

Review Article**Review on *Suvarna prashan* in children**Ambadas Kalukhe^{1,*}, Vikram Shelavale², Abhijeet S. Ingavale³^{1,2,3}Assistant ProfessorDepartment of Panchakaram^{1,3}, Department of Kaumarbhritya²^{1,2}Ashvin Rural Ayurved College, Manchi Hill, Sangamner, Maharashtra, India-413714³Yashwant Ayurvedic College P. G. Training & Research Centre, Kolhapur Maharashtra, India-416 114*** Corresponding Author:** Dr. Ambadas Kalukhe, E-mail: ambadaskal@gmail.com

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ABSTRACT:

In Kashyapa Samhita Swarna Prashan has been mentioned as it is an important recipe for child growth and memory enhancement and also to promote longevity in children on one month and six month use. Suvarnaprashana therapy is becoming widely popular and being administered on the Pushya nakshatra of every month at Ayurveda centers across India. The Suvarnaprashan was prepared by adding Suvarna bhasma in siddha ghrita containing Brahmi, vacha, Yashtimadhu etc. along with madhu. The dose of suvarnaprashan was decided on the basis of age and weight of child. Also improves general health and prevent recurrences of diseases by boosting immunity.

KEY WORDS: Suvarnaprashan, pushyanakshatra, immunity, physical growth**INTRODUCTION:**

Growth and development of children are two sides of the same coin. They proceed concurrently. The growth and development of brain is significant during the first year of life. Hence in Ayurveda "Lehan" (licking) is advocated, which is the practice of feeding certain substances to the child right from the neonatal period. According to Acharya's lehan is said to promote intellect, enhance complexion, and protect the child from harmful elements and diseases probably by increasing the endurance and strength. This results in longevity of life.

In modern medicine immunity is developed by vaccination against specific antigens. But vaccination gives immunity against some specific antigens only. Many diseases have no vaccines yet. Also these vaccines have no effect on mental health or intelligence of the children unlike that mentioned in benefits of lehan.

Kashyapacharya in his text, the KASHYAP SAMHITA has described "suvarnaprashan" under the concept of lehan. In swarna prashan, gold along with honey (madhu) and cow's ghee (goghrita) is given to the babies. This enhances intellectual capacity, complexion, longevity of life, metabolic and digestive power and provides protection from evils. If suvarnaprashan is done for a month it is said to increase intellectual ability of the child, whereas if

continued for six months the child becomes kshrutadhar i.e. develops ability to retain whatever he hears.

Preparation of Suvarnaprashan**Ingredients**

- Suvarna bhasma
- Goghrita
- Madhu
- Bramhi
- Shankhapushpi
- Vacha
- Yasthimadhu
- Bala
- Ashwagandha

Suvarnaprashan was prepared in the Pharmacy of institute under all aseptic precaution. Preparation involved the mixing of honey and cow ghee till the formation of homogeneous mixture. Suvarnabhasma was added to this mixture, then mixture was again triturated until the formulation becomes homogeneous.

Dose of Suvarna prashan ghrita

The dose of suvarnaprashan was decided on the basis of age and weight of child. Quantity of suvarnabhasma in Suvarnaprashan was kept 1 mg/ml. SP was given on pushya nakshatra of followed on every 27th day.

Such 14 dose of SP was given to children of group. On every visit each child was examined for weight, height, head circumference and chest circumference.

Indication

Mother with no milk, or less milk, or having disease'. Baby with more vata, pitta and less kapha and also babies which are not satisfied with mother's milk, not sleeping at night, crying, having good appetite and less excretion of feces and urine, should administer lehan. Constipating babies and healthy but very thin and weak babies should administer lehan.

Contraindication

Baby with following disease should avoid lehan sanskar Loss of appetite, more kapha prominence, sleepy, having indigestion, heavy food consumption, with more excretion of feces and urine, such babies should avoid lehan sanskar. Baby having diseases of head and neck region, jaundice, inflammation, anemia, dyspnea, heart disease, cough, diseases of anus, bladder and abdomen, gaseous distention, mumps, vomiting, nausea lehan should be avoided. Also baby of diseased mother or mother taking all rasa food, should avoid lehan. 6 Daily, after food consumption, in cloudy, and windy environment we should avoid lehan, also while doing lehan we should think about mother's food consumption habits (satmya), the climate where the baby is born (desha and kal), season in which we are giving lehan all these factors are important while doing lehan karma.

Medicines advised to use for Lehan

Kashyap samhita: ghee+honey+gold Brahmi, mandukparni, triphala, vacha, chitrak, shatpushpa, shatavari, danti, nagbala, trivrut, all these medicines separately one at a time is good for intelligence. Brahmi ghruta, kalyanak ghruta, panchagavya, medhya ghruta Manjishtha, brahmi, bala, chitrak, triphala, honey+ghee Abhayagruta, savardhan ghrut.

Bhaishajyaratnavali: amla+haritaki+honey+ghee and kushtha, vacha, haritaki, brahmi+suvarnabhasma +honey+ghee Different combinations are narrated by different authors.

The specific benefits of Swarnaprashana are as follows

1. Medha Agni Bala Vardhanam (improvement of intellect, digestion, metabolism, immunity, and physical strength).
2. Ayushyam (promoting lifespan).
3. Mangalam (auspicious).
4. Punyam (righteous).
5. Vrushyam (aphrodisiac).
6. Varnyam (enhancement of color and complexion).
7. Grahapaham (protection from evil spirits and microorganisms).

The specific benefits of Swarnaprashana according to the duration of administration have been mentioned such as:

1. If administered for 1 month, the baby will become Parama Medhavi (highly intelligent) and Vyadhibhir Na Cha Drusyate (will not be affected by any disease)
2. If administered for 6 months, the baby will become Srutadhara (will be able to remember the things, which are just heard).
3. All the above said benefits are indicating the enhancement of all favorable factors required for proper growth and development of a child, which is considered to be rapid during Shaishavavastha (infancy).

DISCUSSION:

In Ayurveda suvarnprashan is a beautiful procedure narrated by all authors. Most of the time it is immediately after birth, when mother's milk is less, to fulfill baby's hunger suvarnprashan is told. Suvarn/gold is a precious metal to give health, immunity, complexion, and intelligence. So if we started giving its safest form since birth it will prove to increase baby's overall health, immunity and intelligence. Today we give immunization schedule against particular disease. We give different dosage for different single bacteria or few viruses. Some time we use live or attenuated vaccine which stimulates our T - lymphocyte to create artificial immunity. Day to day different unknown viruses are coming and challenging our immunity. You can imagine how day by day we are compromising our immunity.

Suvarn prashan is a ray of hope in this situation. Our respectable literature with one voice narrating importance of suvarnprashan, we must not ignore it. As per Kashyap samhita, lehan is recommended for vata pitta dominant babies deprived of mother's milk with good appetite and not suffering from any disease. Lehan is not recommended for continuous use this may refer to importance of mother's milk. Acharya Kashyap, narrated importance of continuous suvarnprashan for 6 months to 1 year. As per ayurveda, pushya nakshatra is good or holistic to prepare medicine or to start some new things; so now a day there is tradition to administer suvarnprashan on pushya nakshatra.

CONCLUSION:

Suvarnprashan is a jatakarm sanskar narrated by charak, sushruta, vagbhat, kashyap, bhavprakash, bhashajya ratnavali. After birth, baby should be leaked with herbs like brahmi, amla, guduchi, shatavari, bala or a medicated ghee like brahmi ghruta, kalyanak ghruta, panchagavya ghrua with suvarn bhasma which is the safest form of gold and honey.

After that on every pushya nakshatra we should allow baby to administer suvarnprashan. Although there is

no support for specific day for suvarnprashan sanskar, probability of administration of mass scale public administration increases with such tradition. It is good to administer more and more doses, as probability to get benefits increases with number of administration. Suvarnprashan enhances baby's strength, immunity, complexion and intelligence.

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