

Short Communication

SWARNA PRASHAN HAS A PRESSING NEED FOR TIME AMONG YOUNG ONES

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ABSTRACT

Covid-19 calls for immunity boosters especially among children and the young generation. Ayurvedic preparations are another safer choice to build immunity naturally. Swarna Prashan is a safe ayurvedic combination that is beneficial for the normal growth and development of a child. Swarna Prashan is introducing Swarna (GOLD METAL) alone or along with herbs in the liquid form as an oral vaccine by children. Swarna Prashan is one of the samskaras in Ayurveda. Swarna Prashan is initiated from infancy till Adolescence. To review the components of swarnaprashna, clinical trials, and evidence of benefits for children. Ayurveda has deep roots for the Current and old method of introduction of Swarnaprashna among children below 16 y of age group in India. Overall results of all studies showed improved growth and development after the introduction of Swarna Prashan within a year without any side effects and a happy childhood which shows not only health but also wellbeing.

Keywords: Gold, Swarna prashan, Ayurveda, Children, Adolescence

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INTRODUCTION

Practices rooted from Ayurvedic traditions have been globalized and updated. Since ancient times gold has been considered to be one of the most important elements in the maintenance of human health. The term Swarnaprashna is stated by Acharya Kashyap [1]. In view of many references, it can be stated that the term Swarnaprashna indicates the administration of gold alone or along with other herbs in a Leha/Prashan form. Swarna Prashan has been one of the major public health initiatives conducted by ayurveda institutions in some states of India. There is a need to educate the parents for not skipping even a single dose for the better health of their children. A huge change was observed in the child health due to the prolonged provision of the Swarnaprashna [2]. It can be called as special Ayurvedic immunization. Ayurveda's prophylaxis (preventive) method is ancient, reliable, safe, and successful. The strategy is entirely different and places a premium on Immunity management based on its own theory and practice. Traditionally Swarna Prashan is practiced in Ayurveda. In this introduction of gold salts in liquid, semi-solid form up to children of 16 y of age can be given for boosting immunity as well as intellectual of children [3]. Swarna Prashan is a safe ayurvedic combination which is beneficial for normal growth and development of a child. Many countries following vaccines which are having mercury as a preservative known as thimerosal [4] which is having a harmful effect on health so there was a need to sincerely look towards safer and beneficiary ways Ayurveda's fundamental premise is immunization or guarding the body against disease. In this era of pandemic, climate change, emerging infections are affecting every age group of the population, especially children whose physical development is still under development process. Authors have observed numerous health benefit in children in their community so felt need of review writing is observed.

Methods

PRISMA guidelines were used to adhere with selection of papers for writing an overview about swarna Prashan. In this study, only a few papers were there for the author's interest and need for a health impact study. Total 16 papers we recollect from indexed online access journals, out of which 7 papers were selected to explain the concept of swarna Prashan and all traditional practices related to this swarnaprashnasamskara evidenced by Ayurveda. Studies are

included which have excluded children with a history of serious chronic illness and congenital illness.

Forms of swarna

The Classics manuscripts of Ayurveda mention specific forms of Swarna for oral administration such as Patala/Mandala (leaf/foil), Churna (powder), Bhasma (ash) [2]

Constituents of swarna prashan

Guduchi (*Tinospora cordifolia*) (Thunb. Miers) Green stem Kashaya (water extract) was prepared reducing to quarter. In 200 ml of Guduchi Kashaya, 50 ml of Ghee was added along with Brahmi (*Bacopa monnieri* (L.) Pennell), Vacha (*Acorus calamus* L.), Jatamamsi (*Nardostachys jatamansi* (D. Don) DC.), Ashwagandha (*Withaniasomnifera* (L.) Dunal), Shankhapuspi (*Convolvulus pluricaulis Choisy*), Yastimadhu (*Glycyrrhiza glabra* L.), Pippali (*Piper longum* L.) and Maricha (*Piper nigrum* L.) 2 gm powder of each and 50 ml of Murchita Ghrita (processed ghee) and cooked on low flame according to the preparation of medicated ghee as referred in Ayurvedic literature. Toxicity of gold is also answered in many articles after trolled by some intellectuals but only when but only when it has not been properly processed [2].

Method of administration

Swarna Prashan is a safe ayurvedic combination which is beneficial for normal growth and development of a child. In some studies, it is administered 1 ml per day pack given to parents advised to given early in morning empty stomach for 30 days. Monitoring of body weight, head circumference, chest circumference, and chest x-ray if required and all information is recorded in their treatment card. Study conducted by Rao N Prasanna *et al.* 2012 in Bangalore [3] as a multicentric public health initiative has administered Swarna Prashan from 0-16 y age group children and regular monitoring of weight, chest, and height. Recommended dose in most of the studies as Swarna Prashan 1-3 drops according to age group of children, daily basis and monthly in pushya nakshatra. During the review it has been observed to mention specifically that According to an experienced Vaidya, administering Swarna Prashan on Pushya Nakshatra (once a month) does not bring major health advantages. The most effective way is to administer Swarna Prashan (Suvarna Bhasma (a dose of less than 0.2 mg per dose) for three months. If

this is not practicable, swarna Prashan can be administered for ten to twelve days every month. To obtain the maximum health benefits, these 6-12 cycles should be repeated. In some articles Swarna Prashanin liquid drops form mentioned and vaccine form is swarna bindu. Each study trial has taken different preparation but with same ingredients such as on the day of Pushya Nakshatra, this ghrita is triturated with Swarna Bhasma (1.2 grams) and honey (50 ml) (once in a month). Oral administration of 4 drops (each containing 2 mg of Swarna Bhasma) is the recommended method for this remedy to be given to children. An Ayurvedic recipe calls for 1 Swarna Prashan, 2 grammes each, and 50 ml of Murchita Ghrita, which is a processed ghee, to be cooked over low heat.

Health benefits to children

Swarna Prashan is a holistic approach to health care that treats the whole person, not just the symptoms. The infant will be exceptionally bright and will not be afflicted by any diseases if he is fed for one month. If the child is fed for six months, the child will be able to recall whatever he hears [1]. Swarna Prashan clinic trial in children above three years showed satisfactory response by parents in improvement of general health of their children [2], especially against common viral infections. Swaranamrit Prashan when given in six doses showed enhanced growth as well as development changes in toddlers. Swarnaprashna has shown effectiveness in malnutrition and tuberculosis infections also as it is having similar properties of antibody production as that of IgA [4]. Using Swarna Bhasma, the number of peritoneal macrophages increased significantly (P<0.001), as did the phagocytic index of the macrophages. Most of our body's antibody-based defenses against pathogen invasion are based on IgG [5]. Regular Dose of Rifampicin can be decreased by the introduction of swarna Prashan in tuberculosis treatment. Swarna Prashan help in developing immunity, and improving the growth and development of children. No toxic effect is observed in any study as many studies has mentioned sampling for SGOT, SGPT, Creatinine clearance too. SwarnaPrashan can decrease the prevalence of common viral and bacterial infections among children. Antimicrobial drug resistance which is a major issue in pediatric health can be thought to decrease if this vaccine is introduced among children timely. Problems of malnutrition can be decreased if it is introduced in routine immunization of children. Process of development of immunity is although slow but has improved the quality of life of children and future adults. the administration of Swarna (gold) in children [2, 3] for:

1. Improving intellect
2. Assisting in digestion and metabolic processes
3. Encouraging immune system function as well as physical endurance
4. Increasing one's life expectancy
5. Improves complexion and skin texture
6. Protection against infectious organisms.

Improvements are observed as per opinion by parents of children and reported reduced episodes of respiratory infections by, increase in mental functions, enhanced growth and immunity for observable benefits of Swarnaprashna [5-8]. Anticancer action is also observed for long term benefit with swarna Prashan.

CONCLUSION

Swarna Prashan can increase quality of life among children and thus in coming generations. As a result, society requires the availability of an immunological modulatory agent [5]. Swarna Prashan can be included in routine immunization program after validated systemic review and clinical trials [6]. It strengthens the immune system body and protects against recurring illnesses among infants [7]. Recent immunization data shows that vaccinations and immunization schedules are not sufficient to control the diseases so there is need of science to improve the current immunization schedule with Swarnaprashna in child. It is child-friendly and cost-effective, and it is affordable to members of all socioeconomic strata [8]. Swarna Prashan should be recommended for all children below 16 y to promote their intellect and immunity. Government can think for recommendation given by many authors for this initiative in immunization schedule as not only it will decrease burden of disease among children but also resources and expenditure in treatment of diseases can be utilized for better health care services. Burden of pediatric health problems can be decreased.

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AUTHORS CONTRIBUTIONS

All the authors have contributed equally.

CONFLICT OF INTERESTS

Declared none

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