

Suvarnaprashan and Child Health: It's Impact on Children Under 5 WSR to Kashyapa Samhita

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Abstract—Suvarnaprashanna is an ancient Ayurvedic practice where a mixture of Suvarna Bhasma (gold ash), honey and Ghee along with some herbal components is given, especially to children. Traditionally used in India, it is believed to help boost immunity, improve brain function, and support physical growth. This practice is especially popular for children below the age of five, which is an crucial period for their physical and mental growth. This review looks at both old Ayurvedic texts and modern research on Suvarnaprashanna, explaining how it works and the health benefits it offers. Studies show that Suvarnaprashanna has properties that support the immune system, act as antioxidants, and protect the brain, leading to overall better health in children, particularly those under five.

Keywords— Suvarnaprashanna, children, immunity, Ayurveda, health, literature review, Suvarna Bhasma.

I. INTRODUCTION

Suvarnaprashanna is an ancient Ayurvedic practice mentioned in the Kashyapa Samhita and it is getting popular for helping the health and development of children, especially those under five years. It is recommended during the early years of a child's life to boost immunity, improve mental abilities, and prevent illnesses. Suvarnaprashanna has been a part of many cultural and medical traditions for a long time, and it is considered an important practice to support the health and growth of young children during their formative years. The traditional preparation includes Suvarna Bhasma mixed with honey and ghee, along with herbs like Brahmi, Vacha, and Shankhpushpi. The use of gold, when properly prepared through specific purification methods, is thought to balance the body's energies and improve health outcomes. This review aims to gather and examine existing research to understand how Suvarnaprashanna can help improve the overall health of children under five years old.

II. OBJECTIVEES

1. To explore the classical references for Suvarnaprashanna in Ayurvedic texts.
2. To review modern research on the pharmacological and therapeutic effects of Suvarnaprashanna.
3. To analyse the potential health benefits and mechanisms of Suvarnaprashanna in children.

Classical References for Suvarnaprashanna
Kashyapa Samhita:

विघृष्यधौतेदृषदि प्राङ्मुखीलघुना Sम्बुना |
आमथ्य मधुसर्पिभ्यां लेहयेत् कनकं शिशुम् |
सुवर्णप्राशनं हि एतत् मेधाग्निबलवर्धनम् |
आयुष्यं मङ्गलं पुण्यं वृष्यं वर्ण्यं ग्रहापहम् ||
मासात् परममेधावी व्याधिभिर्नच धृष्यते |
षडभिर्मासैः श्रुतधरः सुवर्णप्राशनाद् भवेत् ||

Suvarnaprashanna is described as a Samskara (ritual) to improve Bala (strength), Medha (intellect), and longevity. It is said to make the child disease-free, boost digestion, and enhance memory and immunity.

Ashtanga Hridaya: Mentions the use of gold in Rasayana therapy for its rejuvenating and immune-enhancing properties.

Bhava Prakasha: Highlights the immunomodulatory and nourishing effects of Suvarna Bhasma when administered with Ghrita and Madhu.

Mechanism of Action:

1. Immunomodulation:

Suvarna Bhasma enhances immune responses by stimulating the activity of macrophages and cytokines. The antioxidant properties of gold nanoparticles reduce oxidative stress, strengthening immunity.

2. Neuroprotection:

Gold, combined with Medhya Rasayana herbs like Brahmi and Shankhpushpi, enhances cognitive functions by improving synaptic transmission and memory retention.

Regular use supports brain development during the critical early years.

3. Digestive Health:

Honey and ghee act as carriers (Yogavahi), improving the bioavailability of Suvarna Bhasma and aiding in better digestion and absorption of nutrients.

4. Physical Growth:

Suvarnaprashanna supports Dhatu Poshana (tissue nourishment), aiding in healthy weight gain and growth in children.

Health Benefits of Suvarnaprashanna

1. Immunity Enhancement:

Studies indicate a reduction in the frequency of upper respiratory tract infections and other common childhood illnesses.

Suvarna Bhasma modulates both innate and adaptive immune responses.

2. Cognitive Development:

Research highlights improvements in attention span, learning ability, and memory.

Medhya herbs used in Suvarnaprashanna support brain development and mental alertness.

3. Growth and Development:

Children receiving Suvarnaprashanna regularly show better growth parameters (height, weight, and BMI).

Enhanced digestion and metabolism contribute to overall physical health.

4. Disease Prevention:

Suvarnaprashanna acts as a Rasayana, preventing recurrent infections and promoting longevity.

In practice, I have seen various formulations used for Suvarnaprashanna such as:

1. Suvarna Bhasma, honey, cow's ghee, Vacha, Shankhapushpi, Bramhi.
2. Suvarna Bhasma, honey, cow's ghee.

Modern Research on Suvarnaprashanna:

Pharmacological Studies:

Research on Suvarna Bhasma has demonstrated its antioxidant and immunomodulatory effects, supporting its role in enhancing immunity in children.

Animal studies reveal its potential in improving cognitive functions and reducing stress.

Clinical Trials:

A study conducted by Patil et al. (2020) observed reduced incidence of infections and better cognitive development in children receiving Suvarnaprashanna for six months.

Comparative studies show that children on Suvarnaprashanna have fewer hospital visits and better growth indices than those without it.

Safety and Efficacy:

Suvarna Bhasma is processed using Shodhana (purification) techniques, ensuring its safety and biocompatibility.

The ancient scholars (Acharyas) understood the harmful effects of using gold in its impure form. They emphasized the importance of properly purifying gold (Swarna) before using it. It is mentioned that if gold is taken without proper purification, it can negatively affect a person's happiness,

strength, and overall health, leading to various diseases. In fact, impure gold can also cause mental problems and even death.

No adverse effects were reported in controlled trials, making it a safe preventive health measure for children.

III. DISCUSSION

The literature emphasizes the relevance of Suvarnaprashanna in the holistic development of children under five. Its immunomodulatory and neuroprotective properties align with the needs of growing children, who are prone to infections and cognitive challenges. Despite its traditional roots, Suvarnaprashanna's benefits are being validated by modern pharmacological and clinical studies, bridging the gap between Ayurveda and contemporary medicine.

IV. CONCLUSION

The literature highlights the importance of Suvarnaprashanna in the overall development of children under five. Its ability to boost immunity and protect the brain matches the needs of growing children, who are often vulnerable to infections and learning difficulties. Though it comes from traditional practices, modern research in medicine and pharmacology is now confirming the benefits of Suvarnaprashanna, connecting Ayurveda with modern healthcare.

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