ROLE OF SUVARNA PRASHAN IN CHILDREN UPTO FIVE YEARS OF AGE

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ABSTRACT
Suvarna prashan has been traditionally practiced all over India since ancient times. It is said to boost immunity and improve mental, physical and metabolic well being of children, but there is no sufficient data available to prove its efficacy and safety. This study was aimed at establishing safety and efficacy of suvarna prashan in children and studies its effects on children upto five years of age.

Keywords: Suvarna Prashan, Suvarna (Gold), Madhu (Honey), Goghrita (Cow’s Ghee), Kasyapa.

INTRODUCTION

Growth and development of children are two sides of the same coin. They proceed concurrently. The growth and development of brain is significant during the first year of life. Hence in Ayurveda “Lehan” (licking) is advocated, which is the practice of feeding certain substances to the child right from the neonatal period. According to Aachayar’s lehan is said to promote intellect, enhance complexion, and protect the child from harmful elements and diseases probabaly by increasing the endurance and strength. This results in longevity of life.

In modern medicine immunity is developed by vaccination against specific antigens. But vaccination gives immunity against some specific antigens only. Many diseases have no vaccines yet. Also these vaccines have no effect on mental health or intelligence of the children unlike that mentioned in benefits of lehan. Kashyapacharya in his text, the KASHYAP SAMHITA has described “suvarna prashan” under the concept of lehan. In suvarna prashan, gold along with honey (madhu) and cow’s ghee (goghrita) is given to the babies. This enhances intellectual capacity, complexion, longevity of life, metabolic and digestive power, and provides protection from evils. If suvarna prashan is done for a month it is said to increase intellectual ability of the child, whereas if continued for six months the child becomes kshrutadhar i.e. develops ability to retain whatever he hears.

Aims:
To study the efficacy of oral administration of suvarna prashan in children upto 5 years of age.

Objectives
1) To develop evidence based support for the efficacy of savanna prashan in mental and physical development of children upto 5 years of age.
2) To generate data on safety of suvarnaprashan.
3) To do standardization and quality control of suvarnaprashan.

Drug review:
Contents-
1. Suvarna- Pure gold (24 carat as shalaka)
2. Go ghrita
3. Madhu
Dose-
Pure Gold – 03 circles (0.07235% w/w)
Madhu -0.3 ml
Go ghrita – 0.2 ml

Drug preparation- Rubbing three circles of suvarna shalaka(gold stick) on round stone with distilled water and collect it in spoon and add 0.3ml honey and 0.2ml ghee. As described in KASHYAP SAMITHA.

Route of administration – oral
Time of administration – Suvarna prashan will be done on every pushya nakshtra in the morning.

Inclusion criteria-
- Both male and female children of age 0-5 years.
- Term and post-term babies born through normal vaginal delivery or caesarean section without any complications.

Exclusion criteria-
- Children more than 5 years of age.
- Preterm babies (less than 37 weeks of gestational age.)
- Birth weight < 2000gms
- Babies who required extensive resuscitation.
- Babies born with antenatal, natal and postnatal complications.
- Babies with congenital anomalies, metabolic abnormalities.
- Known case of hypersensitivity.
- Parents not willing for participation in the study.

Study design:

<table>
<thead>
<tr>
<th>Open study design</th>
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<tbody>
<tr>
<td>Selection of subjects</td>
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<tr>
<td>Written informed consent</td>
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<tr>
<td>Oral administration of suvarna prashan on every pushya nakshtra</td>
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<td>Follow up and assessment every pushya nakshtra.</td>
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<td>Statistical analysis</td>
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<td>Conclusion</td>
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</table>

Place of work:
Department of kaumarbhritya, Seth Tarachand Ramnath Hospital, Rastha Peth, Pune -11.

Assessment criteria:
Antropometric assesement. (growth chart given in textbook of pediatrics)
Health history, number of episodes of GI tract, Respiratory tract, Fever and others.

Statistical assesement was done after 20 doses and data preserved for further assesement.

Statistical analysis:
All the subjects enrolled in the study were given orally suvarna prashan, anthropometric data weight, height and head circumference were recorded on each visit.
Almost 27 children completed their 20 doses of suvarna prashan without gap, out of 27 children 14 were male children and 13 were female children. Analyzed for the results of Change in,
1. Height
2. Weight

3. Head circumference

After completion of 20 doses Paired T test was applied to these parameters and results were recorded.

**1. Height**

<table>
<thead>
<tr>
<th>Before treatment Height (BT)</th>
<th>After completion of 20 doses Height (AT)</th>
<th>P value for paired T test</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 73.94</td>
<td>86.88</td>
<td>P&lt;0.001</td>
<td>Significant</td>
</tr>
</tbody>
</table>

Figure no.1- shows increase in height of subjects. The p value is <0.001 which is significant.

**2. Weight**

<table>
<thead>
<tr>
<th>Before treatment Weight (BT)</th>
<th>After completion of 20 doses weight (AT)</th>
<th>P value for paired T test</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 8.68</td>
<td>12.87</td>
<td>P&lt;0.001</td>
<td>Significant</td>
</tr>
</tbody>
</table>

Figure no.2- shows marked increase in weight of subjects. The p value is <0.001 which is significant.
3. Head circumference

<table>
<thead>
<tr>
<th>Before treatment head circumference (BT)</th>
<th>After completion of 20 doses head circumference (AT)</th>
<th>P value for paired T test</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>44.0</td>
<td>48.0</td>
<td>P&lt;0.001</td>
<td>Significant</td>
</tr>
</tbody>
</table>

Figure no. 3- Shows P value <0.001 for head circumference indicates significant increase in head circumference after completion of 20 doses.

Data was plotted as per BOYS and GIRLS on IAP growth charts.

Figure no. 4- In boys there was significant increase in weight as compared to height and head circumference.
Figure no. 5- In girls there was increase in height, weight and head circumference after suvarna prashan.

DISCUSSION

No patient with delayed milestone was observed. Episodes of Respiratory infections were in range of 1 to 4 in 18 patients only with average of 1.83 and mode of 1. Episodes of GI track infections were observed in only 6 patients, with average of 1.6. This is also indicative of improved immunity. Number of fever episodes was observed in 14 patients with an average of 1.64. No clinical toxicity or adverse effects of suvarna prashan had been observed. We did gold analysis after rubbing three circles of suvarna shalaka(gold stick) on round stone with distilled water and collect it in spoon, we found 0.07235% w/w gold content in this sample.

There is no any direct reference regarding savanna prashan and pushyanakshtrya, but considering mythological importance of pushyanakshtrya and for practicality it is advised to give savanna prashan on pushyanakshtrya.

CONCLUSION

From the above data it can be said that savanna prashan act as immunomodulator. Savanna prashan may be helpful in preventing recurrent illnesses. It can be helpful for growth and development as compared with standard physiological growth and development.

LIMITATIONS:
The present study was limited to single geographical area. Sample size was very small.

RECOMMENDATIONS:
Further study is humbly recommended. Need have work multicentric, control group and better sample size is required.

REFERENCES
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