

**CONTRIBUTION OF SWARNA PRASHANA SANSKARA IN
HEALTHY NATION W. S. R. IMMUNIZATION – A REVIEW
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H Nanded, Nanded-431601,
Maharashtra.**ABSTRACT**

‘Swarna Prashana’ it is one of the methods of suvarna prashana explained in Ayurveda as unique method of boosting immunity and intellect of children. In Kashyapa Samhita, it is intended to boost memory, intelligence and immunity in infants. It is described under Jatakarma Samskara (neonatal care). One of the 16 essential Samskara described in Ayurveda. Swarna Prashana fulfilling the first motive of Ayurveda, i.e. preventive measures (swasthasya swasthya Rakshanm). Our body’s tendency to check the micro-organisms who spread the disease and deactivate or lowering down it’s intensity, this is known as Vyadhikshamtva (immunity). Prevention of disease by boosting the

immunity has always been the most important point of discussion in medical field and now-a-days swarna prashana works as oral immunity enhancer (oral vaccine). It is a unique method of immunization which is practiced from ancient time, valued as child health care programme which was for the healthy nation. Many studies available to understand the mechanism of it’s action on immunity modulation and intellectual function. I added some more information from ancient texts.

KEYWORDS: Swarna Prashana Samskara, , Vyadhikshamtva, Immunization, Immunity booster, Intellectual performance.

INTRODUCTION

Swarna prashan sanskar is an immune-modulatory technique and one of the ancient Indian rituals used in Indian medicine and all families for children.^[1] Micro-fine and calcined gold particles, also called swarna (suvarna) bhasma, is used with medicated ayurvedic ghee

(clarified butter) and honey in unequal amounts in this process.^[1] In other words, samskara means Gunantaradhan.^[2] 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 distraction and gradually changing environment. Swarna 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 swarna prashana popularly known as an "Ayurvedic way of Vaccination" promoted by many Ayurvedic professional and by government of few states. Swarna prashan is also called as Swarna Amrita Prashana, Swarna Bindu Prashana.^[3]

ATURVEDIC REVIEW

In Ayurveda science full text about paediatric described in Kashyapa Samhita by Acharya Kashyapa. He describes Swarna Prashana in Jatkarma Samskara for the neonatal care in Lehan-Adhaya of Sutrasthana which was written before 600 B.C. He explains the method of swarna prashana , should sit facing the East direction (poorva disha), take swarna and rub it against the hard surface like stone with water and then mix with Madhu i.e. honey and Ghrita (cow's ghee)and given for licking. Benefits of swarna prashana are Budhi vardhanam, Medha vardhanam, (improvement of intellect), Agni vardhanam(improvement in digestion), Bala vardhanam (improvement in strength and immunity), Ayushya vardhanam (improvement in life span, Mangalya, Punya(auspicious), Grahapaham (relieves bad evil). By giving swarna to child for one month makes him/her param Medhavi (super intelligent) and for up to six months, child becomes Shruta Dhara(can remember whatever she/he hears).^[4] Swarna Prashana should be given on Pushya Nakshatra. Pushya Nakshatra has a great importance in Ayurvedic medical science. It is considered to be very auspicious day. The collection of the drugs and there utility on the body on thisday is said to have special importance as it is considered to be very effective in terms of action. On gross probably the body on this day is in a better position to absorb the drugs for its optimum benefits and the drugs used are more potent than the usual.^[5] Acharya Sushruta described jatkarma samskara, it means administration of swarna with ghrita and madhu. It is given as single dose at birth as a part of new born care.^[6] Acharya Sushruta described reason behind swarna prashana that there will be no adequate secretion of breast milk for the first 4 days after delivery and so as to support the baby with respect to preventive and nutritive aspects such practices are in dispensable.^[7] He has described four swarna kalpa, which enhance humoral immunity, body resistance

helpful in proper growth and development and enhancing the intellectual activity. These are following^[8] –

- Swarna bhasma, Kustha, Vacha, Bramhi, honey, ghrita.
- Swarna bhasma, Bramhi, Shankhapushpi, honey, ghrita.
- Swarna bhasma, Arkapushpa, Vacha, Ghrita, honey.
- swarna bhasma, Kaidarya, Sveta-durva, ghrita, honey.

Age and Time for Swarna Prashana

However, suwarna prashana requires administration as early as possible. A child with age 0-16 years is eligible for taking swarna prashana.^[9] The best suitable time to give swarna prashana to children is early morning before sunrise.^[9]

Dosage of Swarna Prashana

Different classical texts write different dosage of swarna bhasma, which varies from 15mg to 125mg, but now-a days, the most accepted dosage of swarna bhasma in Ayurvedic practice is 15-30mg twice daily. According to the calculation of swarna bhasma should be present in a single dosage of swarna prashana.^[9] According to some texts books as explanation for dose, the paediatric dose is from infancy to 5years old is 5mg per day, from 5-10 years 10mg per day, from 10-16 years old 15mg per day.^[10]

Role of Contents of Swarna Prashana as Immunomodulatory Effects

1] Action of Madhu:- Madhu is manufactured from pollen grains by bees. The reason behind adding Madhu in Swarna Prashana is that when Madhu is administered in low dose to newborn, when this child grows gradually itself develop resistance for allergens and it remains unaffected by allergic disorders.^[11]

2] Action of Ghrita:- Ghrita has important medicinal value in Ayurvedic texts. It increase mental ability and it enhance the function of drug added with it. It helps in growth and development of child. It also provides nutrition to newborn until lactation properly starts.

3] Action of Swarna:- Swarna has the properties like that of Medha vardhanam, Agni vardhanam, Bala vardhanam, Vrushya, Ayushyakara, Grahapaham, etc. these properties of swarna can be made use to strengthen an individual.^[5] Gold enhances memory power and immunity too. Oxide form of swarna i.e. swarna bhasma is easily absorbable. Swarna may remain unabsorbed in the body and act as incompatible substance or binding material by

playing significant role in the stimulation of immune system. Gold is already proved for its immune-modulatory effects because of its antibacterial action against different organisms but when it is mixed with madhu and ghrita, it enhance its action to stimulate body immune System.^[12]

Benefits of Swarna Prashana Sanskara

Enhance Vyadhikshamtva (immunity) and Ojus:- When body came in contact with etiological factors that cause disease, our body has a defensive mechanism which protect the body from that factor and show resistance against that disease. This mechanism happened in the body, which prevents the development of disease or resists a developed disease, is called vyadhikshamtva (immunity) in Ayurveda.^[13] Swarna Prashana is method of increasing the kshamatva of the body by Yukti which will enhance the body immune system and lowering down the decaying process. Ojus is related to vyadhikshamtva therefore swarna prashana indirectly enhance ojus dhatu of body.

1. In Swarna Prashana Sanskara, Madhu and ghrita in equal dose along with gold is given regularly, this develops resistance in the body for any type of visha. This same theory is used in vaccination, this mixture produce non-specific immunity.^[14]
2. Swarna Prashana has healing properties, which increase its medicinal value for preventive as well as therapeutic purposes. It has immune-stimulant, adaptogenic, memory booster, anti-inflammatory, antiarthritic, anticancer, antibacterial, antiviral, antimutagenic, antioxidant properties.^[9]
3. Swarna Prashana is very helpful for improving memory, retention power, intelligence, intellect, cognitive functions of brain. It affects skin also. It improves skin glow and prevents skin diseases.
4. Swarna Prashana builds physical strength, body growth (height. weight) in children and enhances physical activities and also improves stamina for the same.
5. Regular doses of swarna prashana improves child's intellect, grasping power, sharpness, analysis power, memory recalling in an unique manner.
6. It kindles digestive fire, improves digestion and decreases related complaints, improves child's appetite and nurture early developmental milestones.
7. Reduces anxiety, aggressiveness, irritability and attention seeking behaviour^[15], and also helps the child with autism, learning difficulties, attention deficient disorder, hyperactivity.^[16]

8. Animal studies on swarna bhasma revealed its immune-stimulant, analgesic, antidepressant actions. It also used as apasmara drug, used in children of cerebral palsy and many other disorders related to development of CNS.^[17]

CONCLUSION

In today's digital world, it is a challenging question to every parent to maintain physical, mental, social and spiritual health of children without any side effects. It is also the problem of every nation as "children are the future of any nation." Swarna Prashana helps little but to solve this problem, it helps to grow the child with best immunity and intellectual performance. This concept of swarna prashana described by Acharyas in Ayurvedic text needs experimental studies at clinical level. Theory of vaccination resembles to the concepts of Vyadhikshamtva. Vaccination enhances humoral immunity and from above description of benefits of swarna prashana, it also does that. It is an approach towards positive health care programme for children by increasing the vyadhikshamtva (immunomodulation) where Acharya described about vyadhikshamtva is "The individual's resistance to disease which includes both the capacity of attenuation of the manifested disease as well as the prevention of the un-manifested one. It is an ancient immunization technique with no adverse effects and provides a better life with fulfilling WHO's definition of 'Health' (i.e. physical, mental, social and spiritual wellbeing). So, Swarna Prashana Sanskara worldwide accepted as immunisation programme for healthy world. After all, it makes a child healthier than most other children.

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