



Review Article

A REVIEW ON LEHANA YOGA OF KASHYAPA SAMHITA AND ITS UTILIZATION IN DAY TO DAY PRACTICE

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ABSTRACT

Kashyapa Samhita is an ancient text having many benchmark contributions in the field of *Kaumarbhritya*. *Lehaadhya* is a major contribution of Kashyapa Samhita where *Lehana Yoga* (lickable-semisolid forms of herbs) is given. *Lehana* are most palatable and easy to prepare yoga for pediatric practice. In this article i have presented my views on how a practitioner can utilize drug combination of *Lehaadhya* in day to day practices. Various combinations given in *Lehadhyaya* are mainly given as preventive measures. But if we think on indication of *Lehana*, and side by side we thought on pediatric cases we encounter in day to day practices, we can realize that *Lehana* combinations are also useful in many common ailments in children. In other words *Lehana* combinations are not just for Preventive purpose and enhancing immunity and intellectual purpose but also can be used in so many common ailment found in pediatric practices. The thing we should kept in mind while using *Lehana* is its contraindications. Once we are clear about where we should not use *Lehana* and directly move on the treatment of particular disease, it becomes much easier to decide in which cases *Lehana* can be used.

INTRODUCTION

Treating a child is a process which requires continuous updates child to child because of totally different stages of growth and development of different age groups of children. We never find a same child in subsequent visit due to continuous growth and development is happening. Diet and lifestyle of different age group children is also a big consideration of practice. There is a need to identify few drug combinations which can be useful for proper growth and development, which boosts immunity, enhances intellectual and also useful in common ailments in children.

In Kashyapa Samhita, *Sutrasthana* a specific chapter called *Lehadhyaya* is given. By detail review of this chapter we can identify certain drug combination which can fulfill our above said practice need.

AIMS AND OBJECTIVES

- To review *Lehadhyaya* of Kashyapa Samhita.
- To elaborate indication and contraindication of *Lehana Yoga*.

METHODS

Present study is based on information about *Lehana* given in Kashyapa Samhita. A detail review on utility of *Lehana Yoga* has been done addressing the need of the hour.

Lehadhyaya

Lehadhyaya is a chapter given in Kashyapa Samhita *Sutrasthana*. This Chapter describes specific drug formulations used in child care practices. It is quoted that *Sukh* (healthy state) and *Dukh* (disease) conditions of child depend on *Lehana*^[1]. This quote specifies that if a healthy child receives *Lehana* properly than the child will keep continue to remain in *Sukh* (healthy) condition and otherwise *Dukh* (disease) condition may occur. Here *Dukh* is not meant for any particular major diseases but common recurrent or seasonal infections and other common ailments which are main concerns during childhood period.

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Defining the Lehana Yoga

“*Bheshajam Madhusarpibhyam*” [2]

While dealing with child, intelligent *Vaidya* should think about palatability of drug prescribed. *Aushadha churna* (fine powder of drug) is combined with Honey and Ghee to make a more palatable and effective form of drug. This type of semisolid form of preparation is called *Lehana Yoga* which is easily lickable to child. Moreover the dose of *Lehana* should be increased according to growth pattern of child. Here it should be noted that Ghee and Honey are most commonly used *Anupan* which increases efficacy of drug and also having nutritive value which is ultimately beneficial in growing age.

Indication of Lehana Yoga^[3]

In day to day practice we find many conditions where we have to think on specific formulations. Here *Lehana Yoga* can be an answer of many conditions like:

- 1. If baby is not getting sufficient amount of breast milk:** Breast milk is best milk for baby and nothing can replace it. But in certain condition child relies on other alternative source of nutrition like if mother is having some complication during labor or mother herself suffered from some serious disease condition or mother is having absence or less amount of breast milk. In these conditions *Lehana Yoga* can be an adjuvant source of nutrition which ultimately can provide proper growth and development effect.
- 2. Predominance of Vatta and Pitta:** *Lehana Yoga* can be used in *Vatta* and *Pitta* condition provided that *Kapha* condition should be excluded. This is for minor ailment found in children. For example if some minor *Pitta* ailment is there than *Manjistha* can be used as a *Lehana* purpose. Here the reason to exclude *Kapha* conditions which are more frequent in children can be that *Kapha* ailment need more specific treatment as *Kapha* ailment becomes stronger in children as childhood period is said to be *Kapha Pradhana*. Hence *Lehana Yoga* being a general measure should be avoided in *Kapha* ailments.
- 3. Excessive crying in children:** Some babies are having excessive crying even after breast feeding, many cries at night frequently without any obvious reason. Here after carefully excluding suspected pathological conditions, *Lehana Yoga* can be used. For example if baby is crying during night time and if evening colic is suspected than *Shatpushpa* can be used as *Lehana Yoga*.
- 4. Mahashana and Diptagni:** Many a times child is not satisfied with food and needs frequent meals. In this condition proper diet should be continued and *Shita* and *Guru aushadh* like *Shatavari* can be added

as *Lehana Yoga*. It will act as *Brumhana* and *Rasayana* and soothes the hungry child.

- 5. Alpa Mutra-Purisha:** Scanty urine and stool in children clearly indicates insufficient food and water intake which is a common concern especially in infants and toddlers. Here along with Diet and lifestyle advices to parent one can think on *Chitraka* or *Shatpushpa* or *Shatavari Lehana Yoga* depending on condition of child.
- 6. Niramaya but Krusha:** Child who is free from any diseases but still lag behinds in weight per age criteria. This is the most common condition encountered during practice. And if not treated it can result in malnutrition. Here also *Dipana Pachana* and *Balya Brimhan* combination need to be considered like *Shatpushpa*, *Shatavari*, *Chitraka*, and *Bala* etc. *Lehana Yoga* can play a role.
- 7. Babies not passing stool after three days:** It is considered normal in breastfed child but many times it is a result of faulty diet habits where child passes hard stools after three days or more. If child is having less intake of *Sneha dravya* (like *Ghee* and *Dugdha*) and vegetables than constipation is obvious. In current era due to increasing intake of junk food and packed food this is becoming common concerns. Diet modification is needed in this condition but to relieve ongoing hard stool one can consider *Triphala* or *Trivrit* as *Lehana Yoga*.

Lehana Yoga as a general indicated as *Medhya rasayana* and Preventive purpose. After reviewing its indication given in Kashyap Samhita, it is clear that *Lehana Yoga* can be adjuvant to many common ailment found in children.

Contraindication of Lehana Yoga^[4]

- 1. Condition of Mother:** There are three conditions of mother are given here. If mother is taking *Sarva rasa yukta aahara* than the food itself gives proper nourishment to mother. In this condition baby receives sufficient breast milk and hence there is no need to give *Lehana Yoga*. This condition is applicable to *Kshirapa* and *Kshirannada* child (age when baby is receiving breast milk). But in current scenario of day to day practice we rarely find that mother is taking *Sarva rasayukta aahara*.
The second condition is *Kalyanmatruka*. Here different meanings can be taken of this word. One meaning is that if mother's death occurs due to any condition. But as far as we have reviewed indication where we have seen that if breast milk is not available to child than *Lehana Yoga* should be given. Other is meaning is if mother is *Kalyanmatruka* (*Kalyanimata yasya*- mother is fulfilling all need of child). This is more relevant clinically. Like if baby is adequately breastfed by mother during *Kshirapa* and *Kshirannada avastha* and child is properly

taken care in every aspect of life than there is no need to give any adjuvant.

If mother is having *Guru stanya* than this type of *Stanya dushti* is due to *Kapha dosha*. Here *Kapha dushti* also takes place in child and for *Lehana* purpose *Kaphavarjita* condition is needed. So *Gurustanya Sevan* comes in contra indication category.

2. Condition of Agni and its consequences:

Mandagni is a condition where normal diet quantity is also not digested. Child takes food but still not gaining weight. Due to *Mandagni Aahara rasa* is made in little quantity where as *Malamutra* is formed in higher quantity (*Bahavidmutra*). This is ultimately *Aama* form of undigested food. If this type of malnourishment remains continue than child is not interested in food (*Arochak*). Subsequently the condition of malnourishment results in recurrent infection like *Jvara*, *Atisara*, *Chhardi*, *Shvasa*, *Kasa Udarroga* all falls in contraindication condition. Here first main disease should be treated and after treatment when child comes in *Niramaya* condition than *Lehana Yoga* can be used.

3. **Systemic Diseases:** All systemic illnesses in child need specific attention and treatment and hence contra indicated. *Hidroga*, *Pandu*, *Kamla*, *Shohta*, *Basti roga*, *Gudroga*, *Urdhvajatru Roga*, *Graha Roga* falls in contraindicated condition. Though these verses are not found completely in original text the concept of not giving *Lehana Yoga* in particular systemic diseases and concentrating on treatment of specific disease is very clear.

4. **Na Ahnyahni:** Not on daily basis. *Lehana Yoga* is definitely for purpose of immunity and intellectual enhancing which needs administration for long

term. But this verse is meant for concern of common ailment we have seen in indication of *Lehana* heading. For example we can discontinue *Triphla* or *Trivrut Lehana Yoga* gradually as early as child start passing normal consistency stool. Likewise we can think on other ailment resolutions also.

5. **Na ashitam:** Time gap is needed between administration of food and *Lehana Yoga*. Generally *Medhya Rasyana* are preferred to be given early morning as this will result in proper digestion and prompt effect which will last over the day. For other ailments one can decide time according to various conditions.

6. **Na Durdin Purovate:** When condition of environment is not favorable one can hardly digest daily consumed food hence *Lehana Yoga* can be avoided but still can be considered if given for some ailment.

7. **Na Asatmya:** If after administration of *Lehana Yoga* any unwanted reaction is noted in particular than *Lehana* should be discontinued.

8. **Na Atimatra:** *Lehana* is meant for intellectual and immunity enhancing purpose but it doesn't mean that high dose of *Lehana Yoga* will enhance it at a sudden. Process of immunity and intellectual enhancement is a time taking process occurs when proper dose of *Lehana Yoga* is given to child.

Lehana Yoga^[5]

To serve the purpose given in indication two types of *Lehana Yoga* are given.

Some *Lehana Yoga* contain poly herbal ingredient like *Abhaya Ghrita*, *Samvardhana Ghrita* Some *Lehana Yoga* contain single herb as ingredient like *Brahmi*, *Mandukparni* etc., single herb *Lehana Yoga*.

Table 1: *Lehana Yoga* and its Benefits

| Lehana Yoga and its Ingredients | Benefits |
|---|---|
| <i>Suvarnapashan: Suvarna</i> , little water, <i>Madhu</i> , <i>Sarpi</i> | <i>Medha</i> , <i>Agni</i> and <i>Balavardhana</i> , <i>Varnya</i> , <i>Vrushya</i> , intellectual enhancement like <i>Medhavi</i> if given for one month continuously and <i>Shrutadhara</i> if given for six month continuously |
| <i>Brahmi</i> , <i>Madhu</i> , <i>Ghrita</i> | <i>Medhya</i> |
| <i>Mandukparni</i> , <i>Madhu</i> , <i>Ghrita</i> | <i>Medhya</i> |
| <i>Triphala</i> , <i>Madhu</i> , <i>Ghrita</i> | <i>Medhya</i> |
| <i>Chitraka</i> , <i>Madhu</i> , <i>Ghrita</i> | <i>Medhya</i> |
| <i>Vacha</i> , <i>Madhu</i> , <i>Ghrita</i> | <i>Medhya</i> |
| <i>Shatpushpa</i> , <i>Madhu</i> , <i>Ghrita</i> | <i>Medhya</i> |
| <i>Shatavari</i> , <i>Madhu</i> , <i>Ghrita</i> | <i>Medhya</i> |
| <i>Danti</i> , <i>Madhu</i> , <i>Ghrita</i> | <i>Medhya</i> |
| <i>Nagbala</i> , <i>Madhu</i> , <i>Ghrita</i> | <i>Medhya</i> |
| <i>Trivrut</i> , <i>Madhu</i> , <i>Ghrita</i> | <i>Medhya</i> |

| | |
|--|--|
| <i>Kalyanak Ghrita</i> | <i>Medhya</i> |
| <i>Panchgavya Ghrita</i> | <i>Medhya</i> |
| <i>Brahmi Ghrita</i> | <i>Medhya</i> |
| <i>Medhyayoga: Manjistha, Triphala, Brahmi, Bala, Atibala, Chitrak, Madhu, Ghrita</i> | <i>Medha, Ayu, Bala Vrudhi</i> |
| <i>Kusthadi Ghrita:</i> <i>Kustha, Vatankur, Pit sarshap, Pippali, Triphala, Vacha, Saindhav</i> | <i>Medhajanana</i> |
| <i>AbhayGhrita: Brahmi, Sarshap, Kustha, Sandhav, Sariva, Vacha, Pippali</i> | <i>Pisachadi Badha Rakshana (preventive purpose)</i> |
| <i>Samvardhan Ghrita: Khadir, Prushniparni, Syandan, Saindhav, Bala, Atibala, Kebuk, Kshir, Ghrita, Given with Madhu</i> | Preventive purpose, enhancement of growth and development, In cases of developmental delay |

Above *Lehana Yoga* are given indications along with yoga description in Kashyap Samhita, which is mentioned in above table.

DISCUSSION

Indications given in table: 1 are seems mainly as *Rasayana*, as a preventive purpose, to enhance immunity, to enhance intellectual, for proper growth and development of children. These are the concepts comes generally in mind whenever utilizing *Lehana Yoga*. It is essential to remember that utility of *Lehana Yoga* needs to be maximized by considering general indication along with specific indication of particular *Yoga*. This we can do by recalling *Guna karma* of *Lehana* drug in particular. We can consider few examples of using *Lehana Yoga* i.e., utilizing both general and specific indication of *Lehana Yoga* given by *Aacharya Kashyap*. Like if we are using *Trivrit Lehana* or *Triphala Lehana* than it is *Medhya* and it will also softens the stool. If we use *Shatpushpa Lehana* or *Chitraka Lehana* than it is *Medhya* and it will also cause *Dipana Pachana* effect hence can help to relieve colic in children. If we use *Manjistha* as a *Lehana* than it is

Medhya and it will relieve *Paitika* ailment in child. This way we can decide that which *Lehana Yoga* is suitable for particular child and can widely use it in day to day practice.

CONCLUSION

Lehana Yoga are more palatable and easy to make herbal preparation. It can be widely used for preventive purpose as well as for minor ailment found in children as discussed in indication heading. There is a great scope to make these Ayurvedic lickable popular among community.

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2. Idem 1, Page-2
3. Idem 1, Page-3, 4
4. Idem 1, Page-4
5. Idem 1, Page-5, 6

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