

SIGNIFICANCE OF GUDARDRAKA AVALEHA IN KSHEERA ANNADA AVASTHA IN CHILDREN

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ABSTRACT

Lehana is a supplementary feed for the proper growth and development of children. According to *Kashyapa*, *lehana* is explained under *Bala Rasayana*. In *Ksheera Annada Avasta*, *Lehana* plays an important role in maintenance of *Agni*, promoting immunity in curative and in preventive aspect. In present era, 1-2 years age grouped infants are more prone for recurrent infections, indigestion, respiratory infections. Recent community-based estimates from prospective study reports that 70% of the childhood morbidities among children (aged less than 5 years) are due to ARI. Acharyas have mentioned that *Bala Rasayana* plays an important role in building up the human health. Several *Rasayanas* are mentioned for children in classics. Among the *Rasayanas*, *Guda Aardraka Leha* mentioned in *Lehya prakarana* of

Sahasrayoga is indicated in *Kasa*, *Swasa*, *Udara shoola*, *Atisara*, *Agnimandhya*, and *Aruchi*. Hence, an attempt will be made to study the significance of *Guda Ardraka Avaleha* as *Rasayana* in *Ksheera Annada Avasta* in children.

KEYWORDS: *Lehana*, *Ksheera Annada*, *Guda Ardraka Leha*.

INTRODUCTION

Children are more susceptible to sickness due to their underdeveloped immune system and their high exposure to germs at child care facilities and surrounding areas etc. Disturbance in

growth may be among the most striking consequences of diseases in children. Common diseases that can be affected to children are *Kasa*, *Swasa*, *Udara shoola*, *Atisara*, *Agnimandhya* and *Aruchi* etc.

Susrutha gives clear cut classification of *Baala*. Age group of below 16 years has been considered as *Balyavastha* and child during this period is called as *Baala*. Again, he subdivided *Baalya* in to 3. *Ksheerapa* (0-1 year), *Ksheera annada* (1-2 years) and *Annada* (up to 16 years).^[1]

Below 5 years are prone for many diseases. Recent community-based estimates from prospective study reports that 70% of the childhood morbidities among children (aged less than 5 years) are due to ARI and diarrhoea is the second leading cause of childhood mortality worldwide.

In Ayurveda essence of all dhatus is called ‘*Ojas*’ and is responsible for the defence of human body against diseases (*Vyadhikshamatwa*).^[2] *Acharya Shusrutha*, *Vagbhata* and *Kashyapa* describe ‘*Lehana*’ for the purpose which ultimately enhances immunity. *Rasayana* is one of the eight clinical specialities of classical *Ayurveda*. *Rasayana* replenish vital fluids of our body, thus keeping us away from diseases.

Meaning of *Lehana* is the act of licking, tasting or lapping with the tongue. According to *Sharangadhara*, when extract, decoction etc of drugs are made dense with the help of mild fire and which can be licked by tongue, the prepared drug is known as *Rasa Kriya* or *Leha Kalpana*.^[3] *Acharya Kashyapa* has shown the importance of *Lehana* in caring of the children with specific indications and contra indications. According to him, pleasure (*Sukham*), and unhappiness (*Dhukham*) both are depending on *Lehana*.^[4] The purpose of it is to enhance body growth, intellect, immunity and understanding and is a type of potential prophylactic as well as therapeutic treatment recommended during infancy and child hood.

Here *Gudardraka* is a type of *rasayana* preparation used for various pediatric disorders like *Agnimandhya*, *Aruchi*, *Swasa*, *Kasa*, *Peenasa*, and *Atisara*.

METHODOLOGY

A systematic review was done from various Ayurvedic Samhita, textbook of *Dravya Guna Vigyana* and Ayurveda Pharmacopeia of India for contents of *Gudaardraka Avaleha* to

compile the all aspect of the formulation such as dose, *Anupana*, pharmacological action and its ingredients also.

GUDARDRAKA LEHA IN AYURVEDA

Acharya Susrutha says that *Rasayana* is *Vayastapana*, *Ayur Meda Bala Kara*, and *Rogapaharana Samartha*.^[5] and he mentioned 3 types of *Rasayanas* mainly, *Kamya Rasayana*, *Naimittika Rasayana* and *Ajasrik Rasayana*.

Gudardraka is mentioned in *Sahasrayoga*. in *Lehya Prakarana*.^[6] This *Lehya* is considered to be as *Kamya Rasayana*. Hence can promote the immunity, prevention of diseases, improve Health of the infant and helps to attain particular quality a specific dhatu.

CONTENTS OF GUDA ARDRAKA AVALEHA

Drug	Rasa	Guna	Doshaghnata	Karma	Roga ghnata
Ardra	Katu	Guru, Ruksha, Tikshna	Kapha-Vata Shamaka	Dipana, Pachana,	Swasahara
Twak	Katu, Tikta, Madhura		Kapha-Vata Shamaka	Dipana, Pachana,	
Ela	Katu, Madhura	Laghu, Ruksha	Tridosha hara	Shirovirechana	Swasahara, Angamarda
Patra	Katu, Madhura	Laghu, Ruksha	Tridosha hara	Deepana, Pachana,	Chardighna, Dahaghna
Shunti	Katu	Laghu, Snigdha	Kapha-Vata Shamaka	Vedanastapan, Dipana, Pachana	Swasa, Shulahara
Pippali	Katu	Laghu, Snigdha, Tikshna	Kapha-Vata Shamaka	Dipana, Medya, Balya	Kashara, Swasahara
Maricha	Katu	Laghu, Tikshna	Kapha-Vata Shamaka	Dipana, Pachana	
Mustaka	Tikta, Katu, kashaya	Laghu, Ruksha	Kapha-Pita Shamaka	Leghaneeya, Kandughna, Stanyashodaka	Trishna Nigraha
Jeeraka	Katu	Laghu, Ruksha	Kapha-Vata Shamaka	Dipana	
Lavanga	Tikta, Katu	Laghu, Snigdha	Kapha-Pita Shamaka	Dipana, Pachana	Krimighna, Swasahara
Ajamoda	Katu, Tikta	Laghu, Ruksha, Tikshna	Kapha-Vata Shamaka	Vedanastapana, Dipana	Shulaprashamana, Krimi
Dhanyaka	Kashaya, Tikta, Madhura, katu	Laghu, Snigdha	Tridosha hara	Dipana, Pachana, Rochak	Shulahara, Jwaraghna
Guda	Madhura				
Madhu	Kashaya, Madhura		Vatala	Chakshushya, Chedaniya	
					Swasa, Kasa, Atisara

Due to various medicinal properties of these ingredients, it is mentioned for various diseases such as *Agnimandhya*, *Aruchi*, *Swasa*, *Kasa*, *Peenasa*, and *Atisara*.

METHOD OF PREPARATION OF *GUDA ARDRAKA AVALEHA*

Ardra *Swarasa* will be prepared and taken in a vessel. Equal quantity of *Guda* as *Ardra* will be taken and dissolved in *Swarasa* over mild fire. The blend will be filtered through a clean cloth and to get rid of physical impurities present in *Guda*. The filtrate will be again boiled and reduced over mild fire to a thicker consistency of 1 to 2 threads. After attaining *Avaleha Paka Lakshanas*, the vessel is taken out of fire and fine powder of *Prakshepa Dravyas*, all taken in equal parts are added little by little and stirred well to a homogenous mixture. Honey will be added after the preparation become cooled completely and will be packed in dry airtight wide mouthed containers and preserved.

DOSE

Dose can be increased on monthly basis as the baby grows. *Kashyapa* has not mentioned the dose for any drug or compound but the dose schedule has been described in chapter of *Lehana*, therefore, the description of dosage schedule should be considered in reference to *Lehana* and for the *Lehana* compounds where no specific dose is mentioned for the children.

According to *Kashyapa* drug should be given or prescribed to the new born child in quantity equal to *Vidanga phala* with honey and *Gritha*. This dose should be increased every month as the baby grows but not more than the *Amalaka* fruit.^[7]

In here we can give the drug according to the dose schedule mentioned by *Sharangadhara*. He says that, at first month 1 *Ratti*, then increased by 1 *Ratti* in each month, until child is one year. At 1 Year the dose will become 1 *Masha*, then every year increase 1 *Masha* till the age is 16.^[8]

DISCUSSION

Rasayana therapy enhances the qualities of *Rasa*, enriches it with nutrients so one can attain longevity, memory, intelligence, freedom from disease, youthfulness, excellence of lustre, complexion and voice, optimum development of physique and sense organs, mastery over phonetics and brilliance. Taking *Rasayana* is helpful to increase the immunity of the person to keep him away from diseases and also reverses the disease process and prevents the reoccurrence. Here *Gudardraka Avaleha* acts as *Kamyas Rasayana*. It can enhance *Bala*,

Bhudhi etc. Some of the ingredients are having *Medya*, *Balya* etc action, hence we can assume that this *Leha* preparation is having *Rasayana* action. *Agni* is also not proper in children but this can be solved by *Deepana-Pachana* property of drugs mentioned in this preparation.

It can cure the diseases mentioned in this *PhalaSruthi*, by having *Katu-Tikta Rasa pradhana*, and *Ushna Veerya* drugs and is effective in respiratory tract diseases. Due to *Deepana-Pachana* action this can cure *Ama dosha* also.

Thus, this *Yoga* not only act as *Rasayana*, but also act as effective remedy for indicated diseases also.

CONCLUSION

Gudardraka Avaleha is one among the *Lehya* preparation mentioned in *Sahasrayoga Leahya prakarana*. This *Lehya* is specifically mentioned for few diseases. Due to various properties such as *Balya*, *Medya*, *Vatanulomana*, *Deepana*, *Pachana* etc of the ingredients mentioned in this *Lehya* preparation it is effective in curing those diseases and also act as *Rasayana* in *Ksheera Annada Baala*.

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