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TITLE-CONCEPTUAL STUDY OF LEHANA

Dr. Rajesh Prabhakar Bholane

Professor, Dept of kaumabritya , siddhakala ayurveda Mahavidyalya TQ. Sangamner, Dist: Ahmednagar

ABSTRACT

Lehana is supplementary feed for proper growth and development for children .Likables in medicinal form act as preventive as well as curative.So they must be well planned and given to kids at various ages.

KEYWORDS-LEHANA



INTRODUCTION-Pediatrics is age of concern ,as pediatric patients are not miniature adults. Their dose ,treatment aspect,diagnostic tools and ways varies. Lehana or likables are made in such a way that they are palatable and easily acceptable by a child of various age group. They are given considering the indications and contraindications..and their benefits.

DEFINITION-Lehana Can be defined as that medicinal preparation which are in palatable form which boost immunity and serve the preventive and curative purpose in children.

AIM-To study lehana in detail

Objective-1-indication

2-contraindication

3-benefits

Data Collection-it is done by referring various samhitas of ayurvedic text books and modern pediatric books and referring various pediatric articles.

INDICATION

1. In children whose mother have deficient /Absent / vitiated breast milk.
2. In children whose mother have faced difficult labour .
3. Whose mother is severely ill .
4. Children who keep on crying and are not satisfied on breast milk .
5. Those childrens who do not sleep in night hours .
6. Who have good digestion and eat more pass less urine and stool
7. Those who are emaciated and constipated
8. Vatta& Pitta predominant children

Contraindication

1. Child with poor digestion
2. Excessive sleepiness
3. Passes large quantity stool & less urine .
4. One with strong body.
5. Indigestion

6. One receiving heavy or digested breast milk .
7. One who is fed by mother receiving shadrasa .
8. Children having head and neck disorders ,disease of rectum bladder, abdomen and heart.
9. Various disease like vomiting flatulence enlarged thyroid.
10. Those childrens suffering from graharogas
11. On bad days with cloud and strong winds

BENEFITS

1. Intellectual enhancement
2. to enhance 13 types of agni and body strength .
3. achieve longevity
4. Auspicious, virtuous and aphrodisiacs properties
5. enhance complexion
6. Eradicate graharogas
7. lehana for 1mnt=intellect
8. Lehana for 6mts increase retaining capacity
9. Abhaygrita ,bramhi,siddhartakakushta Rock salt,sariva,vacha ,pippali.
10. Prevents from pisacha , rakshas ,yaksha&mantrik
11. Provides genral immunity
12. Body resistance
13. Enhance intelligence
14. During sheeta&basantritu (cold & spring season). Medicated gruta prepared from decoction of drugs of Aragvadhadigana&Vatasakadigana . during grishmaritu milk heated with decoctionJeevaniyagana drug in morning . Sartu mixed with excess grita&mishri.
15. Medicated sarpiprepared from decoction of drugs of vadaryadigana& paste of rasna ,sarla, varshambu , hing ,saindhav and daru
16. Processed ksheeraGritha with prapaundrikamahukasupyaparni, dravyas,duralabha ,priyal,

kshringi, madhuka, medha, rishabhaka and jeevaka

DRUG SCHEDULE FOR LEHANA

Drugs mixed with honey and ghee equal to the quantity of vidhanga should be administered in new ball it should be gradually increased every month but should not exceed the quantity of amla fruit.

Discussion

Swasthasya Swasthya Rakshanam is the main fundamental principle of Ayurvedic treatment in which we can conclude the prevention, use of lehana drugs, and diet for staying healthy. Lehana is a specialised treatment influencing the fundamental aspects of the organs i.e. Dhatu, Agni and Srotamsi, leading to overall improvement in the organism, which affords prevention of ageing, resistance against diseases, bodily strength and improvement in mental faculties. The mode of action of lehana Dravyas can be considered through the following ways:-

- By improving the nutritional value of the Rasa Dhatu, in turn by improving the Dhatu Poshana e.g. Dugdha, Ghrita, etc.
- By improving the Agni Vyapara (digestion) in the body,
- By Shrota Shodhana in the body, this improves Dhatu Poshana Kriya (supply of nutritional contents up to the cellular level) like Guggulu. The prescribed procedure includes not only drugs but also daily routine including exercise, diet and nutrition beside mental attitude and discipline one of the therapeutic strategies. Ayurvedic medicine is to increase body's natural resistance to the disease.

Conclusion

Children are more vulnerable to infection because their immune system is less or

under developed. During this period our attempt should be specified to prevention of diseases and to enhance physical, mental and social well-being of children. Ayurveda provides concept of Lehana which can help in prevention of recurrent infections and also provides nutritional supplements which are necessary for proper physical and mental growth of a child. If the Lehana drugs used in appropriate dose with suitable vehicle (Anupan/Sahapan) there is no adverse effect reported till now. Lehana concept could be jointly run with National Nutritional Programme and other national programmes for the children. By all means we can get better result by means of their better growth, development and eradication of infective diseases.

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