

ROLE OF LEHANAM IN KAUMARBHRITYA

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ABSTRACT

Lehana holds a very important role in *Ayurveda* hence, *Acharya Kashyapa* has mentioned a separate *Adhyaya lehanadhyay* for same. Pediatric age group is the foundation of adulthood. Proper care of children in this phase results in excellent growth and wellbeing of offspring which in turn is reflected as healthy adulthood. As per *Kashyapa's* Ayurvedic Perspectives "*Lehana*" refers to electuaries recommended as supplements to pediatric community. It means formulations prescribed for licking. It also deals with various herbal formulations to boost up intellect and immunity of a child and promote optimum growth and development as well. This ensured Ayurvedic Pediatricians to provide prophylactic as well as therapeutic care to growing children. The main intention behind advising *Lehana* is

unperturbed growth and development of child. The malnutrition in children is one of the major problems in India. The concept of *lehana* is helpful for the development of health of children as well as preventive management.

KEYWORDS: *Lehanaa*, *Kashyap Samhita*, Malnutrition.

In *Ayurveda*, various *Acharyas* described countless useful *Dravya*, formulations, mode of conducts for adults to enhance immunity, similarly for healthy *Ksheerapa* (infantile period), *Ksheerannada* (1-2years age period) and *Annada-Awastha* (age period from 2-16 years) *Acharya Sushruta*, *Acharya Vagbhata* & *Acharya Kashyapa* described a special formulation by the name of "*Lehana*", for this purpose which enhances immunity and thus minimizes infection episodes.

'Leha' word framed from 'lih' dhatu and 'gha~j' pratyaya.^[1] The term *lehana* implies the act of licking or lapping up with the tongue. *Lehana* is a type of potential prophylactic as well as therapeutic treatment recommended during infancy and childhood. Children are very susceptible to the infections. There are so many traditional measures available to combat it and protect from the hostile environment in which drug is mixed with honey or Ghrita are given. The process is called *Lehana*. So, it is the ideal way of administering drugs in children because it increases the palatability, concentration, potency and nutritional values of the drug taken with it and can be easily taken up. This is the most accepted mode of the drug administration to child.

Lehana karma's purposes

- ✚ To enhance growth & development by providing sufficient nutrition.
- ✚ Promote health, complexion and strength (immunity).
- ✚ Protect from various infections along with improving intellect and speech (delayed milestone)

Indication of *Lehana*^[2]

- ✚ Children of mothers who have absent, deficient or *vitiated* breast milk
- ✚ Children born to mothers who have faced difficult labour
- ✚ Whose mothers are severely ill
- ✚ Children who are not satisfied with breast feeds and keep on crying
- ✚ Who do not sleep at night
- ✚ Who have good digestion and eat more but passes less urine and stool
- ✚ Children who are not sick but delicate and emaciated and constipated
- ✚ Child with *vata* and *pitta* are predominance.

Contraindication of *lehana*^[3]

- ✚ Child with poor digestion
- ✚ Excessive sleepiness
- ✚ Passes large quantities of stool and less urine
- ✚ Who has strong body, indigestion
- ✚ Who is receiving heavy to digest breast milk
- ✚ Who is fed by mother consuming all six *rasas*
- ✚ Children suffering from head and neck disorders, indigestion, fever, diarrhea, cough, diseases of rectum, urinary bladder, abdomen and heart.

- ✚ Various diseased conditions like erysipelas, vomiting, flatulence, enlarged thyroid.
- ✚ Child suffering from *graharoga* and diseases should not be given *lehana* daily, after meals
- ✚ On bad day with clouds or strong winds
- ✚ *Kashyapa* mentions that *lehana* of non- congenial drugs and in excess quantity should be avoided.

Various Lehana formulations mentioned by acharyas

Madhu and *ghrita* in various dosages ought to be given to the infant in *vidangaphala matra* interestingly. Then, at that point the portion ought to be expanding month to month however it ought not surpass *amalak matra*.

Acharya Kashyapa^[4] - *Suvarna Prashana* - Pure gold (in small quantity) is rubbed in water on a clean stone & given with honey and *ghrita*, to the new-born result in promote health, growth, complexion & strength (immunity)'

Brahmi, mandukparni, triphala, chitrak, vacha, shatpushpa, shatavari, danti, nagabala, trivrita independently with *madhu* and *ghrita*.

- 1) *Kalyanaka ghritam*
- 2) *Panchagavya ghritam*
- 3) *Brahmi ghritam*
- 4) *Manjishthadi ghritam*
- 5) *Kushthadi ghritam*
- 6) *Abhaya ghritam*
- 7) *Samvardhan ghritam* and so on.

Effective in children with delayed milestones

Acharya Charaka - *Panchagavya ghrita*^[5] (*Ghrita* means clarified butter made from cow's milk), *Brahmi ghrita*^[6] etc.

Acharya Sushruta^[7] - has described 4 recipes (containing gold) which provide general immunity, body resistance, helpful in enhancing the growth & development and enhancing the intellectual power. These are.

- 1) *Svaranbhasm* with *Kustha* (*Saussurealappa*), *Vacha* (*Acorus calamus*), *Madhu* (honey) & *Ghrita*.

- 2) *Svaranbhasm* with paste of *Brahmi* (*Bacopa monnieri*) *Sankhpuspi* (*Convolvulus pluricaulis*), with, honey & *ghrita*.
- 3) *Svaranbhasm*, *Arkpushpi*, *Vacha*, honey & *ghrita*.
- 4) *Svaranbhasm*, *Khaidarya*, *Sweta Durva*, *ghrita*.

Acharya Vagbhata^[8] - after work the *hridayastha siras* are shut coming about into milk discharge is seen after some time however not immediately.^[9] Therefore, the initial two days the newborn child ought to be given formulations as follows.^[10,11]

- 1) Right from the start, three *Kaal Madhu* and *Sarpi* alongside *Svarna bhasma* ought to be given.
- 2) On the second and third day, *Lakshmana Siddha Ghrita* ought to be given three times each day.
- 3) Followed by *Navneet* (butter) with bosom milk.
- 4) Combination of *Vacha* and *Svarna bhasma* with *Madhu* and *Ghrita* and so on.

BENEFITS OF LEHANA KARMA

- 1) The like able are usually in the *leha* form. Usually the *lehas* are palatable and easy for consumption. The smaller kids will always have difficulties and reluctant in taking the medicine in the tablet, *Chorna*, or *Kwatha* form. Incomparable to this *Lehana* form with added *Madura* drugs easy to administer.
- 2) Further the *Lehana* maybe Routine procedure or the method by which the body supplements are introduced. As we know that growing child require the extra caloric food as it is busy with playing other activities throughout. In the meantime, the rate of growth and development is very faster in the first few years of life. To meet the demands of the body in toddler there is need of some extra amount of the fats, amino acids and the carbohydrates which is supplied by *Lehana Dravya*.
- 3) The *Medhaya Rasayans* are explained with special reference in *Lehana*, may be because growth of the brain and the nervous system is very rapid in the first few years of the life which slows down afterwards as evidences by the Head circumference. As per modern science Brain development occurs shortly after conception and progresses at a very rapid pace in the first few years of life, where neurons form new connections at the astounding rate of 700-1000 per second.^[12]
- 4) As we know that nutritious disorders are quite common in the child hood period due to many reasons like poorly found of food, lack of the breast milk, vitiated breast milk etc.

There may be vitamin, micro and macro elemental deficiencies which may be corrected by the daily usage of the *Lehana*

- 5) *Acharya Kashyapa* told that the *Lehana* is responsible for the happiness and sorrowness in the future of the baby. By keeping this verse in mind, we can say *Lehana* is essential in once life time.^[13]

DISCUSSION

Children are more vulnerable to infection because their immune system is less or under developed. In this period attempt should be done for prevention of disease and to enhance Physical, mental and social well being of children so that each child may achieve the maximum genetic potential with which she/he is born. This should be possible by utilizing ayurvedic ideas as *rasayana* and *lehana*. It helps in the counteraction of contaminations and further more advances development and improvement in youngsters. On the off chance that the *lehana* drugs are utilized in fitting dosages alongside National Nutritional Programmers and other National projects the better outcomes can be carried out. We can acquire better development both actually and intellectually and furthermore friendly prosperity. Additionally, it assists with killing the different diseases.

CONCLUSION

Ayurveda can augment the recovery of children suffering from high morbidity features with its *lehana karma*. We can say that the children should be supported externally to prevent the infections and at the same time measures should be taken for the proper development of immune system.

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