

SWARNPRASHANA – ANNUAL REPORT FOR YEAR 2022 BASED ON
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Article Received on 14/06/2023

Article Revised on 03/07/2023

Article Accepted on 24/07/2023

ABSTRACT

Swarnprashana is a unique practice mentioned in Ayurvedic texts under *Jatakarma Samskara*. In *Kashyapa Samhita*, *Lehanadhyaya* explains the procedure of *Swarnprashana* and its benefits in details. *Swarnprashana* is a unique method of immunization that helps the children to boost up the intellectual power and produces non specific immunity in the body to fight against general infections and disorders. It is also helpful even to special children with autism, learning difficulties, attention deficit hyperactivity, delayed milestones, etc. *Swarnprashana* prepared by adding purified *Swarna bhasma* in *Siddha ghrita* containing *Brahmi*, *Shankhpushpi*, *Vacha*, *Yashthimadhu*, etc along with *madhu*. In *Kaumarbhritya*, the use of *Swarna* with *ghrita* and *madhu* is recommended right from the birth. *Swarnprashana* is a *Rasayana chikitsa*, should be administered daily continuously for minimum month to maximum of 6 months to get the optimum therapeutic effects or on the day of *Pushya nakshatra* (Star of nourishment comes once in 27 days) only for minimum of 30 months to maximum of 90 months. *Swarnprashana* should be done in empty stomach everyday morning for best results. In the year 2022, *Swarnprashana* drops administered to total 2392 children of age 0-16 years in *Kaumarbhritya* O.P.D, Rishikul hospital, Haridwar.

KEYWORDS: Swarnprashana, Jatakarma, Rasayana, Pushya nakshatra.

SUARNAPRASHANA AT RISHIKUL CAMPUS

- *Suvarnaprashana* was started at Rishikul campus in the year 2018. Since then, *Suvarnaprashana* has been administered once in a month at Rishikul Campus Uttarakhand Ayurved University, Haridwar for children between 0 to 16 years on the day of *Pushya nakshatra*.
- Children accompanied by their parents will report at the registration counter. A card is handed over with registration number containing detail about name, age, date of birth, address along with parent's name. After that they will report to the OPD to determine the height, weight and the same will be entered into card, any illness and its duration also documented.

All the parents are Advised not to give any food to child for one hour after administration of *Suvarnaprashana*.

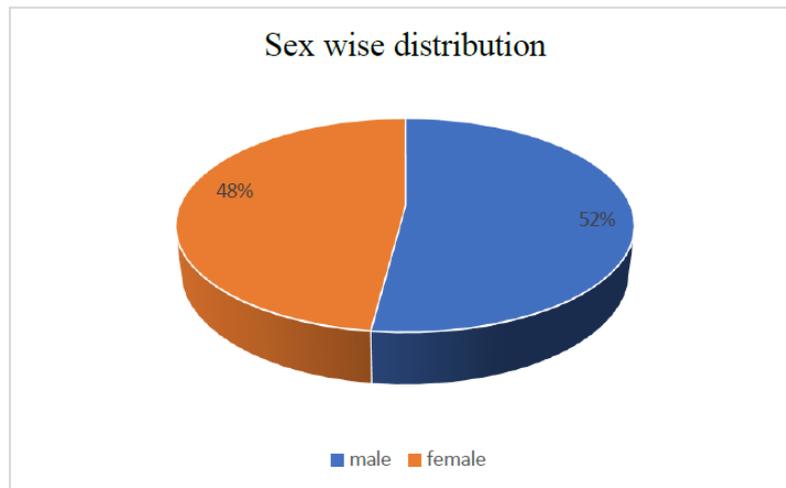
- In every *Suvarnaprashana* camp covid guide lines were strictly followed with proper social distancing and mask.
- The study of *Suvarnaprashana* was started on 4/Jan/ 2018 at Rishikul Campus, UAU, Haridwar, total number of **65 cycles** of *Suvarnaprashana*, and total **8,870** entries were reported till December 2022.
- In the year 2022, total **2392** children were given *Suvarnaprashana* drops.

SEX-WISE DISTRIBUTION

Month	Male children	Female children	Total number of children
1. January	76	72	148
2. February	83	71	154
3. March	107	96	203
4. April	93	69	162
5. May	111	97	208
6. June	83	94	177
7. July	86+109	82+79	168+188

8. August	106	99	205
9. September	112	94	206
10. October	100	98	198
11. November	87	94	181
12. December	99	95	194
Total	1252	1140	2392

Sex	No. Of Children	Percent
Male	1252	52.3%
Female	1140	47.7%



Month wise distribution of children of year 2022 is given below.

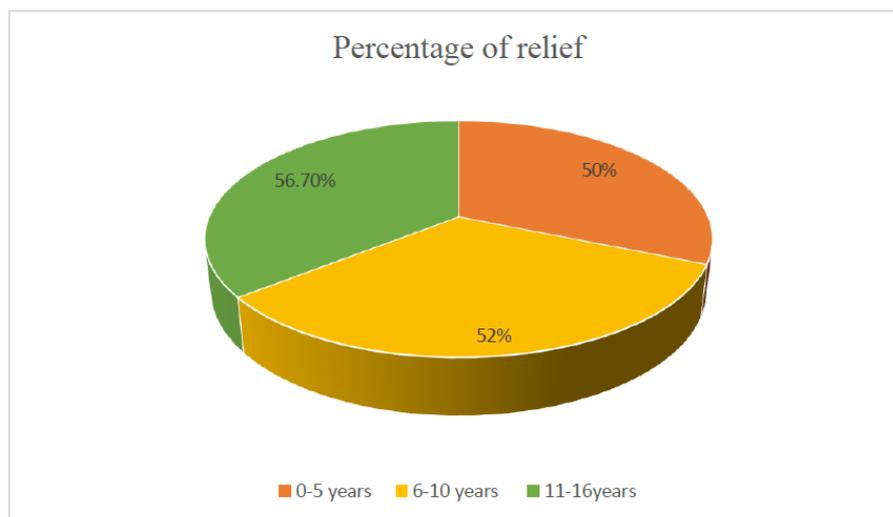
Months	No. of patients
● 18 January	148
● 15 February	154
● 14 March	203
● 10 April	162
● 08 May	208
● 04 June	177
● 01 July	168
● 29 July	188
● 25 August	205
● 21 September	206
● 19 October	198
● 15 November	181
● 12 December	194

EFFECT OF SUVARNAPRASHANA IN RESPIRATORY DIFFICULTIES

Respiratory difficulty criteria

RESPIRATORY DIFFICULTY GRADING	SYMPTOMS
GRADE3	Persistence difficulty lasting for more than 1 week
GRADE2	Frequent difficulty lasting for less than 1 week
GRADE1	Occasional H/O respiratory difficulty
GRADE0	No symptoms/complains

GROUP	N	B.T.	A.T.	D	% OF RELIEF
0-5years	136	2.39	1.2	1.19	49.7 %
6-10years	96	2.10	1.0	1.10	52.3 %
11-16years	72	2.08	0.9	1.18	56.7 %

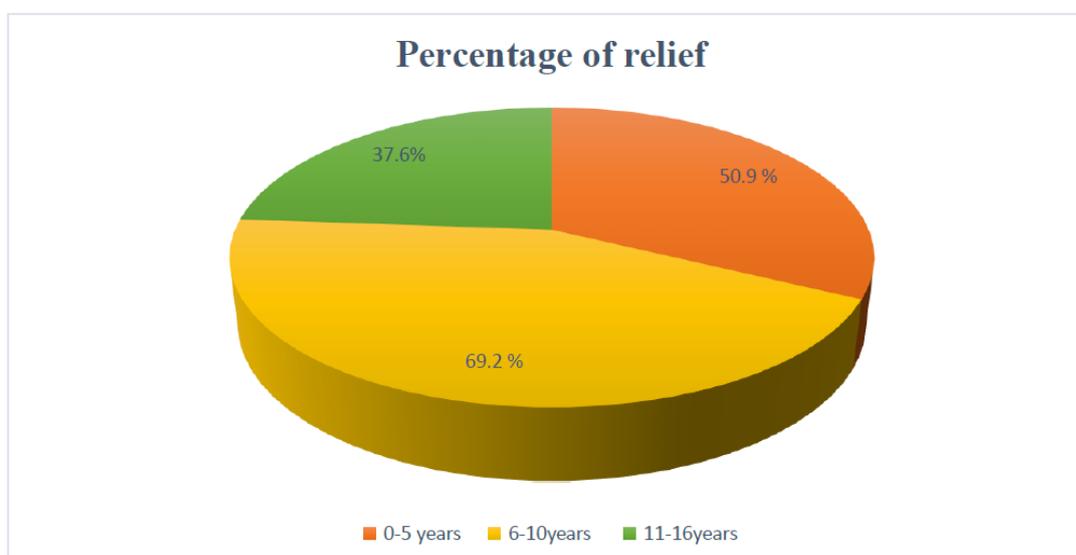


EFFECT OF SUVARNAPRASHANA IN MENTAL DIFFICULTIES

Parameters assessing the mental status.

Parameter	Grade 0 (Excellent)	Grade1 (Good)	Grade 2 (Average)	Grade3 (Poor)
Concentration ability	1	2	3	4
Learning ability	1	2	3	4
Memorizing ability	1	2	3	4
Retention ability	1	2	3	4
Academic Grade	1	2	3	4

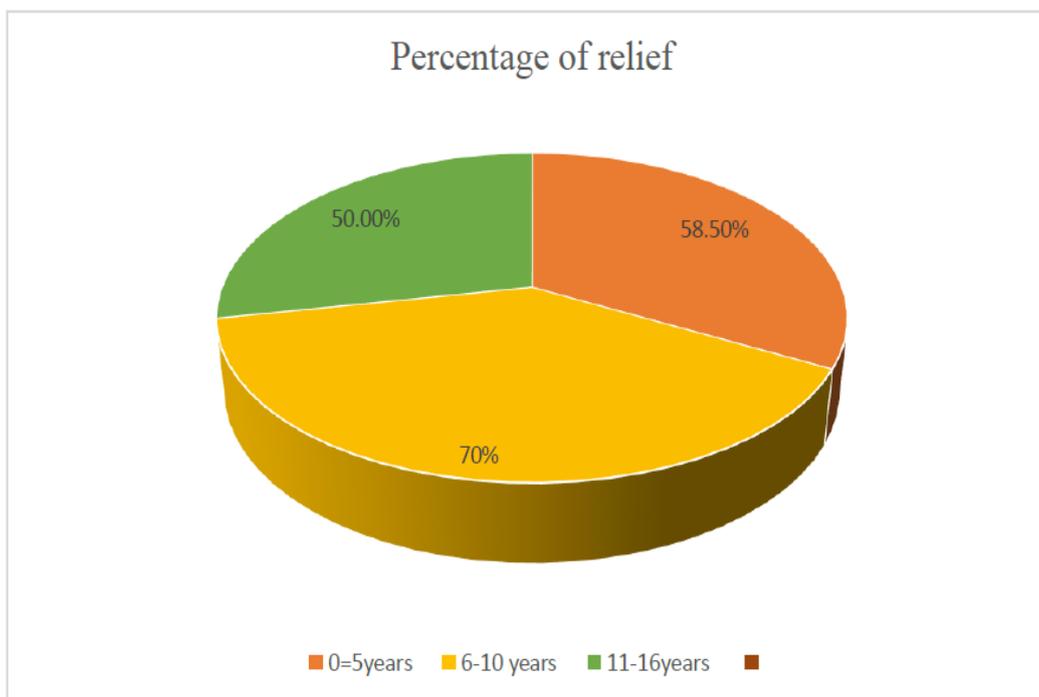
Group	N	BT	AT	D	%Of relief
0-5years	48	2.04	1.0	1.04	50.9 %
6-10years	69	1.95	0.6	1.35	69.2 %
11-16years	72	2.25	1.4	0.85	37.6 %



EFFECT OF SUVARNAPRASHANA ON G.I.T

Symptoms	Grade3	Grade2	Grade1	Grade0
Abdominal distension or bloating	Severe	Moderate	Mild	No Complains
Frequency of stool	1time in >7 days	1time in 4-7 days	1timeinevery 1- 3 day	Pass stool daily
Stool consistency	Hard, dry stool	Hard stool	Initially hard then lose stool	Semi loose stool
Rectal pain with bowel movement	Severe	Moderate	Mild	No pain

Group	N	BT	AT	D	%Of relief
0-5years	64	1.93	0.8	1.13	58.5 %
6-10years	78	2.0	0.6	1.4	70 %
11-16years	42	2.0	1.0	1.0	50 %



DISCUSSION

In *ayurveda*, administration of the *Suvarnabhasma* (nano particles of gold) in children is considered to be a unique practice termed as *Suvarnaprashana*.

Therefore, *Suvarnaprashana* refers to the act of consuming or ingesting *Suvarna* (gold) in the prescribed dose and quantity in order to increase immunity of the child.

Suvaranprashana was prepared by adding *Suvarana bhasma* in *Siddha Ghrta* containing *Brahmi*, *Vacha*, *Yasthimadhu* etc. along with *madhu*. They have *Balya*, *Rasayana*, *Medhya* and *Tridoshamaka* properties.

Swarna bhasma, the principal ingredient enhance immunity, *Brahmi*, *Vacha* are effective in improvement of memory and lack of attention, *Yasthimadhu* is good anti-inflammatory, analgesic and antioxidant. According to ancient texts, Regular use of *Suvarnaprashana* for 1 month boosts the memory & for 6 months enhances the retention power.

The dose of *Suvaranprashana* was decided on the basis of age of child. The assessment was done on the scale of physical growth and its respiratory, digestion and mental

health effect.

CONCLUSION

The benefits of *Suvaranprashana* can be achieved at multiple level like as a general health promoter, enhancement of intelligence, digestion, metabolism, immunity, physical strength and complexion. According to Indian classical texts, SP has been proposed as a potent medicine for Immunotherapies and vaccine development due to its in definite size, shapes, charges and surface functionality. This wonderful drug has been used by *Ayurvedic* physician to safe guard the health of children by *Suvaranprashana* can be securely administered in infant and children up to 16 years of age for their physical, mental and intellectual wellbeing. The study concludes that maximum percent of relieve in respiratory difficulty in age group 6- 10 years, maximum relive in G.I.T. symptoms in age group 6- 10 years, maximum relieve in mental health in age group 6-10 years. There is urgent need of standardizing the preparation, dose, duration and method of administration.