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यन्कल्पिहारकोसमकल्पयन् ॥१॥ विश्वकर्मोणमाहूयपुरीहाडकानि
र्मेना ॥ तत्रयोडशसाहस्रस्त्रीणामेवैवराधिकम् ॥११॥ भवभानिसनोद्धानि
येषामध्येचकल्पयन् ॥ परिजातनरुंवेवतासांभोगायकल्पयन् ॥१२॥ या
स्यानोमृदास्तत्रधट्टपेचाशतकोटयः ॥ अल्पिबहुत्रोलाकावसेनिविगत
राः ॥१३॥ यन्किंविद्वियुक्तोकेषु सुंदरंनवदृश्यते ॥ सवाजिनप्रज्ञेनात्पि पु
त्रायुस्यविद्युते ॥१४॥ अर्थापत्तीरमासाद्यनन्मनस्कतयाचसः ॥ सवाजि
स्तपस्तेपेस्वर्यमुदिपपबुद्धिमाच ॥१५॥ धर्मेनिरसनेमहास्वर्यंखण्डलाव
तः ॥ प्रसन्नोभगवान्मनोजितपुरिस्थता ॥ सवाजिनोपिनुहावदृष्टादेवैदि
मकर्यः ॥ निजोराशनमस्तैस्तनमस्तैसर्वतोमुखः ॥१६॥ विश्वव्यापिन्मस्तैक
मस्तैविश्वरूपिणः ॥ कल्पेयनमस्तैस्तै हरिद्वयनमोस्तै ॥१७॥ गुहाराजनेम
स्तैकनमस्तैवेदरात्रिवा ॥ वेदत्रयनमस्तैस्तै सर्वद्वयनमोस्तै ॥१८॥ प्रसीद
तिद्वेवामुदष्टीमादिवाकरे ॥ अथैकैकयमानोस्तैवेदवादिवाकरे ॥२
॥ अथैकैकैरमपरैर्यकैतनमवावे ॥ अथैकैकैरमपरैर्यकैतनमवावे ॥



SUVARNAPRASHANA – AN IMMUNITY ENHANCEMENT IN PEDIATRIC CARE

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Abstract-

Traditional medicine has been the treatment of choice for mankind since ancient days. In this modern era of mechanical life, children avoid to play on ground and not socializing with family and friends. Administration of *Suvarnaprashana* – processed gold in paediatric care, is a unique practise mentioned in ayurveda by *Acharya Kashyapa*, thousands of years back. It helps the benefits of improving intellect, digestion & metabolism, physical and mental strength and even life span. Traditionally, *Shuddha Suvarna* has been advised to be emulsified with *Madhu* and *Ghruta* to obtain a fine colloidal suspension. *Suvarnaprashana* is becoming popular , being administered on *Pushya Nakshtra* of every month in india. It needs to be popularized and promoted as a protective and preventive therapy in today's era.

Keywords- Traditional Medicine, *Suvarnaprashana*, *Pushya nakshtra*.

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INTRODUCTION-

Ayurveda is not only a system of medicine but a science of life which has been use for more than 7000 years ago. The word ayu means life and veda means knowledge.¹

Suvarnaprashna is one of the sixteen samskaras which were described in ancient scriptus by *Acharya Kashyapa* . *Suvarnaprashana* is such a *Rasayana* mentioned in Ayurveda to promote immunity & intellect in children.²

Suvarnaprashana is encapsulated by *Madhu* (honey), *Ghrita* (butter obtained by milk) and *Suvarna* (gold particles).

Ayurveda is known for its own specialities. Today the whole world is affected with different disease due to mechanical life, food adulteration , bad habits etc. In modern era vaccines produces immunity against specific diseases where as *Suvarnaprashana* produces non

specific immunity along with beneficial effect.²

Suvarnaprashana is a special practice recorded in Ayurveda under the field of paediatric.

It involves the administration of gold to children aged between 0-16 on special day of the every month that is *Pushya Nakshtra*.

Methods-

Data was collected from various journals, published papers and bibliographies.

Suvarnaprashana-

Suvarnaprashana is a cultural practise in India and has included in Jat Karma Sanskara which is one of the 16 essential Samskar described in Indian tradition. Raw gold is rubbed on a stone with water while facing towards east with holy Mantras and is administered orally with honey and ghrita to a new born just after birth. Oral administration of lehana is considered to be convenient and safe way in paediatric care. It enhances Medha(Intelligence),

Agni (digestive power), Bala (strength) and Ayu (age). It is varnya (complexion), Pavitra (pious), and Mangalkara (good power).³

Preparation of suvarnaprashana-

Traditionally Shuddha Suvarna has been advised to be rubbed on a rubbing stone with water and later emulsified with madhu and ghrita and some herbs to achieve a fine colloidal suspension. Also it is fortified with medhya and rasayana herbs like Yashthimadhu, Vacha, Amalaki, Brahmi, Shankhpushpi, Guduchi, Ashwagandha are commonly used in Suvarnaprashana. These drugs are known for enhancing immune system and also for physical and mental growth in children. Low dose of madhu with siddha ghrita can be used to trigger immune response which help to enhance child immunity against allergy and toxins.⁴

Role of content of suvarnaprashna as immunity enhancement in paediatric care-

Suvarna-

Suvarna has the properties like that of Medha vardhanam (memory boosters), Agni vardhanam, Bala vardhanam, vrushya, Ayushyakara, etc. these properties of suvarnaprashana can be boosting as individuals. Gold enhances memory power and immunity too. Gold is already proved for its immunity enhancement effects because of its antibacterial actions against different toxins but when combination like madhu and ghrita and some herbs, it enhances its action to stimulate immune system.⁴

Madhu (Honey)-

Honey is a syrupy liquid that honeybees make from plant nector. Honey has potential health benefits . when honey added to Suvarnaprashana and

administered in low dose to new born baby, this child grow gradually itself developed resistance for allergy and it remains unaffected by allergic disorders and protect against toxins as well. Honey also contains variety of nutrients, Rich in antioxidants, Better for blood sugar level than regular sugar, also may improve heart health, Promotes burn and wound healing, it suppress coughing in children too.

Another benefits of Madhu on body-

Evidence indicates that honey can exert several in health beneficial effects including Antioxidant, Antibacterial, Antidiabetic, Respiratory, Gastrointestinal, Cardiovascular and nervous system too.

Ghrita-

Ghrita has important medicinal value in Ayurvedic texts. It stimulates mental and physical growth when a drug added with it and also in making of

suvarnaprashana. it improves *vyadhikshmatva*. It has more importance in paediatric care because it provide nutrition to new born until lactation properly starts. Ghrita is the foremost substance if Indian cuisine from centuries. Ayurvedic *Grantha* described eight kinds of ghrita from different animal milk, among them ghrita made from *Gau* (cow) ghrita is the superior & Ewe (goat either sheep) milk is detrimental to heart health.

***Vyadhikshamatva* (immunity) in Ayurveda-**

The power of the the body, which prevents development of disease or resists a developed disease is called immunity.³

Vyadhikshamatva was first defined by *Acharya Chakrapani* in a very scientific manner in terms of

Vyadhibalavirodhitvam- capacity of the body body to fight against the manifested disease and

Vyadhiutpadpratibandhkatvam-

capacity of the body to not allow to produce disease or pathogenesis vyadhikshamatva denotes the resistance power of the body or defence of body against first occurrence of any disease. The concept of vyadhikshamatva is made of two words. The word vyadhi means is to harm, to injury, to damage or hurt. The word kshamatva means to composed, to suppress anger or to keep quiet or to resist. So the word means to be patient towards resist the disease.⁵

Vyadhikshamatva in ayurveda is not merely against specific infectious agent of disease such as measles, rubella, typhoid for which modern medicine provides immunizations schedule. Another hand *Vyadhikshamatva* implies a resistance against toxins in body.

Types of Vyadhikshamatva in Ayurveda-

A . Sahaja bala (Natural) -

Sahaja bala is the constitutional strength. The resistance

possessed by an individual from his birth onwards.⁶ It depends on health of shukra (sperm) and artava (artava) derived by parents. If genetic mutation is poor then it carry forward to next generation and produces congenital abnormalities and changes of abnormal genes or chromosomal levels.

B . Kalaja bala (Seasonal & Age) –

Kalaja bala is the resistance present in the body according to kala i, e. seasons and different stages of age. Those factors are immunity enhancer.

C. Yuktikruta bala (Acquired)-

Yuktikruta bala is the resistance which is acquired by the individual by following healthy lifestyle.⁶ It can be achieved by Proper *Ahara, Vihara, Yoga* etc.

Act as an Immunity enhancement-

Administration of Suvarnaprashana enhances Medha, Agni, Bala, Varnya, Ayu

etc. therapeutically it is used in Grahabadha. If it is administered for regular child become Medhavi and Smritivan. Suvarna bhasma has an immunoenhancement, analgesic, anti-stress free, scavenging effect. Clinical studies found it has good immunomodulation, as a physical as well as mental growth promoter. It promotes children health, complexion and strength as well. Suvarnaprashana has moisturizing and better on the body and acts as a nerve stimulant.

Different Lehana by Acharyas-

1 . Acharya Kashyapa-

Suvarna prashana

Panchagavyaghrita

Brambhighrita etc.

2. Acharya charak-

Panchagavyaghrita

Brahmhighrita

3. Acharya sushruta-

Suvarnabhasma with vacha, kushta, madhu & ghrita etc.

4. Acharya vagbhata-

*Sarsvata ghrita etc.*⁷

Duration of Suvarnaprashana-

Suvarnaprashana can be given from birth to sixteen years just on the day of *Pushya Nakshtra* (once in a month) for minimum 30 doses. Some vaidyas advise it only upto 12 or 14 years. It is administered orally of an empty stomach, preferably in the early in the morning. 2 drops upto the age of 6 month & 4 drops upto the age of 16 years.

Benefits of Suvarnaprashana-

Medha, Agni, Bala vardhanam (improves intelligence, digestive power & strength of the body)

-Ayushya (improves life span)

-Mangalya (auspicious)

-Grahapaham (relieve all bad effects of grahas)¹

- protects the babies from different allergies.

- recall memory becomes sharper, grasping power etc.

Contraindication-

Children having fever, diarrhoea, vomiting, lethargic, suffering various disease like ENT, kidney, liver, rectal, cardiac, organ transplant should not be given suvarnaprashana.

* DISCUSSION –

Brain development is continued upto 2 years and Suvarnaprashana samskara can stimulates brain growth. According to Kashyapa Samhita, administering Suvarna to a child for one month make him *Param Medhavi* (super intelligent), & *Shrutadhar* (improve grasping power). It also possessing Balya, act as a Rasayana properties too.¹ Suvarnaprashana has an immunomodulatory effect with additionally added of herbo minerals extract. Ayurvedic Rasayana therapy in light of the concept of modern immunology , specifically immunity enhancement.

Suvarnaprashana is a special paediatric preparation made up of ghrita and madhu as a main ingredient. Acharya Kashyapa describe a special formulation namely *Lehana* which means to lick.

Good immunity of child can protect from communicable disease. Concept of Ritucharya, Dincharya, Rasayana and other other Ayurvedic formulations can improve their immunity of body. Suvarnaprashana act as ayurvedic herbal immunization. Suvarnaprashana is rasayana therapy for children for the physical, mental, social & spiritual wellbeing. If improvement immunity in children, then suvarnaprashana should be regularly upto the age of 16 years.⁸ It is like ancient immunization technique with no adverse effect and provides good immunity with mental and social health. So, we may infer from the above discussion that Suvarna has provide good immunity and

intellect in childrens. Suvarnaprashana samskara should be needs to run like a vaccination campaign for children. It needs to be popularized and promoted as a preventive and protective therapy.

CONCLUSION –

Children are more vulnerable to infection because their immune system is less or under developed. During this period our aim should be specified to prevention of disease and to enhance physical, mental and social wellbeing of children. Suvarnaprashana is an immune booster used in paediatric care practises. Its safety and efficacy are well supported by the *Ayurveda Granthas*. It is also states in older days that Suvarnaprashana helps child to grownup with a better immune system and intellectual performance.

Vyadhikshamatvam i, e. immunity enhancement resist to

any infectious disease and even next generation.

So, from above discussion we can conclude that immunity of child can be developed from conception till birth and after birth with various *Rasayna, Lehana, Suvarnaprashana* with following some Ayurveda principle like *Ritucharya, Dincharya and samskaras*. *Suvarnaprashana samskara* offers multidimensional protection of child and act as an immunity enhancement in pediatric care.

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