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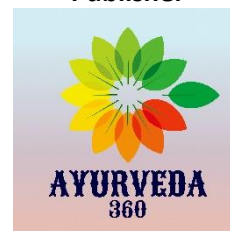
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A Review of *Lekhana Basti*: Ayurvedic Management of Obesity and Metabolic Disorders

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ABSTRACT


Introduction : Ayurveda offers various therapeutic approaches, with Panchakarma being a key treatment modality. Among the Panchakarma treatments, Lekhan Basti, a procedure involving medicated enemas, has shown significant potential in managing obesity, dyslipidemia, and metabolic disorders, especially those related to excess *Kapha* and *Medodhatu*.

Methods : Lekhan Basti, as described by Acharya Sushruta and Acharya Sharangdhara, includes ingredients such as *Triphala Kwatha*, *Gaumutra*, *Madhu*, *Yavakshara*, and *Ushakadigana*. These components are known for their therapeutic properties, including *Kapha nashaka*, *Deepana*, *Tikсна*, and *Agni Deepaka*. The procedure involves the use of an alkaline formulation due to components like *Gaumutra* and *Yavakshara*, facilitating rapid absorption and enhancing gut flora.


Results : The therapeutic effects of *Lekhan Basti* are diverse, addressing metabolic imbalances and eliminating excess *Kapha* and *Medodhatu*. It has been reported to possess properties like *Vata-Kapha Shamaka*, *Deepana*, *Pachana*, *Lekhana*, *Karshana*, and *Srotoshodhaka*, which support fat reduction, enhance digestive fire, and improve detoxification.

Discussion : Lekhan Basti proves to be an effective *Samshodhana* treatment that addresses chronic metabolic conditions. By balancing *Kapha* and reducing excess *Medodhatu*, it offers a promising approach to improving overall metabolic health. The combination of its detoxifying properties and its impact on gut flora makes it a vital intervention for metabolic disorders.

Keywords: Ayurveda, Lekhan Basti, Medodhatu, Panchakarma

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