A Clinical Review on Samangadi Lehya as an Immunity Booster

Priyanka Tripathi¹, Dr. Laxmi²

¹PG Scholar, PG Department of Kaumarabhriyta, State Ayurvedic College & Hospital Lucknow U.P., India
²Assistant Professor, PG Department of Kaumarabhriyta, State Ayurvedic College & Hospital Lucknow U.P., India

Corresponding Author Email: tripatpriyanka00[dot]at[dot]gmail.com

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 AcharyakaShyapa 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 acharyaKashyapa 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-

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

1) Samanga [Rubiacordifolia 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 ResearchVol. 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 internal cleansing, detoxifying& act as Rasayana and good purgative.

Previous Researches-
It shows following activity of drug.
a) Immunodulatory activity
b) Anti bacterial
c) Anti cancerous
d) Anti inflammatory
e) Anti hyperlipidemic
f) Usefull in gastric disorder.


4) Chitraka: Plumbago zeylanica 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.
a) Worm destroying activity
b) Fabrifuse
c) Nerve stimulant
d) Appetite stimulator

5) Manjishtha: Sidacordifolia has been reported to possess analgesic, anti inflammatory 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, Ayurvededa, weight loss, analgesic.

Previsous Researches-
It shows following activity of drug.
a) CNS depressant
b) Anti microbial
c) Anti Parkinson disease
d) Analgesic
e) 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 activity by reducing the activities of cyclooxygenase-1 and cyclooxygenase-2. Honey has immunomodulatory activity.
• Anti-cancerous activity.
• Wound healing property.
• Anti-diabetic property.

[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.

1) The herbs in SamangadiChoorn are all meant to boost immunity.
2) Its components, such as Amalaki, Manjishtha, Haritaki, Vibhiti, and Atibala, possess immunomodulatory and anti-inflammatory properties, making them useful in fighting various illnesses.
3) 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

1) 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.
2) 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.

References

[3] Chakradutta
[13] Dravya gun sutram, priyavratsharma
[15] INT journal of research in Ayurveda and pharmacy.
[16] Research work by Dr. Vinarma Sharma: Toxicity Study of Suvarna Prashana in Albino Rats, KLE University. [Medicinal Properties of Honey: A Review Ishan Ulas Khan1, Widhi Dubey1, Vedprakash Guptaa2 1School of Pure and Applied Science, JECRC University, Jaipur-303905, Rajasthan 2Agricultural Research Station, Kota Corresponding Author E-mail: ishun.ullahkhan@gmail.com]
[18] Ayurvedic medicine. (Singh H K at al.)
[19] [Phytochemical and toxicity study of Emblica officinalis (Amla)]
[21] OECD guideline. T. bellirica at a dose of 5000mg/kg did not produce any toxicity.
[22] (Shirish S. Pingale et al, 2011)
[23] (Gogte VM, 2009)