



Review Article

A REVIEW ON *LEHANA YOGAS* AND DRAWING COMPARISON WITH FORMULA FEEDING

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ABSTRACT

Exclusive breastfeeding is the recommended source of nutrition for the first six months of an infant's life and should be regarded as such in analytical approaches used in the study of infant feeding. Early feeding is crucial for the development and maturation of the infant immune system. They control the growth of gut-associated lymphoid tissue and the colonization of the gut, as well as the differentiation of T cells that are important for host defense and tolerance. For infants, the absence of breastfeeding or formula feeding correlates with a heightened incidence of infectious morbidity, alongside increased risks of childhood obesity and various outpatient department (OPD) conditions. Some of the conditions that are included are abdominal colic, irregular bowel movements, regurgitation of feed, nutritional deficiencies, and developmental delays. But a lot of babies are getting formula instead of breast milk these days, either because they have to or because they want to. Acharya Kashyapa and other *Acharyas* talk about different *Lehana yogas* in Ayurveda that have properties similar to those of breast milk. In this article, I discussed how ayurvedic *Lehana yoga* can be an alternative to formula feeding for children who rely on it partially or entirely for their nutritional requirements.

INTRODUCTION

Breastfeeding is a vital component of the neonatal and infant stages. Breastfeeding, or lactation, gives the baby all the nutrients it needs and makes the baby emotionally dependent on the parent who is breastfeeding. Colostrum is the first milk that comes after labor. Colostrum has a lot of immunoglobulins in it. People often call it the first shot. Colostrum gives the gastrointestinal (GI) tract mucosal immunity by sending secretory IgA, IgM, and IgG. These important immunoglobulins protect the gut and help keep some infections from happening. But as has been shown in many cases, a lot of mothers don't produce enough breast milk for 3–4 days after giving birth or later in life, when the child is fully or partially dependent on breast milk for their nutrition. ^[1]

The Kashyapa Samhita is a classical Ayurveda text that made many important contributions to the field of *Kaumarbhritya* (paediatrics). There is a chapter in the *Sutrasthan* of the Kashyapa Samhita called *Lehaadhyaya* that talks about *Lehana Yogas*, which are lickable semisolid forms of herbal formulations. They are the best-tasting and easiest yoga for kids to do. These *Yogas* can be given to kids from the time they are born until they are teenagers. Acharya Kashyapa says that they can be given when breast milk is not available or is not enough because they are very similar to breast milk. In addition, the herbs in them are potent enough to meet a child's needs as they grow and develop, even into their teenage years. ^[2]

AIMS AND OBJECTIVES

- To examine the *Lehaadhyaya* of the Kashyapa Samhita.
- To compare formula feeding with *Lehana*.

MATERIALS AND METHODS

Historically, public health campaigns and medical literature have delineated the “benefits of breastfeeding” by contrasting health outcomes between breastfed infants and a reference group of

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formula-fed infants. This method, while mathematically equivalent to stating the "risk of not breastfeeding," implicitly establishes formula feeding as the standard. As noted by several authors, this subtle distinction affects how people think about feeding babies. If "breast is best," then formula is implicitly "good" or "normal." This distinction was emphasized by national survey data indicating that, in 2003, 74.3% of US residents disagreed with the statement "Infant formula is as good as breast milk," while only 24.4% concurred with the statement "Feeding a baby formula instead of breast milk increases the chance the baby will get sick."^[3] Compared to breastfed infants, formula-fed infants experience higher risks of infectious morbidity in the first year of life. These variations in health outcomes can be partially attributed to specific and intrinsic immune factors found in human milk. Plasma cells from the mother's bronchial tree and intestine move to the mammary epithelium and make IgA antibodies that are specific to antigens in the mother-infant dyad's immediate surroundings. This gives the mother specific protection against pathogens in her environment. Moreover, innate immune components in milk confer protection against infection. Oligosaccharides stop common respiratory pathogens like *Haemophilus influenzae* and *Streptococcus pneumoniae* from sticking to the respiratory epithelium. Glycoproteins stop intestinal pathogens like *Vibrio cholerae*, *Escherichia coli*, and rotavirus from sticking to the intestinal epithelium. Infants have gotten very sick and even died after getting *Enterobacter sakazakii* from powdered infant formula (PIF).^[4] While being made, PIF can get harmful bacteria in it, like *Enterobacter sakazakii* and *Salmonella enterica*. This is because, with the technology we have now, it is not possible to make sterile PIF. Improper handling during the preparation of PIF can make the problem worse.^[5]

Lehadhyaya is a chapter in the *Kashyapa Samhita Sutrasthana*. This chapter talks about different kinds of *Lehana* drugs that are used in childcare. It stresses that *Lehana* is what makes a child healthy or sick. It says that if a healthy child gets *Lehana* the right way, they will stay healthy. If not, they may get sick with common, recurrent, or seasonal infections and other common illnesses, which are the main concerns during childhood. Acharya Kashyapa has also given a clear set of guidelines regarding to whom the *Lehana* should be given and whom not to:

***Lehana* Yogya (Indications)^[6]**

- If the baby is not getting a sufficient amount of breast milk.
- Predominance of *Vata* and *Pitta*.
- Excessive crying in children due to abdominal colic.

- *Mahashana* and *Deeptagni* (aggravated digestive fire/appetite).
- *Alpa Mutra-Purisha* (scanty urine-stool production).
- *Niramaya* but *Krusha* (not attaining weight and height appropriate for age).
- Constipated bowel

***Lehana* Ayogya (Contraindications)^[7]**

- *Kalyanmatrika* (child is getting adequate breast milk).
- *Mandagni/Aama avastha* (compromised digestive system).
- Systemic Diseases
- *Na Ahnyahni* (shouldn't be continued for a longer period).
- *Na ashitam* (shouldn't be taken after meal).
- *Na Durdin* Purovate (shouldn't be done on extreme weather days).
- *Na Asatmya* (should be discontinued in children showing allergic reactions to it).
- *Na Atimatra* (shouldn't be consumed in higher doses).

***Lehana* According to Age^[8]**

- *Ksheerapa-Siddharthak*, *Vacha*, *Jatamansi*, *Apamarga*, *Shatavari*, *Sariva*, *Pippali*, *Haridra*, *Koshta*, *Saindhava*, and *Ghrita*.
- *Ksheerannada-Madhuka*, *Vacha*, *Pippali*, *Chitraka*, *Triphala*, and *Ghrita*.
- *Annada-dashmool*, *Ksheera*, *Tagara*, *Bhadradaru*, *Maricha*, *Madhuka*, *Vidanga*, *Draksha*, two kinds of *Brahmi*, and *Ghrita*.

DISCUSSION

From the information above, we can see that Acharya Kashyapa has been careful with how he uses *Lehana* based on the health of the children. He has made it clear that the digestive system (*Samagni*) must work properly before *Lehana* can be given. In addition, *Lehana* should not be given if the mother can provide enough breast milk or if the child is getting enough nutrition from breast milk and food. When it comes to formula feeding, many parents don't follow the advice of Acharya Kashyapa, which is causing a lot of problems like obesity in children, allergic skin diseases, abdominal colic, regurgitation of feed, abdominal distention, nutritional deficiencies, constipation, and more. Acharya Sushruta has introduced the concept of *Lehana* based on age classification, wherein *Lehana* is formulated with various sets of drugs and administered to children across different age groups^[8]. The drugs used here are chosen based on what the body needs at that age. The drugs used in different *Lehana* yogas have *Medhya* properties that improve intelligence, *Rasayan* properties that improve immunity and proper physical

and mental growth, and *Deepana-pachana* properties that keep the digestive system healthy and relieve problems like abdominal colic, bloating, and constipated bowel. For instance, if we use *Trivrita Lehana* or *Triphala Lehana*, which is *Medhya* and will also make the stool softer. If we use *Shatpushpa Lehana* or *Chitraka Lehana*, it will work as both *Medhya* and *Deepana Pachana*, which means it can help with colic and bloating in kids. *Manjistha lehana* can help with *Paitika* problems in kids, like dermatitis and rashes, along with its *Medhya* properties. A lot of research has shown that *Suvarnaprashana*, a *Lehana yoga* given by Acharya Kashyapa, has an immunomodulatory effect. All the other *Acharyas* have also said that the *Suvarna yukta lehana yogas* are the best for helping kids learn. Acharya Vagbhata in *Ashtanga Samgraha* has proposed various *Lehana Yogas* tailored to specific seasons, wherein the selection of drugs is based on the condition of different doshas and the body's needs during those times. We can say that there are many *Lehana yogas* that are good for children's overall health, and some of them work on specific systems^[9-11].

Acharyas say that if a child isn't getting enough breast milk, they should be given *Lehana*. This is because *Lehana yogas* can be an extra source of nutrition that helps the child grow and develop properly. *Lehana yoga* of *Shatpushpa* can also help with abdominal colic. When the digestive fire is too strong, you can add *Shita* and *Guru aushadh* like *Shatavari* can be added to along with the normal diet as *Lehana Yoga*. It will calm the hungry child and work as *Brumhana* and *Rasayana*. When kids don't pee or poop enough, which means they aren't getting enough food and water, *Chitraka/Shatpushpa* or *Shatavari Lehana Yoga* can be very helpful. This is a common problem for babies and toddlers. If a child isn't growing tall and heavy enough for their age, you should think about giving them *Deepana-Pachana* and *Balya-Brimhan* combinations, such as *Shatpushpa*, *Shatavari*, *Chitraka*, and *Bala*. If the child is having a constipated bowel, you can consider *Triphala* or *Trivrita* as *Lehana Yoga* along with changing the dietary habits. There are also a number of contraindications that *acharyas* have talked about. First, if the child is getting enough breast milk, they shouldn't be given *Lehana yogas* because breast milk is enough for them to grow and develop properly. If the child's digestive fire is low, they should not eat *Lehana*. Instead, they should fix their digestive fire first. If they don't, they will get *Aama mala* accumulation, which will cause *Dhatwagni mandata*, and in the long run, they will face malnutrition and other health problems. After having meal, one should not do *Lehana yoga* because it works best when taken on an empty

stomach because most *Yogas* use *Medhya Rasayana*. It should also be avoided on days with very bad weather, like very cold, very hot, or very humid days. The digestive system gets weak in these situations. If a child has shown any signs of an allergic reaction to the *Lehana yogas*, they should not be continued. One shouldn't take high doses of these *Yogas* either, because they can cause toxicity. *Lehana* is supposed to help with mental and immune health, but taking a high dose *Lehana Yoga* won't suddenly make it better. The process of immunity and intellectual enhancement takes time and happens when the child gets an adequate amount of *Lehana Yoga*.^[8]

CONCLUSION

Lehana Yogas are it easier to make herbal medicines and tastes better. which makes it easier for kids to take. Most of the drugs used in *Lehana* preparations have an immunomodulatory effect, improve intelligence, and help the child's body and mind grow. They also help the digestive system stay stable. In *Shareer Sthan*, Acharya Sushruta talks about different groups of drugs for *Lehana* in three different age groups of kids: those who are fully dependent on milk (*Ksheerpayi*), those who are partially dependent on milk (*Ksheerannad*), and those who are not dependent on milk (*Annad*). This gives us a clear idea of how good the *Lehana yogas* mentioned in our ancient texts are for all children. Acharya Kashyapa has said that giving a child *Suvarnaprashana* every day for a month makes him *Medhavi* (intellectual), and giving it to him every day for six months makes him *Shrutdhara* (retains whatever he hears).^[12] After reading all of this literature and thinking about the problems and downsides of formula feeding, we can say that *Lehana* can be a very good alternative for children who are formula fed. People in general should learn about *Lehana* and its benefits. At the same time, more research that is based on evidence should be encouraged and done to prove its safety and effectiveness.

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