

A Clinical Review on Samangadi Lehya as an Immunity Booster

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Abstract: Compared to young adults, children have lower immunity and lesser ability to fight off diseases. This is why children frequently fall sick due to changing weather, contaminated water, air, and environment. If children suffer from repeated illnesses during their developmental age, their future life will also be plagued with diseases. Therefore, we make efforts to increase their immunity and keep them healthy. The only way to protect them from these diseases is to boost their immune system. To increase the immunity of infants and prevent them from diseases, So far, no vaccine has been discovered that can fight multiple diseases at once and protect children from future illnesses. In this continuation Acharya Kashyap has recommended the lehan therapy. The literal meaning of lehan is to let children lick a medicinal powder mixed with ghee and honey. We use lehan therapy similar to Ayurvedic vaccination, which develops the child's immune system, making them less prone to illnesses. If this method is adopted from the very beginning of childhood, it can provide a strong foundation for children's overall development, including their cognitive, social, emotional, and physical growth. They will learn to explore the world around them with a sense of curiosity and wonder, fostering a lifelong love of learning.

Keywords: Lehan, Vyadhikshamatwa Bal

1. Introduction

LEHAN KARMA is an ancient and traditional method used to improve immunity. The word "Lehan" literally means giving something to lick or administering many herbal drugs with any liquid. Lehan is recommended for healthy children who have compromised breastfeeding and minor functional problems with metabolism. Lehanyog (BalRasayan) is well known for its immune-boosting properties. It helps to improve the child's resistance against various infections. Swarnaprashan (S.P) has been mentioned as Lehan (Bal rasayan) by acharya Kashyapa in "Lehaddhyaya," which is a unique traditional method of immunization that helps improve the child's immunity, strength, intellect, digestion, and lifespan. It also promotes proper growth and development.

Drug Review-

समंज्ञादिचर्णः :-

समंज्ञात्रिफलाब्राह्मीद्विबलेचित्रकस्तथा।

मधुसपिरितिप्राश्यंमेधायुर्बलवृद्धये।।(का. सू. पू. 1)

- Samangadiyog is described by Kashyapasamhita in Lehaddhyay.
- The contents of samangadiyog are Samanga, Triphala, Brahmi, Baladwaiya, Chitrak.
- According to kashyap it improves medha (intellect), ayu (long life), and Bala (immunity) of the child.

- 1) **Samanga** [Rubiocordifolia Lin] from [Rubiaceae] family, it's also known as "INDIAN MADDER", Samanga is a useful medicinal plant used in the treatment of inflammation, Ascites, Rheumatoid Arthritis, skin disorder, wound healing etc. We can find is easily in the market.

Previous Researches

It shows following activity of drug.

- a) Immunity enhancing activity
- b) Anti viral activity
- c) Anti convulsant activity
- d) Hepatoprotective activity
- e) Anti stress activity
- f) Neuro depressant

[International Journal of Recent Scientific Research Vol. 11, Issue, 04 (A), pp. 37958-37968, April, 2020]

- 2) **Brahmi:** It is known as Water hyssop. Brahmi contains bacoside A & B, Brahmin as main alkaloid and others are nicotine, herpestine. Bacoside A, B are the major constituents present in Brahmi plant. it's an anticonvulsant drug, & has many properties.

Previous Researches

It shows following activity of drug.

- a) Memory enhancing property
- b) Anti depressant
- c) Wound healing
- d) It's also helps in Alzheimer's disease [Arun Mukherjee1, Vipla Gombar1, Yasmeen Shamsi2, Meena Gupta and Sumit Sinha3.]

- 3) **Triphala (Haritaki, Vibhitaki, Amalaki)** is a drug widely used in many disorders. It is useful as an internalcleansing,detoxifying& act as Rasayana and good purgative.

पथ्याविभीतधात्रीणाम्फलैःस्यात्त्रिफलासमैफलत्रिकंचत्रिफला सावराचप्रकीर्तिताहरीतक्यामलकविभीतकानीतित्रिफलासु. सू. ३८/५६

Previous Researches-

It shows following activity of drug.

Volume 12 Issue 11, November 2023

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- Immunodulatory effects
- Anti bacterial
- Anti cancerous
- Anti inflammatory
- Anti hyperlipidemic
- Usefull in gastric disorder.

[TRIPHALA: A COMPREHENSIVE AYURVEDIC REVIEW Bali chouhan et al / Int. J. Res. Ayurveda Pharm. 4(4), Jul – Aug 2013]

- Chitraka:** Plumbagozeylanica commonly called Ceylon leadwort or Chitrak, has good medicinal potential, It possesses wide range of phytochemicals showing various pharmacological activities.

Previous Researches-

It shows following activity of drug.

- Worm destroying activity
- Fabrifuse
- Nerve stimulant
- Appetite stimulator
- Anti inflammatory [Int. J. Pharm. Sci. Rev. Res., 30(2), January – February 2015; Article No. 20, Pages: 119-127].

- Manjishtha:** Sidacordifolia has been reported to possess analgesic, antiinflammatory and hypoglycemic activities as well as hepatoprotective activity. Presence of **ephedrine** has highlighted the utility of this plant. Various ayurvedic preparation of this plant used in asthma diseases, fat lose and increase energy, Oil preparation also cures pain, swelling disorder. This plant has also great potential to develop athletic supplements by pharmaceutical industries.

Keywords: Sidacordifolia, Ephedrine, Ayurveda, weight loss, analgesic.

Previous Researches-

It shows following activity of drug.

- CNS depressant
- Anti microbial
- Anti Parkinson disease
- Analgesic
- Wound healing

Journal of Applied Pharmaceutical Science 01 (02); 2011: 23-31 Ankit Jain, Shreya Choubey, P.K.Singour, H. Rajak and R.S. Pawar

HONEY

- Anti-microbial properties
- Antioxidant property
- Anti-inflammatory & immunomodulatory action

In a recent study, it was found that honey shows anti-inflammatory effect by reducing the activities of cyclooxygenase-1 and cyclooxygenase-2. Honey has immunomodulatory activity .

- Anti- cancerous activity.
- Wound healing property.
- Anti- diabetic property.

[Honey and Health: A Review of Recent Clinical Research Saeed Samarghandian, TaherehFarkhondeh, and FariborzSamini]

GHRITA-In Ayurveda, 4 types of Sneha are described-ghrita (ghee), taila (oil). sana (fat of body) and majja (bone marrow). Among these, ghrita is considered hot, "नान्यास्नेहस्तथाकश्चित्संस्कारमानुवर्तते।यथासर्पिरतसर्पिसर्वस्नेहोत्तममतम्॥ 169 (च०नि० 1/40) means ghrita due to its sanskaraavartanaguna has more medicinal properties. Ghrita is palatable and satmya to everyone since childhood.

SYNONYMS170"घृतमाज्यंहविःसर्पिःकथ्यन्तेतद्गुणाथ।"

It promotes learning and increase memory. It is rich in antioxidants and act as an aid in absorption of vitamin and minerals from the food, serving to strengthen the immune system. Ghrith has body weight gaining property also.

MADHU & GHRIT: Studies on the physiochemical characteristics of heated honey, honey mixed with ghrith and their food consumption patter by rats Showed no toxicity.

The Toxic Impact of Honey Adulteration: A Review RafiehFakhlai 1, JinapSelamat 1,2,*, AlfiKhatib 3,4, Ahmad FaizalAbdullRazis 2,5,Rashidah Sukor 2, Syahida Ahmad 6 and Arman Amani Babadi.

[Annapoorani, k r anilakumarfarthathkhanum n anjaneymurthy s bawa.]

2. Discussion

A strong immune system is essential for the growth and development of children. We need strong immunity for our physical and mental development, but nowadays, the immunity of children has weakened due to their diet and unhealthy lifestyle. Junk food and an unhealthy lifestyle are the main reasons why children fall ill more often. Recurrent infections in children are responsible for high morbidity prevalence, with a reduction in immunity being a primary cause.

- The herbs in SamangadiChoorn are all meant to boost immunity.
- Its components, such as Amalaki, Manjistha, Haritaki, Vibhitaki, and Atibala, possess immunomodulatory and anti-inflammatory properties, making them useful in fighting various illnesses.
- Triphala and Atibala have the potential to modulate the immune system. The study was conducted in two phases, with the first phase consisting of a survey to find out the incidence of common recurrent illnesses in children, along with their immunization status.

3. Conclusion

- Brain development in babies plays a crucial role in their future intelligence, with 90% of their brain development taking place in the first five years of life.
- The immune system and nervous system are also closely linked, with nerve fibers connecting to the lymphoid organs.

- 3) In Ayurveda, physical and mental health are linked, with Sharirikavikara affecting the body and mind.
- 4) Enhancing the tolerance capacity of a child's body against various diseases can help reduce morbidity.
- 5) Acharya Kashyapa's "Lehana" group of special formulations works as a brain and body tonic, enhancing both immunity and general well-being.
- 6) Samangadilehya is extremely beneficial for the physical and mental development of children.

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