



## ROLE OF SWARNAPRASHANA SAMSKARA IN CURRENT ERA

<sup>1</sup>Ravindra M. Bore, <sup>2</sup>Ujwala Katole

Assistant Professor, Department of Agadtantra, Ramrao Patil Ayurved College & Hospital Purna. Parbhani.  
Associate professor, Department of Streeroga & Prasuti Tantra, Dr. R N Lahoti Ayurved Medical College Sultanpur, Bandhana. Buldhana

Corresponding Author: [ravibore4@gmail.com](mailto:ravibore4@gmail.com)

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## ABSTRACT

*Swarnaprashana* is one of the formulations explained in the age-old *Ayurvedic* classic *Kashyap Samhita*. Micro-fine and calcined gold particles, also called *Swarna bhasma* are used with medicated ghee and honey in unequal amounts in this process. This formulation is very widely used as a memory and immune booster for children. Nowadays *Swarnaprashana* is popularly known as an ayurvedic way of Vaccination. It is portrayed under *Jatakarma Samskara* (neonatal consideration). One of the 16 fundamental *Samskara* portrayed in Ayurveda. There are various formulations of gold and even herbal drugs explained by different Acharya for prolonged usage in children. *Swarnaprashana* in children can be mainly implicated in two contexts of Ayurveda, *Lehana* (supplementary feeds) and *Jatakarma Samskara* (newborn care). This review proposes that the benefits of *Swarnaprashana* can be achieved at multiple levels as a general health promoter and specific to the enhancement of intelligence, digestion, metabolism, immunity, physical strength, complexion, etc.

**Keywords:** Ayurveda, *Swarnaprashana*, Modern Era, Benefits, *Kashyap Samhita*.

## INTRODUCTION

Ideally, *Swarnaprashana* is explained as an activity that has to be done immediately after birth.

*Swarnaprashana* is an ayurvedic technique to enhance immunity and improve the intelligence of chil-

dren. *S Swarnaprashana* is one of the formulations explained in the age-old Ayurvedic classic *Kashyap Samhita*. Micro-fine and calcined gold particles, also called *Swarna bhasma* are used with medicated ghee and honey in unequal amounts in this process.

It is one of the most ancient metals even used for preventive and curative purposes. With regards to its early knowledge of Indians, the earliest reference is found during the prehistoric period, mentioned as *Hiranya* (synonym with *Swarna*) in Vedic works [1]. Ayurveda explains *Swarnaprashana* while modern medicines explain vaccines. Vaccines produce immunity against specific diseases whereas *Swarnaprashana* produces non-specific immunity along with many beneficial effects. *Aacharya Kashyapa* is the pioneer of *Kaumarbhritya* who described *Swarnaprashana vidhi* in detail with its benefits.

#### PURPOSE OF STUDY

The purpose of *Swarnaprashana* is the same as of modern vaccination to prevent diseases by building immunity against bacteria and viruses. *Swarnaprashana* is effective in preventing upper respiratory tract infections, the common cold, and the flu. It can also prevent other diseases later in life. The concept of *Lehana* is one of the unique concepts in *Kashyap Samhita*. *Swarnaprashana* has described the science *vedic* era. Now a days an immunization programme *Swarnaprashana* is promoted on the occasion of *Pushya nakshatra*.

#### AIM & OBJECTIVES

1. To Study the review literature of *Swarnaprashana* from other texts.
2. To study the fundamental concepts of evaluating efficacy in the current era.

#### MATERIAL AND METHODS

In *Kashyap samhita*, *sutrasthan lehadhyay*, *Aacharya Kashyap* in detail narrates about the baby's *Jatakarma*. Systematically he narrates about *Lehana* (medicines or gold with honey and ghee administration) [2]. *Acharya Vagbhata* gives specific combinations of gold and herbal drugs as those who desire *Ayu*, *Medha*, *Lakshmi* (wealth), and *Kama* (sensual enjoyment) should consume it

along with *Shankhapushpi*, *Vacha*, *Padma Kinjalaka*, and *Vidari* respectively [3]. In *Sushrut samhita*, after the child's birth, after leaking honey and *saindhav*, the 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 the first day of birth, it is advised to give honey, ghee, and gold thrice a day by 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*, *Aacharya sushrut* narrates *bilva*, *vacha* medicines to administer with gold and ghee honey with chanting 'shreesukta' on *pushya nakshatra* gives long and healthy life [4]. In *Mansmruti*, it is mentioned that *Dwija* (brahman) should undergo two *Samskar* to purify himself from the impurities of *Beej* (sperm and ovum) and to get rid of impurities associated with a stay in the uterus. The *Samskar* mentioned in *Mansmruti* is *Jatakama* in which immediately after birth, after cutting the umbilical cord baby has to leak a mixture of gold, honey, and ghee with chanting the mantra [5]. In *Ashtangahridayam*, immediately after birth after chanting the mantra about the baby's healthy growth, and long life and praying for his health, after cutting the umbilical cord immediately advised giving a mixture of herbs *brahmi*, *vacha*, *Shankhapuspi*, *amla* powder with gold, or gold with herbs, and honey and ghee allow to leak. *Aacharya Vagbhat* explained that as the 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 [6]. In *Astang sangraha*, *brahmi*, *shankhapushpi*, *vacha*, or combination of *vacha*, *shatavari*, *Ananta*, and *brahmi*, with honey and ghee, in quantity, given to increase baby's intelligence, health, life, and strength [7]. A glimpse of the administration of *Swarna* in the newborn is also found in the text *Rasa-ratna Samuchaya* [8], which is very similar to the above reference. There is no reference to any specific day or time for *Swarnaprashana* in children.

## Benefits of SWARNAPRASHANA

Improve *Vyadhikshmatva* and *ojus* when the body interacted with an etiological variable that causes sickness, our body has cautious systems which safeguard the body from that element and show opposition against that infection. This component occurred in the body, which forestalls the advancement of sickness or opposes a created illness, is called *Vyadhikshmatva* in ayurveda<sup>[9]</sup>. *Swarnaprashana* has beneficial effects on the nervous system and the immune system. Therefore, it is very helpful for improving memory, retention power, intelligence, intellect, and cognitive functions of the brain. Secondly, it is also effective in improving immunity and preventing diseases. The third effect is on the skin. It improves skin glow and prevents skin diseases.

*Swarnaprashana* benefits based on the duration of use as mentioned in *Kashyapa Samhita*.

### Swarnaprashana in Current Era

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## DISCUSSION

Aacharya Kashyap narrated the importance of continuous *Swarnaprashana* 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 a tradition to administer *Swarnaprashana* on *pushya nakshatra*<sup>[10]</sup>. In children, up to 2 years of brain development is continued and is accelerated by *Swarnaprashana Samsakar* as per the literature review and practical application of the concept *Swarnaprashana* improves the digestive, metabolic, and immune systems. *Swarnaprashana* can be administered in all children as it acts at the level of nutrition, metabolism, growth and development, physical strength, and immunity. *Aacharya Sushruta* and *Aacharya Charaka*, respectively

mention the usage of *Swarna* on *Pushya Nakshatra*. The current popular practice of *Swarnaprashana* only on the day of *Pushya Nakshatra* may be due to the belief that it is an auspicious star to administer any medication due to its nourishing effect<sup>[11]</sup>.

## CONCLUSION

*Swarnaprashana* 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.

*Swarnaprashana* can be helpful for physical growth and development in terms of weight, height, and memory.

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