

ROLE OF SUVARNA PRASHAN IN CHILDREN UPTO FIVE YEARS OF AGE

Dr. Jaybhay Vikas Bharat

Asst. Professor, Balrog Department , Tilak Ayurved College,583/2,Rastapeth Pune 11,
Maharashtra, India

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), Kashyapa.*

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 Aacharya's *lehan* is said to promote intellect, enhance complexion, and protect the child from harmful elements and diseases probably 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 *swarana 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*.

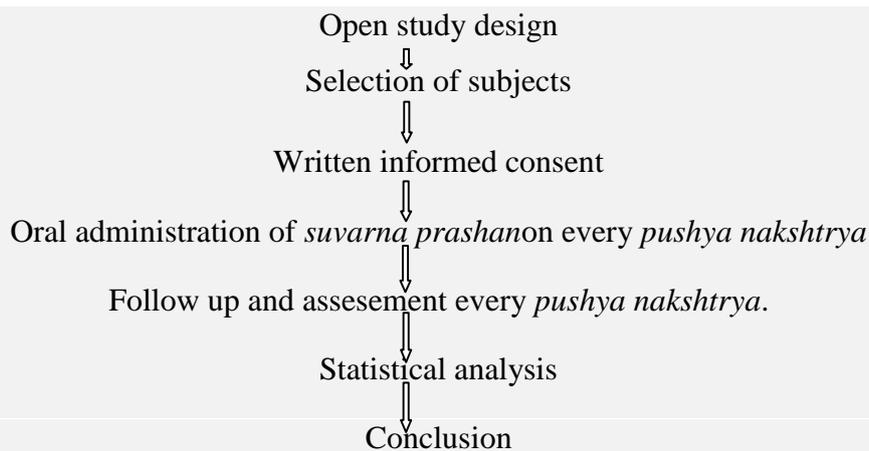
Route of administration – oral

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.

Study design:



Place of work :

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

Assesement criteria :

Antropometric assesement. (growth chart given in textbook of pediatrics)
Milestones development. (MGRS group, WHO motor development study. Acta Pediatrics 2006)
Health history, number of episodes of GI tract, Respiratory tract, Fever and others.

- Babies weighing 2000gms and more at birth.
- Parents willing for *suvarnaprashan*.

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 post-natal complications.
- Babies with congenital anomalies, metabolic abnormalities.
- Known case of hypersensitivity.
- Parents not willing for participation in the study.

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

	Before treatment Height (BT)	After completion of 20 doses Height (AT)	P value for paired T test	Significance
1	73.94	86.88	P<0.001	Significant

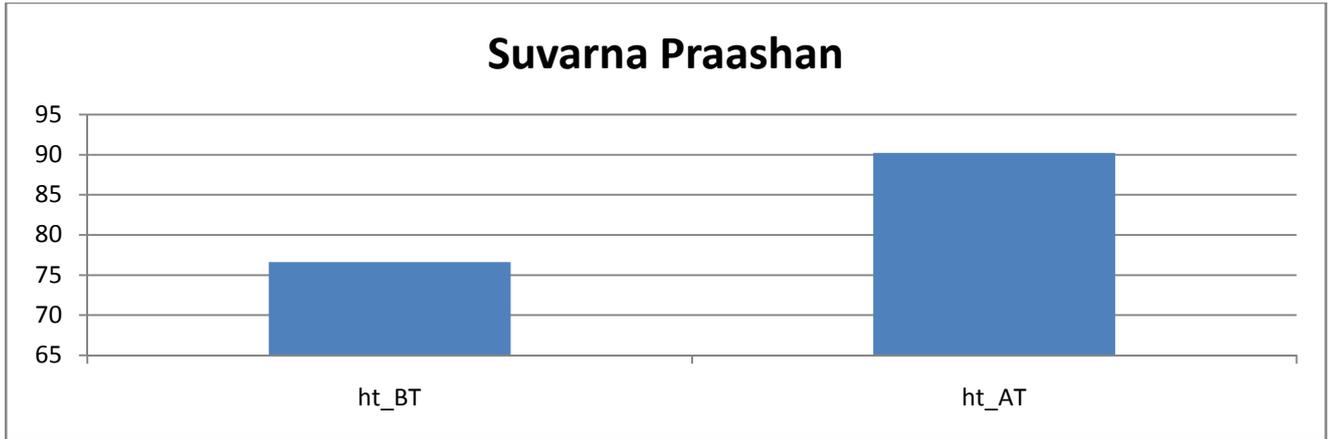


Figure no.1- shows increase in height of subjects. The p value is <0.001 which is significant.

2.Weight

	Before treatment Weight(BT)	After completion of 20 doses weight (AT)	P value for paired T test	Significance
1	8.68	12.87	P<0.001	Significant

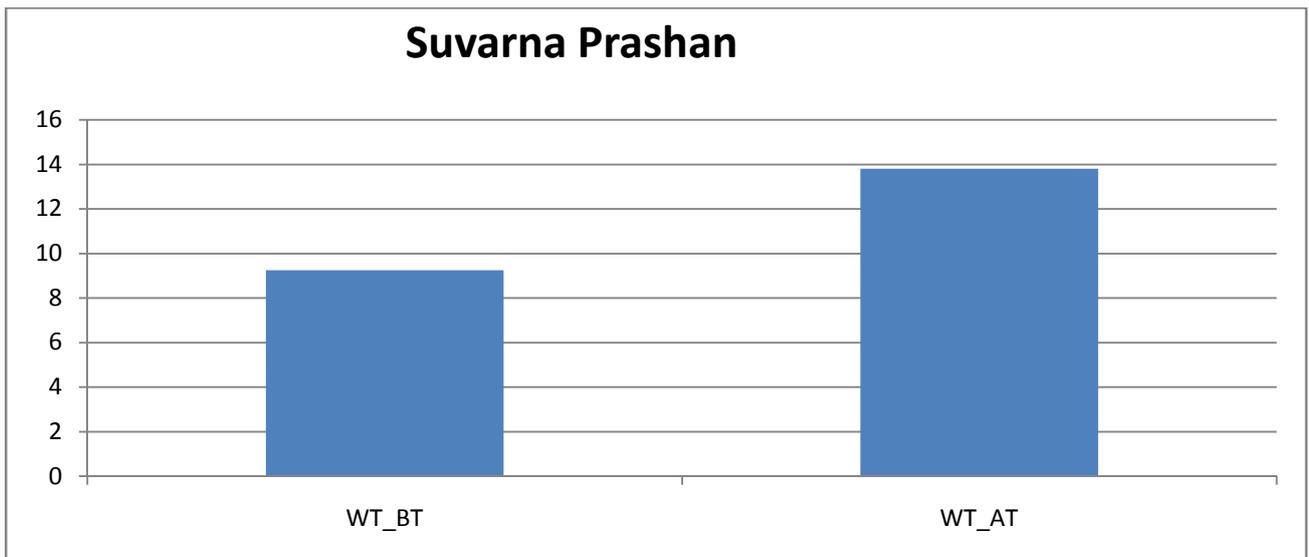


Figure no.2- shows marked increase in weight of subjects. The p value is <0.001 which is significant.

3.Head circumference

	Before treatment head circumference (BT)	After completion of 20 doses head circumference (AT)	P value for paired T test	Significance
1	44.0	48.0	P<0.001	Significant

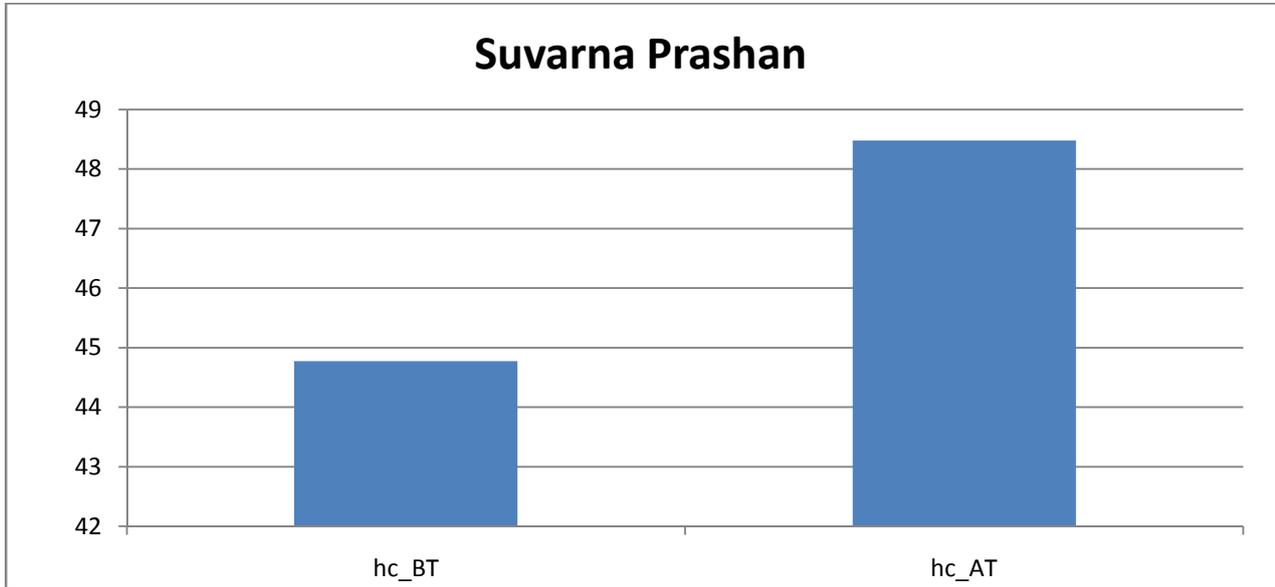


Figure no.3- Shows P value <0.001 for head circumference indicates significant increase in head circumference after completion of 20 doses.

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

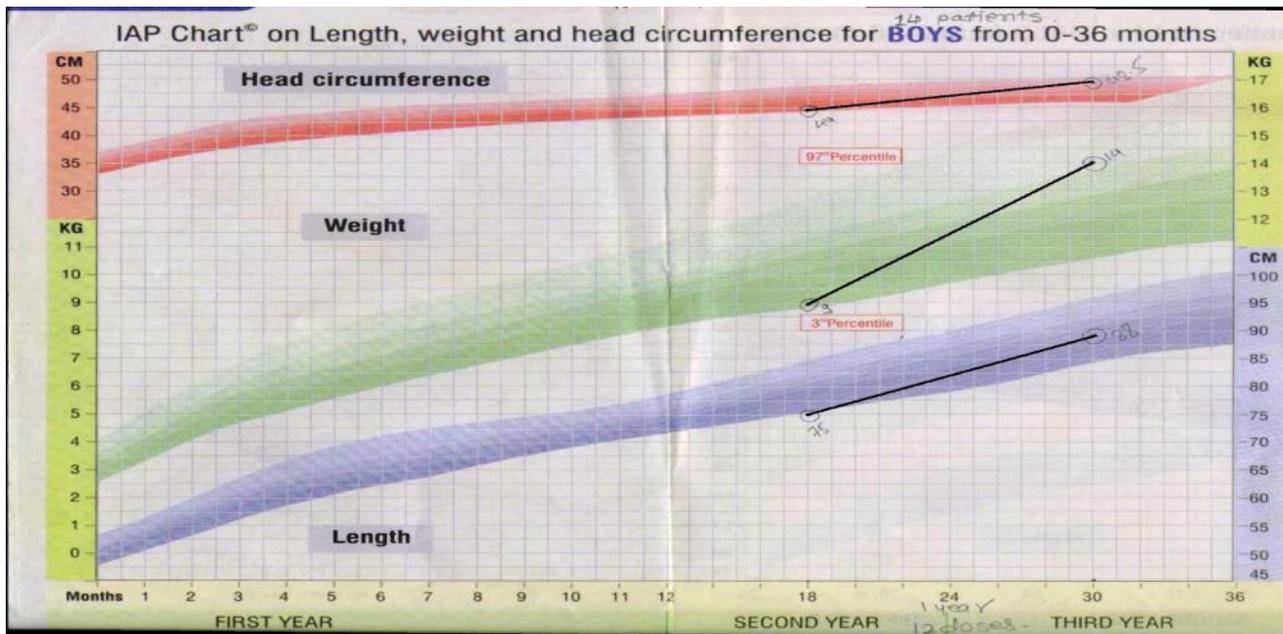


Figure no. 4- In boys there was significant increase in weight as compared to height and head circumference.

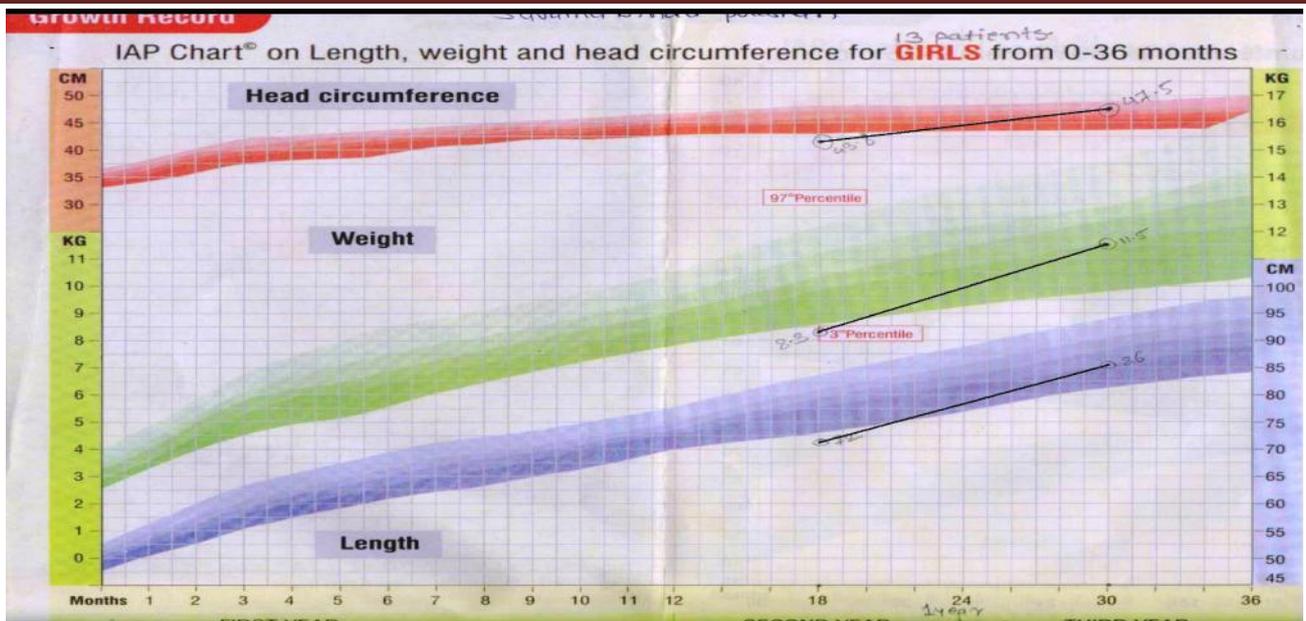


Figure no. 5- In girls there was increase in height, weight and head circumference after *suvarna prashan*.

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.

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CORRESPONDING AUTHOR

Dr. Jaybhay Vikas Bharat

Asst. Professor, Balrog Department ,
Tilak Ayurved College,583/2,Rastapeth
Pune 11, Maharashtra , India.

Email:vikasjaybhay110@gmail.com

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