



SWARNPRASHAN SANSKARA IN CHILDREN - A REVIEW ARTICLE

Dr. Sudhir Malik*¹ and Dr. Sheshan Singh²

¹Assistant Professor, P.G. Department of Kaumarbhritya, Shri Krishna Govt. Ayurvedic College and Hospital, Kurukshetra, India.

²P.G. Scholar, P.G. Department of Kaumarbhritya, Shri Krishna Govt. Ayurvedic College and Hospital, Kurukshetra, India.

***Corresponding Author: Dr. Sudhir Malik**

Assistant Professor, P.G. Department of Kaumarbhritya, Shri Krishna Govt. Ayurvedic College and Hospital, Kurukshetra, India.

Article Received on 09/06/2022

Article Revised on 30/06/2022

Article Accepted on 21/07/2022

ABSTRACT

In the *Ayurvedic* textbook *Kashyapa Samhita* written by *Acharya Vriddha Jeevaka*, *Swarnprashan* has been mentioned as a very essential medicated formulation for child growth, intellect, health and for good memory and also to promote life span in children. *Swarnprashan* is administration of processed gold and it being administered on the *Pushya Nakshatra* of every month by *Ayurvedic* practitioners. But as a *Rasayana Chikitsa*, *Swarnprashan* can be administered continuously to get the desired result for wellbeing of the children. According to *Ayurveda Swarnprashan* may be implicated in two sense i.e *Lehana* (Supplementary Feed) and *Jatakarma Sanskar* (New Born Care). *Acharya Kashyap* stated that healthy and unhealthy condition of a child depends on *Lehana*.^[1] *Ayurveda* is more concerned for healthy life by preventive measures for pediatric age group. *Suvarna* is one of the most venerable metals used as preventive and curative purposes. For medicinal use, in *Ayurveda* only purified form of *Suvarna* is recommended. Use of colloidal gold using very fine particles of gold has been advised in *Ayurvedic* text in infant and children. This review article proposes that everyone should know the benefits of *Swarnprashan* like enhancement of intelligence, physical growth, immunity, improving digestion power etc.

KEYWORDS: *Swarnprashan*, *Kashyapa*, Immunity, *Ayurveda*, Enhance.

INTRODUCTION

In today's life children suffer from many viral & infectious diseases. Due to recurrence of infections to the infants, the physical and mental growth of the child is affected. But our *Acharya* described *Swarnprashan* for to prevent children from such infections. *Swarnprashan* is one of the oldest administrative forms of gold nano medicine. *Swarnprashan* is described by *Acharya Kashyapa* in *Kashyapa Samhita* (one of the oldest *Ayurvedic* textbook of *Kaumarbhritya*) is planned to boost memory, intelligence and immunity in children. 1st description of giving *Swarnprashan* as a therapy for infants is given in *Kashyapa Samhita*. *Swarnprashan* has been advised in new born from birth till^[2] year of ages^[3] (16 years).

Childhood is the growing phase of our life. Good health in childhood gives strong base to the future of life. *Ayurveda* is more worried about better life of children by preventive and supportive therapies. *Acharyas* have mentioned 4 *Swarna* preparations for proper growth & development of infant. In all four preparations there are three contents are constant i.e *Swarna*, *Ghritha* (Cow Ghee) and honey.^[4] *Swarna* is main ingredient of this preparation, so it is named as *Swarnprashan*.

It is a preparation in which we administer purified *Swarna* along with other useful medicines through oral route in children for better health and prevention from many recurrent infections.

***Ayurvedic* Review**

In all *Ayurveda* texts, only in *Kashyapa Samhita* full text about pediatric is mentioned. *Kashyapa Samhita* was written before 600 B.C. In *Lehan Adhaya* of *Sutra Sthana Acharya* described *Swarnprashan* in *Jatkarma Samskara*. *Acharya* described method of *Swarnprashan* i.e sit facing the east direction (*Poorva Disha*), rub the *Swarna* against the hard surface like stone with water and then mix *Madhu* and *Ghritha* in it and given for licking. There are so many benefits of *Swarnprashan* like *Budhi*, *Medha Vardhanam* (improvement of intellect), *Agni Vardhanam* (enhance the digestive power), *Bala Vardhanam* (enhance the immunity and strength), *Ayushya Vardhanam* (enhance the life span), *Mangalya*, *Punya* (auspicious), *Grahapaham* (relives bad evil).

When we give *Swarna* to child for one month it makes her or him *Param Medhavi*, (super intelligent) and for six months child becomes *Shruta Dhara* (remember whatever hears).^[5]

Manu Smriti described, *Jatakarma* and *Chudakarma Samskara* for *Dwija (Brahmin)* to get rid of the impurities, if present in *Bija* and also due to the stay inside the womb as *Garbha* (fetus), is told as a purification procedure, in which soon after cutting the umbilical cord the baby is made to lick mixture of *Swarna*, *Ghrta* and *Madhu* by chanting *Mantra*.^[6]

Acharya Charaka mentioned that, after birth 1st clean the baby's mouth *Ghrta* and *Saindhava Lawana*, then a cotton pad soaked in *Ghrta* and put it on his/her head, then cut the umbilical cord and put medicated oil on the wound. Then give *Madhu* and *Ghrta* in unequal amount with chanting *Mantra* and then give mother's milk.^[7]

Acharya Sushruta described that after baby's birth, licking *Madhu* and *Saindhava* baby will vomit the amniotic fluid then put a *Ghrta* soaked cotton pad on his/her head after that cut the umbilical cord and then give gold, honey and *Ghrta* for licking with *Anamika* finger (near to little finger) to the infant.

On 1st day of birth give *Madhu*, *Ghrta* and gold thrice a day with chanting *Mantra*.

On 4th Day give *Madhu* and *Ghrta* twice a day and then start milk.^[8]

In *Ashtanga Sangraha* it is mentioned that give combination of *Endra*, *Brahmi* and *Sankhpushpi* or combination of *Vacha*, *Shatavari*, *Annanta* and *Brahmi* with *Madhu* and *Ghrta* in *Harenu Matra*, given enhance the baby's intelligence power and strength.^[9]

Acharya Kashyapa mentioned in detail about *Jatakarma* in *Lehadhyaya* of *Sutra Sthana* of *Kashyapa Samhita*. There he narrates about *Lehana* i.e medicine or gold with *Madhu* and *Ghrta* administration.^[10]

Age, time & Dosage for Swarnprashan

We should start *Swarnprashan* administration as early as soon possible in children. Child up to 16 year of age is eligible for taking *Swarnprashan*^[11], because it is the precious time of rapid growth and development. Also, some practitioners advise it only up to 12 or 14 years of age. The best time for administration of *Swarnprashan* is early morning before sun rise.^[12]

In India, mainly all *Ayurvedic* physicians administer *Swarnprashan* on the day of *Pushya Nakshatra* of every month. So, after every 27th day on *Pushya Nakshatra* of every month we should administer *Swarnprashan* to the children. But for *Rasayana* purpose it should be given continuously to get optimum therapeutic benefits for physical, as well as mental level of the children.

Experienced practitioners say that, using of *Swarnprashan* just for one day in a month does not give significant results. The appropriate method is to give the low dose of *Swarnprashan* for a period of 3 months. If

we are not able to given daily, we can give it for 10-12 days in a month. At least 6-12 cycles should be given to get significant result.

Acharya Kashyapa has been mentioned that *Swarnprashan* is an important recipe for child growth, memory enhancement and also to promote life span in children on one month and six months use^[13].

Dosage: - Specifically there has no dosage mentioned by *Acharyas* for *Swarnprashan*, *Acharya Kashyapa* has given general dosage for children according to age from birth^[14].

By different *Acharyas*, different dose of *Swarna Bhasma* has given i.e

a) 1/4th – 1/8th *Ratti – Rastarnгани*

b) 2 *Gunja - R.R.S.*

c) 1 *Harenu - Astanghruday*

d) 1 *Gunja – Sushruta Samhita*

e) 1/32 *Ratti – Bhaishajyaratnavali*

Now-days, most accepted dose of *Swarna Bhasma* in today's practice is 15-30 mg twice a day.

According to some text book's explanation of doses of *Swarna Bhasma*, the pediatric dose is as follows^[15]: -

Infancy to 5 years – 5mg/ Day

5 to 10 years – 10mg/Day

11 to 16 – 15mg/ Day

Contents of Swarnprashan

In *Shusruta Samhita* there is following four *Swarna Kalpas* are described which enhance immunity, body resistance, intellectual capacity: -

i. *Swarna Bhasma, Ghrta, Madhu, Bramhi Kustha, Vacha.*

ii. *Swarna Bhasma, Ghrta, Madhu, Bramhi, Shankhpushpi.*

iii. *Swarna Bhasma, Ghrta, Madhu, Vacha, Arkapushpa.*

iv. *Swarna Bhasma, Ghrta, Madhu, Sveta-Durva, Kaidarya.*

In above four preparations there are three contents are constant i.e *Swarna, Ghee* and *Madhu*

Swarna Bhasma

Swarna = Gold, *Bhasma* = Ash.

Gold^[16]	
Chemical formula	Au
Atomic number	79
Belongs to group	11
Atomic mass	196.96655

Gold resulting *Ayurvedic* medicine is known as *Swarna Bhasma*.

Swarna Bhasma is also known as incinerated gold used in diseases as mentioned in *Ayurvedic* classics. In *Ayurvedic* and modern science *Swarna Bhasma* has much therapeutic relevance. *Swarna Bhasma* is

biocompatible, non-antigenic in character, free from toxicity, easily absorbed and assimilates in the body.

It has the properties of *Medha*, *Agni & Bala Vardhanam*, *Vrushya*, *Grahapaham & Ayushyakara*, etc. These properties of *Swarna* made use to strengthen an individual. It augments longevity of life.

Swarna Bhasma has positive effect on specific and non-specific immune responses. It shows stimulatory effect on peritoneal macrophages, that will helpful to combat against infections. When *Swarna Bhasma* is mixed with *Ghrita* and *Madhu*, it enhances its action to stimulate body immune system.

Ghrita:- In *Ayurveda* it is said that in context of *Ghrita*, cow's *Ghrita* should be used. It has *Pitta Samaka* and *Agni Vardaka* properties. It enhances the mental ability and also enhances the function of drug added with it. It helps in proper growth and development of child. It provides nutrition to the new born child.

Madhu:- When *Madhu* is administered in low doses to new born, gradually itself develop resistance for allergens and it remains unaffected by allergic diseases. *Madhu* is manufactured by bees from pollen grains.

Benefits of administration of *Swarnprashan*

- 1) In *Swarnprashan* we give *Madhu & Ghee* with gold, it develops resistance in the child's body for any type of *Visha*.
- 2) *Swarnprashan* is also beneficial for skin diseases and its regular administration prevent a child from skin disorders.
- 3) It prevents against recurrent infection.
- 4) It enhances physical as well as mental growth of children.
- 5) It decreases irritability, aggressiveness, attention seeking behavior and anxiety in children.^[17]
- 6) Animal study on *Swarnprashan* shows its action as analgesic, antidepressant. It is also used as a drug of choice in disorders of improper development of CNS and cerebral palsy.^[18]
- 7) *Swarnprashan* improves digestion and metabolism rate of the body, which keeps *Tridoshas* in balanced state. So, child who is administering it is free from seasonal variances.
- 8) Enhance *Vyadhishamtva Bala & Ojas*.

CONCLUSION

As we all know child which has less immunity have more chances of reoccurrence of diseases, *Swarnprashan* is a combination of medicine which enhance the immunity of the children with the help of enhance mental, physical, social and spiritual health without any adverse effect. *Acharya Charak*, *Sushruta* and *Vagbhata* mentioned *Swarnprashan* as a *Jatakarma Sanskar*.

Even *Suvarnprashan* does not signify any specific form of gold on a fix time or date. Rather it is the administration of only gold alone or with many others

medicinal herbs. Selection of form of gold should be according to financial conditions, availability and easier in preparation and administration, which should be standardized by lab studies.

On every month of *Pushya Nakshatra* we should encourage the parents to administer *Swarnprashan* in their children below the age of 16 years. The good effects of *Swarnprashan* in children are multi directional like enhancing intellect, immunity, physical growth, digestion power, and promote longevity etc. *Swarnprashan* can help all the children to develop best immunity. So, in short for better understanding of population we can be named *Swarnprashan* has a health care program for children.

REFERENCES

1. Marich Kasyapa, Vriddha Jivaka, Vatsya, Kasyapa Samhita, Tiwari P. V. Editor. 1st edition, Varanasi; Chaukhamba Vishvabharti, 1997; 3, Suter Sthana Lehana Adhyaya.
2. Tiwari PV, editor Kashyapa Samhita, 1st edition, New Delhi, Chaukhamba Vishwa Bharti, 2007; 7.
3. Sharngdhara Samhita, Purva Khanda 6/14-17.
4. Sushruta, Sushruta Samhita, Edited with Ayurveda Tattva Sandipika by Kaviraj Ambika Dutta Shastri; Varanasi: Chaukhambha Sanskrit Sansthan; reprint, 2007; 84: Sharir Sthan 10/72-74.
5. Vriddha Jivaka, Kasyapa Samhita, Sutra Sthana, Leha Adhaya; in 10th edition Shri Satyapal Bhishagacharya, editor. Chaukhamba Sanskrit Sansthan: Varanasi, 2005; 4-5.
6. Bhatta K, Haragovinda Sastri, editors. 7th ed. Varanasi; Chaukhamba Sanskrit Sansthan; 2003. Manu, Manusmruti, 2/27-29; 43.
7. Charaka, Charaka Samhita, Sutra Sthana J.S.A., 8 verse 42-44.
8. Ghanekar SBG, Sharir Sthana Adhaya 10, Garbhani 28th Adhaya. In Sutra Sthana motital Banarasidas publication, 497.
9. Sharma S.A.S Vagbhata Sutra Sthana Adhaya – 9 verse 19, Shashilekha commentary 1st ed Chaukamba Sanskrit series, 2006.
10. Kashyapa Samhita Vruddajivakiya Tanta, Kaumarbhritya Sutra Sthana Leha Adhaya, Maharshi University of Manangement, Vedic literature collection.
11. <https://www.ayurtimes.com/suvarnaprashana/> dr. jagdev singh, march 17, suvarnaprashna (suvarnaprashana), 2015.
12. <https://www.ayurtimes.com/suvarnaprashana/> dr. jagdev singh, march 17, suvarnaprashna (suvarnaprashana), 2015.
13. Tiwari PV, editor Kashyapa Samhita, 1st edition, New Delhi, Chaukhamba Vishwa Bharti, 2007; 7.
14. a critical appraisal on swarnaprashana in children K.B Jyothy, Srihari Sheshagiri and S. Rajagopala.
15. Easyayurveda.com/2005/03/05swarna-bindu-prashana/health and life style blog by dr. JV Hebbar B.A.M.S., M.D. (Ayu), PGDPSM.

16. Sharma, H., Chandola, H.M., Singh. G., & Basisht, G. (2007). Utilization of Ayurveda in health care; an approach for prevention, health promotion, and treatment of disease, *the science of life*, 13(9), 1011-9
17. Suvarna prahan- immunity, concentration and memory booster for [http://www.practo.com>health feed>post](http://www.practo.com>healthfeed>post), 31 Dec 2012
18. [http://www.sscasrh.org/index.php/fag-a-health-library/ article by doctors/item/210](http://www.sscasrh.org/index.php/fag-a-health-library/article/by/doctors/item/210) swarnabinduprashan-an-ayurvedic-immunization-programme.