

**CHILD IMMUNIZATION THROUGH AYURVEDA IN RELATION TO COVID -19****Dr. Anoop Kumar Shrivastava\* and Dr. N. Krishnaiah**

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**ABSTRACT**

Children of all age can become ill with corona virus disease 2019. Most children have mild symptoms or no symptoms. 'Swarna Prashana' is one of the methods explained in Ayurveda as unique method of boosting immunity and intellect in children. According to the American academy of Pediatrics and the children's hospital association, in the USA children represents about 13% of all covid -19 cases. In Kashyapa samhita, it is described to boost memory, intelligence, immunity in infants. Swarna Prashana fulfill the first motive of Ayurveda i.e Swasthasya swasthya raksham.

**KEYWORD:** Swarna prashana, Covid -19, Immunity.**INTRODUCTION**

It is one of the 16 essential sanskara described in Ayurveda, it is unique method of immunization since ancient time for children. Swarna prashana contain swarna bhasma and medicated ghee and madhu in unequal amount. Acharya Kashyapa has described it in Jat karma sanskara for the neonatal care in Lehan adhaya of sutrasthana. Acharya Susruta described Jat karma sanskara, that is administration of swarna with ghrita and madhu at birth for nutrition and prevention from disease. Susruta has described four swarna kalpa Which help in proper growth and development. These are – Swarna bhasma with kustha, vacha, brahmi, honey, ghrita.

Swarna bhasma, brahmi, shankpushpi, honey, ghrita.

Swarna bhasma, Arkaushpa, vacha, ghrita, honey.

Swarna bhasma, Kaidarya, Sveta-durva, ghrita, honey.

**Common Symptoms of Covid-19 In Children**

- 1) Fever
- 2) Headache
- 3) Cough
- 4) Breathlessness
- 5) Fatigue
- 6) Myalgia
- 7) Rhinorrhea
- 8) Sore throat
- 9) Diarrhoea
- 10) Loss of smell
- 11) Loss of taste
- 12) Poor appetite

**Children with Underlying Condition Are More Likely To Have Severe Illness From Covid-19**

- 1) Asthma or chronic lung disease
- 2) Diabetes
- 3) Sickle cell disease
- 4) Heart disease since birth
- 5) Immunosuppression
- 6) Obesity
- 7) Genetic, neurologic or metabolic condition

**Age, Dose, Duration of Swarna prashana**

Child with age 0-16 years is eligible for swarna prashana.

Best time for swarna prashana is early morning before sunrise.

Dose -15-30 mg twice daily

Infancy-5 year old 5mg per day

5-10 years 10 mg per day

10-16 year old 15 mg per day

**According to Acharya Sharangdhar**

- In First month of age-1 ratti of aushadhi mixed with dugdha, madhu, ghrita and shakkar (125 mg)
- 1 ratti is increased every month upto 12 month which will be equal to 1masa at 12 month (1.5 gm)
- Then 1-1 masa is increased every year upto 16 years, this will be equal to 16 masa this dose of medicine is for 16-70 years of age.
- After 70 years this matra will decrease in sequence as it was increased in balya avastha.

**Duration-Only for Pushpanakshatra**

Daily for one month

Daily for six month

### Preparation of Suvarnaprashan Child

- Deworming and malshuddhi with Draksharishta and vidanga
- Deepan and Pachana
- Healthy diet, exercise, sleep

### Importance of Pushyanakshatra

- Pushya means nourisher, providing energy and power
- Pushya nakshatra in rigveda has been depicted as a donar of pleasure, progress, peace, prosperity.
- Indian goddess of wealth and prosperity, laxmi was born in the pushpa nakshatra and hence it is considered as highly auspicious muhurat for starting new things.

### Method of Administration

- Baby should get up early every morning.
- Brush his teeth with ayurvedic toothpaste or dantamanjan.
- Massage with sesame oil.
- Apply bath powder for a bath.
- Worship god, freshen up.
- Take Suvarnaprashan in a spoon (preferably a silver spoon).
- Gently give it.
- Till 15-20 minutes do not give anything, not even water.

### Data to Be Maintained of Suvarnaprashan Child

- Height
- Weight
- Diet
- Exercise
- Urine
- Motion
- Illness history

### Benefits of Suvarna Prashan

- 1) Strong Immune system towards disease.
- 2) Increases physical strength, growth of the baby.
- 3) Grasping power, analysis power, recall memory become sharper.
- 4) Improves digestive power.
- 5) Tones up skin color and texture.
- 6) Protects the baby from different kind of allergies.

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