

SUVARNPRASHANA – ANNUAL REPORT FOR YEAR 2023 BASED ON  
OBSERVATIONAL STUDY IN CHILDREN

Dr. Kanchan Rawat\*, Dr. Komal Dhiman and Dr. Reena Dixit

<sup>1,2</sup>M.D Scholar, Department of Kaumarbhritya, Rishikul Campus, UAU, Haridwar.<sup>3</sup>Professor, Department of Kaumarbhritya, Rishikul Campus, UAU, Haridwar.

\*Corresponding Author: Dr. Kanchan Rawat

M.D Scholar, Department of Kaumarbhritya, Rishikul Campus, UAU, Haridwar.

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## ABSTRACT

Children are born with an immature immune system, hence are at risk from many pathogens.<sup>[1]</sup> India has the highest number of child births as well as child deaths for any single nation in the world and infectious diseases is one of the important causes of child death. Concept of Immunity in Ayurveda can be understood through concept of *Vyadhikshamatva*. Which can be achieved by protective and preventive measure. *Suvarnprashana* is an ayurvedic blessing which is traditionally given to small children. It is one of the preventive measure mention by *Acharya Kashyap*, which helps children to boost up the intellectual power and produces non-specific immunity in the body to fight against general infections and disorders. *Suvarnprashana* in children can be mainly implicated in two context of Ayurveda; *Lehana* (Supplementary feeds) and *Jatakarma Samskara* (new born care). *Suvarnprashana* can be given from birth to sixteen years, keeping in mind the rapid growth and development during this phase of life. Clinically, a minimum therapy of 6 months, 1 year to two years is recommended in order to get considerable results. Ayurvedic physicians administer *Suvarnprashana* on the day of *Pushya Nakshatra* of every month. So, after every 27th day on *Pushya Nakshatra* of every month we should administer *Suvarnprashana* to the children. In the year 2023, a total of 2332 children of age 0-16 years were given the beneficiary of *Suvarnprashana* in *Suvarnprashana Shivir* organised by P.G. Department of Kaumarbhritya Rishikul Campus, Haridwar.

**KEYWORDS:** Vyadhikshamatva, Lehana, Jatakarma Samskara, Pushya Nakshatra.

## SUVARNPRASHANA AT RISHIKUL CAMPUS

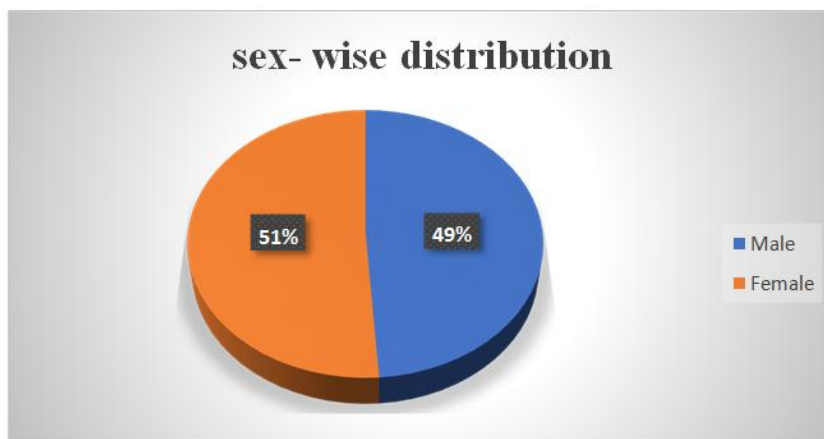
- It has been started at Rishikul campus in the year 2018. Since then, *Suvarnprashana* has been administered once in a month at Rishikul Campus Uttarakhand Ayurved University, Haridwar for children between 0 to 16 years on the day of *Pushya nakshtra*.
- Children accompanied by their parents will report at the registration counter. A card is handed over with registration number containing detail about name, age, date of birth, address along with parent's name. After that they will report to the OPD to determine the height, weight and the same will be entered into card, any illness and its duration also documented.
- All the parents are advised not to give any food to child for one hour after administration of *Suvarnprashana*.
- Suvarnprashana* was started on 4/ Jan/ 2018 at Rishikul Campus, UAU, Haridwar, total number of **77 cycles** of *Suvarnprashana*, and total **11,202** entries were reported till December 2023.
- In the year **2023**, total **2332** children were given *Suvarnprashana* drops.

## SEX WISE DISTRIBUTION

Month	Male Children	Female Children	Total Number of children
1. January	65	79	144
2. February	107	91	198
3. March	104	108	212
4. April	107	106	213
5. May	95	115	210

6. June	80	88	168
7. July	82	81	163
8. August	91	97	188
9. September	100	78	178
10. October	119	100	219
11. November	121	89	210
12. December	121	108	229
<b>Total</b>	<b>1192</b>	<b>1140</b>	<b>2332</b>

Sex	No. of children	Percent
Male children	1140	48.88%
Female children	1192	51.11%



Month wise distribution of children of year 2023 is given below:

Months	No. of children
• 08/January	144
• 04/February	198
• 04/March	212
• 27/April	213
• 25/May	210
• 20/June	168
• 18/July	163
• 14/August	188
• 10/September	178
• 08/October	219
• 04/November	210
• 02/December	229
<b>TOTAL-</b>	<b>2332</b>

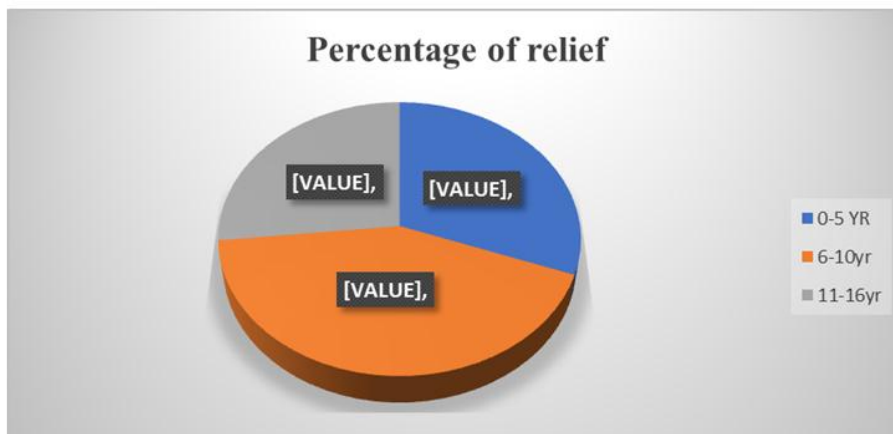
**EFFECT OF SUVARNPRASHANA ON RESPIRATORY SYSTEM**

Criteria for the assessment

Respiratory difficulty grading	Symptoms
<b>GRADE 3</b>	Persistence difficulty lasting for more than 1 week
<b>GRADE 2</b>	Frequent difficulty lasting for less than 1 week
<b>GRADE 1</b>	Occasional H/O respiratory difficulty
<b>GRADE 0</b>	No symptoms / complains

Effect of *Suvarnaprashana* in respiratory difficulties

GROUP	N	B.T.	A.T.	D	% OF RELIEF
<b>0-5 years</b>	146	3.32	1.8	1.52	45.78%
<b>6-10 years</b>	89	2.8	1.0	1.8	64.2 %
<b>11-16 years</b>	76	1.98	1.2	0.78	39.39 %

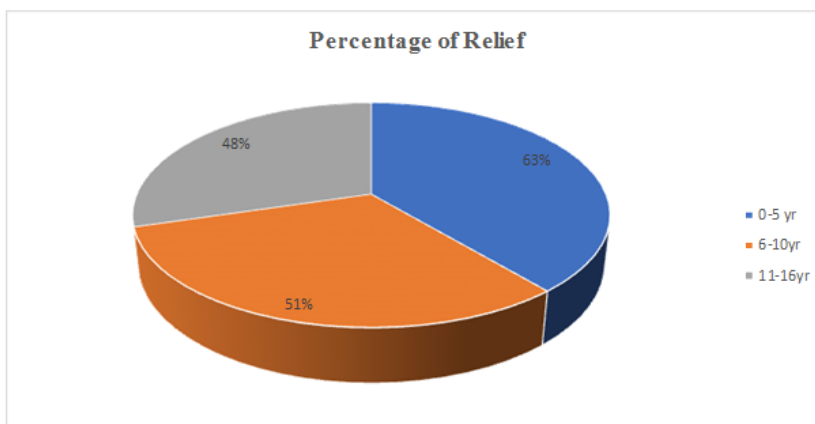


**EFFECT OF SUVARNPRASHANA ON MENTAL HEALTH**

**Criteria for the assessment**

Parameter	Grade 0 (excellent)	Grade 1 (good)	Grade 2 (average)	Grade 3 (poor)
Concentration	1	2	3	4
Learning ability	1	2	3	4
Memorizing ability	1	2	3	4
Retention ability	1	2	3	4
Academic Grade	1	2	3	4

Group	N	BT	AT	D	% of relief
0-5 years	42	2.7	1.0	1.7	62.96 %
6-10 years	62	1.82	0.9	0.92	50.54%
11-16 years	76	2.35	1.24	1.11	47.23%

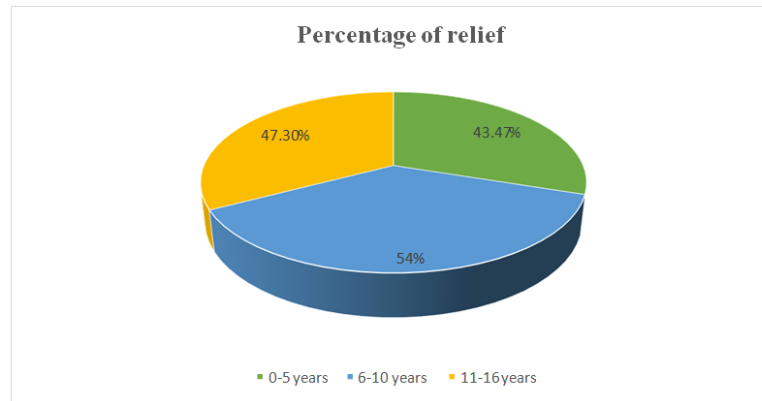


**EFFECT OF SUVARNPRASHANA ON G.I.T**

**Criteria for the assessment**

Symptoms	Grade 3	Grade 2	Grade 1	Grade 0
Abdominal distension or bloating	Severe	Moderate	Mild	No Complains
Frequency of stool	1 time in > 7 days	1 time in 4-7 days	1 time in every 1- 3 day	Pass stool daily
Stool consistency	Hard, dry stool	Hard stool	Initially hard then lose stool	Semi loose stool
Rectal pain with bowel movement	Severe	Moderate	Mild	No pain

Group	N	BT	AT	D	% Of relief
0-5 years	78	2.30	1.3	1.0	43.47 %
6-10 years	82	2.6	1.2	1.4	53.8 %
11-16 years	39	1.9	1.0	0.9	47.3%



## DISCUSSION

*Suvarnaprashana* is a comprehensive *Rasayana Chikitsa*, administered for the physical, mental, intellectual and spiritual wellbeing of the children. It can be safely administered in infants and children up to 16 years of age. *Suvaranprashana* was prepared by adding *Suvarana bhasma* in *Siddha Ghrita* containing *Brahmi*, *Vacha*, *Yasthimadhu* etc. along with *madhu*. They have *Balya*, *Rasayana*, *Medhya* and *Tridoshamaka* properties. *Swarna bhasma*, the principal ingredient enhance immunity, *Brahmi*, *Vacha* are effective in improvement of memory and lack of attention, *Yasthimadhu* is good anti-inflammatory, analgesic and antioxidant. According to ancient texts, Regular use of *Suvarnaprashana* for 1 month boosts the memory & for 6 months enhances the retention power.

The dose of *Suvaranprashana* was decided on the basis of age of child. The assessment was done on the scale of physical growth and its respiratory, digestion and mental health effect.

## CONCLUSION

*Suvarnaprashan Samskar* offers multidimensional Protection of child. It can increase child's immunity and intellectual strength. Gold has anti-aging property (*Rasayana*) and site specific drug targeting potential. This wonderful drug has been used by *Ayurvedic* physician to safe guard the health of children by *Suvaranprashana* can be securely administered in infant and children up to 16 years of age for their physical, mental and intellectual wellbeing. The study concludes that maximum percent of relieve in respiratory difficulty in age group 6- 10 years, maximum relive in G.I.T. symptoms in age group 6- 10 years, maximum relieve in mental health in age group 0-5 years. There is urgent need of standardizing the preparation, dose, duration and method of administration.

## REFERENCES

1. OP Ghai, Vinod K Paul, Arvind Bagga, Ghai Essential Pediatrics, 7th Edition, New Delhi: CBC Publishers, 2010; 160.