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‘ROLE OF SUVARNAPRASHAN IN PAEDIATRIC CARE.’

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Abstract: Introduction: *Suvarna prashan sanskar* is an immune-modulatory technique that has very much importance in the Ayurveda context. Nowadays as an immunization program, *Suvarna prashan* is done on every *pushy nakshatra* in the morning. *Suvarna prashan* is the oral administration of an electuary containing *Swarna bhasma* (gold) mixed with honey, ghee, and some herbal medicines. If *Suvarna prashan* is administered for one month child will become very intelligent and will increase memory power if it is continued for six months. According to *Kashyapacharya*, the most contributing factor to the normal immune functioning of the body include *Agni* (digestive factor), *Ahara* (food), *Nidra* (sleep), *Vyayama* (physical activity /exercise), *Satva* (mental stability), and *Rasayana* (rejuvenators).

Materials and Methods: Various Ayurveda classics and Research studies published in journals related to Ayurveda *Suvarna prashan* are reviewed and analyzed. The result was reviewed from published articles and Ayurvedic text. *Suvarna prashan* showed changes in IgG levels. Regular doses of *Suvarna prashan* improve a child's intellect, sharpness, grasping power, and analysis power. *Suvarna prashan* improves a child's *Agni*, *Kshudha*, skin glow, and physical and mental development. It also prevents the child from various allergies and teething phase ailments. **Discussion:** As per different studies and literature, the Result of observation shows that the efficacy of *Suvarna prashan* can be administered in all children. No adverse effects and it acts at the level of nutrition, metabolism, physical strength, growth, and development. Reduces anxiety, aggressiveness, and irritability and also helps the child with autism, Attention deficient disorder. Thus, we can use *Suvarna prashan* as an effective medicine to maintain the general health of children to promote weight gain.

Keywords: *Ayurveda, Agni, Satwa, Immunomodulatory, Suvarna prashan.*

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Introduction:

Suvarna prashan sanskar is an immune-modulatory technique that has very much importance in the Ayurveda context. *Ayurveda* has imbibed many such references to *Suvarna* about its medicinal properties and uses a different context. *Suvarna* is explained as one among *the sapta Loha*. (Seven metals) it is categorized under *Suddha Loha* (pure metal) which is said to be having both preventative and protective qualities. *Suvarna* is indicated for internal use even before conception due to *Rasayana* and *vajikarana* (aphrodisiac) properties to get a healthy baby. After conception, it is used in *pumsavana karma* (a procedure done to get the desired sex of the baby and for proper intra-uterine growth and development of the fetus) after birth in *lehana* (supplementary feeds) and *Jatakarma sanskara*.^[1] *Suvarna* has been said to have a major role to play As the child grows, *Suvarna* is also recommended to be given the most contributing factor for the normal immune functioning of the body including *Agni* (digestive factor), *Ahara* (food), *Nidra* (sleep), *Vyayama* (physical activity /exercise), *Satva* (mental stability) and *Rasayana* (rejuvenators).

Suvarna prashan is the oral administration of an electuary containing *Swarna bhasma* (gold) mixed with honey, ghee, and some herbal medicines. *Suvarna prashan* is given to children up to sixteen years of age including newborns.^[2] Nowadays as an immunization program, *Suvarna prashan* is done on every *pushy nakshatra* in the morning. If *Suvarna prashan* is administered for one month child will become very intelligent and will increase memory power if it is continued for six months.^[3] Different therapies like *Rasayana*, *lehana*, *orjaskara*, *jeevniya*, *balya*, *sanskaras*, etc. are focused to modulate immunity or increase the *vyadhikshmatva*.^[4]

Infant or childhood is the growing state of life. Proper growth is observed by their physical characteristics like anthropometry and physiological development. Growth is an increase in the physical size of a whole or any of its parts and can be measured in inches or centimeters and pounds/ kilograms.

Acharya has mentioned the benefits of *Suvarna prashan*. They have stated that regular use of *Suvarna prashan* helps to sharpen memory to its extreme level, helps in proper growth and development, and prevents diseases.^[5]

Aim and objective:

1. To review the literature regarding *Swarna prashan*.
2. To study the efficacy of *Swarna prashan* in pediatric care given management and prevention of diseases.

Materials and Methods: Various Ayurveda classics and Research studies published in journals related to *Ayurveda Suvarna prashan* are reviewed and analyzed.

Lehana karma:

The term *lehana* means the act of licking or lapping up with the tongue. Children are very susceptible to infections. There are many traditional methods available to combat it^[1] and one of them is known as *lehana*. Acharyas stated that healthy and unhealthy condition depends on *lehana*. Acharyas have mentioned four *Swarna yogas* for the proper growth and development of a child. In all four yogas *Swarna bhasma* (gold), *ghrita*, and honey are used. *Swarna* is the main ingredient of this leha and it is named *Swarna prashan*.^[6]

Various lehana formulations mentioned by Acharyas:

1. **Acharya Charka:** *panchagavya ghrita*,⁷ *Bramhi*⁸

2. **Acharya Sushruta:** four formulations of *Swarna* are described by *Acharya Sushruta* which enhance the intellectual power and overall growth of the baby. These are the following combination of *Swarna* which is given below-

- *Kustha, Vacha, Bramhi, Honey, and Ghrita*
- Paste of *Bramhi* and *Sankhapushpi Arkapushpa, Vacha* with *Ghrita* and honey.
- *Kaidarya* and *Shwet Durva* with *Ghrita*.⁹

1. **Acharya Vagbhata:** *Sarsvata ghrita*, a combination of *Vacha* and *Swarna bhasma* with honey and *ghrita*¹⁰, etc.
2. **Acharya Kashyap:** *Suvarna prashan* - pure gold (*Swarna bhasma*) is rubbed in water on a clean stone & given with honey and *ghrita*, to the newborn resulting in promoting health, growth, and complexion, and strength (immunity), *panchagavya ghrita, Bramhi ghrita*¹¹ effective in children with delayed milestones.

Dose forms of Suvarna prashan for Administration:

The accurate dose of *Suvarna prashan* is not described by any *Acharyas* in the literature. The general dosage of children according to age in the same context from birth. We can calculate an overall dose of *Suvarna prashan*. References from the various text are listed below -

1. 1/4th-1/8th Ratti (15-30 mg) *Suvarna Bhasma-Rasatarnagini*¹²
2. 2 Gunja (250mg) *Rasaratnasamuchay*¹³
3. 1 Gunja (125 mg)/ As per age- *Sushruta Samhita*¹⁴
4. 1/32 Ratti (3.9mg) - *Bhaishajyaratnavali*¹⁵
5. 1 Harenu- *Ashtanghruday*¹⁶
6. 15.5- 62.5 mg of *swarna bhasma*

Indication of *Suvarna prashan*:

- Children of mothers who have absent, deficient, or vitiated breast milk.
- Children born to mothers who have faced difficult labor.
- Whose mothers are severely ill?
- Children who are not satisfied with breastfeeds and keep on crying.
- Who does not sleep at night?
- Who have good digestion and eat more but pass less urine and stool.

- Children who are not sick but delicate and emaciated and constipated.
- A child with the predominance of Vata and Pitta^[17]

Contraindication of *Suvarna prashan*:

- A child with poor digestion.
- Excessive sleepiness.
- Passes large quantities of stool and less urine.
- Who has a strong body, and indigestion?
- Who is receiving heavy-to-digest breast milk?
- Who is fed by the mother consuming all six Rasas?
- Children suffering from head and neck disorders, indigestion, fever, diarrhea, cough, and diseases of the rectum, urinary bladder, abdomen, and heart.
- Various diseased conditions like erysipelas, vomiting, flatulence, and enlarged thyroid.
- A child suffering from *Graharoga* and diseases should not be given *Lehana* daily, after meals.
- On a bad day with clouds or strong winds.^[18]

- Kashyap mentioned that Lehana of non-congenial drugs and in excess quantity should be avoided.

Benefits of Suvarna prashan:

- Medha, Agni Bala Vardhanam (Enhance intellect, immunity, and thirteen types of Agni and body strength.)
- Ayusham (promoting lifespan)
- Vrushyam (Auspicious, Virtuous, Aphrodisiac)
- Varnyam (Enhance Complexion)
- Grahapaham (Eradicates Graha roga)
- *Swarna prashan* licking for one month – (highly intelligent) and “*Vyadhibhir na cha Drushate*’ ‘Licking For six month-Retains whatever he hears.^[11] (*Shrutdhara*)

The result was reviewed from published articles and Ayurvedic text. *Suvarna prashan* showed changes in IgG levels which indicates the Immunomodulatory effect.^[19] Regular doses of *Suvarna prashan* improve a child's intellect, sharpness, grasping power, and analysis power. *Suvarna prashan* improves a child's *Agni*, *Kshudha*, skin glow, and physical and mental development. It also prevents

children from various allergies and teething phase ailments.

Discussion: As per different studies and literature, the Result of observation shows that the efficacy of *Suvarna prashan* can be administrated in all children with no adverse effects and it helps to improve the level of nutrition, metabolism, physical strength, growth, and development. Reduces anxiety, aggressiveness, and irritability and is also useful in the child with autism, Attention deficient disorder. Thus we can use *Suvarna prashan* as an effective medicine to maintain the general health of children to promote weight gain.^[20]

Conclusion: Nowadays due to polluted air and food children are suffering from many viral diseases like upper respiratory tract infection, GIT, chicken pox, etc. due to the recurrence of these types of infections in children, the physical and mental growth of the child is affected. In the present world suffering from the harmful side effect of medicine disturbed lifestyles, unhealthy food habits, and a gradually changing environment. But there is no proper solution or treatment in modern medicine to prevent the recurrence of the above ailments whereas *Suvarna prashan* produces non-specific

immunity along with many other effects. *Ayurveda* provides a concept of *Suvarna prashan* which can help in the prevention of recurrent infections and also provides nutritional supplements which are necessary for the proper physical and mental growth of the child.

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