

SWARNPRASHAN: EFFECTIVE METHOD OF PREPARATION AND ITS BENEFITS

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ABSTRACT

As Ayurveda is a science of life it deals with both preventive measures and cure of diseases. Immunity is one of the key aspect and plays a major role in prevention of diseases. In Ayurvedic texts swarnprashan is indicated specially for children. Swarnprashan is a boon to boost immunity and nurture ones health. Any preparation for better results should be made with a proper method. Hence for better effects and good results study has been done with objectives – To prepare swarnprashan for its effective results and to study the benefits of swarnprashan. Also a brief method of preparation is mentioned so that it can be easily practiced. After a brief method of preparation is mentioned so that it can be easily practiced. After the preparation and use it is found that it is one of the easy, economic as well as effective

method of preparation. If swarnprashan is prepared by this method it can be beneficial and helps to boost immunity of children by most safest way.

KEYWORD: Swarnprashan, immunity.

INTRODUCTION

As Ayurveda is a science of life it deals with both preventive measures and cure of diseases. Immunity is one of the key aspect and plays a major role in prevention of diseases. In Ayurvedic texts swarnprashan is indicated specially for children. Swarnprashan is a boon to boost immunity and nurture ones health. Swarnprashan is made from combination of ghrith, madhu, different medhya dravyas and swarnbhasma. Swarnprashan described in Kashyap Samhita is intended to boost memory, intelligence and immunity in children. It is one of the oldest and safest method of using gold nano medicine. Swarnprashan is very widely popular

and should be given on pushya nakshatra of every month. Any preparation for better results it should be made with proper method. There are many methods of preparation of swarnprashan described classically as well as practiced by Gurushishya Parampara and anubhoot yog method. But the described method which is also a anubhoot yog is one of the easiest, economic as well as effective method of preparation.

AIMS AND OBJECTIVES

To study effective method of preparation of swarnprashan.

To study benefits of swarnprashan.

MATERIALS AND METHODS

Concept of Swarnprashan

Ayurvedic texts have many references regarding herbomineral preparations. Use of fine particles of metallic gold or swarn bhasma in various health conditions as well as rasayan chikitsa is a effective cure. Many formulations like *Swarn parpati*, *Kumarkalyan ras*, *Basantkusumakar ras* and many more are used for chronic as well as curative therapy. Despite their efficacy these herbomineral formulations were discouraged and almost forgotten during the colonial era and even after freedom. Despite of this great gap and loss, after a long time, Ayurvedic bhasmas and herbomineral formulations are receiving a comeback and are focused. They are now used as some of the most effective drugs. Swarnprashan is also one of these effective preparations. Kashyap Samhita also known as vridhajeewakiya tantra is one of the known text of kaumarbhritya branch of ayurveda which deals which deals with mother and child health care. The first reference of swarnprashan for infants is addressed in sutrasthan of Kashyap Samhita. Swarnprashan can be said as an rasayan chikitsa which is used more as a preventive and rejuvenative measure. Swarnprashan can be given on daily basis for better effects. Nowadays it is instilled on Pushya Nakshatra of every month. Depending upon the latice of swarn bhasma used in preparation of swarnprashan time and frequency of lehan can be decided.

Preparation of Swarnprashan

The classical reference of Swarnprashan describes it as metallic gold is rubbed on clean stone with water. The fine gold particle water is now mixed with honey and ghrit in uneven quantities. This mixture of gold honey and ghrit is given to infant as swarnprashan.

“Dravyanam lehaniyanam vidhishvaivopyadekshate I

Vighrushya dhaute drushadi prakmukhi laghuna ambuna II

Pramathya madhusarpibhyo lehayet kanakam shishum I''

Kashyap Samhita / sutrasthan / lehadhyay.

Rubbed gold in metallic form carries risk of toxicity. Hence a safer option of swarn bhasma is being practiced in swarnprashan nowadays. Classical and safer guidelines of preparation of swarnbhasma are advised in Rasashastra texts dating back almost since 4th century AD. Efforts of our ancient ayurved scholars and alchemists have successfully passed the litmus test of time and modern scientific parameters. In preparation of swarnprashan to make it effective economical and easy given anubhoot method can be practiced –

Ingredients

Name of content	Botanical Name	Quantity
<i>Goghrit</i>	Cow's ghee	100 ml
<i>Madhu</i>	<i>Apis mellifera</i>	200 ml
<i>Brahmi</i>	<i>Bacopa monnieri</i>	2 g
<i>Shankhpushpi</i>	<i>Convolvulus pluricaulis</i>	2 g
<i>Vacha</i>	<i>Acorus calamus</i>	2 g
<i>Ustekhaddus</i>	<i>Lavendula Stoechas</i>	2 g
<i>Gajawa</i>	<i>Onosma bracteatum</i>	2 g
<i>Malkangani</i>	<i>Celastrus paniculatus</i>	2 g
<i>Ashwagandha</i>	<i>Withania Somnifera</i>	2 g
<i>Sauf</i>	<i>Foeniculum Officinalis</i>	2 g
<i>Pippalli</i>	<i>Piper Longum</i>	2 g
<i>Pushkarmool</i>	<i>Inula recemosa</i>	2 g
<i>Mulethi</i>	<i>Glycyrriza Glabra</i>	5 g
<i>Giloy</i>	<i>Tinospora Cordifolia</i>	10 g
<i>Jal</i>	Water	500 ml
<i>Swarnbhasma</i>	Monatomic gold	300 mg

Preparation

- 1) Boil all kwath dravya from Brahmi to Giloy with 500 ml of water.
- 2) Heat it till it remains 120 ml.
- 3) Strain the decoction/kwath made.
- 4) 120 ml Kwath and 100 ml of goghrit are mixed and heated on low flame.
- 5) Once the ghrit siddhi is done strain the obtained siddha ghrit.
- 6) Cool down the siddha ghrit.
- 7) Mix 200 ml of Madhu and 100 ml siddha ghrit well.
- 8) Once the mixture is mixed well add swarn bhasma 300 mg.
- 9) Mix it well and pack in glass jar.

Duration of swarnprashan

Swarnprashan is given from birth to sixteen years of age with the aim of healthy growth and development.

Experienced Vaidyas says that swarnprashan should be given just on the day of pushyanakshatra. Only with the aim for prevention of disease in an healthy child if it is done so it is beneficial. But with a vision of rejuvenation daily or atleast 15 days a month administration of swarnprashan gives significant results.

Benefits of swarnprashan

Acharya Kashyap mentions –

*“Suvarnaprashanam hi etat medha agni bal vardhanam I
Ayushyam Mangalam punyam vrishyam varnyam grahapaham II
Masaat param medhavi vyadhibhi na cha dhrushyate I
Shadarbhimasai shrutadharah suvarnaprashanad bhavet II”
Kashyapa Samhita / Sutrasthan / Lehadhyay.*

Swarnprashan enhances and balances medha – intellect; agni- digestion and metabolism; bal- grasping power and nurtures developmental milestones. It also improves physical as well as psychological health. It rejuvenates and increases immunity and stamina. It also helps in reducing anxiety, attention seeking behaviour.

DISCUSSION

Swarnprashan is a total rasayan i.e. a rejuvenating cure.

It is one of the unique example of nanomedicine for prevention of diseases.

By this explained method if swarnprashan is prepared it gives best effects with a view and aim of prevention of disease and developmental growth of child.

Perhaps efficacy and safety of swarnprashan entirely depends upon the quality of swarnbhasma, ghrit, madhu and herbs used.

Hence, standardized swarnbhasma with best quality madhu, goghrit and herbs should be used for the preparation of swarnprashan.

Swarnprashan has a vast scope in immunomodulation of a child and thus improving overall health and vitality of children.

CONCLUSION

Swarnprashan is one of the best rasayana for physical, psychological, intellectual wellbeing of children. By the said method preparation of swarnprashan is quite economical and effective for use. It gives excellent results in a healthy child as well as diseased one. Thus acts as both for prevention and cure.

Also in geriatric patients keeping in view neurodegenerative disorders swarnprashan can be administered with the aim of rejuvenation.

There is urgent need of standardization of swarnprashan to make it grow and spread globally. It needs to be popularized and promoted in society for wellbeing of coming generation.

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