



AN OVERVIEW OF SWARNPRASHANA

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ABSTRACT

Swarna prashana is one of the 16 essential sanskars (regimes) described for children in Ayurveda. In Ayurveda, prevention has more priority than cure and protection of health. It is a process in which SWARNA BHASMA is administered with pure ghrita prepared with herbal extracts and honey in liquid or in paste form. Suvarna prashana acts on mind, brain, immune system and skin.

KEYWORDS: Swarna prashana, sanskars, ghrita.

INTRODUCTION

In today's world of pollution, adulterated and chemically treated food and drinks, stressful lifestyle, electronic distractions, erratic climate changes, it is very important for parents to focus on improving immunity in children. In Ayurveda, prevention is always a priority than the cure of disease that is mentioned as- "*Swasthasya swatha rakshanam aaturasya vikara prashamanam*". Ayurveda has more broader vision than modern immunization. It was preferred to boost the immunity and thus avoid many ailments along with gaining physical, mental, social and spiritual strength to lead healthy and happy life. Swarna prashana improves the overall immunity along with that will act as a brain tonic to improve memory power & concentration. In Brihtrayi Vagbhatta, for the first time has mentioned Guna- Karma of Swarna prashana. Maharishi Kashyap, first pediatrician has described the benefits of Swarna prashana in Kashyap Samhita as:

*"Suvarnprashana hi etath medhargnibalavardhanam|
Aayushyam mangalam punyam vrushyam
grahapahm||
Maasat paramamedhave vyaadhirbhirnn cha
dhrushyate|
Shadbhirmaasai shrutdhar suvarnprashanad bhaveth||"*
(Kashyap samihita / sutra sthana)

In this verse, Kashyap has explained the importance of Swarna prashana. It improves intelligence, digestive fire and physical power. It gives long spiritual, holy life. It gives rejuvenative effects and tones up the skin. It improves the immunity in such a way that the child is prevented from bacterial and viral infections.

Synonyms: - Suvarna prashana, Swarn bindu prashana , Swarna amrita prashana.

What is swarna prashana?

Practice of Swarna prashana means intake of Swarna or Gold bhasma. It is one of the 16 sanskars. It is natural, time tested method to improve overall health of children practiced for more than 1000's of years.

Whom to administer?

Swarna prashana can be given to a child with age 0- 16 years.

Time for Administration

Swarna prashana can be done daily early in the morning or at least once in a month on **PUSHYA** nakshatra. According to Kashyap, if Swarna prashana is taken for a month, child becomes more intelligent. If it is taken for 6 months, child becomes able to learn quickly and remembers whatever he/she hears. So, it can be used for more than 6 months without any doubt. Minimum for 30 days it should be used.

Swarnabindu Prashana contains three ingredients:

1. Shudha Swarna bhasma.
2. Shudha medhya aushadhi siddha ghrita.
3. Shudha madhu.

Shudha aushadhi siddha ghrita ghrita is fortified with Medhya & Rasayana herbs like Brahmi, Mandookparni, Yashthimadhu, Vacha, Amalki, Shankhpushpi and Guduchi are commonly used in Swarna prashana. These drugs are known for enhanced immuno-modulatory and nootropic effects in children.

Madhu & ghrita should not be used in equal proportions as they are considered as Virudha Samyoga. But low dose of madhu with ghrita can be used to trigger immune response which helps to strengthen a child's immunity to allergens & toxins.

Benefits of Suvarna Prashana

1. Suvarna prashana increases immunity power and develops resistance against common infections, thus prevents children from falling ill very often.
2. It builds physical strength in children and enhances physical activities, and also improves stamina.
3. Regular doses of Suvarna prashana improves child's intellect, grasping power, sharpness, analysis power, memory recalling in a unique manner.
4. It kindles digestive fire, improves digestion and decreases related complaints.
5. Suvarna prashana also improves child's appetite.
6. It helps to nurture early physical and mental development.
7. It develops an inbuilt strong defense mechanism in kids which acts as a safety shield against diseases and complaints occurring due to seasonal change and other prevailing infections.
8. It helps body to recover early in case of any illness.
9. It protects children from ailments occurring during teething phase.
10. Tones up skin color.

Overall it makes a child healthie. Children taking Suvarna prashana doses regularly can be easily distinguished from their remarkably outstanding physical and mental ability making them to grow up into strong, healthy and intelligent individual. Suvarna Prashana has beneficial effects on nervous system and immune system. It possesses anti-oxidant effects, anti- depressant, anti- bacterial, anti-cancerous and anti- rheumatoid properties. Secondly, it is also effective for improving immunity and preventing diseases. The third effect is on the skin. It improves skin glow and prevents skin diseases.

CONCLUSION

Swarna prashana is a comprehensive Rasayana Chikitsa, administered for the physical, mental, intellectual and spiritual wellbeing of the children. It can be safely administered in infants and children up to 16 years of age. Suvarna prashana has a vast scope in achieving immunomodulatory, adaptogenic and nootropic effects in children, thus improving overall health and vitality of children at all ages. It is very helpful for improving memory, retention powder, intelligence, intellect, cognitive functions of the brain. Also, the utility of Suvarna prashana in geriatric medicine for prevention and control of neurodegenerative, senile disorders as well as for rejuvenation needs to be explored. Suvarna prashana has an excellent scope as in boosting community health by ensuring healthy childhood. It need

s to be popularized and promoted as a proactive and preventive therapy in society.

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