



## SWARNA PRASHAN SANSKAR

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### ABSTRACT

Swarnaprashansanskara is an ancient method to boost immunity and improve the physical and mental health of a child. It is mentioned in our Ayurvedic texts under sixteen sanskaras i.e (Jatakaramsanskara) Administration of a small amount of gold (in bhasma form), Ghrita and Honey to an infant accomplishes many criteria's essential for a healthy living of a child. It enhances physical and mental health of children without any side effect. Administration of swarnaprashana in children for about one month can boost physical strength and enhances immunity and intake of swarnaprashan for about six months enhances memory and grasping power of children. Many studies available regarding this, which are mentioned under heading study regarding swarnaprashanasanskara. Administration of swarnaprashana in PushyaNakshatra day to get optimum nourishments and benefits.

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### INTRODUCTION

SwarnaPrashan is one of the sixteen Sanskaras mentioned in ancient texts for pediatrics. It is a unique method to build long lasting health and intellect naturally without leaving any harmful side effects. Since ancient time, our descendants passed their best practices of holistic lifestyle to their next generations. Over a period of time they became a ritual that got included into their day to day life. These series of rituals are known as Sanskaras. The word sanskarar means "gunantaradhan" which means conversion of qualities. They are connected with major events of life such as pregnancy, child birth, naming ceremony, education, marriage etc. These Sanskaras enables us to live a complete physical and spiritual life. It comes under JatakarmaSanskara (neonate care).

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According to kashyapsamhita in lehanadhayasutrasthanana, swarnaprashana develops Medha (Mental ability), AayuVardhana (prolonged life span), it is also Mangalakara (brings in good qualities in child, positive attitude in life optimism power to overcome mental and physical hardships, good fate), Vrushya (attractive nature and personality), Varnya (tones skin colour), Grahabaadhanashaka (voids away associated evils). If swarnaprashana is done regularly for one month then child becomes extremely intelligent and remains unaffected by any infective disease and if taken for six months regularly then child will be shrutadharai.e excellent grasping.

According to sushrataswarnaprashana is an unique method of giving swarnabhasma (gold ash) mixed with honey and ghee that is fortified with arka, an herbal extracts like Vacha, Brahmi, Shankupushpi, etc to children orally. Acharya Sushruta describes administration of Suvarn along with Ghrita and Madhu as one of the procedures of JatakarmaSamskara, which is given as a single dose at birth.

Age prescribed for SwarnaPrashan Sanskar is from birth till 16 years and should be given on empty stomach, preferable early morning.

Preferable day for swarnaprashansanskar is Pushyanakshatraday. Pushya is one among the 27 nakshatras. It is also known Indrapurohita, pusya, pushka, Poosam (tamil) pooyam, paushakya, Tishya, Taisa and Vutkrta. Pushya is considered as most auspicious among other stars, they call it "The star of Nourishment" The word itself explains to "Nourishment" or "Thrive" etc. According to Ayurveda in general it is the day best for following activities: to take medicines, to learn from guru, to prepare medicines, to meet spiritual person and learn, to learn about rituals and Vedas, to plant trees. It is believed that all new works, started during this time are fulfilled and give positive result .If it falls on Thursday is known as Guru pushya yoga or Guru pushyanakshatrayoga. If it fall on Sunday it is called Ravi pushya yoga or ravipushyanakshatrayoga. Over all pushya falling in Thursday or Sunday it is called as pushyaamrit yoga muhurat. Pushyanakshatra days which tends to come after every 27 days.

Swarnaprashana is unique combination of swarnabhasma (gold ash) mixed with honey and ghee. Swarnaprashana contain gold as the main ingredient. It is made into

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swarnabhasma through special process because gold cannot be consumed in its metallic form. Gold is known to boost immunity as well as enhance memory. Suvarna is one of the best medhyadravyas as per kashyapacharya in leyhanadhaya. Swarnbhasam is laghugunatmaka, easy for absorption and assimilation. It is also a medhavardhaka and when it is taken in very low doses for a particular time it works best in memory power along with immunity. Another important ingredient present in swarnaprashan is Madhu (honey). It is believed that honey prepare the body to fight against allergens and known to act against inflammation and improve digestion. The main cause of using Madhu in swarnaprashan is Madhu in low doses in childhood itself child gradually develops resistance for allergens and it remains unaffected by allergens. Ghee is the third important component which act as an effective medium in which herbal medications can be prepared. It has unique property of acquiring the medicinal values of herbs added to it. According to ayurveda ghee and madhu cannot be mixed in equal quantity because it act as vishai.e toxic for body. So it is used in unequal quantity for regular interval of time. It is recommended that swarnaprashan should be taken on PushyaNakshatra. Pushya refers to nourishment. The symbol of Pushyanakshatra is the Cow udder. It observed on pushyanakshatra, the stars in sky appear in an arrangement that creates cow udder. Cow udder is associated with nourishment and so the swarnaprashan is taken on pushyanakshatra to get optimum nourishment and benefits. Ideally swarnaprashana should be started from pushyanakshatra day and then thereafter can be given daily early in the morning, but if not possible to give daily at least it should be given on consecutive Pushyanakshatra days which tends to come after every 27 days.

#### **Benefits of Suvarna Prashana Sanskara**

It builds physical strength in children and enhance physical activities and also improves stamina for the same. Regular SwarnaPrashana increases immunity power and develops resistance against common infection, thus prevents children's from falling ill very often. Doses of SwarnaPrashana improves child's intellect, grasping power, sharpness analysis power, memory recalling in an unique manner. It enhances digestive fire. Improves digestion and decreases related complaints. Swarnaprashana also improves child's appetite it helps to nurture early physical and mental development. It develops strong defense mechanism in kids which act as safety shield against diseases and complaints occurring due to seasonal change and other prevailing infection. It helps body to recover early in case of any illness. It guards children's from various allergies. It protects children from ailments occurring during teething phase. Tones up skin color.

Over all it makes child healthier. Children taking swarnaprashan doses regularly can be easily distinguished from their remarkably outstanding physical and mental ability. Age recommended for swarnaprashan is from birth till 16 years.

#### **CONCLUSION**

Swarnaprashan is a unique Ayurvedic preparation that is known to enhance the immune power of human body and it is more effective when it is taken on pushyanakshatraday. Pushya means "To nourish" and hence this Nakshatra provides energy and power. Natives born under this nakshatra (constellation) are always ready to help and serve people. Pushyanakshatra is regarded most auspicious in Hindu scriptures. Swarnaprashanasanskara helps the child to grow up with better immune system and intellectual performance. It is the ancient practice with no adverse result and provide a good life with physical, mental, and social health. The benefits of swarnaprashana in children as told by Acharya's need to be studied and reestablished with the help of various trial models and also clinical levels.

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