

Suvarnaprashan:Need of Today's Scenario in Every Age of Life.**Aishwarya More**ajitaish303@gmail.com**Abstract**

The quest for excellence in mental and physical health is not new. We find various remedies in Ayurveda classics promoting human good health and intelligence. Suvarnaprashan is one of them. It boosts immunity, memory, concentration, appetite etc. Suvarna (Gold) acts miraculously for human being in every milestone of his life as in uterine life, childhood, old age.

Hybridisation, pollution, dietary deficiencies are problems of today's scenario causes poor immunity against pandemic diseases like flu, covid 19¹⁰ etc.

In this article we will lighten uses of Suvarna (Gold) in different forms in different ages of persons to get best survival of life⁸.

Introduction

Immunity building or having a good immunity is the prime need of today's generation. Children, old age persons have issues about immunity. Alzheimer's disease in older persons is common, so a shield to protect against pandemics is required from a mother womb.

At this time a power drug which described by Ayurvedic vedics is Suvarnaprashan¹ i.e. Intake of gold in the nano particle form. It is the unique solution to fight against scenario's monster of non specific immunity suppression, mental health.

Human body is composed of many elements including Gold, it is in trace amount 0.2 mg per kg of total body weight of person¹⁰. It is proved if Gold is given in right form, it gets easily absorbed and act as magician. Suvarnaprashan is Medhavardhak (Brain Tonic), Agnivardhak (Appetiser), Balavardhak (Body builder), Ayushya vardhak (life Line), Mangal (prosperous), Vrushya (sex power booster), Varnya (skin toner)¹ etc. According to Ayurveda, if Suvarnaprashan is given continuously for one month then that baby becomes Medhavi (Super intelligent) and if given for 6 month continuously then the baby becomes Shrutadhar (learn anything in one time)².

Suvarna (Gold) is Madhur (Sweet), Tikta (Bitter) in Rasa (taste); Shita (cool) in virya (Power); Madhur in Vipak; Tridosh gna (controls all doshas i.e. vata, pitta, kapha); Guru (heavy to digest), Snigdha ((lubricant) in Guna (properties); Bruhan, Rasayan, Vishahar (Anti-toxic), Hrudya (Heart tonic); it acts on Karshya (weakness), Unmad (Epilepsy)³.

Material And Methods

Gold could be given in variant ages with variant methods. It could be given specially in childrens, old age persons, pregnant ladies as Garbhasanskar to her baby in the womb.

First we will focus on child age group-

Suvarnaprashan (Gold) could be given to children upto the age of 12 years as before the puberty or secondary sexual characters starts to develop. Researches in medical sciences proved that – Development of human brain is completed upto 12 years of age. Suvarnaprashan helps to develop brain, organs, immunity properly. Suvarnaprashan act miracle in mentally challenged childrens if it given earlier⁸.

In Ayurvedic Vedic we found number of Suvarnaprashan (Gold) remedies some of them are-

1. A teaspoon of honey and 2 teaspoon of Cow's ghee could be taken on a small piece of Rock, original Gold piece could be rub on the rock, then gold rubbed mixture could be palatable to children¹.
2. Basic formula of Suvarnaprashan (Gold) is Cow's ghee as in 1 part + Honey as in 2 parts (or vice versa, ghee and honey are always in odd ratio otherwise they form toxic effect). Suvarna (Gold) as Suvarna bhasma 1/16 part of ghee, all ingredients should be taken together in Silver small vessel then mix it properly then given to children in palatable form⁴.
3. Cow's plain Ghee could be replaced by medicated Ghee like Kalyanak ghrit (ghee)⁶,

Ashtamangal ghrut,ksheershataphal ghrut, Guduchi ghrut etc.As all Ghrutas are very effective in mental problems⁴.

4.Some of Churna (medicated powder)could be added in Suvarnaprashan with Gold like s Vacha (Acorus Calamus),Shatavari(Asparagus recemosus), Brahmi(Bacopa monnieri), Shankpushpi (Convolvulus pluricaulis), Guduchi(Tinospora cordifolia), Ashwagandha (Withania somnifera), Abhaya(Terminalia chebula), Chitrak(Plumbago zeylanica), Shatapushpa (Anethum sowa) ⁵etc. as these Churnas are immunity booster,appetizer,brain tonics. Churnas⁹ could be given according to child's health requirement.

When Suvarnaprashan (Gold) should be given-

As described in Ayurvedic samhitas Suvarnaprashan (Gold) should be given regularly otherwise you should not get expected results.

For that Two main concepts are foreworded as-

- 1.Suvarnaprashan (Gold) should be given on daily basis upto the age of 12 years.Starting from the first day of birth, increasing dose according the age at Rasayankal or Brahm muhurta (i.e.Time before Sun rise)¹.
2. Suvarnaprashan (Gold) should be given on Pushya nakshatra of every month on Rasayankali or Brahm muhurta with chanting of shree sukta Mantra,otherwise one hour after or before of taking meal¹.

Dose-

Exact dose of Suvarnaprashan (Gold) is not prescribed in ancient books.In samhitas explain as just increase one veda(round) with one month.Therefore dosage for Suvarnaprashan could be calculated for infants and childrens on the basis of Adult age dose formula as 0.25 to 0.50 mg/kg body weight of Suvarna bhasma¹⁰.

Chart-

As it is described in ayurveda samhita .We have to examine it. We should make a chart of patient taking Suvarnaprashan according to changes in Age,Sex, Weight, Height, Dhatusarata, Immunity, Bal (strength), Budhi(intelligence), Agni(poser to metabolise) etc.

Contraindications- Suvarnaprashan should not be given in Fever, Diarrhoea,Vomitting,not with sedative drugs, virudhahar.

2)Suvarnaprashan in garbhini (Pregnant woman)-

Researches shows that what a mother eat, drink,work do in her pregnancy totally affects her baby in the womb.So if a magic drug 'Vasant Kalpa' is given to mother during pregnancy it should blesses baby with ayurveda immunity,intelligence and dhatuposhan(built)² etc.

Brain development of baby starts in sixth month of pregnancy in the womb.If Gold base products are starts in this month make a divine change in baby's development.Suvarnamalini vasant is an ayurvedic remedy contains Suvarna bhasma as main intergradient with other herbal churnas (powders) are also beneficial for baby health.

Dose – one tablet of 500mg /day in third trimester with milk.

Of course avoid if a mother have any complication.

Same as in first trimester we should give Laghumalini vasant 500mg/day with milk.It nourishes baby as it contains egg yolk as intergradient. In second trimester we should give Madhumalini vasant 500mg/day with milk.

Senior citizens are prosperity of our nation,it is our duty to take care of them.About seventy percent of them are suffered from different geriatric diseases like alzheimer's disease,Parkinson's disease,insomnia,loss of appetite which affects their intellective power negatively as well.So old persons also requires immunity against these geriatric diseases.

Suvarnaprashan acts as a GOD gift for them .It should be given properly according to dose for adult person and avoided in any complication.

Conclusion-

Suvarnaprashan is one of the best answer for every issue in human life related to health.It can be given in any age of human in various forms as Suvarna prashan,Vasant kalp,suvarna jal etc.

Suvarna bhasma could be given over pure Suvarna as it is easily absorbable in human body due to physio-chemical reactions done on it during preparation of it. Suvarnaprashan could be given to normal children on pushya nakshatra and mentally chalanged childrens on daily basis as drug because researches shows suvarna bhasma is not absorbs at the time of administration it will make a coating of

nano particles at inner layer of GI track and then get absorbs slowly¹⁰.

Result-

Since ancient times Gold is precious in Indian culture as ornaments,medicine etc.It proves our ancestor had known the utility of it.Gold is miraculous for human body and we have to grab it's benefits surely as suvarnprashan,so need of exploring uses of Suvernprashan in all over the world is required.

Researches related to Suvarn lavan,Suvarnamakshik etc as cheap options for Suvarna are required.

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