

## EFFECT OF SWARNA PRASHAN AND ITS MODE OF ACTION IN HEALTHY AND MALNOURISHED CHILDREN

<sup>1</sup>\*Dr. Piyusha Pandey and <sup>2</sup>Dr. Pratiksha Pandey

<sup>1</sup>PG Scholar 3<sup>rd</sup> Year, Department of Prasuti Tantra and Stri Rog

<sup>2</sup>PG Scholar 2<sup>nd</sup> Year, Department of Rasa Shastara and Bhaishajya Kalpana  
State Ayurvedic College and Hospital Lucknow UP.

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### \*Corresponding Author

**Dr. Piyusha Pandey**

PG Scholar 3<sup>rd</sup> Year,  
Department of Prasuti  
Tantra and Stri Rog, State  
Ayurvedic College and  
Hospital Lucknow UP.

### ABSTRACT

As we all grown up with listening this quote – *sona de surakshit tan...* and scientifically it is proved that *Swarna Bhasma* possess antioxidant, antidepressant, anti-cancerous, antibacterial and anti-rheumatoid property and act as a nerve stimulant and it gives us good body with good intellect. In *Ayurveda*, administration of the gold particles in children is considered to be a unique practice termed as *Swarna Prasana*. During preparation of medicine we take *Swarna Bhasma*, Ghee and honey, as gold has already proved its immunomodulatory effects and when it is mixed with Ghee and honey, it widens its spectrum of action to stimulate body immune cells. It shows good result in children with low immunity, low intellect, low memory power and dyslexia. It enhance the immunity, improves

memory, intelligence and appetite and tone up the skin. According to *Aacharya Kashyap Swarna Prashan* enhance *Medha*, *Bala*, *Agni*, *Aayu*, *Varnya*, *Pavitra*, and *Manglyakarak*. Therapeutically, it is used as *Ghrraha Badha*. So considering all these points we can say *Swarna Prasana* is an **ancient immunization** technique with no adverse effect and provides a good life with physical, mental and social health.

**KEYWORDS:** *Swarna Prashan*, *Swarna Bhasma*, *Ghrraha Badha*, immunity.

### INTRODUCTION

As we all know *Swarna Prashan* is not considered under 40 *Sanskara Karma* but *Aacharya Kashyap* has described the *Swarna Prashan* with this *Sholakas* in *Leha Aadhya* for newly born children for their proper growth and development.

“द्रव्याणां लेहनीयानां विधिश्चैवोपदेक्ष्यते।  
विघृष्य धौते दृषदि प्राङ्मुखी लघुनाऽम्बुना॥  
आमथ्य मधुसर्पिभर्या लेहयेत् कनकं शिशुम्।  
सुवर्णप्राशनं हि एतत् मेधा अग्नि बलवर्धनं॥  
आयुष्यं मंगलं पुण्यं वृष्यं वणर्यं ब्रह्मपहं।  
मासात् परममेधावी व्याधिभिर्न च धृष्यते॥  
षड्भिर्मासैः श्रुतिधरः सुवर्णप्राशनाद्भवेत्”।  
(का०सू० लेहाध्याय 4-5)

In Ayurvedic practices *Swarna Prashan karma* is flourishing very quickly, Pediatrician widely using these method to keep the baby healthy and guardians are taking interest in this *Swarna Prashan karma* as it does not show any side effects and feasible to use. The term *Swarna Prashan* means consuming gold in the prescribed dose and quantity. Gold is considered as a very precious in Ayurveda. It is a novel metal. Any form of gold, which is having better bioavailability should be the first choice for internal administration. The bioavailability of all the forms of gold is yet to be established, so *Swarna* is safe for internal administration. When *Swarna* is converted in *Swarna Bhasma* then there is 96.760% gold present in *Swarna Bhasma* and rest metal like silica, iron, lime, copper, magnesia, phosphate, potash, sodium chloride, sulphate and moisture present in very less amount. *Swarna Bhasma* shows different kind of action on the body and mind as it is *Vrishya, Balya, Brighada, Sansrana, Rasayana, Netrya, Medhya, Dhee, Smritiprada, Aayush, Kantiprada, Vagavishudhakar, Sthiratava, Lekhana Karma, Vishagarahar, Bhutavesh Prashantikara, Ruchita, Varnya, Pathya, Pushtikara, Ojovardhaka, Vayaasthapaka, Tridosahara*. With this line we can understand the effect of *Swarna Prashan* in malnourished children.

“क्षीणानां पुष्टिकारि स्फुटमतिकरणं वीर्यवृद्धिप्रकारि”॥

Means a children who is not healthy due to imbalance in their *Dosha* and *Dhatu* this *Swarna Prashan Karma* helpful for these children to regain their immunity. It keeps them mentally and physically healthy. It prevents future disease. Different types of *Anupan* has suggested by *Aacharya* for *Swarna Bhasma* and it shows different kind of action on body with different *Anupan*. When we administrate *Swarna Bhasma* with *Ghrita Anupan* it shows *Rasayana* effect on the body and it's very necessary for growing child for their proper development as *Ghrita* is advised by *Aacharya Charaka* in all these kind of patients-

“दीप्त्योजःस्मृतिमेधाग्निबुद्धीन्द्रियबलार्थिनः.....”॥

## MATERIAL AND METHOD

**Medicinal content-** *Swarna Bhasma*, *ghee*, also we can add *Medhya* drug according to children's need to increase the potency of medicine.

**Administration route** – Orally

*Aushadhi Kaal* – *Aabhakta* (empty stomach), early morning.

**Age-** It can be given from birth upto 16 year of age

**Dosage form-** *Ghrita*

**Dose-** Infant to 3 months - 1 drop every day

3 month to 1 year - 2 drops every day

1 year to 5 year - 3 drops every day

5 year to 16 year - 4 drops every day

Generally doses are decided according to children health

*Anupana* – *Madhu*.

**Frequency-** OD

**Duration** – It can be given daily for a minimum of one month and maximum of six months. Alternately, it can be given every *Pushya Nakshatra* (every 28 days) for a minimum of 30 doses.

**Advice-** Avoid giving food or Other liquid for half an hour.

## Drug absorption and action

We use medication orally in drops form, it somewhere reaches upto **adenoids** (just behind the nasal cavity and are only active before puberty) and **tonsils** (back of throat and active whole life). Adenoids and tonsils are the 1<sup>st</sup> line defense of our body. You all known these structures are responsible in making Lymphatic system. Lymphatic system is a part of our immune system. Lymphatic system helpful in absorption of fat as well as molecule in blood stream. So these structures play important role in better absorption of drug and helpful in boosting the immune system of childrens.

## DISCUSSION

This method of *Swarn Prashana* work on the concept of स्वस्थस्य स्वास्थ्यरक्षणमातुरस्य विकारप्रशमनं च॥ (च०सू० 30/26)

Through *Swarna Prashana* we help healthy children to stay healthy and grasp any concept quickly and for those childrens who are malnourished this method will help them to gain their

strength and on top of that it provide better immune system to fight with any kind of external or internal infection.

As *Aacharya Kashyap* says children become *Param Medhavi* after consuming *Swarna Prashan* continuously for **1 month** and *Shrutidhara* after having continuous medication for **6 months**. The current popular practice of *Swarna Prasana* only on the day of *Pushya Nakshatra* may be due to the belief that it is an auspicious star to administer any medication for its better result but such administration once in a month in every age group of children without proper dose fixation may not yield any benefit.

## CONCLUSION

1. *Swarna Prashan Sanskara* improve digestion and appetite and because of this children gets good immunity.
2. If due to any cause children is affected by any disease, it provide speedy recovery and also it prevent *Bhavi Vyadhi* and also protect children from *Grahabadha*.
3. It is known to boost the disease fighting capacity in children.
4. Prevent recurrent infection, asthma, anaemia, etc.
5. Helpful in improving memory, attention span, concentration and learning ability.

So keeping all these points in mind, Parents must be aware about this *Swarna Prashan* as it is beneficial for their children health, because it's all about the question of our children's health and it does not show any side effect rather than giving good effect and Ayurvedic hospital's doctor's must work very hard to explore much more good result.