ABSTRACT:

Suvarnaprashana described by Acharya Kashyapa, the main pioneer of Kaumarbhritya (pediatrics). Suvarnaprashana is intended to boost memory, intelligence and immunity in infants. It is one of the oldest applications of gold nano medicine. Suvarnaprashana means to administer Suvarna Bhasma with the help of honey, Ghrita and some herbal medicines. Suvarnaprashana has been extensively described in main reference books i.e. Brihatrayi Granthis, Sushruta, Vagbhata, Kashyapa has mentioned its uses in detail. Suvarnaprashana has been traditionally practiced across India for child growth and memory enhancement and also to promote longevity. Suvarnaprashana is such Rasayana mentioned in Ayurveda to promote immunity and memory of children. Despite their efficacy, these age old therapies were discouraged, sidelined and almost forgotten during the colonial era and even after freedom. Through this article we make an effort to enlighten and reestablish the forgotten science.

Keywords-Suvarnaprashana, Kaumarbhritya, Samskaras.
INTRODUCTION

Ayurveda, an ancient science with rich heritage and antiquity. Later on, this got systemized to professionalism for the prevention, promotion and care of disease. In present era human beings suffering from stress inducing lifestyle and poor food habits, these factors affecting the strength of individuals both physically and mentally, it was leading the world towards the unhealthy conditions. Modern medicines fail to treat these conditions satisfactorily in spite of many researches & latest technologies because of their hazardous side effects. So its need of the hour that find the best of health and intelligence in spite of modern medicines. Ayurveda has explained such health promoting agents under the heading of Rasayana. Suvarnaprashana is one of kind and it was described in under the heading of the sixteen Samskaras in Ayurveda. It promotes immunity and boosting memory in children. Ayurveda is known for its own specialties and its time tested. It mainly helps to maintain the healthy state of mind & body. Ayurveda explains Suvarnaprashana while modern medicines explains about vaccines. Vaccines produce immunity against specific diseases whereas Suvarnaprashana providing non-specific immunity along with many beneficial effects. Acharya Kashyapa described Suvarnaprashana vidhi in detail with its benefits.

AIM & OBJECTIVE

Review the relevant literature of Suvarnaprashana described in various Ayurvedic texts.

MATERIALS AND METHODS

Concepts Of Suvarnaprashana:
Ayurvedic texts have copious references describing the use of gold metallic powder (probably fine gold dust) or Suvarnabhasma in various rejuvenative therapies. Gold in the form of fine gold dust, red colloidal solution, Suvarna Patra, Suvarna Bhasma, Suvarna Parpati, Kharaliya (triturated) formulations and Sindoorkalpa, often combined with Ghrita, Honey, Medhya & Rasayana herbs were popularly used in the Ayurveda therapies.

According to Sushruta, in his Garbhini Vyakaran Adhyaya in SharirSthana, he mentioned 4 combinations of Suvarna administration to child e.g.

1. Kushtham + (Honey + Ghrita + Svarna)
2. Bramhi + Shankhapushpi + (Honey + Ghrita + Svarna)
3. Arkapushpi (Payasya) + (Honey + Ghrita + Svarna)
4. Kaidarya + Shwetaaparajita + Doorva + (Honey + Ghrita + Svarna)

Above mentioned Suvarna combinations if given to child, his body, intellect, power, sharpness, presence of mind becomes very mature.²

According to Vagbhata (Astang Hridaya), he mentioned three Suvarna combinations³ i.e.

1. Aindri + Brahmi + Vacha + Shankhapushpi + (Honey + Ghrita + Svarna)
2. Vacha + Bramhi + Svarnamaksikam + Haritaki + (Honey + Ghrita + Svarna)
3. Amalaki + (Honey + Ghrita + Svarna)

It should be used in children for enhancement of intellect, life, power and equilibrium of body.⁴

Also, Vagbhata (Astang Hridaya) has given another four Suvarna combinations⁵, i.e.

1. Shweta Vacha + Kushtha + (Honey + Ghrita + Svarna)
2. Arkapushpi (Ajgandha/Shweta Doorva) + (Honey + Ghrita + Svarna)
3. Matsyaksha + Shankhapushpi + (Honey + Ghrita + Svarna)
4. Kaidarya + Vacha + (Honey + Ghrita + Svarna)

If any one or all of the above combinations are administered continuously for one year to children, then they will have good growth and development of intellect, power and complexion of skin.⁶
Kashyapa Samhita written by Vriddha Jeevaka, one of the oldest textbooks of Kaumarbhritya, gives the first reference about giving Suvarnaprashana as a therapy for infants. This has been advised in infants and children from birth till 16 year of age. Suvarnaprashana is a Rasayana Chikitsa, should be administered continuously to get the optimum effects for the physical, mental, intellectual and spiritual wellbeing of the children.

The classical descriptions of Suvarnaprashana therapy uses metallic gold, rubbed on a clean rubbing stone with water, till fine gold particles are released. The rubbed gold or gold powder mixed with fine powder of Medhya, Rasayana herbs, Ghrita and honey is given to the newborn.

**Preparation Of Suvarnaprashana Bindu (Gold Drops):**

Keeping face towards east, pure gold should be rubbed on a washed Stoned with little quantity of water then emulsified with Madhuand Ghrita to achieve a fine colloidal suspension.

Feeding of gold increases intellects digestive and metabolic power, strength, gives long life; is auspicious, virtuous, aphrodisiac, increases complexion and eliminates the evil effects of Grahas. By feeding the gold for one month child becomes extremely intelligent and is not attacked by the disease, and by using for six months increases his hearing and retaining capabilities. Ghrita alleviates Pitta and Vata, is beneficial for Rasa, Shukra and Ojas, cooling, softening and improves voice and complexion.

Ghrita fortified with Medhya & Rasayana herbs like Brahmi (Bacopa monnieri), Mandookaparni (Centellaasiatica), Yashimadhu (Glycerrhiza glabra), Shankhpushpi (Convvolulus pluricaulis), Vacha (Acoruscalamus) and Guduchi (Tinosporacordifolia) are commonly used in Suvarnabindu preparation by clinicians expecting enhanced immuneomodulatory and nootropic effects of Suvarnaprashana in children.

**Duration Of Suvarna Prashana Therapy:**

As per mentioned in ayurvedic classics Suvarnaprashana should be given from birth to sixteen years of age. It can be given everyday morning or on the day Pushya Nakshtra has great importance in Ayurvedic medical science. It is considered to be very effective in terms of action, 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.¹³

*Sushruta* has advised its use after *Vamana Karma*, but before massage and bath. While Vagbhatas have indicated it after massage and bath before *Vamana Karma* in *Jat karma Samsakar* to ensure sucking and swallowing reflexes.¹⁴

**Contraindications Of Suvarnaprashana:**

Children with organ transplants and those on immunosuppressive therapy should not be given *Suvarnaprashana* therapy due to the fear of organ rejection. Also, with liver and kidney disorders should be contraindicated for this therapy.

**Benefits Of Suvarnaprashana:**

Following are the benefits of *Suvarnaprashan* mentioned by various *Ayurvedic* texts.

- Grabbing or grasping power, intelligence, recalling of previous memory becomes enhanced.
- Improves digestion power
- Auspicious
- Virtuous
- Increases complexion or skin texture.
- Eliminates the evil effects of *Grahas*
- Growth of mind and body becomes faster than usual

**DISCUSSION**

It is unique and one of the best examples of Nano medicine applied for preventive healthcare in Ayurveda. The efficacy and safety of *Suvarnaprashana* therapy entirely depends upon the quality of *Suvarna Bhasma*, *Ghrita* and honey. Hence, standardized suvarna bhasma along with superior quality herbs, ghee and honey should be used for the preparation of *Suvarnabindu*. 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* has a vast scope in achieving immunomodulatory, adaptogenic and nootropic effects in children, thus improving overall community health and vitality of children at all ages. 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. In
Kashyap Samhita while describing the benefits of Suvarna Lehan, Aacharya Kashyap opines that after feeding gold for one month the child is not attacked by the disease, and also eliminates evil effect of Grahas; this implicates that ingestion of Swarna modulates the immune system so that the morbidity is reduced. It needs to be popularized and promoted as a proactive and preventive therapy in society.

CONCLUSION:

Suvarnaprashana is described in various Ayurvedic texts but mostly elaborated by Kashyapa in Lehanadhyaya. Suvarnaprashana 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. Suvarnaprashana can be helpful for physical growth and development in terms of weight, height and memory. It may be helpful in preventive aspect of decreasing illness i.e. Suvarnaprashana has immunomodulator and immune stimulant effect in children.

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