

LITERARE REVIEW ON SUVARNPRASHAN

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ABSTRACT:

Suvarnprashan is the one of discovery of Ayurved. It deals with the Childs immunity which is first described in Jatkarma. In present scenario neonatal deaths seen in most of the areas due to prematurity, asphyxia, pathological infections etc. Now a days immunization schedules widely accepted from birth of child but there are most of child gets illnesses due to low immune profile to most of pathological agents other than immunized agents. In that case Suvarnprashan helps to improve active immunity against those pathogens from first day of life.

KEY WORD:- Suvarnprashan, active immunity, Jatkarma

INTRODUCTION:

Ayurveda, the science of life, is the most rational and scientific amongst the ancient systems of medicine, provide not only effective cure of diseases but also prevention. In which The Kaumarbhritya is branch which deals with disease of children. The order of kaumarbhritya according to their importance is different in Samhitas like in Charak on sixth, Susrut on fifth, Vagbhhat on second and Kashyap on first priority in Ashtang Ayurved. Infections, asphyxia and prematurity are the leading causes of neonatal deaths. The major cause of neonatal death is perinatal infections. Though National Vaccination Schedule is implicated, mortality rate in India is (34 per thousand live births) still high. From the first day of life vaccination schedule is started but these vaccines are not able to protect the child from common infections. In Kaumarbhritya for immunisation *SUVARNA PRASHANA* is one of important contribution to provide healthy and long life to child. In which first Samskara performed soon after birth is 'Jatakarma'. In this Samskara, the mixture of Madhu, Ghrita, Suvarna and Medhyadravyas are fed to the new born. These Lehana given in the Jatakarmasamskara is nothing but the immunization process. The maximum development of the brain takes place in first two years of life which can be assessed by increase in the head circumference of the child 95% at the 21st month of age. Hence, administration of MedhyaDravyas in this period enhances the development of nervous system.

LITERATURE:

- **Kashyapsamhita:-** Suvarna is rubbed with water and mixed with honey and ghrita.
- **CharakSamhita:-** Only Madhu & Ghrita lehana after cutting the cord and before Stanyapana. Suvarna is not described for lehana.
- **SusrutSamhita:-** After jat karma Madhu, Sarpi and Anant churna (suvarna) lehan with Anamika Anguli before Snana (gunjapramana-Dalhana).

Other prasha in Susruta Samhita

1. Suvarna, Kustha, Madhu, Ghrita, Vacha
2. Suvarna, Matsyakshi, Sankhpuspi, Madhu, Ghrita
3. Suvarna, Arkapushpi, Vacha, Madhu, Ghrita
4. Suvarna, Kaidarya, Sweta, Durva, Madhu, Ghrita.

➤ **AshtangHridaya**

- Suvarna with vacha, brahmi, tapya, pathya along with madhu & ghrit.
- Suvarna with dhatri (amalaki).
- Suvarna, shvetvacha, kushtha, arkapushpi.
- Suvarna, matsyaxi, shankha, kaidraya, vacha.

➤ **Bhavprakash&Yogaratanakar:-** Same assu.sha.10➤ **Bhaishajyaratnavali-**

- *Swarnab hasma* and *Churnas* of *Kustha*, *Vacha*, *Haritaki*, *Brahmi* are licked with *Madhu* and *Ghrita*.
- Controversies are regarding the dose of the individual content as well as total Lehana.

➤ **Sharangdharsamhita:-**

- *Suvarna* has *mais* to be licked with *Madhu* and *Ghrita* to the child.
- Same as *Bhavaprakasha*

Why Lehana ?

- As *Lehana* is the same concept of route of administration for the children in concern to palatability, convenience, easy to administer and generally well accepted with no side effects.
- Kashyapa has described various lehanas in special lehadhyaya which indicates its importance in child for developing immune power and to fight against infection. Various lehas described for specific purposes like Samvardhanaghrita for pangu, muka, badhirachild. (ka.sU.19)

Duration for SuvarnaPrashana

- 1 month or 6 months:- KashyapSamhita
- 1 yr:- AshtangHridaya
- 1 yr or 12 yr:- Dalhana, Bhavprakash

SUVARNA:***Rasa panchaka-***

Rasa:	Madhur, tikta, kashaya
Viry:	Sita
Vipaka:	Madhur
Doshagnata:	Tridosahar

Guna: Guru, Pichhila, Snigdha

Karma: Bruhan, Rasayan, Vishahar, Buddhi-Smritiprad, Hrudya
Rogaghnata: Kshaya, Unmada, Tridoshajajvara, Visha, Shosha
Dosage: SuvarnaBhasma - 1/8 to ¼ Ratti. (15 – 30 mg) (Ra.Ta)
 MADHU

Rasa panchaka-

Rasa –Madhur, Kashaya.

Guna –Ruksha, Shita, Guru (cha.),Laghu (sus), Picchila,Sukshamarganusari, Yogavahi.

Virya –Shita.

Vipaka–Madhur.

Doshaghanata – Vatakarak, Pitta-rakta-kaphashamak.(cha.), Tridoshashamak (sus.)

Karma – Dipana, Varnya, Swarya, Sandhanam, Shodhanam, Ropanam, Chedanam, Sangrahi, Chakshushaya, Prasadnam.

Rogaghanata – Trishna, Visha, Hikka, Raktapitta, Prameha, Kustha, Krimi, Chhardi, Shwasa, Kasa, Atisar, Vranasadhankar.

GHRIT

Rasa panchak-

Rasa- Madhur

Guna- Snigdha, Guru, Shita

Virya- Shita

Vipak- Madhur

Doshaghanata- Pittaghana

Karma- Agni BalaAayu Shukra Chakshukar

Rogaghanata- Apasmar, Unmad, Murcha, Shirorog ,Karnagog, Netrarog

BENEFITS OF SUVARNAPRASH -

Agnivardhan Balya Rasayan Medhya Varnya

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