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Review Article

LITERARY REVIEW OF KASHYAPOKTA LEHAN KALPANA

Laxman Narayan Chavan¹, Mukesh Ananta Chaudhari², Dr.D.B. Chavan³

1. M.D.(Kaumarbhritya) Balroga Govt. Ayurveda College, Vazirabad, Nanded (Maharashtra) India
2. Phd (SCH) Dept. Of Rasashastra and Bhaishjya Kalpana National Institute Of Ayurveda, Jaipur, Rajashtan.
3. Associate Professor Dept. Of Kaumarbhritya Govt. Ayurveda College, Vazirabad, Nanded (Maharashtra) India.

Address for correspondence:

Mukesh Ananta Chaudhari, Phd (SCH) Dept. Of Rasashastra and Bhaishjya Kalpana National Institute Of Ayurveda, Jaipur, Rajashtan.302002

Email: drmukesh19@gmail.com

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ABSTRACT

Today's life is called as fast food life due to these requirements of body not fulfilled well. Automatically these affect on the nutritional status of the body occurring disease like PEM, Anaemia etc. Which hamper immunological system. In the wake of COVID 19, an infectious disease caused by a newly discovered corona virus, entire mankind across the globe is suffering. Till date, no medicine or therapy has demonstrated promising results in either preventing the disease or improving its prognosis to prevent this infection. The best way of preventing COVID 19 infection are breaking the chain, enhancing an individual's immunity. The AYUSH ministry has already published a series of measures to improve individual's natural defence system (immunity). Acharya Kashyapa thousands of years back he explained the terminology of lehan in that administration of gold alone or along with other herbs in a *Lehan* forms in children for the benefit of improving the intellect, digestion and metabolism, physical strength, immunity, complexion and life span. The concept of *Lehan Kalpana* explained in detail.

KEYWORDS:- Immune system, Gold, *Lehan*, Kashyap

INTRODUCTION

Administration of pure gold in children is a special featured practice mentioned in the Ayurveda as “*Swarnaprashana*” by *Acharya Kashyapa* thousands of years back.

Kashyapa explained the use of *Swarna* in children for the benefits of improving physical, mental strength and immunity, complexion and life span. *Swarnaprashana* described under the topic *Lehan kalpana* (supplementary feeds).^[1]

ADMINISTRATION

IN LEHAN KALPANA (SUPPLEMENTARY FEEDS)

Acharya Kashyapa mentioned the unique formula while preparing *Swarnaprashana* gold should be triturated along with water, honey and ghee on a clean stone facing east direction to which one should face, while preparing *Swarnaprashana*.^[2]

INDICATION AND CONTRAINDICATION OF LEHANA^[3] :-

<i>Lehana</i> Indicated	<i>Lehana</i> Contraindicated
a) <i>Akshira</i> (absence of breast milk) b) <i>Alpakshira</i> (Inadequacy of breast milk) c) <i>Dushtakshira</i>	a) <i>Mandagni</i> (undigestion)
d) <i>Dushprajata</i> (Obstructed labour)	b) <i>Jwara</i> (Fever)
e) <i>Bhrushvyadhi Pidita</i> (Major disease)	c) <i>Atisara</i> (Diarrhoea)
f) <i>Vata-Pitta Pradhanata & Kaphavarjit</i>	d) <i>Kamala</i> (Jaundice)
g) <i>Anidra Nishi</i> (night sleep disturbance)	e) <i>Shoth</i> (Edema)
h) <i>Mahashana</i> (Require large amount of food)	f) <i>Pandu</i> (Anemia)
i) <i>Alpamutrapurisha</i> (passing less quantity of urine n stool)	g) <i>Hruhdrog</i> (Cardiac Disease)
j) <i>Diptagni</i> (food digest quickly)	h) <i>Shawas</i> (Asthma)
k) <i>Niramayashya Tanavo</i> (healthy baby)	i) <i>Kasa</i> (Cough)
l) A child who not pass the stool upto 3 days	j) Disease of Anus, Bladder and Abdomen
m) A child who not satisfy after drinking the breast milk	k) Vomiting

	1) Kalyanmatruka (who's Mother died)
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KASHYAPOKTA LEHANA YOGA:-

A) Acharya Kashyapa Suggests administration of Honey and Ghee along with one of the following herbs which produces *Medhajanan Karya*^[4].

- 1) *Bramhi* (Bacopa Moneria)
- 2) *Mandukparni* (Centella Asiticca)
- 3) *Triphala*
- 4) *Chitraka* (Plumbago zeylanica)
- 5) *Vacha* (Acorus Calamus)
- 6) *Shatpushpa* (Anthem Sowa)
- 7) *Shatavari* (Asparagus Racemosus)
- 8) *Danti* (Baliospermum Montanum)
- 9) *Nagbala* (Grewia Hirsuta)
- 10) *Trivrutta* (Operculina Terpetum)

The Use of *Kalyanaka ghrita*, *Panchagavya ghrita*, and *Bramhi ghrit* Produces the *Medhajanan karya*.

B) Use of Equal amount of churn of *Samanga* (Rubia Cordifolia), *Triphala*, *Bramhi* (Bacopa Monneria), *Baladwaya* (*Bala* (Sida Cordifolia & *Atibala* (Abutilum Indicum))), *Chitraka* (Plumbago Zeylanicum) along with Honey and *Ghrita* produces improvement in *Medha* (Improvement of intellect), *Aayu* (Promoting life span), *Bala* (Physical Strength)^[5]

C) *Kushta* (Saussurea Lappa), *Vatankura* (Buds of Banyan Tree), *Gauri* (Yellow Mustard), *Pippali* (Piper longum), *Triphala*, *Vacha* (Acorus calamus), *Saindhav* (Salt) all these ingredients mixed well and prepared by *Ghritapak vidhi* the formed *Ghrita* useful in *Medhajanan karya* (Improvement of intellect)^[6].

D) Abhay ghrita^[7] :-

Prepared from *Bramhi* (Bacopa monneria), *Siddharthaka* (Mustard), *Kushta* (Saussurea Lappa), *Saindhav* (Salt), *Sariva* (Hemidesmus Indicus), *Vacha* (Acorus Calamus) and *Pippali* (Piper Longum) all these

ingredients mixed well and prepared by *Ghritapak vidhi* the formed *Ghrita* is called as *Abhay ghrita*. Useful in Protection from evil spirits and Microorganisms.

E) Savardhan ghrita ^[8]:-

Prepared from *Khadir* (Acacia Catechu), *Prushnaparni* (Uraria Picta), *Arjuna* (Termilia Arjuna), *Sandhav* (Salt), *Baladwaya* (Bala(Sida Cordifolia & *Atibala* (Abutulam Indicum)), *Kebuk* all these ingredients mixed well and prepare *Kwath* (Decoction) then mixed with equal amount of milk or 576 gm of *Ghrita* the formed *Ghrita* is called as *Savardhan ghrita*. Always Used with *Madhu* (Honey) and useful in all diseases, *Pangu* (Paralised), *Muka* (Mute), *Ashruti* (Deafness), *Jada* (Idiots).

When used in above given condition the disease state become disease free, *Pangu* can walk properly, *Muka* can talk properly, *Ashruti* can hear properly.

BENIFITS OF SWARNAPRASHANA^[9] :-

- a) *Medha Agni Bala Vardhanam* (Improvement of intellect, Digestion, Metabolism, Immunity and Physical strength)
- b) *Ayushyam* (Promoting lifespan)
- c) *Punyam* (Righteous)
- d) *Vrushyam* (Aphrodisiac)
- e) *Varnyam* (Enhancement of Colour And Complexion).
- f) *Grahapaham* (Protection from evil spirits and Microorganisms).

According to the duration of *Swarnaprashana* administration specific benefits are mentioned.

- 1) If administered for 1 month the baby will become param *Medhavi* (Intelligent) and *Vyadhibhir na cha Drushyate* (Will not be affected by any disease).
- 2) If administered for 6 months the baby will become *Shrutadhara* (Will be able to remember the things just heard).

DOSAGE OF SWARNAPRASHANA :

Acharya Kashyapa has not mentioned the dose of *Swarnprashana* but according to various *Acharya* dose of *Swarnbhasma* given from these we calculate the dose of *Swarnprashana* approximately.

- 1) Dose of *Swarnbhasma* – $1/4 - 1/8$ *Ratti* (15-30 mg)^[10]
- 2) Dose of *Swarnbhasma* – 2 *Gunja* (250mg)^[11]

By taking these adult dosages as reference standards dosage in children can be calculated by Young formula.

DISCUSSION :-

- *Acharya Kashyapa* firstly mentioned the term *Swarnaprashana*, where administration of gold alone or along with other herbs in a *Lehan* form.
- *Acharya Kashyapa* mentioned the term *Swarnprashana* under the topic *Lehana*
- In *Swarnprashan Swarnabhasma* is a main Ingredient. Swarn has greater role in *Medha vardhanam*, *Agni Vardhanam*, *Bal Vardhanam*, *Vrushya*, *Ayushyakara*, *Grahapaham* etc. These role of Swarna can be use to strengthen an individual^[12]. Gold enhances memory power and immunity too. Oxide of Swarna i.e. *Swarnabhasma* is easily absorbable. Swarna may remain unabsorbed in the body and act as incompatible substance or binding material by playing significant role in the stimulation of immune system. Gold is already proved for its immune modulatory effects because of its antibacterial actions against different organisms but when it is mixed with *Madhu* and *Ghrita*, it enhances the action to stimulate body immune system^[13]
- In *Swarnprashana* ingredient *Ghrit* is like a vehicle act on Central Nervous System. The only lipid soluble drug enters into blood brain barrier so *Ghrit* acts very well on CNS and produces its *Medhajanan Karya*.
- *Madhu* is a another vehicle used in this formulation. *Madhu* is manufactured from pollen grain by bees .The reason behind adding *Madhu* in *Swarnprashan* is that when *Madhu* is administered in low dose to newborn, when this child grows gradually itself develop resistance for Allergens and it remains unaffected by allergic disorders^[14].

CONCLUSION

The definition of health according to the WHO “ Physical, Mental, Social and spiritual well being. Children are the future of nation so every parents have challenging question to maintain physical, mental and social health of children without any side effects.

Theory of vaccination resembles to the concept of *vyadhikshamatva*. Vaccination enhance humoral immunity in same way that *swarnprashan* is an ancient immunization technique with no adverse effects and helps to grows the child with best immunity and intellectual performance. And also fulfilling WHO's definition of health.

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