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### RESEARCH ARTICLE

#### SWARNA PRASHANA SANSKAR - OBSERVATIONAL STUDY IN PEDIATRICS AGE GROUP 0-16 YEARS

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#### Abstract

Swarna prashana is a metallic medicinal preparation widely used in the Ayurvedic pediatrics practices. Swarna prashana explained under the Kashyapa Samhita. Kashyapa Samhita is one of the most ancient classics of Ayurvedic pediatrics. The main ingredients of Swarna prashanasanskarare Swarna (gold), madhu (honey), and other medhyadravyas like shankhpushpi, vacha, etc. Swarna prashana in children can be mainly implicated in two contexts of ayurveda' Lehana (supplementary feeds) and Jatakarmasanskar (newborn care). The age and method of administration, benefits and dosage as per various classical textbooks of ayurveda are discussed here. This case study proposes that the benefits of Swarna prashansanskar in various domain like physical strength, metabolism, immunity, enhancement of intelligence, digestion, complexion and fertility. Ayurveda recommends Swarna prashana should be in purified and processed form of gold for internal administration. Durations for Swarna prashanasanskar depending upon the desired effect in children. A observational case study of 30 children on swarnaprashana for 6 months done. The dose of Swarna prashanavya according to the age of children.

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#### Introduction:-

In ayurveda, there are various sanskaras mentioned by acharyas. Swarna prashana One of the 16 basic Sanskaras that Ayurveda describes. Jatakarma is one of the most essential and primarily samskara in ayurveda. It depicted as a part of jatakarmasanskar. The classical textbook of paediatrics, Kashyapa Samhita presents this particular phrasing in the context of Lehana (licking procedure by electuary), considered to be therapeutically effective<sup>[1]</sup>. The uses of gold in single or along with various herbal components. In Ayurveda, administration of the gold particles in children is considered to be a unique practice termed as swarnaprashana<sup>[2]</sup>. The term swarna refers to gold and prashanarefers to consuming or ingesting. Therefore, swarnaprashana refers to the act of consuming or ingesting gold in the prescribed dose and quantity<sup>[3]</sup>. Gold is one among seven metal categorized pure metals which is mainly used for preventive and curative purposes. The benefits of children, who consumed swarnaprashana, improve their intellectual, digestion and metabolism, physical strength, immunity, fertility, and lifespan<sup>[4,5,6]</sup>.

At present, the whole world is facing one of the greatest pandemics (COVID-19) in a century caused by a novel coronavirus. As a result, COVID-19 patient exhibits severe acute immune response causing cytokine release

syndrome and acute respiratory distress. In the future, to avoid this kind of pandemic situation, ancient immunization technique, namely, SP, could play a vital role in developing the resistance against any viral disease [7]. The purpose of this mini-review is to highlight its role, preparations, salient features, mode of administration, and plausible mechanisms of SP in manipulating both cellular and humoral immunity.

### Preparation of Swarna prashana

**Table 1:-** Drugs and their botanical name.

Sl. No.	Name of drugs	Botanical name
1.	Shuddha Swarna Bhasma	Gold
2.	Madhu	Honey
3.	Sankhpushpi	Convolvulus pluriculis
4.	Vacha	Acorus calamus
5.	Mandukaparni	Centella asiatica
6.	Yashtimadhu	Glycyrrhiza glabra
7.	Brahmi	Bacopa monnieri

Swarna prashana is formed by fusing the all above medicine who is mentioned in ancient ayurveda literatures. The ingredients in this herbo-mineral elixir are both herbs and minerals. Swarna prashana is being made in the hospital, consisting of Madhu, Ghrita, Vacha Churna, Swarna Bhasma, sankhpushpichoorna, mandukparnichoorna, yashtimadhuchoorna and, Brahmi Churna. Madhu and ghrita shouldn't be combined in equal amounts because that would be Virudha Samyoga. Yet, a small amount of madhu combined with ghrita can be used to stimulate an immunological response, strengthening a child's resistance to poisons and allergens.

### Swarna prashana benefits

It enhances the immunity, improves memory intelligence and appetite, and tones up the skin [8]. As per Kashyapa Samhita, Swarna prashana will enhance medha, bala, agni, aayu, varnya, pavitra, and manglyakarak. Therapeutically, it is used as ghrabadhaandvrishya<sup>[9]</sup>. Swarnaprashana strengthens immunity and builds resistance to common diseases, preventing youngsters from being sick frequently. It increases children's physical strength, promotes physical activity, and also increases stamina. Swarna prashana, taken regularly, enhances a child's cognition, grasping ability, sharpness, analysing ability, and memory recall in a special way. It stimulates the digestive system, enhances digestion, and reduces associated symptoms. Moreover, Swarna Prashana increases children's hunger. It fosters the early physical and mental development of children. It helps kids build a strong internal defence system that serves as a safety net against illnesses and complaints brought on by seasonal changes and other ongoing infections. In the event of any illness, it aids the body in recovering quickly. It shields kids from illnesses that can happen during the teething process, enhances evens out skin tone <sup>[10,11,12]</sup>.

### Time to administration

On Pushya nakshatra, swarnaprashana can be performed at least once each month or every day early in the morning. According to Kashyapa, if Swarna prashana is consumed for a month, a child's intelligence increases. Children that take it for six months develop their ability to learn rapidly and retain what they hear. So, there is no question that it can be used for longer than six months. It should be used for a minimum of 30 days and maximum 90 day. Here upto 6 months swarnaprashana given to the children.

### Dosage

Dose of Swarna prashana given after the measurement, according to age and weight of child. The form of dose given with drop wise according to age. And doses are following below :-

**Table 2:-** Dose of Swarna prashana according to age.

Sl.no.	Age	Dose on Pushya Nakshatra
1.	0-2 months	2 drops
2.	2-6 months	2 drops
3.	6-12months	4 drops
4.	1-5 years	6-8 drops
5.	Above 5 years	8-10 drops

### Action of Swarna prashanasanskar on immune system

In Ayurveda, this capacity of the body to fend off disease or withstand a disease that has already established is referred to as immunity, or vyadhikshamatva. Vyadhikshamatwa is illustrated as the power of resistance capable enough to check the progress occurrence or recurrence of disease<sup>[11][10]</sup>. And Ojus also can be increased to boost bodily resistance. As is well known, Ojus is the only thing that. Doshas need to support them in keeping the body in a condition of homeostasis. Strength is a synonym for Ojus, and there are three sorts of it, according to Acharya Charaka: Sahaja, Kalaja, and Yuktikrita<sup>[12]</sup>. One can enhance the Ojus created by Yukti in Yuktikrita. Swarna Prashana is a technique for boosting the body's immune cells' Kshamatva and slowing the degrading process. In Swarna prashanasanskar, madhu and ghritaare administered in equal amounts with gold at regular intervals, building the body's resistance to all types of Visha. To put it another way, this combination results in non-specific immunity.

### Materials and Methods:-

The material related to the article was collected from Dr. Alka Chouhan, Assistant professor & Consultant, OPD of Department of Kaumarabhritya, R.N. Kapoor memorial ayurveda medical college & hospital, Indore (Madhya Pradesh)

### Observational Data:-

**Age:**In the study 23.08% subjects were from 0-5 years age group, 54.01% from 6-10 years, and 23% from above 11 years age group.

Age	Number	Percentage
0-5 years	7	23.33%
6-10 years	17	56.67%
Above 11 years	6	20%
Total	30	100%

**Gender:** From the admitted, 53.33% male and 46.66% female

Gender	Number	Percentage
Male	16	53.33%
Female	14	43.66%
Total	30	100%

**Table 3:-** Effect of Swarna prashana on the height.

	N	Height (cm)	
		Mean	Sd
January	30	103.5	15.5
February	30	103.7	15.5
March	30	104.4	15.6
April	30	105.0	15.6
May	30	105.3	15.7
June	30	106.0	15.6

	Type III Sum of Squares	df	Mean Square	F	P
Time factor	141.73	5	28.35	315.31	<0.001
Error	13.04	145	0.09		

Multiple comparison	Mean difference	se	P
January vs February	-0.193	0.048	<0.001
January vs March	-0.833	0.084	<0.001
January vs April	-1.49	0.097	<0.001
January vs May	-1.827	0.11	<0.001

January vs June	-2.497	0.102	<0.001
February vs March	-0.64	0.072	<0.001
February vs April	-1.297	0.087	<0.001
February vs May	-1.633	0.104	<0.001
February vs June	-2.303	0.094	<0.001
March vs April	-0.657	0.045	<0.001
March vs May	-0.993	0.063	<0.001
March vs June	-1.663	0.059	<0.001
April vs May	-0.337	0.049	<0.001
April vs June	-1.007	0.043	<0.001
May vs June	-0.67	0.05	<0.001

The above table presents a study on the height variations across six months from January to June, with each month having a sample size of 30. The mean height and standard deviation are reported for each month. A repeated measures analysis of variance (ANOVA) was conducted to examine the influence of the time factor on height differences. The Type III Sum of Squares reveals a non-significant F-statistic (315.31,  $p < 0.05$ ) revealing a significant effect of the time factor on height. Subsequent post-hoc multiple comparisons using Bonferroni correction were performed, demonstrating significant mean differences between all pairs of months. The mean differences ranged from 0.193 cm to 2.497 cm, indicating a gradual increase in height across the months and those increase was statistically significant ( $p < 0.05$ ). These findings imply that the observed variations in height are not random and can be attributed to the effect of interventions.

**Table 4:-** Effect of Swarna prashana on the weight.

	N	Weight (Kg)	
		Mean	Sd
January	30	16.8	4.0
February	30	17.3	4.0
March	30	17.9	4.0
April	30	18.4	4.0
May	30	18.9	4.0
June	30	19.5	4.0

	Type III Sum of Squares	df	Mean Square	F	P
Time factor	151.427	5	30.285	58.057	<0.001
Error	75.64	145	0.522		

Multiple comparison	Mean difference	se	P
January vs February	-0.5	0.299	0.106
January vs March	-1.08	0.307	0.001
January vs April	-1.633	0.323	<0.001
January vs May	-2.083	0.318	<0.001
January vs June	-2.697	0.324	<0.001
February vs March	-0.58	0.037	<0.001
February vs April	-1.133	0.059	<0.001
February vs May	-1.583	0.068	<0.001
February vs June	-2.197	0.069	<0.001
March vs April	-0.553	0.043	<0.001
March vs May	-1.003	0.052	<0.001
March vs June	-1.617	0.06	<0.001
April vs May	-0.45	0.024	<0.001
April vs June	-1.063	0.048	<0.001
May vs June	-0.613	0.045	<0.001

The above table presents the weight variations over a span of six months (January to June), each with a sample size of 30. The mean weight and standard deviation are reported for each month. A repeated measures analysis of variance (ANOVA) was conducted to assess the impact of time on weight differences, revealing a significant effect ( $F=58.057$ ,  $p<0.001$ ). Subsequent multiple comparisons, adjusted with Bonferroni correction, reveal specific pairwise differences between months. All pairwise comparisons show significant differences in mean weight, indicating a consistent increase in weight over the consecutive months. January consistently exhibits the lowest weight, with significant increases observed in each subsequent month.

### Conclusion:-

Swarna prashana Sanskar is very essential for children in their childhood period for proper growth and development. After an observation study on 30 children significantly proven that the Swarna prashana is the best to fosters the early physical and mental development of children.

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