



## Review Article

## A COMPREHENSIVE REVIEW OF LEHANA IN KAUMARBHRITYA

Vaishnavi Deepak Raghort<sup>1\*</sup>, Arvind K Chaurasia<sup>2</sup><sup>1</sup>PG Scholar, <sup>2</sup>Professor & HOD, Dept of Kaumarbhritya, Govt. Ayurved College, Kadamkuan, Patna, Bihar India.

## Article info

## Article History:

Received: 22-05-2025

Accepted: 16-06-2025

Published: 25-07-2025

## KEYWORDS:

Lehana,  
Kaumarbhritya,  
Kashyapa Samhita,  
Ayurveda, Pediatric  
Health, Immunity.

## ABSTRACT

*Lehana*, a unique Ayurvedic practice described in the *Kashyapa Samhita*, involves the administration of lickable, semi-solid herbal formulations to infants and children to promote growth, immunity, intellect and overall health. As a cornerstone of *Kaumarbhritya*, the Ayurvedic branch dedicated to paediatrics, *Lehana* serves both preventive and therapeutic purposes. Traditionally initiated after *Stanyapana* (breastfeeding), *Lehana* involves the administration of medicated preparations such as *Ghrita*, *Madhu*, and herbal compounds tailored to the child's age, strength, and digestive capacity. Formulations such as *Swarna Prashana*, often include ingredients like honey, ghee and gold, aimed to enhance memory and work as an immunomodulator. This review explores the concept, formulations, indications, contraindications, and practical applications of *Lehana* in modern paediatric care. By analysing classical texts and contemporary research, this article highlights *Lehana*'s relevance in addressing common ailments in children and enhancing developmental outcomes. The integration of *Lehana* into daily clinical practice offers a natural, palatable, and effective approach to paediatric healthcare, bridging traditional wisdom with modern needs.

## INTRODUCTION

*Kaumarbhritya*, one of the eight branches of Ayurveda, focuses on the comprehensive care of infants and children, encompassing neonatal care, nutrition, and disease management. Due to continuous growth and development in children, we never find a same child in subsequent visits. Diet and lifestyle of children varies according to age group, which should be taken care of. Therefore, there is a need to find more drug combinations, which can enhance child's physical as well as mental growth. Ayurvedic texts describe numerous potent substances, beneficial formulations, and appropriate methods of administration aimed at enhancing *Vyadhikshamatva* (immunity) not only in adults but also in infants and children across different developmental stages-*Ksheerada* (exclusively milk-fed), *Ksheerannada* (partially milk and solid-fed, around 1-2 years of age), and *Annada* (primarily solid-fed, from 2 to 16 years of age).<sup>[1]</sup>

The practice of *Lehana*, as detailed in the *Lehanadhyaya* of *Kashyapa Samhita*, stands out as a significant intervention for child health.<sup>[2]</sup> *Lehana* refers to the administration of semi-solid, lickable herbal preparations designed to enhance immunity, promote intellectual development, and treat common childhood ailments.<sup>[3]</sup> These formulations, often made with herbs, ghee, honey, and other natural ingredients, are tailored to the delicate physiology of children, ensuring palatability and efficacy. All the *Acharyas* including *Charak*, *Sushruta*, *Vagbhat*, had portrayed *Lehana* under the *Jatakarma paricharya* heading. This review aims to elucidate the principles, formulations, and clinical applications of *Lehana*, emphasizing its role in both preventive and therapeutic paediatric care.

## MATERIAL AND METHODS

This review article is based on a critical analysis of classical Ayurvedic texts, peer-reviewed journals, and contemporary research studies related to *Lehana* in *Kaumarbhritya*. The following methodology was adopted:

## Access this article online

Quick Response Code

<https://doi.org/10.47070/ayushdhara.v12i3.2028>

Published by Mahadev Publications (Regd.)  
publication licensed under a Creative Commons  
Attribution-NonCommercial-ShareAlike 4.0  
International (CC BY-NC-SA 4.0)

## Literature Sources

Classical Ayurvedic texts such as *Kashyapa Samhita*, *Ashtanga Hridaya*, *Charaka Samhita*, and *Sushruta Samhita* were thoroughly reviewed to collect references regarding *Lehana*.

## Search Strategy

Online databases, previously published research papers, and journal articles.

Analytical comparison of classical references with modern studies was done to understand the practical relevance of *Lehana* in contemporary paediatric care.

## Nirukti and which means

'Leha' word framed from 'Lih' Dhatu and 'Gha-j' pratyaya.<sup>[4]</sup> The term *Lehana* implies licking or passing the tongue over something.

## Defining Lehana Yoga

*Lehana* is the administration of certain medicinal preparations that are meant to be licked (*Lehya*) by a child to promote strength, immunity, and nourishment. Also, it promotes stability, longevity, memory, intellect, digestive fire, strength, complexion, and is pleasing. It should be administered to the child for achieving good health.<sup>[5]</sup> The *Aushadha churna* is mixed with honey and ghee to more palatable and effective form of drug.<sup>[6]</sup> Here it should be noted that ghee and honey are the mostly used as *Anupana* which increases the efficacy of drug and also having nutritive value which is ultimately beneficial in growing age. Moreover, the dose of *Lehana* should be increased according to the growth pattern of the child.

## Literature Review on Lehana

### Acharya Kashyapa

*Kashyapa Samhita* is the only classical text specifically dedicated to paediatrics. Infants and children are particularly vulnerable to various infections. To enhance their immunity and nourish the delicate tissues of the growing body, *Acharya Kashyapa* has elaborated on the concept of *Lehana*. Since infancy lays the foundation for a healthy or unhealthy life ahead-largely influenced by early childhood practices-*Acharya Kashyapa* has provided a detailed description of *Lehana* in his treatise.

It is quoted that *Sukh* (healthy state) and *Dukh* (disease) conditions of the child depend on *Lehana*.<sup>[7]</sup>

### Indications of Lehana<sup>[8]</sup>

- Children who have predominance of *Vata* and *pitta*, (but) not of *Kapha*.
- Not satisfied with breast milk and cry in spite of repeated sucking.
- The children who do not sleep at night.
- Eat too much.
- Pass scanty urine and faeces.

- Children who have increased digestive power.
- Rent and slim body appearance.
- Though free from diseases yet scraggy.
- Do not pass urine and faeces even for three days.

### Contraindications of Lehana<sup>[9]</sup>

- Weak digestive power
- Sleepy child
- Passing excessive (in quantity and number) stool and urine.
- Stout-bodied
- Whose mother is not alive
- Have indigestion
- Receive guru (heavy) breast-milk
- The child of mother consuming all the *Rasas*.
- Who suffer from ENT illnesses, in *Amaroga* (disease of metabolism), fever, diarrhoea, jaundice, *Shotha* (oedema/inflammation), anaemia, cardiac diseases, dyspnoea, cough; diseases of rectum, urinary bladder and abdomen; flatulence, *Ganda* (enlarged thyroid), erysipelas, vomiting, anorexia, all *Graha rogas* and *Alasaka*.
- It should neither be given daily, nor after taking meals, not on bad day or on the day with strong wind; non-congenial and in excess amount should also not be given.

### Different formulations of Lehana

- *Kashyapa* describes various formulations for infants. Initially, a mixture of honey and ghee should be administered in a dose equivalent to the size of a *Vidanga* fruit. This dosage should be gradually increased each month, but it must not exceed the size of an *Amalaki* fruit.
- In the practice of *Suwarnaprashana*, *Suvarna Bhasma* is given along with honey and ghee.<sup>[10]</sup>
- *Brahmi*, *Mandukparni*, *Triphala*, *Chitrak*, *Vacha*, *Shatpushpa*, *Shatavari*, *Danti*, *Nagabala*, *Trivita* independently with *Madhu* and *Ghritha*<sup>[11]</sup>.
  - *Kalyanaka ghritam*
  - *Panchagavya ghritam*
  - *Brahmi ghritam*
  - *Manjishthadi ghritam*
  - *Kushthadi ghritam*
  - *Abhaya ghritam*
  - *Samvardhan ghritam* etc

### Acharya Sushruta

Under neonatal care, it is instructed that immediately after birth, the newborn should be comforted with cool water, and then given *Lehana* using a mixture of honey and ghee combined with fine

powder of gold (*Suvarna*), administered with ring finger.<sup>[12]</sup>

#### Ingredients of *Leha* according to age <sup>[13]</sup>

- *Ksheerapa*: Ghee prepared with *Siddharthaka*, *vacha*, *Jatamamsi*, *Payasya*, *Apamarga*, *Shatavari*, *Sariva*, *Bramhi*, *Pippali*, *Haridra*, *Kushta*, *Saindhava*.
- *Ksheerannada*: Ghee prepared with *Madhuka*, *Vacha*, *Pippali*, *Chitraka*, *Triphala*.
- *Annada*: Ghee prepared with *Panchamoola Dravya*, *ksheera*, *Tagara*, *Bhadra*, *Maricha*, *Madhuka*, *Vidanga*, *Draksha*, *Bramhidvaya*.

#### Four *suvarna leha*<sup>[14]</sup>

- *Swarna bhasma* with *Kustha* (*Saussurea lappa*), *Vacha* (*Acorus calamus*), *Madhu* (nectar) and *Ghrita*.
- *Swarna bhasma* with glue of *Brahmi* (*Bacopa monnieri*), *Shankhapushpi* (*Convolvulus pluricaulis*), with *Madhu* and *Ghrita*.
- *Swarna bhasma*, *Arkapushpi* (*Leptadenia Reticulata*), *Vacha* (*Acorus calamus*), *Madhu* (nectar) and *Ghrita*.
- *Swarna bhasma*, *Khaidarya* (*Murraya koenigii*), *Shweta durva* (*Cynodon dactylon*), *Ghrita*.

All the above-mentioned preparations are useful for child's growth, boosts memory, strength and intelligence.

#### Acharya Charaka<sup>[15]</sup>

Charaka has discussed this concept in the *Jatisutriya Adhyaya*, where it is mentioned that newborn should be given honey (*Madhu*) and ghee sanctified with *Vedic mantras*.

#### Acharya Vagbhata

Acharya *Vagbhata* has suggested specific formulations for infants and children to promote intelligence (*Medha*), longevity and healthy life (*Ayu*), and strength (*Bala*).<sup>[16]</sup>

- *Kalka* (fine glue) of *Endri* (*Bacopa monnieri*), *Brahmi* (*Centella asiatica*), *Vacha* (*Acorus calamus*) *Shankhapushpi* (*Convolvulus pluricaulis*), alongside *Madhu* and *Ghrita* in *Harenu matra*.<sup>[16]</sup>
- Fine powder of *Chamikar* (*Swarna bhasma*), *Vacha* (*Acorus calamus*), *Brahmi* (*Centella asiatica*), *Tapis* (*Suvarnamakshik* or copper pyrite) and *Haritaki* (*Terminalia chebula*) alongside *Madhu* and *Ghrita*.<sup>[17]</sup>
- Fine powder of *Amalaki* (*Embilica officinalis*) with *Swarna Bhasma*.<sup>[17]</sup>

According to *Acharya Vagbhata*, the *Hridayastha siras* (heart-related channels) close after delivery, which delays the onset of breast milk secretion.<sup>[18]</sup> Therefore, during the first two days, specific formulations should be administered to the newborn.

1. On the very first day, a combination of honey (*Madhu*), ghee (*Sarpi*), and *Swarna Bhasma* should be given in three divided doses.<sup>[19]</sup>
2. On the second and third days, *Lakshmana Siddha Ghrita* should be administered three times daily.<sup>[20]</sup>
3. This is then followed by feeding the infant with butter (*Navneet*) along with breast milk.<sup>[21]</sup>
4. Additionally, a mixture of *Vacha*, *Swarna Bhasma*, honey and ghee may also be given.

#### Advantages of *Lehana*

- *Lehas* are generally palatable and easy to administer. Children are often reluctant to take medicines in the form of *Vati* (tablets), *Churna* (powders), or *Kwatha* (decoctions). In comparison, the *Lehana* form-especially when prepared with sweet-tasting (*Madhura*) substances-is easier to give.
- Growing children are often engaged in play and other activities, which increases their energy requirements. Hence, *Lehana* can be incorporated into their routine to help meet these additional caloric needs.
- It enhances digestion (*Agni*) and prevents digestive disorders.
- Childhood is a critical stage of rapid growth and development. During this phase, the body requires increased amounts of fats, amino acids, micronutrients, macronutrients, carbohydrates, proteins, etc., all of which can be supplied through *Lehana* formulations.
- The development of the nervous system is especially rapid during the first five years of life. Since most *Lehana* preparations are *Medhya* (intellect-promoting), they support cognitive development.
- Based on specific indications and contra-indications, *Lehana* can sometimes serve as an alternative to breast milk.
- It may also provide effects similar to vaccination by enhancing the body's immune strength (*Vyadhikshamatva*).
- As stated by *Acharya Kashyapa*, *Lehana* plays a vital role in determining future happiness and suffering. This highlights its importance as an essential therapeutic approach for infants and children.

#### Clinical Relevance in Modern Paediatric Care

In the modern context, *Lehana* serves as a natural alternative to synthetic supplements and conventional medications in paediatric care. Its pleasant taste makes it more acceptable for children who often resist typical forms of treatment. Ayurvedic practitioners can incorporate *Lehana* into routine practice by tailoring formulations according to the



child's age, constitution (*Prakriti*), and specific health conditions. [22] For example, *Lehana* can be used in healthy children as a preventive strategy to boost immunity, or as an adjunct therapy in those with frequent infections. The use of natural ingredients in *Lehana* aligns well with the increasing preference for holistic and safe healthcare approaches for children. Nonetheless, issues like standardizing formulations and maintaining the quality of herbal components need to be addressed to improve its integration into contemporary medical systems.

### Challenges and Future Directions

Despite its potential, the application of *Lehana* faces challenges, including limited awareness among modern practitioners, lack of standardized protocols, and the need for rigorous clinical trial validate efficacy. Future research should focus on:

- Conducting randomized controlled trials to evaluate the safety and efficacy of *Lehana* formulations.
- Standardizing preparation methods to ensure consistency and quality.
- Integrating *Lehana* into mainstream paediatric care through collaborative efforts between Ayurvedic and allopathic practitioners.

By addressing these challenges, *Lehana* can gain wider acceptance and contribute significantly to global child healthcare.

### DISCUSSION

Children are more susceptible to infections and various illnesses due to their underdeveloped immune systems. During this crucial stage of life, the focus should be on disease prevention and supporting both physical and mental development. This can be effectively achieved through Ayurvedic principles like *Rasayana* and *Lehana*. These therapies not only help prevent infections but also promote overall growth and development in children. It is also important to note that *Lehana* is not just a nutritional supplement but is administered with specific *Samskaras* (rituals), ensuring psychological and emotional development as well. The personalization of *Lehana* based on *Prakriti*, *Agni*, and environmental factors reflects the holistic nature of Ayurveda. When *Lehana* formulations are administered in appropriate doses alongside National Nutritional Programs and other government health initiatives, more effective outcomes can be realized. This approach contributes to enhanced physical, mental, and social well-being, while also aiding in the prevention and management of multiple illnesses.

### CONCLUSION

The fundamental principle of Ayurveda is "*Swasthasya Swasthya Rakshanam*"- preserving the

health of the healthy. This goal can be achieved by adhering to various Ayurvedic concepts such as *Rasayana*, *Lehana*, proper diet and lifestyle (*Aahar-Vihar*) as described in the *Samhitas*, along with ethical conduct (*Sadvritta*) and behavioral rejuvenation practices (*Achar Rasayana*), among others. *Lehana*, represents a holistic and time-tested approach to child health. As a culturally significant ritual, it bridges traditional wisdom with practical health benefits, reinforcing its relevance in modern integrative paediatric practices. Its preventive, therapeutic, and rejuvenate properties make it a valuable tool for promoting child health and managing common ailments.

### REFERENCES

1. Sharma MK. Concept of Vyadhiikshamatva (immunity) and its relationship with Bala (Vital strength). Global J Res. Med. Plants & Indigen. Med, 2013; 2(5): 386-391.
2. Vriddha Jeevak, Kashyapa. Kashyap Samhita, Sutrasthana, Lehadhyaya. 2<sup>nd</sup> ed. Sharma H, Bhisagacharya S, editors and translators. Varanasi: Chaukhamba Publication; 2009. p. 2.
3. Rathod KK. A review on Lehana Yoga of Kashyapa Samhita and its utilization in day-to-day practice. Int J Ayurveda Pharma Res. 2022; 10(6): 96-99. <https://doi.org/10.47070/ijapr.v10i6.2393>
4. Raja Radhakanta Deva. Shabda Kalpadruma. Vol. 4. Varanasi: Chaukhamba Sanskrit Series; 1961 p. 230.
5. Vagbhata. Ashtanga Hridayam, Uttarthana 1:9. Tripathi B, editor. Nirmala Hindi commentary. Varanasi: Chaukhamba Sanskrit Pratishthan; 2022. p. 876.
6. Vriddha Jeevak, Kashyapa. Kashyap Samhita, Sutrasthana, Lehadhyaya. 2<sup>nd</sup> ed. Sharma H, Bhisagacharya S, editors and translators. Varanasi: Chaukhamba Publication; 2009. p. 2.
7. Vriddha Jeevak, Kashyapa. Kashyap Samhita, Sutrasthana, Lehadhyaya. 2<sup>nd</sup> ed. Sharma H, Bhisagacharya S, editors and translators. Varanasi: Chaukhamba Publication; 2009. p. 1.
8. Vriddha Jeevak, Kashyapa. Kashyap Samhita, Sutrasthana, Lehadhyaya. 2<sup>nd</sup> ed. Sharma H, Bhisagacharya S, editors and translators. Varanasi: Chaukhamba Publication; 2024. p. 3,4.
9. Vriddha Jeevak, Kashyapa. Kashyap Samhita, Sutrasthana, Lehadhyaya. 2<sup>nd</sup> ed. Sharma H, Bhisagacharya S, editors and translators. Varanasi: Chaukhamba Publication; 2024. p. 4.
10. Vriddha Jeevak, Kashyapa. Kashyap Samhita, Sutrasthana, Lehadhyaya. 2<sup>nd</sup> ed. Sharma H,

- Bhisagacharya S, editors and translators. Varanasi: Chaukhamba Publication; 2024. p. 4,5.
11. Vriddha Jeevak, Kashyapa. Kashyap Samhita, Sutrasthana, Lehadhyaya. 2<sup>nd</sup> ed. Sharma H, Bhisagacharya S, editors and translators. Varanasi: Chaukhamba Publication; 2024. p. 5.
  12. Sushruta. Sushrut Samhita, Sharirsthana, Garbhiniyakarana Adhyaya 10/15. Shastri A, editor. Ayurveda Tattva Sandipika Hindi commentary. Part 1. Varanasi: Chaukhamba Sanskrit Sansthan; 2022. p. 102.
  13. Sushruta. Sushrut Samhita, Sharirsthana, Garbhiniyakarana Adhyaya 10/50. Shastri A, editor. Ayurveda Tattva Sandipika Hindi commentary. Part 1. Varanasi: Chaukhamba Sanskrit Sansthan; 2022. p. 108.
  14. Sushruta. Sushrut Samhita, Sharirsthana, Garbhiniyakarana Adhyaya 10/72-74. Shastri A, editor. Ayurveda Tattva Sandipika Hindi commentary. Part 1. Varanasi: Chaukhamba Sanskrit Sansthan; 2022. p. 113.
  15. Agnivesha. Charak Samhita, Sharirsthana 8/46. Revised by Charaka and Dridhabala. Sastri K, Chaturvedi GN, editors. Vidyotini Hindi commentary. Part 1. Varanasi: Chaukhamba Bharati Academy; 2021. p. 839.
  16. Vagbhata. Ashtanga Hridayam, Uttarsthana 1/8. Tripathi B, editor. Nirmala Hindi commentary. Varanasi: Chaukhamba Sanskrit Pratishthan; 2022. p. 876.
  17. Vagbhata. Ashtanga Hridayam, Uttarsthana 1/9. Tripathi B, editor. Nirmala Hindi commentary. Varanasi: Chaukhamba Sanskrit Pratishthan; 2022. p. 876.
  18. Vagbhata. Ashtanga Hridayam, Uttarsthana 1/11. Tripathi B, editor. Nirmala Hindi commentary. Varanasi: Chaukhamba Sanskrit Pratishthan; 2022. p. 877.
  19. Vagbhata. Ashtanga Hridayam, Uttarsthana 1/12. Tripathi B, editor. Nirmala Hindi commentary. Varanasi: Chaukhamba Sanskrit Pratishthan; 2022. p. 878.
  20. Vagbhata. Ashtanga Hridayam, Uttarsthana 1/13. Tripathi B, editor. Nirmala Hindi commentary. Varanasi: Chaukhamba Sanskrit Pratishthan; 2022. p. 878.
  21. Vagbhata. Ashtanga Hridayam, Uttarsthana 1/14. Tripathi B, editor. Nirmala Hindi commentary. Varanasi: Chaukhamba Sanskrit Pratishthan; 2022. p. 878.
  22. Singhal HK, Kataria A, Verma J, Neetu. Kashyapa Samhita: a review. J Biol Sci Opin. 2013; 1(4).

**Cite this article as:**

Vaishnavi Deepak Raghorte, Arvind K Chaurasia. A Comprehensive Review of Lehana in Kaumarbhritya. AYUSHDHARA, 2025;12(3):136-140.

<https://doi.org/10.47070/ayushdhara.v12i3.2028>

**Source of support: Nil, Conflict of interest: None Declared**

**\*Address for correspondence**

**Dr. Vaishnavi Deepak Raghorte**

PG Scholar,

Dept of Kaumarbhritya

Govt. Ayurved College,

Kadamkuan, Patna, Bihar.

Email:

[vaishnavi.raghorte@gmail.com](mailto:vaishnavi.raghorte@gmail.com)

Disclaimer: AYUSHDHARA is solely owned by Mahadev Publications - A non-profit publications, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. AYUSHDHARA cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of AYUSHDHARA editor or editorial board members.