



ISSN 2456-3110

Vol 9 · Issue 4

April 2024

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

Indexed

# Immune enhancing measures in children

Rohini Dharwal<sup>1</sup>, Rakesh Sharma<sup>2</sup>

<sup>1</sup>Post Graduate Scholar, Department of Kaumarbhritya, Rajiv Gandhi Government Post Graduate Ayurvedic College, Paprola, Himachal Pradesh, India.

<sup>2</sup>Head, Department of Kaumarbhritya, Rajiv Gandhi Government Post Graduate Ayurvedic College, Paprola, Himachal Pradesh, India.

## ABSTRACT

Children are the epitome of innocence and purity therefore the child's health care should include specific biological and psychological needs that must be ensured to the survival and healthy development of the child, the future adult. They are in constant danger of developing infections due to underdeveloped immune system. *Ayurveda* emphasizes not only treating diseases but also by maintenance of health by improving immunity of the body. Several measures are considered to enhance the immunity in children. To ameliorate the immunity *Acharya Kashyapa* described a special formulation by the name *Lehana in* which herbal drugs are mixed with *Madhu* (honey) and *Sarpi* (clarified butter) to the child for the first time. *Suvarnaprashna* is another method adopted for physical and mental development in newborn and preschool children. *Phalaprashan Samskara* is a ritual or sacrament acknowledged by him where the first solid food is introduced to the baby that helps in strengthening the bodily tissues. In our classics as a part of *Dinacharya*, *Abhyanga* and *Snana helps* to keep child's immune system performing at its peak by stimulating the lymphatic system. *Nidra* (adequate sleep) contributes to child's overall wellbeing and establishing healthy sleep habits with recommended amount of sleep for their age is an absolute necessity to rejuvenate the body. Daily practice of *Yogasana* and *Pranayam* in children helps them to boost their immune system by synchronizing their mind and body. Encouraging children to follow an *Ayurvedic* routine helps in balancing and enhancing their innate capacity to grow, heal and thrive.

**Key words:** Immunity, *Lehana*, *Suvarnaprashna*, *Dinacharya*, *Medhya Rasayana*.

## INTRODUCTION

The health and wellbeing of children are of prime importance and a key factor in ensuring their vitality towards a robust and resilient immune system. Children are particularly susceptible to various illnesses and bolstering their immune defenses is crucial to protect them from infections and promote overall growth and development. During pregnancy month

wise regimen is followed by mother for having normal development of fetus, following *Garbhini Paricharya*<sup>[1]</sup> will prevent infection benefiting both mother and its offspring. The measures involved in enhancing immunity delves strategies to strengthen their natural defence mechanisms.

*Vyadhikshamatva*<sup>[2]</sup> is the power of resistance i.e. *Bala* (strength) against the manifested disease, thereby providing stability and growth of muscles, facilitate to perform all activities without any impediment. *Bala*(strength) provides ability in external (work control at spinal level) and internal (work level at brain level) sense organs to perform their functions. A person who is dependent on the *Hitakara Ahararasa* or beneficial diet, does not develop disease. There are many causes such as *Ahitkra Ahararasa*, abnormal changes of *Kala* (seasons), *Pragyapradh* responsible for producing disease inspite of person indulged in *Hitakara Ahararasa*.<sup>[3]</sup> Developing a mature immune system is crucial to good health throughout all stages

### Address for correspondence:

Dr. Rohini Dharwal

Post Graduate Scholar, Department of Kaumarbhritya, Rajiv Gandhi Government Post Graduate Ayurvedic College, Paprola, Himachal Pradesh, India.

E-mail: rgdlake69@gmail.com

Submission Date: 00/02/2024 Accepted Date: 00/03/2024

### Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.9.4.24

of life. Breastfeeding is indeed a primary way to optimal nutrition to infants. Breast milk offers a balanced combination of nutrients and immune boosting components. It is recommended for at least twelve months of age and exclusively for at least the first six months.

The concept of strong immune system is thought to be a result of well-functioning bodily systems and the presence of a balanced state of the three *Doshas* (*Vata*, *Pitta* and *Kapha*). The key principles of immunity in *Ayurveda* includes following:

- *Ahara* (Nutrition)
- *Lehana*
- *Dinacharya* and *Ritucharya*
- *Yogasana* and *Pranayam* (Mind - Body connection)
- *Medhya Rasayana* (Herbal Drug Supplements)

#### *Ahara*<sup>[4]</sup>

The children are classified into three categories on the basis of regime of food viz. *Ksheerapa* (from birth to 1 year) who usually breastfeed. *Ksheerannada* (from age 1- 2 year) who take both breast milk and food. *Annada* (above 2 years of age) who take food. The markers of ideal food are *Tushti* (fulfillment), *Pushti* (nourishment), *Dhriti* (pleasure), *Buddhi* (intellect), *Utsah* (enthusiasm), *Paurush* (well built), *Balam* (good immune system), *Sausvaryam* (good voice), *Ojas* (energetic) and *Tejas* (good looking). *Phalaprashan* and *Annaprashan* are two important sacraments that mark significant milestones to ensure the well being and proper nutrition of the children as they transition from a liquid diet to solid foods, thereby making the gastrointestinal tract accustomed to it. The protein, fat, carbohydrates, minerals and vitamins in solid form are very important in promoting the health and immune system. *Ahara* is considered as *Mahabhaishajyam* that means no medicine will act as good as food for sustaining the life of living beings as per *Kashyap Samhita*. The principles of nutrition are based upon time, type and quality of diet.

#### *Lehana*<sup>[5]</sup>

The term *Lehana* means the act of licking or swaddling up with the tongue. The concept of *Lehana Karma* is

given by *Acharya Kashyapa* in which drug is mixed with *Madhu* (honey) and *Ghrita* (clarified butter). It is the ideal way of administering drugs in children as it increases the palatability of the drug and can be easily taken up. This is the most accepted mode of the drug administration to child.

*Suvarnaprashna* is the method by which *Suvarna* (gold) along with herbal drugs is administered to a neonate for gaining positive qualities of life. Keeping the face towards east direction, gold should be rubbed on a clean stone with a little quantity of water, churned with *Madhu*, *Ghrita* and given to child for licking. Feeding of gold increases intellect, digestive and metabolic power, strength, gives long life. By feeding the *Suvarna* (gold) for one month the child becomes extremely intelligent (*Parammedhavi*) and for six months, the child is able to retain what so ever he/she listens.

*Lehan Yoga* that contain polyherbal ingredients like *Samvardhan Ghrita*, *Abhya Ghrita*, *Samangadhi Leha* etc. have benefits of *Medha*, *Ayu*, *Bala Vridhi* thus enhancing the immunity in children.

#### *Dinacharya and Ritucharya*

*Ayurvedic* recommendations are personalized, taking into account a child's unique constitution (*Prakriti*) and any specific health concerns. *Dinacharya*<sup>[6]</sup> is a fundamental aspect of promoting overall physical and mental health. Following are the key aspects of *Dinacharya* for children:

- It starts from waking up in early morning *Bramhamuhurata* i.e., 1.5 hours before sunrise, which is considered an auspicious time for starting the day.  
*Brahme Muhurte Uttishtet Swastho Rakshaarthamayushah* (A.H.Su.2/1)
- *Shauchkarma* involves defecation at proper time so that the *Jatharagni* of child is increased which prevents various manifestation like constipation, foul smelling flatus.
- *Dantadhavana* and *Achamana*: Cleaning the teeth stimulates taste perceptions and increases salivation, thus protecting teeth from bacterial

decay. Herbal powder of *Triphala*, *Trikatu* and *Trijatak* mixed with honey should be massaged for acquiring healthy oral hygiene. *Akshiprakshalan* and *Achamana* should be done with milk, *Gulabjal* and water for soothing effect to eyes.

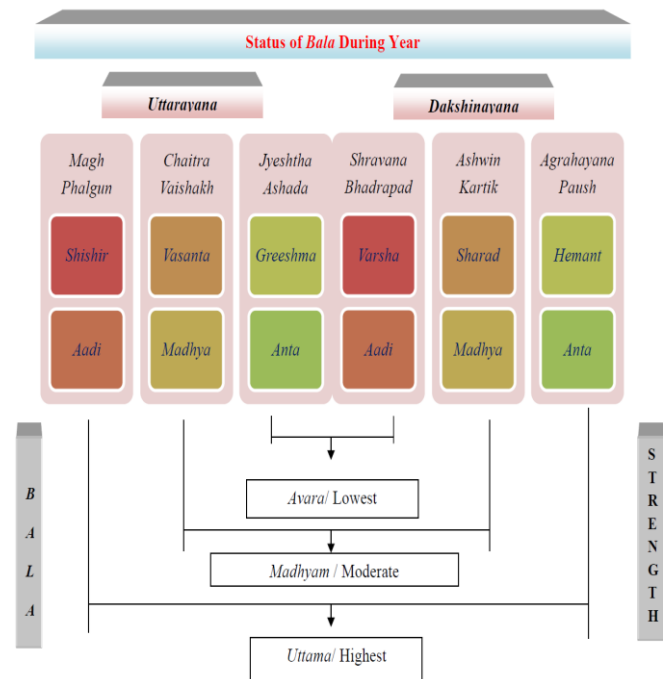
- **Abhyanga:** The practice of oil massage can be beneficial in addressing various childhood illness. The calming and relaxing effects of *Abhyanga* can help children with sleep disturbances, reduce anxiety and stress in children by strengthening the nervous system. Regular practice can help promoting immune system.
- **Snana:** It helps relieving fatigue, prevents excessive sweating and dirt from body thereby promoting strength and endurance in body. Daily *Snana* in children helps stimulating the *Agni* that helps in digestion and keeps the child healthy.
- **Shadarasa Sevana:** Introduction of *Shadarasa* (*Madhura, Amla, Lavana, Katu, Tikta* and *Kashaya*) is emphasized.
- **Nasya:** Medicated oil or *Ghrita* is introduced through nostrils which is helpful in prevention of *Uradva Jatru ghata Roga* and stimulates the nervous system for normal physiological functions of the body.
- **Nidra:** Adequate sleep is crucial for the child overall growth and health.

This holistic approach serves as comprehensive guide fostering a balanced healthy life from an early age.

*Ritucharya*<sup>[7]</sup> is considered as seasonal adaptations by adjusting lifestyle according to seasons, as *Ayurveda* recognizes the impact of seasonal changes on immunity. The body is influenced by external environment and could lead to *Dosha Vaishamy*, making it susceptible to various diseases which further leads to compromised immunity. The year is divided into 2 *Kaal* (time periods) i.e., *Uttarayana* and *Dakshinayana*, each formed of three *Ritu* or season.

According to different *Ritu*, *Doshas* show three types of response like accumulation, aggravation and auto pacification. *Dosha* which had occurred in different

*Ritu* if aggravated instead of getting pacified will further undergoes stages of pathogenesis (*Shatkriyakala*)<sup>[8]</sup> progressing towards outcome of disease. Therefore, quick action in each stage prevents manifestation of upcoming stage and would terminate disease process in earlier stage.



Dosha	Chaya (Accumulation)	Prakopa (Aggravation)	Prashamana (Auto pacification)
Vata	Greeshma (Summer)	Varsha (Rainy season)	Sharad (Autumn)
Pitta	Varsha (Rainy season)	Sharad (Autumn)	Hemant (Early winter)
Kapha	Shishir (Winter)	Vasant (Spring)	Greeshma (Summer)

The knowledge of *Ritusandhi* (seasonal junction) helps to slowly let go the practices of the previous *Ritu* and gradually implementing the regimen of the coming *Ritu*, so as to make body's natural balance contributing to a strong immune system throughout the year.

**Yogasana and Pranayam<sup>[9]</sup>**

The practices of *Yogasana* and *Pranayam* work hand in hand to integrate different physiological and emotional

functions in children by providing vital energy within the body. The systemic series of performing different asana can help promoting proper muscle tone, reducing muscle tension and enhance overall nervous function. *Asanas* like *Bhujangasana*, *Ushtrasana*, *Chakrasana*, *Dhanurasana* opens the shoulder, chest region for improving their self confidence and their body stance. *Simhasana* improves stammering, stuttering and ENT defects of children. *Pavanmuktasana* helps in releasing flatulence by providing relief from abdominal discomfort. Thus, starting from simple movements and dynamic postures they can improve one's ability to rely on their own selves making them independent. The child is able to develop a great range of movement, development of body awareness, concentration and vital skills. *Pranayam* controls and regulates breathing which helps in improving stamina, balance, strength and induces better sleep. *Kukkuriya*, *Vyagraha* and *Matangi* are *Pranayam* based on imitating the sounds of animals which can be easily enjoyed by children. *Shitali*, *Shitkari Pranayam* is useful for special children in developing their speech milestone. *Mukha Bhastrika* enhances memory and comprehension. Regular execution of these can contribute in developing immunity.

### Medhya Rasayana

The term *Medhya* elucidate intellect, emphasizing the focus on enhancing cognitive abilities. Ingredients like *Mandukparni*, *Guduchi*, *Shankhpushapi* and *Yashtimadhu* contributes in laying foundation for a well rounded approach to children's development. A healthy mind can positively influence the body's immune system. Various herbal formulations including powders, tablets and liquid extracts with proper dosage can be administered in children. *Acharya Sushruta* has described 4 formulations (containing *Suvaran*) which enhance general immunity, intellectual power and overall growth and development in children. These are:

1. *Suvarna Bhasma* with *Kushta*, *Vacha*, *Madhu* and *Ghrita*
2. *Suvarna Bhasma* with the paste of *Brahmi*, *Shankhpushapi*, *Madhu* and *Ghrita*

3. *Suvarna Bhasma* with *Arakpushapi*, *Vacha*, *Madhu* and *Ghrita*
4. *Suvarna Bhasma* with *Kaidarya*, *Shweta Durva*, *Ghrita*<sup>[10]</sup>

The multifaceted benefits of *Rasayana* therapy make it a valuable aspect of holistic healthcare. As we transverse the realms of tradition and science *Medhya Rasayana* stands as a testament to the enduring pursuit of sharper intellect and more enlightened existence.

### CONCLUSION

Through a mosaic of nutrition laden prelude, ample physical activity, seasonal regime we craft a shield for our young generation. From the delicate balancing of *Doshas* to the golden alchemy of *Suvarnaprashna*, *Ayurveda* orchestrates a harmonious melody that resonates with health, vitality and the timeless wisdom of holistic wellness. By prioritizing above mentioned health practices we empower the next generation to navigate life's challenges with vitality and vigor.

### REFERENCES

1. Premvati tewari, *Ayurvediya prasutitantra evam striroga*, Chaukambha orientalia, Varanasi, 2003. Part 2, Chapter 5, p – 226.
2. Kashinath Shastri, Gorakha Nath Chaturvedi. *Charak Samhita* (Vidyotani Hindi commentary), Varanasi: Chaukhambha Bharti Academy, Part – I (Reprint year: 2013) and Part-II (Reprint year2013), Sutrasthana 28/6, p - 570.
3. Kashinath Shastri, Gorakha Nath Chaturvedi. *Charak Samhita* (Vidyotani Hindi Commentary), Varanasi: Chaukhambha Bharti Academy, Part – I (Reprint year: 2013) and Part-II (Reprint year2013), Sutrasthana 28/6, p - 570.
4. Pandit Hemraja Sharma, Satyapal Bhisagacharya. *Vrddha Jivaka, Kasyapa Samhita*, Chaukhamba Sanskrit Sansthan; Varanasi, Reprint 2015, Khilasthana 4, p - 378.
5. Pandit Hemraja Sharma, Satyapal Bhisagacharya. *Vrddha Jivaka, Kasyapa Samhita*, Chaukhamba Sanskrit Sansthan; Varanasi, Reprint 2015, Sutrasthana Lehanadhyaya, p - 6-8.

6. Kaviraja Atrideva Gupta. Ashtangahridayam (Vidyotini Hindi Commentary), Varanasi Chaukhambha Prakashan (Reprint, 2016), Sutrasthana 2/1, p – 21
7. Kashinath Shastri, Gorakha Nath Chaturvedi. Charak Samhita (Vidyotani Hindi commentary), Varanasi: Chaukhambha Bharti Academy, Part – I (Reprint year: 2013) and Part-II (Reprint year 2013), Sutrasthana 6/8, p – 135.
8. Kaviraja Ambikadutt Shastri. Sushruta Samhita (Ayurveda Tattva Sandipika Hindi commentary), Part – I. Varanasi Chaukhambha Sanskrit Sansthan;(Reprint 2013), Sutrasthana 21/18, p – 117.
9. <https://blog.mygov.in/yoga-for-children-with-special-needs/>
10. Kaviraj Ambikadutt Shastri. Sushruta Samhita (Ayurveda Tattva Sandipika Hindi commentary), Part – I. Varanasi Chaukhambha Sanskrit Sansthan;(Reprint 2013), Shareersthana 10/72-74,p - 84.

**How to cite this article:** Rohini Dharwal, Rakesh Sharma. Immune enhancing measures in children. J Ayurveda Integr Med Sci 2024;4:150-154.

<http://dx.doi.org/10.21760/jaims.9.4.24>

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*