



The Benefits of Suvarna Prashan Sanskar and Its Role in Today's Era

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Abstract: Suvarna Prashan Sanskar is an immune-modulatory technique and one of the ancient Indian rituals used in Indian medicine and all families for children. Micro-fine and calcined gold particles, also called Suvarna (swarna) bhasma is used with medicated ayurvedic ghee (clarified butter) and honey in unequal amounts in this process. In other words, samskara means Gunantaradhan. Which is used for enhanced the qualities. In today's era, the most challenging question for parents and to the government that how to preserve and enhance the physical and mental health of children, where children suffering from harmful side effects of medicine, disturbed life style, unhealthy drinks and food habit, electronic (Mobile) distraction and gradually changing environment. Suvarna prashana is an ancient health tonic for children, it acts on the mind, brain, immune system and skin without any side effects. Now-a-days Suvarna prashana popularly known as an "Ayurvedic way of Vaccination" promoted by many Ayurvedic professional and by government of few states. Suvarna prashan is also called as Suvarna Amrita Prashana, Suvarna Bindu Prashana.

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Introduction:

Ideally, Suvarna Prashana is explained as an activity which has to be done immediately after birth. A strong foundation for proper growth and development of the body has to be set during the prenatal stage as well as during the 'Balya Avastha'. To have optimum growth, development and a strong body which can also sustain well during the later part (Haani period and Vrudha Avastha) of life, it is essential to lay a strong foundation during the formative years of life. Suvarna Prashana hence has to be started at 0 years i.e. immediately after birth and can be continued up to the age of 16 years.

Suvarna Prashana is one of the sixteen Samskaras (rituals) which were described in ancient scriptures. In particular, Maharshi Kashyap has given detailed information about "Swarna Prashana" in his book "Kashyap Samhita". Acharya Kashyap had coined the term "Swarna Prashana". It was first referred in the Kashyap Samhita (around 650 BCE). Benefits of Swarna Prashana is elaborated in "Kashyap Samhita" that was written before 600 BC.

सुवर्णप्राशनं हिएतत्मेधाग्निबलवर्धनम्।

आयुष्यं मंगलम्पुण्यं वृष्यं वर्ण्यं ग्राहपहम्।।

मासात्परममेधावीव्याधिभिर्नचधृष्यते।

षड्भिर्मासैः श्रुतधरः सुवर्णप्राशनाद्भवेत्।।

As clear from shloka that following benefits can be achieved through Swarna Prashana:

- Medha (intellect)
- Agni (digestive and metabolic power)
- Bala (strength)
- Ayush (give long life)
- Mangalam (auspicious)
- Punyam (virtuous)
- Vrushyam (aphrodisiac)
- Varnya (increases complexion)
- Grahapaham (eliminates the evil effect of planets)

The modern days have left human beings amidst a lot of stress, the altered food habits, a great deal of distractibility, addiction, varied agricultural practices which in turn affect the strength of individuals both physically and mentally, this makes the humanity to fall prey of diseases. In the ever demanding competitive age of today there is always need to excel. This in turn requires best of health and intelligence. Ayurveda has explained such health promoting agents

under the heading of Rasayana. Suvarnaprashana is such Rasayana mentioned in Ayurveda to promote immunity and memory of children. Ayurveda is known for its own specialties. Today the whole world is affected with different diseases. Modern medicines fail to treat the patients satisfactorily in spite of many researches & latest technologies because of their hazardous side effects. Even the ongoing CORONA epidemic has killed many innocent people and the whole world is still in the dark shadow of the CORONA fear. We could not cope with CORONA just because we lacked health and poor immunity. Ayurveda the science of life, provides many other alternative ways to tackle with such disorders successfully. Not only treating unhealthy individuals, Ayurveda mainly helps to maintain the healthy state of mind & body. Ayurveda explains Suvarna Prashan while modern medicines explains about vaccines. Vaccines produce immunity against specific diseases where as Suvarna Prashan produces non-specific immunity along with many beneficial effects.

In “Sushrut Samhita”, after child’s birth, after leaking honey and saindhav, baby will vomit the amniotic fluid then put cotton soaked in ghee on his head after that cut the cord and then allow licking gold, honey and ghee with Anamika finger- finger near to little finger to the baby. And also give bath with bala and gold, silver medicated water. On first day of birth it is advised to give honey, ghee and gold thrice a day with chanting mantra, 2nd day and 3rd day, Lakshmana medicated ghee, 4th day honey and ghee twice a day then start mother’s milk. In Medhaayushkamiya Adhyay, Sushrut narrates bilva, vacha medicines to administer with gold and ghee honey with chanting ‘Shreesukta’ on ‘Pushya Nakshatra’ gives long and healthy life.

In Ashtanhruday, immediately after birth after chanting mantra about baby’s healthy growth, long life and praying for his health, after cutting umbilical cord immediately advised to give mixture of herbs brahmi, endri, vacha shankhapuspi or emlica officinalis amla powder with gold, or gold with herbs, and honey and ghee allow to leak. Vagbhat explained that as mother’s milk is not there up to 3 days after delivery, honey ghee, and herbs combination thrice a day we can give as baby’s food.

What is SUVARNA PRASHAN?

Suvarnaprashan or “Swarna Prashan” translates to ‘intake of Swarna/Gold bhasma’. It is one of the ‘Shodasha Samskaras’ (the 16 rites of passage of a human being from conception to cremation, signifying milestones in an individual’s journey of life). It is a natural, time tested method to improve overall health of children practiced for more than 1000s of years.

What Does Anudina Suvarnaprashan Contain:

Anudina Swarnaprashana contains Swarna Bhasma (Gold Bhasma), Brahmi (Bacopa monnieri), Vacha (Acorus calamus), Trikatu (Pippali, Pepper & Ginger), Aragwadha (Cassia fistula), Shankhapushpi (Convolvulus pluricaulis), Yastimadhu (Glycyrrhiza glabra), Tulasi (Ocimum sanctum), Guduchi (Tinospora cordifolia), Ashwagandha (Withania Somnifera) and Amalaki (Embllica officinalis).

It is important to remember that Swarna bhasma is processed in various ways to ensure efficacy and safety. Suvarnaprashan uses ‘Rasamaartha Swarna bhasma’ which is the best processed Gold bhasma and known for its efficacy (has more than 94% of Gold) and unmatched safety. The Gold bhasma and other herbs are measured precisely and processed to form Anudina Suvarnaprashan powder which is easily absorbable and highly potent.

Ancient Indian method of Swarna Prashana

- Take a little amount of water and pure gold. Rub gold in the water on a clean grinding stone facing east direction.
- After that, blend water and rubbed gold with honey and cow’s pure ghee.
- This mixture is given to the child to increase non-specific immunity.

Dosage of Swarna Prashana:

- Infants to 6 months: 1 drop every day/ 2drops on each **Pushya Nakshatra**.
- 6 month to 2 years: 2 drops every day/ on each **Pushya Nakshatra**.
- 2 to 10 years: 4 drops every day / on each **Pushya Nakshatra**.
- Above 10 years: 6 drops every day.
- The single dose can also be effective if taken immediately after birth or as soon as possible following the birth.
- Use on a daily basis for 30 days to 6 months according to Kashyapa Samhita for the desired effects on immunity and intelligence.

Use of Suvarna prashan in Indian culture:

Suvarna Prashan Sanskar known as one of the ancient Indian rituals, is an immuno-modulatory technique used in Indian medication and Hindu families for children. Swarna bhasma is utilized with sedated ayurvedic ghee and honey in inconsistent amounts, in this process.

Age of Suvarna Prashan in Indian culture:

- Children within 16 years of age can take Swarna Prashana. It is known that during childhood, children have a higher capacity to build immunity against various diseases and infections because at that duration of time they remain in the developing stage where they can easily cop-up with the struggle.

- It is best to give Suvarna Prashan to the kids within 5 years of age, As 90 percent of the development of the brain takes place within this time.

- If you were not able to give Swarna Prashana to your kid under 5 years, at that point there is nothing to stress as you can give him/her up to the age of 16.

Swarna Prashana: The best time of Administration

Morning before dawn can be the best time to offer it to your child

Terms of utilization:

The single ideal dosage of Swarna bindu prashana is compelling to prevent regular infections. If you take it for 30 days routinely, at that point it will be useful for avoiding limit of the illnesses and will likewise build intelligence. It will be very good if you give Swarna prashana to your kid at any rate for 30 days least. For progressively advantageous impacts on the brain, it tends to be utilized for a 6 months approximately.

According to Kashyapa Samhita, if Swarna prashana is consumed for a month, children become very intelligent and if he continues to take it for 6 months then the child is able to learn quickly and remember whatever he hears.

How to give Anudina Suvarnaprashan to Children:

It is ideal to administer early in the morning on empty stomach. But, since the ingredients are processed to make it highly absorbable and bio-available, it can be given in the later part of the day too.

Directions of Use: Use the measuring scoop provided to measure the dosage. Choose the age appropriate- right dosage according as per advise. It can be given even when the child is taking any other medicine. No adverse drug reaction is noted. It can be started at any age. Though, giving regularly is beneficial, it does not cause any problems if some doses are missed or discontinued.

Role Of Suvarnaprashana In Ayurveda

In children up to 2 years brain development is continued and which is accelerated by Suvarnaprashana samsakar As per literature review and practical application of the concept Suvarnaprashana improves digestive, metabolic and immune system. It also benefits preterm and I.U.G.R babies. Many unpublished studies in hospital at Ayurvedic colleges indicate that Suvarnaprashana Samsakar improves the recurrent attacks of common cold, fever also in asthmatic patient, as asthmatic attacks relapse is reduced. In malnourished children Suvarnaprashana Sanskar may affects the recurrent attacks of infections and which may helpful to improves digestive and metabolic power this may result in weight gain of these babies. In delayed milestones babies it is found that due to

Suvarnaprashana Samsakar milestones have started to develop efficiently in terms of motor, social and adaptive milestone properly.

Role of Suvarnaprashana in children:

Administration of processed gold in children is a unique practice mentioned in Ayurveda as “Suvarnaprashana” by Acharya Kashyapa thousands of years back. He explained evidently the administration of Suvarna (gold) in children for the benefits of improving intellect, digestion and metabolism, physical strength, immunity, complexion, fertility, and life span. There are various formulations of gold and even along with herbal drugs explained by different Acharya for prolonged usage in children. Suvarnaprashana in children can be mainly implicated in two contexts of Ayurveda; Lehana (supplementary feeds) and Jatakarma Samskara (newborn care). This review is an effort to critically evaluate the available data, which may be helpful in clearing some of the existing fallacies on the topic. The age and method of administration, benefits and dosage as per various classical textbooks of Ayurveda are discussed here along with the reports of related scientific studies. This review proposes that the benefits of Suvarnaprashana can be achieved at multiple levels like as a general health promoter and in specific to enhancement of intelligence, digestion, metabolism, immunity, physical strength, complexion, or fertility. Ayurveda recommends only purified and processed form of gold for internal administration. The age at which Suvarnaprashana should be administered and its duration can be determined depending upon the desired effect in children as a positive health care program.

Role of Suvarna Prashan in Today’s Era

Suvarna Prashan has beneficial effects on the nervous system and the immune system. Therefore, it is very helpful for improving memory, retention power, intelligence, intellect, cognitive functions of the brain. 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.

Suvarna Prashan benefits based on the duration of use as mentioned in Kashyapa Samhita.

1. Single Dosage Immediately after Birth:

The single dosage is also considered effective if taken immediately after birth or as soon as possible following the birth. It can be repeated every month for enhanced preventive effects.

2. 30 days: You should continue giving Suvarna Prashana to your child at least for 30 days. The regular use of Suvarna Bindu Prashana for 30 days is helpful for preventing the maximum of the diseases and increasing intelligence. According to

Kashyapa Samhita, if Suvarna Prashana is taken for a month, the child becomes very intelligent.

3. **6 months:** For more beneficial effects on the brain, it can be used for 6 months. If it is taken for 6 months, the child becomes able to learn quickly and remember whatever he hears, according to Acharya Kashyapa.

Improves Immunity & Prevent Recurrent Infections

Suvarna Prashan has a significant immunomodulatory action. It improves non-specific immunity and builds a great defense against viral as well as bacterial infections.

It is the best solution for children with low-immunity and recurrent infections. Many children suffer from frequent common cold, cough, fever and upper respiratory tract infections. In such cases, Suvarna Prashan should be continued for about 6 months. After using it for 6 months, tendency and frequency to get an infection are lowered significantly.

Increases Memory & Intelligence

Acharya Kashyapa says if you use Suvarna Prashan for 6 months regularly, it increases child's memory, intelligence and grasping power. He says the child becomes able to learn quickly and remember whatever he hears. According to statements Kashyapa, Suvarna Prashan is an excellent solution for improving memory and increasing the grasping power of the child.

Suvarna-Prashan is generally recommended for the children under the age of 16 years. However, child below the age of 5 years can get its maximum benefits because brain development is still under progress. However, it should also be helpful for older children and adults.

In a later age, the effectiveness of Suvarna-Prashan may reduce. You may require increasing the dosage of Suvarna Bhasma. Alternatively, you can use Suvarna Bhasma along with chyawanprash or honey and Brahmi Ghrita for getting its immuno-modulatory and memory-boosting benefits. Taking Suvarna bhasma with chyawanprash would also help older people to prevent common infection and other diseases.

Useful in Delayed Growth

When a child is not having a normal growth rate according to his age is known as growth delay. It can have several causes. Along with treating the underlying cause, Suvarna Prashan is also prescribed to boost growth. However, the exact mechanism of action is unknown and is subject to further research. It might act on growth hormone and stimulates its secretion. For maximum results, it should be used in combination with Ashwagandha. Ashwagandha is highly useful for treating growth hormone deficiency.

It can serve a supportive role in children with growth delay.

Effective Mental and Physical Weakness

I already discussed the effects of Suvarna Prashan on memory and grasping power. It also strengthens the mind and prevents psychological diseases. Children who had taken Suvarna Prashan have fewer chances to develop anxiety, stress and depression later in their life.

Along with Arvindasava, it helps to improve growth and development in children. Suvarna Prashan improves physical strength and stamina and Arvindasava provides nourishment to the body.

Allergic Disorders

Suvarna Prashan has immunomodulatory and antiallergic actions. It prevents hypersensitivity reaction to allergens and helps to treat allergies in children. It is more beneficial in cases of allergies related to the respiratory system.

We found it effective in the prevention and treatment of allergic rhinitis, allergic cough and persistent sneezing. It helps to reduce inflammation of airways and exerts soothing action, which helps to prevent irritation to the airways. However, we use it adding 125 mg Pippali (long pepper) powder in such cases.

Delayed Puberty

In cases of delayed puberty, Suvarna Prashan alone is not much effective. When it is used in combination with Vanga Bhasma and Ashwagandha in males and Vanga Bhasma and Shatavari in females, it shows results.

Health Benefits of Suvarna Prashan

- Improves intelligence, digestive fire and physical power.
- Increases immunity and hence reduces frequent recurring infections and illnesses.
- Improves span of attention, concentration, memory.
- Enhances a child's learning ability and grasping power.
- Reduces temper tantrums and other psychosomatic problems.
- Detoxifies the body.
- Tone ups the skin.
- Good sense of hearing, speech & visual acuity.
- Improves the blood circulation.
- Stimulates the nervous system.
- Controls asthma and other allergic conditions.
- Helps to maintain a healthy mind and body.

Conclusion:

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

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