



SWARNAPRASHANA: AN EVIDENCE BASED OBSERVATIONAL STUDY IN CHILDREN

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Abstract-

The science of life known as Ayurveda places a strong emphasis on the preservation and improvement of good health as well as the treatment of disease. Several regimes are mentioned for preventative purposes. These include Swarna Prashana. Swarna Prashana is one of the Suvarna Prashana strategies recognised in Ayurveda as a superb method for enhancing children's receptivity and aptitude. In the Kashyapa Samhita, it is intended to aid infants' memory, intuition, and invulnerability. It is depicted as part of Jatakarma Samskara (neonatal consideration). One of the 16 basic Samskaras that Ayurveda describes. India has long used Swarna Prashana as a method for fostering child development, improving memory, and extending life. In this procedure, "Swarna bhasma" is administered using pure ghrita that has been made with honey and herbal extracts as a liquid or paste. Suvarna Prashana affects the skin, immunological system, mind, and brain.

Keywords- Ayurveda, Swarnprashan, Swarn bhasma, Health, immuno- modulator.

Introduction-

Ayurveda has a unique treatment called Swarna Prashana (oral administration of gold as an electuary) that falls under the category of paediatric care. The canonical textbook of paediatrics, Kashyapa Samhita, presents this particular phrasing in the context of Lehana (licking procedure by electuary). According to the explanation, gold should be triturated with water, honey, and ghrita on a stone that has been thoroughly cleaned and pre-washed while facing east, and the concoction should be presented to the Shishu/infant in a semisolid shape.¹ Swarn Prashana is one of the several regimes suggested for preventative purposes. Swarna Prashan (SP) is said to increase intelligence, power, and potency as well as promote longevity in Ayurveda.²

Swarna Prashana was referred to as a Jatkarma Sanskara by Acharya Kashyapa in his writings from before 600 B.C. for the newborn care provided in the Sutra Sthana's lehan adhaya. He explains how to prepare Swarna Prashana, saying that one should sit facing the Poorva Disha (east direction), take a stone-like object, wet it, and rub it against it before mixing it with the Madhu that is provided for licking. Improvements in digestion, intelligence, Agni (improvement in digestion), BalaVardhanam (improvement in strength and immunity), Ayu Vardhanam (increase

in life span), Mangalya, and Punya (auspicious) Grahapaham are all benefits of this Swarna Prashana (relieves bad evil).³ Swarna administration, along with the administration of Ghrita and Madhu, is described by Acharya Sushruta as one of the steps of Jatakarma Samskara, which is administered as a single dose upon birth as part of newborn care. Four Swarna Kalpa, as described by Acharya Sushruta, are helpful in promoting healthy growth, development, and intellectual activity. They also boost humoral immunity and physical resistance.⁴

Materials and methods:

The material related to the article was collected from Department of Kaumarbhritya, Chandra Shekhar Singh Ayurved Sansthan, Koilaha, Puramufti, Kaushambi, U.P.

swarna prashana-

Swarnaprashana is a technique in which Swarna and herbs are administered orally by youngsters in the shape of liquid, semi-solid, or paste form.⁵ Swarna or Gold bhasma must be consumed in order to practise Swarna prashana. One of the 16 sanskars, in fact. It is a tried-and-true, all-natural strategy that has been used for a very long time to help children's general health. Swarnaprashana, a baby and kid formula, has Swarna Bhasma as a crucial ingredient.⁶ India traditionally performs Swarna Prashana, a cultural rite. Ayurvedic writings mention Swarnaprashana as a unique practise that is a component of the Jatakarma Samskara.⁷ Acharya Kashyapa's contribution to Swarnaprashana is exceptional among all the Acharyas who have accurately explained it, as the administration of processed gold to children is mentioned thousands of years before. Acharya Kashyapa provides a thorough explanation of pranayama, including its method, indications, contraindications, ingredients, and formulations.⁸ Swarna, honey, ghee, and water are triturated on an unwashed, spotless stone facing east to make Swarnaprashana, which is then given to the kid to lick. Children between the ages of 0 and 16 are eligible to receive swaruprshana.

Preparation method of swarna prashan-⁹

S.no.	Content
1.	Shudha Swarna bhasma
2.	Shudha madhu
3.	Vacha
4.	Sankhpushpi
5.	Guduchi
6.	Mandookparni
7.	Yashthimadhu

Swarnaprashana is formed by fusing Swarnaprashana with scientific inputs and references from ancient Ayurveda literatures. The ingredients in this herbo-mineral elixir are both herbs and minerals. Swarnaprashana is being made in the hospital, consisting of Madhu, Ghrita, Vacha Churna, Swarna Bhasma, Amrita Satva, Haritaki Churna, Brahmi Churna, and Kustha.¹⁰ Madhu and ghrita shouldn't be combined in equal amounts because that would be Virudha Samyoga. Yet, a small amount of madhu combined with ghrita can be used to stimulate an immunological response, strengthening a child's resistance to poisons and allergens.

Time for swarna prashan Administration –

On PUSHYA nakshatra, swarn prashana can be performed at least once each month or every day early in the morning. According to Kashyap, if Swarna prashana is consumed for a month, a child's intelligence increases. Children that take it for six months develop their ability to learn rapidly and retain what they hear. So, there is no question that it can be used for longer than six months. It should be used for a minimum of 30 days.

Modern point of view of gold as immunomodulator:

One of the noble metals, gold, has long been utilised to boost strength and immunity. The utilisation of nanoparticles to improve medication delivery systems is the most fascinating aspect of medicine. Indian gold was utilised in ancient medicine in the forms of Swarna Bhasma, Swarna Parpati, Swarna Patra, or red colloidal solution. It is unquestionably true that Swarna Bhasma has a laudable therapeutic efficacy and has been used for centuries in Indian society. Besides Swarna Bhasma, gold implements were also used in ancient times to prevent disease. Swarna Prashan was a highly esteemed ceremony in high society. Now, it has been established that Swarna Bhasma is in range of nano particle size and remains mostly in form of mono atomic gold.¹¹

Recent studies have demonstrated that Ayurveda medicinal techniques are sufficiently capable of converting raw chemicals of metallic origin into nanoparticle form. These gold facts are confirmed by a study at the National Chemical Laboratory. The statements are supported by a detailed analysis of the methodology and content. It has been demonstrated that a substance's nanostructure completely transforms it from its parent material. Recent years have seen a surge in scientific interest as a result of the finding that nanoscale gold particles serve as active and selective catalysts for a range of significant chemical processes. This link was further strengthened when it was discovered through further cell culture studies that gold compounds rendered immune system antigen-presenting cells dormant. The mechanism of action of gold drugs can now be evaluated and studied directly in sick tissues thanks to these results. The creation of novel nanoparticles must be followed by an evaluation of the potential dangers to human health and the environment, as well as any necessary corrective action.¹²

Action of swarna prashana samskara regarding immuno-modulation effect by enhancing vyadhikshamtva and ojus-

Etiological factors attempt to cause disease when they come into touch with the body. The body fights the etiological factor at the same time to defend itself or display resistance to disease. In Ayurveda, this capacity of the body to fend off disease or withstand a disease that has already established is referred to as immunity, or Vyadhikshamatva. Ojus can be increased to boost bodily resistance. As is well known, Ojus is the only thing that

Doshas need to support them in keeping the body in a condition of homeostasis. Strength is a synonym for Ojus, and there are three sorts of it, according to Acharya Charaka: Sahaja, Kalaja, and Yuktikrita.¹³ One can enhance the Ojus created by Yukti in Yuktikrita. Swarna Prashana is a technique for boosting the body's immune cells' Kshamatva and slowing the degrading process. In Swarna Prashana Samskara, Madhu and Ghrita are administered in equal amounts with gold at regular intervals, building the body's resistance to all types of Visha. To put it another way, this combination results in non-specific immunity.

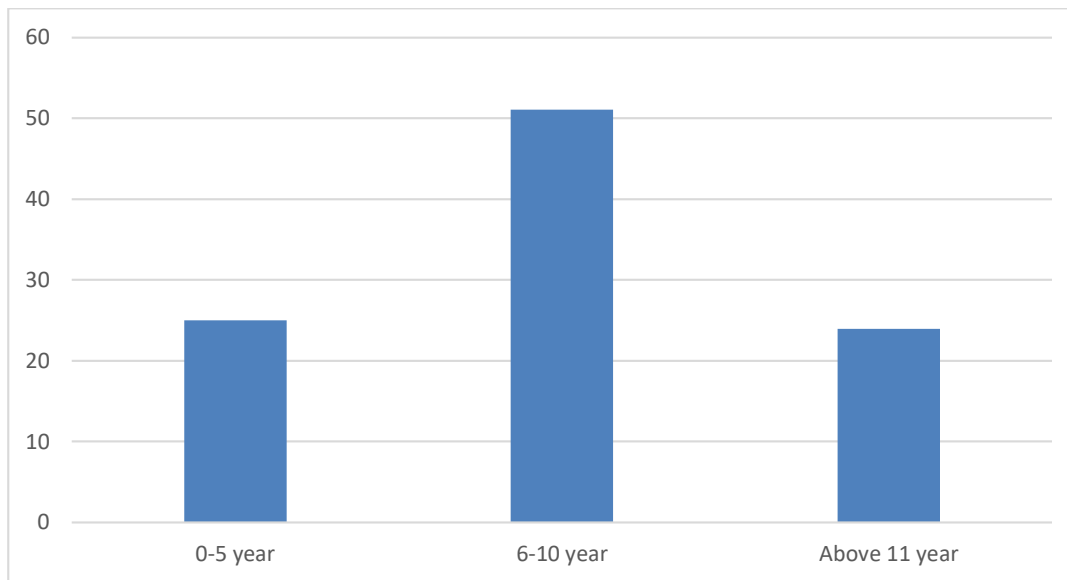
Benefits of Suvarna Prashana-

1. Suvarna prashana strengthens immunity and builds resistance to common diseases, preventing youngsters from being sick frequently.
2. It increases children's physical strength, promotes physical activity, and also increases stamina.
3. Suvarna prashana, taken regularly, enhances a child's cognition, grasping ability, sharpness, analysing ability, and memory recall in a special way.
4. It stimulates the digestive system, enhances digestion, and reduces associated symptoms.
5. Moreover, Suvarna Prashana increases children's hunger.
6. It fosters the early physical and mental development of children.
7. It helps kids build a strong internal defence system that serves as a safety net against illnesses and complaints brought on by seasonal changes and other ongoing infections.
8. In the event of any illness, it aids the body in recovering quickly.
9. It shields kids from illnesses that can happen during the teething process.
10. Evens out skin tone.¹⁴

Observational data-

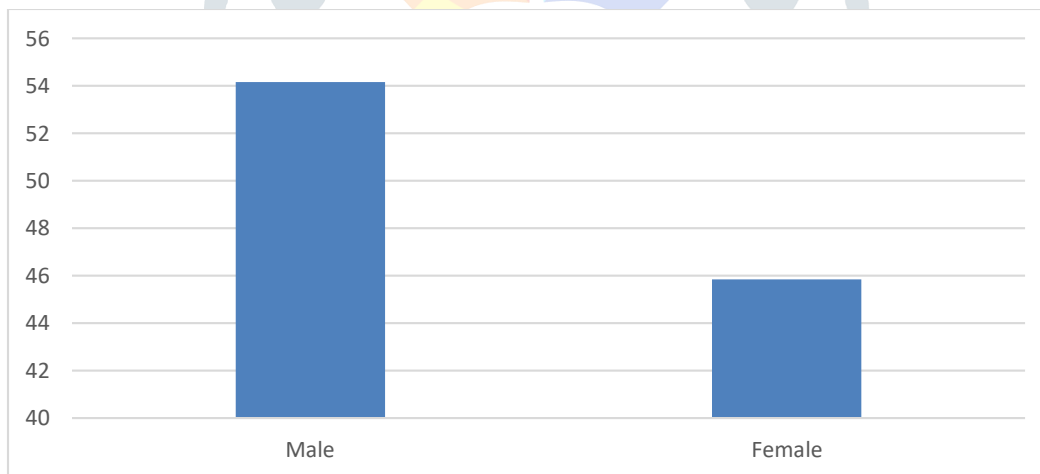
Age: in the study 25% subjects were from 0-5 years age group, 51.04% from 6-10 years, and 23.95% from above 11 years age group.

Age	Number	Percentage
0-5 year	24	25
6-10 year	49	51.04
Above 11 years	23	23.95
Total	96	100



Gender: from the admitted subjects, 54.16% male and 45.83% female.

Gender	Number	Percentage
Male	52	54.16
Female	44	45.83
Total	96	100

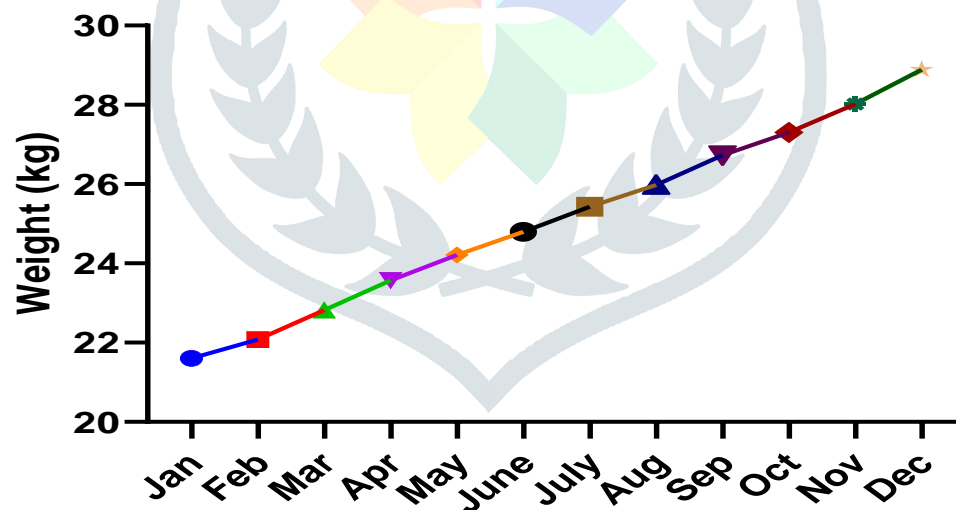


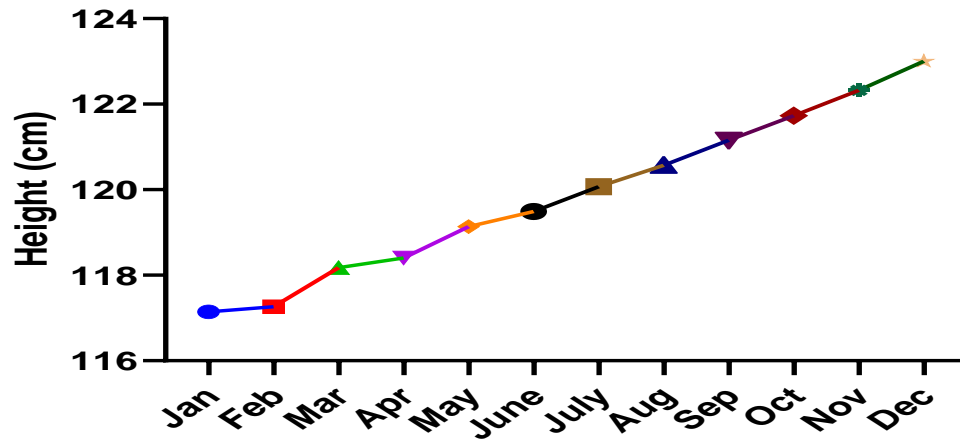
Effect on weight: Swarnaprashan significantly ($p < 0.0001$) increase the overall body weight and a significant improvement reported in the admitted children in all age groups.

Effect on height: After use of swarnaprashan a significant ($p < 0.0001$) increase in height reported, from the data (table 1) after three month a significant increase in height reported, so we can say swarnaprashan help to increase the height

Table 1: effect of swarnaprashan on the height and weight

Month	Height	Std. Deviation	SEM	Paired t-test	Weight	Std. Deviation	SEM	Paired t-test
Jan	117.1	19.07	1.946	<0.0001	21.6	8.504	0.868	<0.0001
Feb	117.3	19.08	1.947		22.08	8.682	0.8861	<0.0001
Mar	118.2	19.09	1.948		22.82	8.673	0.8852	<0.0001
Apr	118.4	19.11	1.95	<0.0001	23.57	8.95	0.9134	<0.0001
May	119.1	19.14	1.954		24.21	8.998	0.9184	<0.0001
June	119.5	19.12	1.952		24.79	8.989	0.9174	<0.0001
July	120.1	19.07	1.946	<0.0001	25.43	9.045	0.9231	<0.0001
Aug	120.6	19.02	1.941		25.98	9.086	0.9273	<0.0001
Sep	121.2	18.94	1.934		26.73	9.063	0.925	<0.0001
Oct	121.7	19.04	1.943	<0.0001	27.3	9.217	0.9407	<0.0001
Nov	122.3	18.96	1.935		28.02	9.265	0.9456	<0.0001
Dec	123	19.04	1.943		28.89	9.345	0.9537	





Discussion-

In the ancient Ayurvedic text, swarna prashan described with growth and development stimulatory effect on growing children. Thus in our study we used swarna prashan to validate the ancient use of swarna prashan for the growth and development of children. After 12-month use of swarna prashan in 1-14 year children we reported significant improvement in the body weight and hight of swarnaprashan treated children. Thus we can say swarna prashan is useful for growing children and from the study it is evident that it is safe for use i.e., no adverse effect of swarnaprashan reported during the study period.

Conclusion-

Children are any country's future, and maintaining their physical, mental, and social health without having any negative effects is a task for every country. Babies and children up to the age of 16 can get Swarnaprashana without risk to their physical, mental, or cognitive health. A thorough, controlled clinical investigation using biomarkers should be used to support the immunomodulatory effects of swarnprashana. A better life is provided by Swarna Prashana, an ancient vaccination method that satisfies the WHO criteria of "health" and has no negative side effects (i.e. physical, mental, social and spiritual well being). Thus, Swarna Prashana Samskara should be welcomed with open arms into every immunisation programme on the planet.

Acknowledgements- Nil

Conflict of Interest – Nil

Source of Support –None

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