

AYUSCRIPT

International Journal for Empirical Research in Ayurveda

www.ayuscript.com

Volume 1, issue 4

Oct - Dec 2022

ॐ नमो भगवते वासुदेवाय ॥ १ ॥ विश्वकर्मो एमाहूय पुरीतिडकनि
र्तेना ॥ तत्र खोडशस्य ह्यस्त्रीणाम् वै च ब्रह्मधिकम् ॥ ११ ॥ भवतानि मनो ज्ञानि
ये मध्ये व्यकल्पयन् ॥ परिजातनरुं वैवतासां भोगाय कल्पयन् ॥ १२ ॥ या
द्यानां मृदास्तन्यदृपे चाशानकीटयः ॥ अल्पिक्वोलाकावसे निविगत
राः ॥ १३ ॥ यत्किं विविमुलाके सु सुंदरं न वदुष्यते ॥ सवाजिनप्रयेनाप्यो पु
त्रायुष्यविद्युते ॥ १४ ॥ अभाषतीरमासाय न मनस्कन याचसः ॥ सवाजि
स्तपस्तेपे स्वयं मुदिपप बुद्धिमाच ॥ १५ ॥ अनेनिरसने म् स्वस्य संवदुला व
तः प्रसन्नो भगवान्यनोजित पुरं स्थिता ॥ १६ ॥ सवाजिनोपि नुहावदृष्टा द्वे वैदि
कं रथः ॥ नै ज्ञोराशानमस्तैस्तनम सा सर्वतो मुखः ॥ १७ ॥ विश्वव्यापि नु मस्तैक
मस्तै निमुरुपिणः ॥ करपेयनमस्तैस्तै हरिदस्यनमोस्तै ॥ १८ ॥ गुह्राजनेम
स्तै नु मस्तै वैदरा चिवा ॥ वैदत्रयनमस्तैस्तै सर्वद्वयनमोस्तै ॥ १९ ॥ प्रसीद
ति ह्ये वा सुदष्टीमादिवाकरे ॥ अथैस्तैक यमानोस्तै वैदवादिवाकरे ॥ २० ॥
अथैस्तै भीरुमपर्यसक निनमवावदे ॥ अथैस्तै ह्यस्य निमि यमि मस्तै



ROLE OF LEHAN IN ENHANCING CHILD IMMUNITY.**Pareek S.,¹ Nimbalkar M.²**

1. M.D. Scholar, Samhita & Siddhant Dept., Government Ayurved College, Nagpur
2. Prof. & H.O.D. Samhita & Siddhant Dept. , Government Ayurved College, Nagpur

ABSTRACT

The concept of Vyadhiksamatva (Immunity) is of tremendous importance in the daily wellness of human beings; for prevention and recovery from diseases. In Ayurveda, the essence of all Dhatus is called "Ojas" and it is responsible for the defence of human body against diseases. Immunity is the balanced state of multicellular organisms having adequate biological defences to fight infection, disease or other unwanted biological invasion, while having adequate tolerance to avoid allergy and autoimmune diseases. In Ayurvedic literature, for increasing the immunity Acharya Sushruta, Vagbhatt and Kashyapa described Lehana for this purpose which ultimately enhances immunity. Lehana Karma enhances growth and development by providing sufficient nutrition and promoting health with improving intellect and speech.

KEYWORDS: *Vyadhiksamatva, Immunity, Lehana, Ojas*

Corresponding Author:**Dr. Shubha Pareek**

M.D. Scholar, Samhita & Siddhant Dept., Government Ayurved College, Nagpur,
Maharashtra. 410210

E Mail: shubhapareek1995@gmail.com

Contact No.: 08769862467

How to cite article: Pareek S., Nimbalkar M. Role of Lehan in Enhancing Child Immunity. AYUSCRIPT 2022;1(4):93-98

Introduction

The immune system is very complex and contains numerous types of cells and proteins that function to fight off infections and keep the body healthy. When etiological factors come in contact with the body they try to produce disease. At the same time the body tries to resist the disease. This power of the body, which prevents the development of diseases or resists a developed disease is called Immunity.[1] The immune system is divided into 2 major components: Innate immunity and Humoral immunity.

Innate immunity- Immunity which is present at birth. It's not specific to a particular pathogen. It also called natural immunity. Innate immune system is comprised of physical barriers and non-specific immune cells, including:

Skin

Mucous lining of nose, mouth, sinuses, digestive tract

Sweat and tears

Neutrophils, eosinophils, basophils, mast cells, etc. – non-specific immune cells that perform surveillance of these physical barriers.

Humoral immunity- The second line of defense that is also called adaptive immunity. It is characterized by antigen-specific responses to a foreign antigen or pathogen.

Components are:

B-cell lymphocytes and dendritic cells: These are circulating cells that recognize the foreign pathogens and antigens. They are responsible for developing antibodies that tag any foreign invaders for recognition and mounting immune reaction.

T-cell lymphocytes: These cells attack and eliminate any pathogens and antigens that are tagged by an antibody.

Macrophages: These cells also recognize antibodies; once they have found a pathogen, they engulf it and break it down.[2]

Aim & Objective :- To see the importance and role of lehana in Ayurveda and study the beneficial effect of lehana with the help of Ayurveda.

Concept of Immunity according to Ayurveda :- The immunity as Vyadhikshmatva perfectly described in charak samhita. Many people are very conscious about their health they eat properly and eat that good for health, and they follow a good daily routine for their health, but they get sick very often, beside that people are careless for their health, eat whatsoever they get without thinking about their health, with a disturbed daily routine they never get sick, the concept behind that difference is vyadhikshmatva. Because all ahitkar food articles are not equally harmful, all doshas are not equally powerful; all persons are not equally capable of resisting disease. Vyadhiksamatva (immunity) is of tremendous importance in the daily wellness of human beings; for prevention and recovery from diseases.[3] Synonyms for Vyadhikshamatva in Ayurvedic scriptures are: Sleshma, Bala and Oja.

Oja- According to Charaka, the oja appeared foremost in the human body.[4] In Ayurveda, Oja has been considered vital in the defence mechanism of the body. It resides in the heart (hridya), but also circulates all over body and maintains healthy status of the person. If this is lost, life also is lost.

Bala- Imparts firm integrity to the muscles, improves the voice and complexion, and helps the person to perform his natural functions normally.[5]

Three types of bala (Vyadhiksamatva or immunity) in Ayurveda:[6]

Sahaja bala- acquired since birth. It depends on the healthy shukra (sperms) and artava (ovum). This concept indicates congenital abnormalities which occur due to abnormal changes at genes or chromosomal levels.

Kalaja bala- our immunity varies according to day, season, and age. Our body self-immunize according to season, day and age. Strength is assumed to be greater in the early morning, spring, and yuvaawastha (young age) than in evening, summers and old age.

Yuktikrita bala -the immunity which we obtained from aahar, exercise, yoga, ausadhi (drug or vaccination), is yuktikrita bal.

Causes of low immunity -

Congenital Immunodeficiency:- According to kashyap samhita what so ever etables and drinkables often consumed by the pregnant woman, identical rasa is derived , which is utilized in three ways, one part for nourishment of the mother, second part for the fetus and third for the development of breasts, (thus) the fetus is nourished by mother, so mother should chose their food very carefully, because it affect the child immunity.[7] The immune system is very complex, and contains numerous types of cells and proteins that function to fight off infections and keep the body healthy. A defect or mutation in any one of these components can lead to a congenital immunodeficiency, also referred to as a primary immunodeficiency. The most common defect is IgA deficiency, which can happen as often as 1 in 333 people, and is often asymptomatic; however, patients can also experience frequent

sinus, urinary tract and intestinal infections.[8]

Disturbed Sleep:- Now a day's excess use of mobiles and late night study disturb the sleep cycle of a child. The immune system is impaired by lack of sleep. Study showed that losing even as a few hours of sleep in just one night can increase inflammation in the body and interfere with its ability to keep itself healthy.

Stress:- Chronic and temporary stress can have physiological effects that can lower a body's ability to fight off infections. The immune system is also regulated by the activity of the endocrine system. The release of stress hormone from the hypothalamic, pituitary and adrenal system causes suppression of the immune system.[9]

Malnutrition:- Deficiency in certain vitamins and minerals can lead to decreased immune system function. Vitamins A, C and E, along with zinc, copper and iron have all been shown to be important for either neutrophil, T cell, or antibody functions. People with a poorly balanced diet and those with intestinal disease causing decreased absorption of nutrients are at risk.

Enhancing Immunity-

In Ayurvedic texts, various Acharays described countless useful dravya, formulations (yogas), mode of conducts for adults to enhance immunity (bala or vyadhikshmatva), similarly for healthy ksheerapa (infantile period), ksheerannada (1-2years age period) and annada-awastha (age period from 2-16 years). Acharya Kasyapa describe a special formulation by the name of "Lehana", for this purpose which enhances immunity and also fulfill the nutritional requirements, thus minimizes infection episodes.

The facts stated about lehana are as under –

To enhances 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 karma - children receiving inadequate amount of breast milk due to pregnancy of mother, children having increased demand of food, children passing less amount of urine and stool, children: very lean & thin without any organic problems, constipation, good digestive fire.

Contraindications of Lehana karma - children having improper digestion, lethargic, passing excessive amounts of urine & stool, suffering from various disorders like eye, fever, diarrhea edema, jaundice, anemia, cardiac problems, rectal disorder, excessive vomiting & nausea, abdominal discomforts.[10] Acharya Sushruta - has described 4 recipes (containing gold) which provide general immunity, body resistance, helpful in growth & development as well as enhancing the intelligence.

These are:

Svaran bhasm with kustha, vacha, madhu & ghrita.

Svaran bhasm with paste of brahmi , sankhpuspi with honey & ghrita.

Svaran bhasm, arkpushpi, vacha, honey & ghrita.

Svaran bhasm, khaidarya, sweta durva, ghrita.[11]

Method of Svarn Prashan and its effect:- Pure gold (in small quantity) is rubbed in water on a clean stone & given with honey and ghrita, to the newborn result in promote health, growth, complexion & strength(immunity). By feeding the gold for one month (the child) becomes extremely intelligent and is not

attacked by the disease, and by using for six months, is able to retain what so ever he hear.[12] In a pharmaco-clinical study, madhu-ghrita-swarna-vacha combination given to neonates showed a significant effect of humoral antibody formation and it acted on immunological system. Which was evident by triggering the response of immunological system arise in the total protein and serum igG level. Gold is already proved for its immunomodulatory effects because of its antibacterial action against different organisms but when it is mixed with madhu and grith it widens its spectrum of action to stimulate body immune cells. The clear information about does of swaran bhasma is not mentioned by Acharya. According to some text book as explanation for dose-the paediatric dose is-[13]

Infancy to 5 year – 5mg per day

5 -10 years – 10 mg per day

10-16 years – 15 mg per day

The concept of “vyaadhibalavirodhitvam” and “vyadyutpadapratibandhakatvam” elaborated by acharya Chakrapani in this respect, Methods to Boost up Vyadhiksamatva: In Ayurveda texts, various codes of conducts are described for each persons of any age (from conception to old age) to follow in different seasons, during healthy and diseased conditions in terms of dietetic (ahara) and mode of life (vihar).

These are:

Antenatal period – follow garbhini masanumasic paricharya, punshavana karma, for outcome of healthy baby.

To promote health of infant- Lehana Karma, various medhya rasayana.

Following swasthavritta paripalana (Dinacharya, Ritucharya).

Proper nutritious diet (satmya ahara).

Regular proper sleep, exercise, yogic asanas.

Adopting sodhana (Panchkarma) according to ritu in swasth purash (healthy person).

Following achara rasayana: for promoting mental and spiritual strength.

Meditation for spritual growth.[14]

Discussion :-

Childrens are more prone to contaminations and different illnesses as their insusceptibility is yet to create. In this period of life, it should be attain by lehana. It helps in the counteraction of contaminations and furthermore development and improvement in youngsters. On the off chance that the lehana drugs are utilized in fitting dosages alongside National Nutritional Programmes 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 :-

Children make the home lively and they are future of our country. The immunity start develop and mature, during fetal life, and just after the birth, to increase the immune system in children we have to started focus from the antenatal period by aahar and vihar of the mother. Just after the birth use the honey and ghrith to stimulate the immune system of the new born. Lehana is proved for its immunomodulatory effects, we should use different Lehana for enhances immunity and to minimizes infection episodes. Maintain hygiene and stress free environment for the proper development of the child.

References :-

- Marks Shannon, Development of the Immune System in Children, Aug 14,2017
- NIAID. "Understanding the Immune System." National Institute of Allergy and Infectious Diseases, Nov. 6, 2014
- Agnivesa. Acharya Y.T (ed.), Charaka Samhita Ayurved dipika vyakhya Chakrapanidatta, Sutrasthana; Vividhashitpitiyam: Adhyay 28, verse 7. Varanasi Chaukhamba Surbharati Prakashan, 2020; p. 178
- Agnivesa. Acharya Y.T (ed.), Charaka Samhita Ayurved dipika vyakhya Chakrapanidatta, Sutrasthana; Kiyantahshirshiyam: Adhyay 17, verse 73. Varanasi Chaukhamba Surbharati Prakashan, 2020; p. 103
- Susruta. Acharya Y.T.(ed.), Sushruta Samhita Nibandhsangrahvyakhya Dalhan, Sutrasthan; Doshdhatumalkshayvriddivigyaniya m : Adhyay 15, verse 25 . Varanasi Chaukhamba Surbharati Prakashan,2019; p.72
- Agnivesa. Acharya Y.T (ed.), Charaka Samhita Ayurved dipika vyakhya Chakrapanidatta, Sutrasthana; Tisraeshniyam: Adhyay 11, verse 36. Varanasi Chaukhamba Surbharati Prakashan, 2020; p. 74
- Sodhi virender, mulakaluri anup, How To Boost Your Immune System With Ayurvedic Medicine, Nov. 31,2014
- Vridha Jeevak, Kashyapa, Kashyap Samhita, Sutrasthana, Lehadhyaya, edited by Pandit Hemaraja Sharma, translated by Satyapala Bhisagacharya, 9th edition, Chaukhamba Publication, Varanasi, 2004; p. 3
- Torpy DJ and Chrousos. "The three-way interactions between the hypothalamic-pituitary- adrenal and gonadal axes and the immune system." Baillière's Clinical Rheumatology, May 1996; Vol. 10(2), Pg. 181-197.

Vriddha Jeevak, Kashyapa, Kashyap Samhita, Sutrasthana, Lehadhyaya, edited by Pandit Hemaraja Sharma, translated by Satyapala Bhisagacharya, 9th edition, Chaukhamba Publication, Varanasi, 2004; p. 5-6

Susruta. Acharya Y.T.(ed.), Sushruta Samhita Nibandhsangrahyakhya Dalhan, Sharirsthan; Garbhiniyakarnam : Adhyay 10, verse 68-70 . Varanasi Chaukhamba Surbharati Prakashan,2019; p.395

Vriddha Jeevak, Kashyapa, Kashyap Samhita, Sutrasthana, Lehadhyaya, edited by Pandit Hemaraja Sharma,

translated by Satyapala Bhisagacharya, 9th edition, Chaukhamba Publication, Varanasi, 2004; p. 7

Sharma Brahm Dutt A Review Article On Swarna Prashana Samskara W.S.R. Immunization, I.J.A.A.R. - ISSN: 2347-6362

Karam Singh, Bhavna Verma The Concept Of Vyadhikshamatva (Immunity) In Ayurveda, Ayurpharm Int J Ayur Alli Sci., Vol.1, No.5 (2012) Pages 99-108

Source of Support : None declared

Conflict of interest : Nil

© 2022 **AYUSCRIPT** | An International Journal Empirical Research in Ayurveda|
The Publication of **AYURVEDA RESEARCH & CAREER ACADEMY(ARCA)**.