

## AYURVEDIC APPROACH TO SUWARNAPRASHAN IN CHILDREN

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## ABSTRACT

Birth weight is the single most important marker of adverse prenatal, neonatal and infantile outcome. According to WHO, every year about 15 million babies are born prematurely around the world and that is more than one in ten of all babies born globally. Babies born before 37 weeks of gestation are more likely to have development impairment compared to term counterparts with babies born before 32 weeks gestation being at the highest risk. In Ayurveda classics licking drops of *suwarna* with *ghrita* and *madhu* called *suwarnaprashan* to the

newborn baby is mentioned. Feeding of gold increases intellect, digestion and metabolic power, strength, gives long life.

**KEYWORDS:** preterm, gestation, *suwarnaprashan*

## INTRODUCTION

The healthy child is a future health of youth as it is aptly said that the root cause of few childhood diseases is lies in childhood but preterm is more susceptible to illness. Preterm infants are three to ten times more vulnerable to infections as compared to normal neonates due to lower level of immunoglobulin G, deficient humoral and cellular immune mechanisms.<sup>[1]</sup>

The rate of child morbidity and mortality reflects the standards of health status.

In today's scenarios inspite of latest health technologies the disease occurring in preterm is still high. Hence it is pretty worth to protect the health of preterm. *Suwarnaprashan* is well known fact that provides sufficient immunity could prevent illness.

Therefore *suwarnaprashan* is much beneficial to improve the immunity and other benefits to child,<sup>[2]</sup> which could address a wide array of health issues from brain booster effect to common ailment such as common cold, cough, fever which leads failure to thrive and developmental delay. *Suwarnaprashan* is mentioned in the process of *lehana* in *lehanadhaya* of *kashyap samhita*.<sup>[3]</sup>

It is mixture of Gold *bhasma*, some herbs, cow ghee and honey. It was previously given in the form of pure rubbed gold.<sup>[4]</sup> It enhances the longevity, immunity and boosts the positive physical and mental health by decreasing the illness.<sup>[5]</sup>

## MATERIAL AND METHODS

### 1) Preparation of *Suwarnaprashan*

*Suddha suwarna* has been advised to be rubbed on rubbing stone with water and then emulsified with *madhu* and *ghrita* it achieves a fine colloidal suspension.

*Suwarna bhasma* along with unequal proportion of *ghrita* and *madhu*.<sup>[6]</sup>

In equal proportion combination of *madhu* and *ghrita* are behave to be low dose of toxin. This toxic combination is believed to trigger immune response.

*Ghrita* fortified with *madhu*, *rasayan* herbs like *Brahmi*, *mandukparni* *yastimadhu*, *shankhapuspi*, *vacha*, *guduchi* can be used to enhance the benefits in preparation of *suwarnaprashan*.

### 2) Duration of *Suwarnaprashan* process:

*Suwarnaprashan* can be given since birth to sixteen years.

*Suwarnaprashan* can be given since birth to six months of life.

### 3) Contraindication of *Suwarnaprashan*:

Child with organ transplant and those on immune suppressive therapy should not be given *suwarnaprashan* due to the fear of organ rejection.

Children with liver and kidney disease should be contraindicated for this therapy.

## DISCUSSION

The worldwide incidence of preterm is increasing proved by systemic review.<sup>[7]</sup>

*Suwarnaprashan* is used to give on particular auspicious day to *pushya nakshatra* to get more effectiveness because its positive effect on body through *panchamahabhutas*, *gunas*, planet which represents energy.<sup>[8]</sup>

The action of particle of *suvarna bhashma* may fast disseminated by blood media to the targeted site without digestion. It should be standardized for better results and to minimise the side effects.

It has scavenging properties of free radicals shown no toxicity judge by liver, kidney function with good efficacy of motor neuron disease. Suvarn bhashma has a potent neuroprotective action. *Suwarnaprashan* is nutritious unique health supplement, hence called as *rasayan*.

*Suwarnaprashan* improves all aspect of health when taken regularly. *Suwarnaprashan* nourishing the cells of brain and promotes co-ordination among various body parts. It improves memory, enhances learning ability, recall and intelligence.<sup>[9]</sup>

Oral administration of *Madhu*, *Ghrita*, *Suvarna* to the neonates shown a significant effects on formation of humoral antibody and rise in the total protein, serum IgG level.<sup>[10]</sup>

It has proven antistress, analgesics property to reduce the Gugment levels of 5-Hydroxytryptamine, cortisone, nor-adrenaline and dopamine.

*Suwarnaprashan* contains honey which has proven as anti-allergic and immune-modulator activity also *yogvahi* and palatable.

Ghee is best antioxidant and rich in vitamin A, D, E, K, short chain fatty acids, proved oxidative stress acts as detoxifying agent.

A preterm baby is more prone to develop above different deficiencies. *Suwarnaprashan* is very useful in prevention and reduce such deficiencies.

## CONCLUSION

*Suwarnaprashan* is a comprehensive *rasayan chikitsa* for physical, mental, intellectual and spiritual wellbeing of children.

There is urgent need to standardise the proportion of ingredients in preparation, duration and method of administration.

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