upakrama
- Langhan is a type of aptarpana.
- Aptarpan (3 types) – langhan, langhan- pachan,
doshavsechan

Types Of Langhan

चतुष्प्रकारा संशुद्धिः पिपासा मारुतातपौ।
पाचनान्युपवासश्च व्यायामश्चेति लङ्घनम्॥
(Ch.Su. 22/18)

The Four Purification Therapies



Vamana
(Emesis),



Virechana
(Purgation)



Niruha
(Non-unctuous enema)



Nasya
(Nasal irrigation)

REMAINING SIX PROCEDURES



Maruta
(exposure to wind)



Aatapa
(exposure to sunlight),



Pachana
(use of digestive
measures),



Upawasa
(fasting)



Vyayama
(exercise)



Pipasa
(control of thirst)

Indication Of Langhan

प्रभूतश्लेष्मपित्तास्रमलाः संसृष्टमारुताः।
बृहच्छरीरा बलिनो लङ्घनीया विशुद्धिभिः॥
येषां मध्यबला रोगाः कफपित्तसमुत्थिताः।
वम्यतीसारहृद्रोगविसूच्यलसकज्वराः॥
विबन्धगौरवोद्गारहृल्लासारोचकादयः।
पाचनैस्तान् भिषक् प्राज्ञः प्रायेणादावुपाचरेत्॥
एत एव यथोद्दिष्टा येषामल्पबला गदाः।
पिपासानिग्रहैस्तेषामुपवासैश्च ताञ्जयेत्॥
रोगाञ्जयेन्मध्यबलान् व्यायामातपमारुतैः।
बलिनां किं पुनर्येषां रोगाणामवरं बलम्॥
त्वग्दोषिणां प्रमीढानां स्निग्धाभिष्यन्दिबृंहिणाम्।
शिशिरे लङ्घनं शस्तमपि वातविकारिणाम्॥

(Ch.Su. 22/19-24)

Indication Of Langhan By Shodhan (Purification)

प्रभूतश्लेष्मपित्तास्रमलाः संसृष्टमारुताः।
बृहच्छरीरा बलिनो लङ्घनीया विशुद्धिभिः॥

(Ch.Su. 22/19)

Those who are suffering from:-

- ☐ Excessive vitiation of *kapha*, *pitta*, blood and waste products,
- ☐ Afflicted with obstructed *vata*
- ☐ bulky and strong bodies

Indication Of Langhan By Digestive Measures

येषां मध्यबला रोगाः कफपित्तसमुत्थिताः।
वम्यतीसारहृद्रोगविसूच्यलसकज्वराः॥
विबन्धगौरवोद्गारहृल्लासारोचकादयः।
पाचनैस्तान् भिषक् प्राज्ञः प्रायेणादावुपाचरेत्॥

(Ch.Su. 22/20-21)

CONT.

Those Who Are Suffering From Diseases Caused By Moderate Increase Of *Kapha* And *Pitta* Such As

- ❑ Vamya (Vomiting)
- ❑ Atisar (Diarrhea)
- ❑ Hridrog (Heart Disease)
- ❑ Visuchika (acute Intestinal Irritation /Cholera)
- ❑ *Alasaka* (Intestinal Sluggishness)
- ❑ Jwar (Fever)
- ❑ Vibandh (Constipation)
- ❑ Gaurav (Heaviness Of Body)
- ❑ Udgar (Eructation)
- ❑ Hrillas (Nausea)
- ❑ Aruchi (Anorexia)

Indication Of Langhan By Fasting And Control Of Thirst

एत एव यथोद्दिष्टा येषामल्पबला गदाः।
पिपासानिग्रहैस्तेषामुपवासैश्च ताञ्जयेत्॥

(Ch.Su. 22/22)

❑ Previously mentioned diseases, with mild intensity

Indication Of Langan By Physical Exercise And Exposure To Sunlight And The Wind

रोगाञ्जयेन्मध्यबलान् व्यायामातपमारुतैः।
बलिनां किं पुनर्येषां रोगाणामवरं बलम्॥
(Ch.Su. 22/23)

- ❑ In a strong person with diseases of moderate intensity
- ❑ mild disease or a little imbalance of *doshas*

Indication

त्वग्दोषिणां प्रमीढानां स्निग्धाभिष्यन्दिबृंहिणाम्।
शिशिरे लङ्घनं शस्तमपि वातविकारिणाम्॥
(Ch.Su. 22/24)

- ❑ Skin disorders
- ❑ Urinary disorders
- ❑ Consuming excess of unctuous food
- ❑ In a season of *shishira* (winter), *langhana* is suitable for patients with *vata*-dominant disorders also .

Samyak Yog Of Langhan Therapy

वातमूत्रपुरीषाणां विसर्गे गात्रलाघवे।
हृदयोद्गारकण्ठास्यशुद्धौ तन्द्राक्लमे गते॥
स्वेदे जाते रुचौ चैव क्षुत्पिपासासहोदये।
कृतं लङ्घनमादेश्यं निर्व्यथे चान्तरात्मनि॥

(Ch.Su. 22/34-35)

- ❑ Elimination of flatus, urine, and feces
- ❑ Feeling of lightness in body
- ❑ Cleansing in heart, eructation, throat and mouth
- ❑ Disappearance of drowsiness and exhaustion
- ❑ Appearance of perspiration
- ❑ reappearance of taste
- ❑ Hunger and thirst along with A feeling of well-being.

Atiyog Of Langhan Therapy

पर्वभेदोऽङ्गमर्दश्च कासः शोषो मुखस्य च।
क्षुत्प्रणाशोऽरुचिस्तृष्णा दौर्बल्यं श्रोत्रनेत्रयोः॥
मनसः सम्भ्रमोऽभीक्ष्णमूर्ध्वातस्तमो हृदि।
देहाग्निबलनाशश्च लङ्घनेऽतिकृते भवेत्॥

(Ch.Su. 22/36-37)

CONT.

- ❑ Pain in the joints
- ❑ Body aches
- ❑ Cough
- ❑ Dryness of the mouth
- ❑ Complete loss of hunger
- ❑ Anorexia, thirst
- ❑ Weakness of hearing and vision
- ❑ Confusion of mind
- ❑ Frequent eructation,
- ❑ Fainting
- ❑ Frequent upward movement of *vata*,
- ❑ Feeling of darkness in the heart (*tamo hridi*)
- ❑ Loss of body weight
- ❑ Loss of digestive power and strength.

Material methods , References

- ❖ Charak samhita and chakrapani tika charak sutra chapter 22 langhan brahniya adhyay.
- ❖ Internet

THANKYOU