

**ROLE OF SWARANPRASHANA IN GENERAL DEVELOPMENT OF CHILD – A CASE STUDY****\*Gandhi Vishal, Sharma Sujata and Pandey Reena**<sup>1,2</sup>P.G. Scholar Department of Kaumarbhritya, U.A.U. Haridwar.<sup>3</sup>Prof. Department of Kaumarbhritya, U.A.U. Haridwar.**\*Corresponding Author: Dr. Gandhi Vishal**

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**ABSTRACT**

Administration of processed gold in children is a unique practice mentioned in Ayurveda as “*Swaranprashana*” by Acharya Kashyapa thousands of years back. *Swaranprashana* in children can be mainly implicated in two contexts of Ayurveda; *Lehana*(supplementary feeds) and *Jatakarma Samskara* (newborn care). This review is an effort to critically evaluate the available data, which may be helpful in clearing some of the existing fallacies on the topic. This review proposes that the benefits of *Swaranprashana* can be achieved at multiple levels like as a general health promoter and in specific to enhancement of intelligence, digestion, metabolism, immunity, physical strength. Ayurveda recommends only purified and processed form of gold for internal administration. The age at which *Swaranprashana* should be administered and its duration can be determined depending upon the desired effect in children as a positive health care program. In the present study total 678 children of age 0-16 yrs were administered *Swaranprashana* on every *pushyanakshatra* for 1 yr. The *Swaranprashana* was prepared by adding *Swarana bhasma* in *Siddha Ghrita* containing *Brahmi*, *vacha*, *Yashtimadhu* etc. along with *madhu*. The dose of *Swaranprashana* was decided on the basis of age of child. The assessment was done on the scale of physical growth and its respiratory and mental health effect. The study concludes that maximum weight increase in age group 0-3 months, maximum height increase in age group 3-6 months, maximum percent of relieve in respiratory difficulty in age group 6-9 months, maximum relieve in mental health in age group 8-9 yr.

**KEYWORD:** *Swarna Bhasma*, *Lehana*, *Jatakarma*, *Pushyanakshatra*.**INTRODUCTION**

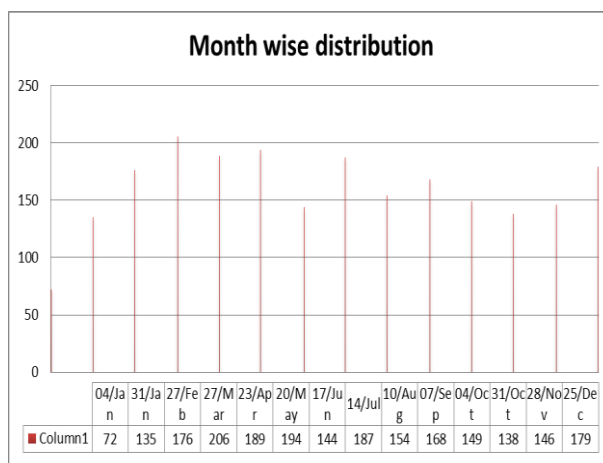
Since 2018 Jan, *Swaranprashana* has been administered once in a month at Rishikul Campus Utrakhand Ayurved University, Haridwar for children between 0 to 16 years on the day of *Pushya Nakshtra*. Children accompanied by their parents will report at the registration counter. A card is hand over with registration number containing detail about name, age, date of birth, address along with parent's name. After they will reported 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 parent's are advised not to give any food to child for one hour after administration of *Swaranprashana*.

The study of *Swaranprashana* was started on 4/ Jan/ 2018 at Rishikul Campus, UAU, Haridwar, 14 cycles of *Swaranprashana*, 2,247 dose and 678 children's were registered till 25 / Dec/ 2018.

Each month wise distribution of children given below:

**Month Wise Distribution**

Month	Date	No. Of patient's
Jan	4/01/2018	72
Jan	31/01/2018	135
Feb	27/02/2018	176
March	27/03/2018	206
April	23/04/2018	189
May	20/05/2018	194
June	17/06/2018	144
July	14/07/2018	187
Aug	10/08/2018	154
Sep	07/09/2018	168
Oct	04/10/2018	149
Oct	31/10/2018	138
Nov	28/11/2018	146
Dec	25/12/2018	179



### Sex Wise Distribution

Date	No. Of children	Male children	Female children
4/jan./2018	72	34	38
31/jan/2018	135	68	67
27/feb/2018	176	83	93
27/mar/2018	206	107	99
23/apr/2018	189	87	102
20/May/2018	194	102	92
17/June /2018	154	77	77
14/July /2018	187	94	93
10/Aug/2018	154	76	78
07/Sep/2018	168	89	79
04/Oct /2018	149	71	78
31/Oct /2018	138	74	64
28/Nov/2018	146	78	68
25/Dec /2018	179	103	76

Sex	No. Of Children	Percent
Male	1143	50.86
Female	1104	49.14

### Age Wise Distribution

Date	0-5 years	6-10 years	05-16 years
4/1/18	48	14	10
31/1/18	77	41	17
27/2/18	110	46	20
27/3/18	86	58	32
23/4/18	124	37	28
20/5/18	123	51	20
17/6/18	85	39	20
14/7/18	117	42	28
10/8/18	104	38	12
7/9/18	111	39	18
4/10/18	95	36	18
31/10/18	93	26	19
28/11/18	103	31	12
25/12/18	95	45	39

## Weight wise distribution

Group	N	Bt mean	At mean	D	% of relief
0-3 month	4	4.38	7.5	3.12	71.2
3-6 month	8	6.19	8.84	2.65	42.8
6-9month	18	8.13	10.32	2.19	26.93
9-1 yr	22	9.93	12.19	2.26	22.76
1-1.5 yr	28	9.63	13.63	4	41.53
1.5-2 yr	24	13.67	9.88	3.79	22.72
2-3 yr	42	10.8	13.8	3	27.78
3-4 yr	48	13.16	16.08	2.92	22.18
4-5 yr	74	13.57	15.84	2.27	16.73
5-6 yr	52	16.56	18.94	2.38	14.37
6-7 yr	40	19.25	21.25	2	10.39
7-8 yr	35	21.29	24.43	3.14	14.74
8-9 yr	40	24	28.5	4.5	18.75
9-10 yr	17	26.47	28.82	2.35	8.88
10-11 yr	36	29.56	34.58	5.02	16.98
11-12 yr	14	27.92	32.07	4.15	14.86
12-13 yr	10	30.25	34.2	3.25	10.74
13-14 yr	18	35.25	38.25	3	8.51
14-15 yr	16	32	35.5	3.5	10.94
15-16 yr	15	35.1	38.6	3.5	9.97

## Height wise distribution

Group	N	Bt mean	At mean	D	% of relief
0-3 month	4	53.62	55.75	2.13	3.97
3-6 month	8	54.25	61.13	6.88	12.68
6-9month	18	51.41	57.91	6.50	12.64
9-1 yr	22	68.75	72.50	3.75	5.45
1-1.5 yr	28	75.1	78.66	3.56	4.74
1.5-2 yr	24	55.37	60.18	4.8	8.67
2-3 yr	42	89.7	93.7	4	4.46
3-4 yr	48	94.88	98.85	3.97	4.18
4-5 yr	74	97.19	102.5	5.3	5.45
5-6 yr	52	105.6	110.6	5	4.73
6-7 yr	40	112	118	6	5.35
7-8 yr	35	117.7	123.5	5.8	4.92
8-9 yr	40	123	130	7	5.69
9-10 yr	17	129.24	135.6	6.36	4.92
10-11 yr	36	134.9	141.25	6.35	4.7
11-12 yr	14	139.29	143.29	4	2.97
12-13 yr	10	143.8	148.5	4.2	2.92
13-14 yr	18	149.25	155.5	6.25	4.18
14-15 yr	16	158.12	162.8	4.68	2.96
15-16 yr	15	159	160.2	1.2	0.75

Respiratory difficulty	Symptoms
Grade 3	persistence difficulty lasting for more than 1 week
Grade 2	Frequent difficulty lasting for less than 1 week
Grade 1	Occasional H/O respiratory difficulty
Grade 0	No symptoms / complains

Group	N	Bt mean	At mean	D	% of relief
0-3 month	2	1	0.5	0.5	50
3-6 month	5	2	1	1	50
6-9month	10	1.9	0.8	1.1	57.8
9-1 yr	15	1.67	0.87	0.80	47.9
1-1.5 yr	12	2	1.56	0.44	22
1.5-2 yr	14	2	1.5	0.5	25
2-3 yr	20	1.9	1.1	0.8	42
3-4 yr	24	1.88	1.5	0.38	20.2
4-5 yr	30	2	1.33	0.67	33.5
5-6 yr	12	2	1.56	0.44	22
6-7 yr	8	2	1.5	0.5	25
7-8 yr	5	1.6	0.8	0.8	50
8-9 yr	8	1.88	1.13	0.75	39.9
9-10 yr	5	2	1.4	0.6	30
10-11 yr	10	1.5	0.7	0.8	53.33
11-12 yr	4	2.25	1.5	0.75	33.33
12-13 yr	6	1.67	1.17	0.5	29.94
13-14 yr	3	1.66	1	0.66	39.75
14-15 yr	7	1.71	1.14	0.57	33.33
15-16 yr	3	1	0.67	0.33	33

Parameter	Grade 0 (excellent)	Grade 1 (good)	Grade 2 (average)	Grade 3 (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 mean	At mean	D	% of relief
0-3 month	4	4.38	7.5	3.12	NA
3-6 month	8	6.19	8.84	2.65	NA
6-9month	18	8.13	10.32	2.19	NA
9-1 yr	22	9.93	12.19	2.26	NA
1-1.5 yr	28	9.63	13.63	4	NA
1.5-2 yr	24	13.67	9.88	3.79	NA
2-3 yr	42	10.8	13.8	3	NA
3-4 yr	24	3.33	2.45	0.89	26.72
4-5 yr	74	1.44	1.14	0.30	20.83
5-6 yr	52	1.38	1.05	0.33	23.9
6-7 yr	40	1.7	1.27	0.43	25.29
7-8 yr	35	1.46	1.14	0.32	21.9
8-9 yr	40	1.75	1.15	0.60	34.28
9-10 yr	17	1.24	0.88	0.36	29
10-11 yr	36	1.58	1.33	0.25	15.8
11-12 yr	14	1.14	0.78	0.36	31.58
12-13 yr	10	1.3	1.1	0.2	15.38
13-14 yr	18	1.39	1.16	0.23	16.54
14-15 yr	16	1.38	1.13	0.25	18.11
15-16 yr	15	1.34	1	0.34	25.37

(NA – Not Applicable)

## DISCUSSION

*Swaranprashana* is a herbomineral preparation with extract of herbs in ghrta media processing *Balya*, *Rasayana*, *Medhya* and *Tridosha* properties. *Swarna bhasma* the principal ingredient of *Swaranprashana*

enhance immunity through phagocytosis. *Swarna bhasma* have been incended both in ayurveda and medical science for rejuvenation and immunomodulation in many diseases. *Brahmi*, *Vacha* are effective in improvement of memory and lack of attention.

**CONCLUSION**

*Swarna* has been used for disease prevention and treatment of various ailments like tuberculosis, anaemia, cough, sterility, and muscular disease. Gold can undoubtedly be called a precious metal and *Swaranprashana* deserve to be greatly publicized and used in national child health programs to extend the benefit of our ancient wisdom to world. This wonderful drug has been used by *Ayurvedic* physician to safeguard the health of children by *s Swaranprashana* can be securely administered in infant and children upto 16 years of age for their physical, mental and intellectual wellbeing. There is urgent need of standardizing the preparation, dose, duration and and method of administration.