

**BENEFITS OF SWARNAPRASHANA IN CHILDREN****Dr. Ankita Agrawal\*, Dr. Nagendra Thakre\*\*, Prof. Dr. Vijay Chaudhary\*\*\*, Dr. Sunita Patel\*\*\***

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**ABSTRACT**

Ayurveda holds good even today though it was written thousands of years ago. Ayurveda mainly helps to maintain the healthy state of mind and body. Swarnaprashana is one of the sixteen Samskaras which were described in ancient scriptures. Kashyapa is described Swarnaprashana in detail with its benefits to promote immunity and memory of children. Swarnaprashana is very popular in India. It is boost immunity and improvement, physical and metabolic. Swarnaprashana is administration of processed gold in liquid form with honey, Ghrita and some herbal medicine. Ayurveda recommend only purified and processed form of gold for internal administration. Ayurveda explains Swarnaprashana, while modern medicine explained about vaccines. Vaccine produces immunity against specific diseases where as Swarnaprashana produces non specific immunity along with many effects.

**KEYWORD:** Swarna Bhasma [Gold], Madhu, Ghrita, immunity.**INTRODUCTION**

Ayurveda is known for its own specialties. Ayurveda the science of life provides many other alternative ways to tackle with such type of disorder. In Kashyapa Samhita Swarnaprashana has been mentioned as it is an important recipe for child growth and memory enhancement and also to promote longevity in children on one month use.<sup>[1]</sup>

Acharya Kashyapa was the pediatric specialist in Ayurveda. He describes Swarnaprashana in Jatkarma Samskara for the neonatal care (LehanAdhaya of Sutrasthana) in his Samhita. This method of Swarnaprashana should sit facing the Poorva Disha [east direction], take swarna [Gold] and rub it against the hard surface, like stone with water and then mix with Madhu[honey] and Ghrita [cow butter] and given for licking. This is called as Swarnaprashana.<sup>[2]</sup>

Acharya Sushruta describes administration of Swarna along with Ghrita and Madhu as one of the procedures of Jatkarma Samskara, which is given as a single dose at birth as a part of new born care.<sup>[3]</sup> Acharya Sushruta has described four recipes,<sup>[4]</sup> [containing gold] which provide humoral immunity. Body resistance helpful in growth and development as well as enhancing the intelligence. These are.

1. Swarnabhasma with Kustha, Vacha, Brahmi, honey and Ghrita.
2. Swarnabhasma with paste of Brahmi and Sankhapushpa should be given with honey and Ghrita.
3. Swarnabhasma with Arkapushpa, Vacha with Ghrita and honey.
4. Swarnabhasma Kaidarya and Sweta Durva with Ghrita.

**Importance of Madhu**

Madhu is collection of pollen grains by bees. In today life it is observed that pollen grain acquire a great percentage in producing allergic reaction leading to many disease. The main reason for using honey develops resistance for allergen and it remain unaffected by allergen.

**Importance of Ghrita**

Medhyaushadis like Mandukaparni, Brahmi, Guduchi, Yastimadhu, Vacha are added to Ghrita and according to the procedure it is prepared. This Ghrita is useful increasing the mental ability.

**Importance of Swarnabhasma**

Gold is considered as very precious in Ayurveda and it would possess properties like Madhura, immunity booster, rejuvenate, improve memory, also increase digestion power of the body Gold possesses lots of

antioxidant properties and it is very beneficial for babies who were delivered with difficulty during the process of delivery. Oxidative stress to the baby and this can be relieved with the antioxidant properties of Swarnabhasma.<sup>[5]</sup> Madhu and Ghrita has natural tendency of accept and imbibe various condition. Its properties and action become more other Dravyas.<sup>[6,7]</sup>

**Dose of Swarnaprashana**-Acharya Kashyapa has not mentioned the dose for according to age. In various text-Swarnabhasma -100mg, Madhu-6ml, Ghrita -6ml.

**Time of administration**-Swarnaprashana can be given every day morning or on the day of Pushya Nakshtra. Pushya Nakshtra has great importance in Ayurveda. It is considered to be very effective in term of action, probably the body on this day is in a better position to absorb the drug for its optimum benefits and the drugs used are more potent than the usual.<sup>[8]</sup>

Sushruta has advised its use after emesis of liquor amni, but before massage and bath. While Vagbhatas have indicated it after massage and bath before emesis in Jatkarma Samskara to ensure sucking and swallowing reflexes.<sup>[9]</sup>

#### Benefits of Swarnaprashana

“सुवर्णप्राशन हि एतत् मेधाग्निबलवर्धनम्। आयुष्यं मंगलम् पुण्यं वृष्यं ग्रहापहम् ॥

मासात् परममेधावी क्याधिर्भिनर च धृष्यते। षड्भिर्मासैः श्रुतधरः सुवर्णप्राशनाद भवेत् ॥<sup>[10]</sup>

Improvement in digestion, improvement in strength and immunity, improvement in life span, auspicious, relieves bad evil, By administration Swarnaprashana to child for one month he become Param Medhavi (super intelligent) and up to six month child become Shrutadhara (can remember whatever she/he hears).

#### CONCLUSION

Modern research shows that gold particles having antioxidant property and T-lymphocyte activation and thus involves in regulation of antigen specific immune response.<sup>[11]</sup> Effect of Swarnasiddha Ghrita decreases the frequency of illness in children and helps to grow healthy. It also shows cognitive effect of increase in Dhi(intellect), Dhriti (restrain) and Smriti (memory or recalling capacity), honey and Ghrita acts as a vehicle for the Swarnabhasma Vacha and Kustha powder.<sup>[12]</sup> Swarnabhasma promotes immunity through phagocytosis and found to be effective in motor neuron disease in small dose.<sup>[13]</sup> Swarnaprashana is helpful in preventing recurrent illness. It is also helpful in physical, Mental intellectual and spiritual well being of the children. Swarnaprashana has immune modulator and immune stimulant effect in children.

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