

ROLE OF SUVARNAPRASHANA IN AYURVEDA**Dr. Shubhangi Kapil Thakur**

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ABSTRACT

One of the sixteen Samskaras (rituals) which were described in ancient scriptures is Suvarnaprashana. Suvarnaprashana means to administer Suvarna (gold) in liquid form with the help of honey, ghee (clarified butter) and some herbal medicines. Suvarnaprashana has been extensively described in main reference book i.e Brihitrayer Granthas. Kashyapa is the main pioneer of Kaumarabhritya (paediatrics) who described Suvarnaprashana vidhi in detail with its benefits. Suvarnaprashana has been traditionally practiced across India as a recipe for child growth and memory enhancement and also to promote longevity. Suvarnaprashana is such Rasayana mentioned in Ayurveda to promote immunity and memory of children.

Keywords- Suvarnaprashana, Kaumarabhritya, Samskaras.

INTRODUCTION

Suvarnaprashana is one of the sixteen Samskaras (rituals) which were described in ancient scriptures. The modern days have left human beings amidst a lot of stress, the altered food habits, a great deal of distractibility, addiction, varied agricultural practices which in turn affect the strength of individuals both physically and mentally, this makes the humanity to fall prey of diseases. In the ever demanding competitive age of today there is always need to excel. This in turn requires best of health and intelligence. Ayurveda has explained such health promoting agents under the heading of Rasayana. Suvarnaprashana is such Rasayana mentioned in Ayurveda to promote immunity and memory of children. Ayurveda is known for its own specialties. Today the whole world is affected with

different diseases. Modern medicines fail to treat the patients satisfactorily in spite of many researches & latest technologies because of their hazardous side effects. Ayurveda the science of life, provides many other alternative ways to tackle with such disorders successfully. Not only treating unhealthy individuals, Ayurveda mainly helps to maintain the healthy state of mind & body. Ayurveda explains suvarnaprashana while modern medicines explain about vaccines. Vaccines produce immunity against specific diseases whereas suvarnaprashana produces non-specific immunity along with many beneficial effects.

Kashyapa is the pioneer of Kaumarabhritya who described Suvarnaprashana vidhi in detail with its benefits.

Aim: To study Suvarnaprashana Sanskar in detail

OBJECTIVES:

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1. Study the literature of Kashyapa Samhita regarding Suvarnaprashana
2. Study the relevant literature of Suvarnaprashana from other texts.

MATERIALS AND METHODS-

Administration of Suvarna Kalpa

Keeping face towards east, pure gold should be rubbed on a washed stone with little quantity of water then churned with honey and ghrita, this should be given to the child for consumption. Feeding of gold increases intellect, digestive and metabolic power, strength, gives long life; is auspicious, virtuous, aphrodisiac, increases complexion and eliminates the evil effects of Grahas. By feeding the gold for one month child becomes extremely intelligent and is not attacked by the disease, and by using for six months increases his hearing and retaining capabilities. Kasayap sahmita mentions that suvarna should be rubbed on stone facing towards east, it could be because east direction belongs to lord Indra, it is considered to be auspicious & holy for all diseases. Suvarnaprashana medication includes Suvarna, medicated ghrita, and Madhu.(1,2)

Gold is considered as very precious in Ayurveda and it would possess properties like madhura, rejuvenate, immunity booster, improves complexion and growth of the body, accelerate growth of the brain and improves memory, also increase digestion power of the body. Gold possesses lot of antioxidant properties and it is very beneficial for babies who were delivered with difficulty during the process of delivery, oxidative stress to the baby and this can be relieved with the antioxidant properties of Suvarna Bhasma in the Suvarnaprashana.(3)

Madhu and ghrita has a natural tendency to accept and imbibe various conditions, its properties and actions become more evident when combined with other dravyas.(4,5)

Ghee alleviates Pitta and Vata, is beneficial for rasa, semen and Ojas, cooling, softening and improves voice and complexion.(5)

Suvarnaprashana can be given everyday morning or on the day of Pushya Nakshtra. Pushya Nakshtra has great importance in Ayurvedic medical science. It is considered to be very effective in terms of action, probably the body on this day is in a better position to absorb the drugs for its optimum benefits and the drugs used are more potent than the usual. (4). Sushruta has advised its use after emesis of liquor amni, but before massage and bath. While Vagbhatas have indicated it after massage and bath before emesis in Jatkarma Samsakar to ensure sucking and swallowing reflexes. (5)

The basic concept of this gold licking is entirely different as it is used only once in Jatkarma Samskar performed after birth.

BENEFITS OF SUVARNAPRASHANA: Following are the benefits of Suvarnaprashana mentioned by Kashyapa

- Grasping power, sharpness, analysis power, recall memory becomes very strong
- Improves digestion power
- Auspicious
- Virtuous
- Aphrodisiac
- Increases complexion
- Eliminates the evil effects of grahas
- Tones up skin colour
- Growth of mind and body becomes faster than usual

DISCUSSION

In children up to 2 years brain development is continued and which is accelerated by Suvarnaprashana samsakar. As per literature review and practical application of the concept Suvarnaprashana improves digestive, metabolic and immune system. It also benefits preterm and I.U.G.R babies.

Many unpublished studies in hospital at Ayurvedic colleges indicate that Suvarnaprashana Samsakar improves the recurrent attacks of common cold, fever also in asthmatic patient, as asthmatic attacks relapse is reduced. In malnourished children Suvarnaprashana Sanskar may affects the recurrent attacks of infections and which may helpful to improves digestive and metabolic power this may result in weight gain of these babies. In delayed milestones babies it is found that due to Suvarnaprashana Samsakar milestones have started to develop efficiently in terms of motor, social and adaptive milestone properly.

In Kashyap Samhita while describing the benefits of Suvarna Lehan, Acharya Kashyap opines that after feeding gold for one month the child is not attacked by the disease, and also eliminates evil effect of grahas; this implicates that ingestion of Swarna modulates the immune system so that the morbidity is reduced.

CONCLUSION:

Suvarnaprashana is described in various Ayurvedic texts but mostly elaborated by Kashyapa in Lehanadhyaya. Suvarnaprashana can be helpful for physical growth and development in terms of weight, height and memory. It may be helpful in preventive aspect of decreasing illness i.e. Suvarnaprashana has immune modulator and immune stimulant effect in children.

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