

A REVIEW ON SUVARNA PRASHAN AND ITS ROLE TOWARDS IMMUNITY AND INTELLIGENCE IN CHILDREN

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ABSTRACT

Acharya Kashyapa described the practice of administering processed gold to the children as "*Swarnaprashana*" thousands of years ago. It is well evident that administration of processed *Swarna* (gold) increases intelligence, digestion, metabolism, physical strength, immunity, complexion, fertility and life expectancy of children. *Swarnaprashana* can be administered in children as part of *Lehana* (supplementary feeds) and *Jatakarma Samskara*. Administration of *Suvarna prashan* offers immuno-stimulant, adaptogenic, memory booster, anti-inflammatory, antiarthritic, and antibacterial and antioxidant effects. The concept of *Swarnaprashana* play vital role for enhancing immunity and intelligence in children. Considering this fact present article explains Ayurveda view on *Suvarna Prashan* and its role in boosting immunity and intelligence in children.

KEYWORDS: *Ayurveda, Suvarna prashan, Vaccination, Immunity, Intelligence.*

INTRODUCTION

Swarna prashana is a metallic preparation used in Ayurveda pediatrics for boosting mental and physical health of new born. The main ingredients of formulation are *Swarna*, *Gou ghrita* and *Madhu*, etc. The practice of *Swarna prashana* used as vaccination concept of modern science since it helps to boost inherent immune responses. The *Swarna prashana* acts as *Medhya dravyas* thus helps to improves intelligent and memory, etc.

According to the Indian classical text this practice mainly employed as a part of immune-therapy like vaccine and enhances immunity against common diseases of infants. The unique size, shapes, charges and surface functionality of this *Swarna* formulation provides specific therapeutic benefits i.e.; enhances intelligence, digestion, metabolism, immunity, physical strength and complexion, etc.

The gold administered in *Swarna prashana* with in specified dose in specific time duration under the supervision of expert considering the overall health condition of new born. *Swarnaprashana* used as *Lehana* which means administration of herbal drugs, *ghee* and gold as supplementary feeds. *Acharya Kashyapa* provided term *Swarnaprashana* for the administration of gold in a prescribed manner.^[1-5]

Administration

- ✓ Gold is triturated along with water, honey and *ghee* on a clean stone facing towards the eastern direction and allow the *Shishu* to lick the same.
- ✓ *Suvarna prashan* mainly indicated for children from 0- 16 years of age.
- ✓ It advocated in morning time on *Pushya nakshatra*.
- ✓ It should be administer after the confirmation of appropriate quality of formulation under the supervision of experience person.

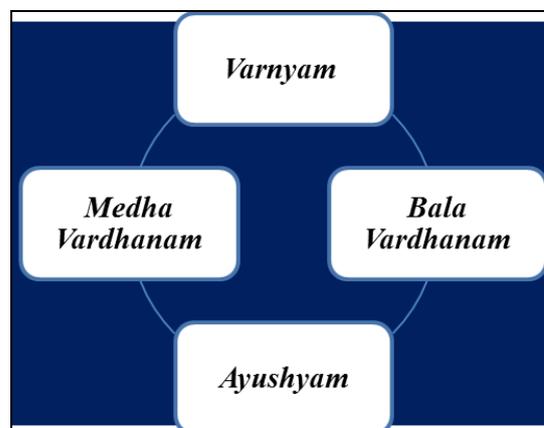


Figure 1: Therapeutic properties of swarnaprashana.

***Suvarna prashan* general health benefits**

The major health benefits of *Swarnaprashana* are depicted in **Figure 1**. *Swarnaprashana* improves

intellect, digestion, immunity and physical strength. It promoting lifespan, enhances color, complexion and protect from the ill effects of microorganisms.

- ❖ It improves body height & weight, also improves stamina.
- ❖ It kindles digestive fire thus balances digestion and metabolic activities.
- ❖ *Suvarna prashan* improves child's appetite and activate sensory organs
- ❖ Improves tonicity of skin
- ❖ It enhances *Medha*, *Bala*, *Agni*, *Aayu* and *Varnya*, etc.
- ❖ It is also used as *Ghrraha badha* and *Vrushya*.

***Suvarna prashan* for improving immunity**

Suvarna prashan provides strength against cough, cold and fever by improving natural immunity. *Suvarna prashan* causes dendritic cells maturation and also activate T cell. It acts as immune booster in children against microbial infection. *Swarna prashana* converts gold particles into various sizes, shape, charges and composition thus enhances biological properties of gold.

The irregular form of gold particles may induce non-specific immunity by activating cellular and humoral immunity. This enhances resistance against pathogens and inflammatory allergens. Gold nano-particles interact with target cells to improve immunological responses.

It boosts immune system of children of early growing age since children of this age group are very susceptible to infections. *Suvarnaprashan* prevent children from common fever, cold and cough.

Suvarna prashan develops resistance against seasonal infections and decreases prevalence of infection in children. It also improves natural healing mechanism thus helps body to recover early in case of illness. Gold known to possess immune-modulatory effects and enhances immunity against different organisms, it stimulate body immune cells against common diseases of children.^[4-6]

***Suvarna prashan* for improving Intelligence and Memory**

Suvarna prashan improves attention and grasping power in children. *Swarna prashana* boost up brain health and enhances memory, sharpness, analysis power and concentration in children.

- ✓ *Suvarna prashan* reduces anxiety thus maintain mental functioning.
- ✓ It suppresses aggressiveness and irritability therefore control mental behavior of children.
- ✓ It helps to control attention seeking behavior of children.
- ✓ Beneficial for reducing chances of mental disorders and mental fatigue.
- ✓ Considered good for enhancing multitasking personality
- ✓ Useful for restoring overall mental well being.

Probable action of *suvarna prashan*

Swarna possess moisturizing and unctuous effect, the *Madhura* property helps to improves physical strength and *Rasayana* effects imparts rejuvenating action. The antioxidant action prevents oxidative damage of neural tissue. The antibacterial action helps to combat against infections. The nerve stimulating effect improves mental power and attentiveness of children.

The quick absorption and assimilation of gold nano particles present in *Suvarna prashan* offers quick and potent response to boost mental and immune power. Nano particles can by-pass digestion and get absorbed directly *via* sublingual route and reaches to the blood stream for systemic action.^[6-9]

CONCLUSION

Suvarna prashan used as an immune booster in pediatrics practice, it boost immune system and provides resistance against microbial infections. *Swarna prashana* improves growth of children and intellectual performance. *Suvarna prashan* contributed towards the "Vyadhikshamatwam" and helps to combat against infectious disease. The administration of *Suvarna prashan* in children may be considered as ancient technique of immunization. This practice improves physical, mental as well as social health. *Swarna prashana samskara* offers immuno-stimulant, adaptogenic, memory booster, anti-inflammatory, antiarthritic, anti-bacterial and antioxidant effects. *Swarna prashanas* appreciably enhances immunity and intelligence in children by virtue of its *Balya* and *Medhya* actions.

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