

## ***Benefits in Kids (Ayurvedic Immunization)***

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### ***Abstract***

*The administration of Swarna (gold) with some herbal medicines in children for the benefits of improving intellect, digestion and metabolism, physical strength, immunity, complexion, infertility, and life span is known as Swarnaprashana.*

*In the world of medicines with harmful side effects, genetically modified food, chemically treated drinks, busy lifestyle, electronic distractions and unpredictable environment, it is a challenge for parents to help kids become strong and sharp. Swarna Prashana is a natural remedy which is time tested, is being practiced for 1000's of years by our ancestors and that builds overall health and intelligence naturally without causing any harmful side effects. There are various formulations of gold explained by different Acharya for prolonged usage in children.*

*Ayurveda recommends only purified and processed form of gold for internal administration. The age at which Swarnaprashana should be administered and its duration can be determined depending upon the desired effect in children as a positive health care program.*

***Keywords:*** *Ayurveda, children, gold preparation, immuno-modulator, Swarnaprashana*

## INTRODUCTION

Ayurveda, has imbibed itself many such references of gold pertaining to its medicinal properties and uses at different contexts. Gold is explained as one among the Sapta Loha (seven metals). It is categorized under Shuddha Loha (pure metal), which is said to be having both preventive and protective qualities. Gold is indicated for internal use even before conception due to its Rasayana (rejuvenator) and Vajikarana (aphrodisiac) properties so as to beget a healthy baby. After conception, it is used in Pumsavana Karma (procedure done to get the desired sex of the baby and for the proper intra-uterine growth and development of the fetus). After birth in Lehana (supplementary feeds) and Jatakarma Samskara gold has been said to have a major role to play. As the child grows, gold is also being recommended to be given alone or along with various herbal drugs for procuring better Agni (digestive power and metabolism),

Lehana depicts administration various herbal drugs, ghee preparations, and gold alone as supplementary feeds wherein precise indications are stated. Acharya Kashyapa coined the term

Swarnaprashana for administration of gold. This unique formula has been explained wherein gold should be triturated along with water, honey, and ghee on a clean stone facing eastern direction and made the Shishu (infant) lick the same.

### Ingredients

Ash of gold, vacha, shankhpushpi, brahmi, guduchisatva, yashtimadhu, ashwagandha, ghee and honey.

### Can we give Swarnaprashana daily?

It is never mentioned in the texts that it should be given only on Pushyanakshatra. SwarnaPrashana is recommended to be taken immediately after birth and continued till the age of 16 years. But there are condition to whom it should be given and not, so once visit Ayurvedic Doctors & start Swarnaprashana according to child's need.

### Benefits

Suvarnaprashana boosts Immune System and makes the kid becomes strong and healthier, thus prevents children from falling ill very often. ... It improves Immunity and prevents from Recurrent cold, Cough, Fever and other Respiratory infections. It Improves Digestive power

and decreases Digestion related complaints.

1. Suvarnaprashana boosts Immune System and makes the kid becomes strong and healthier, Thus prevents children from falling ill very often.
2. Increases Physical strength, General growth of the baby (Height and Weight) and improves the stamina of the kid
3. Regular dose of Suvarnaprashana improves child's Intellectual power, Grasping power, Analysis power and Recall memory.
4. It improves Immunity and prevents from Recurrent cold, Cough, Fever and other Respiratory infections.
5. It Improves Digestive power and decreases Digestion related complaints.
6. Protects the baby from different kinds of Allergies.
7. It helps to reach early developmental milestones.
8. It develops a strong defense mechanism in case which acts as a safety shield against disease and complaints occurring due to seasonal change and other prevailing infections.
9. Tones up Skin color and Texture

### Side Effects

Due to smell of medicine and different taste, babies may vomit it. Except this, no other Sometimes r side effects have been reported

### DISCUSSION

The use of elemental gold and different compounds like swarnabhasma, sidhamakaradhwajametc in Ayurvedic classics and in some ethnopractices, reveals the vrishya, rasaayana and medhya property of gold. We do not have sufficient convincing research data to prove this property of gold in front of the scientific community. Modern science believes that elemental gold as well as majority of its compounds are not absorbed from the GI tract. It is the need of the hour to have a long term perspective multi centered research to test whether the claims of Ayurveda acharyas were true or not. If proven, the mode of action should be traced out.

Administrations of gold compounds in the form of injections are being used in different diseases in allopathic practice. DMARD (Disease Modifying anti rheumatic Drugs) is one such example. Chrysotherapy is the term used for the treatment of diseases with the gold. Mostly used and absorbable forms of gold are

Aurothioglucose and gold sodium thiomallate.

## CONCLUSION

Though Ghrita & Honey are virudhaahara in equal quantity the properties of them by combining both in unequal quantity will give the metabolic strength to gut power & enhances the other systems too.

Swarna gives the best result as explained above other Ayurvedic herbs increases intelligence & other beneficial qualities.

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