

Traditional way to increase immunity in children: Suwarnaprashana a miracle

*Jaisawal Vaibhav

Assistant professor

Dept. of Kaumarbhritya/Balroga

Faculty of Ayurveda, IMS, BHU

Abstract

The founder of Ayurvedic paediatrics, Acharya Kashyapa, has explained Swarnaprashana in terms of Lehana (Electuaries), which describes giving infants additional feeds of gold, ghee preparations, and various herbal medications, with specific indications given in the Suwarnaprashana Samskara. An age-old method for enhancing immunity and life quality is suwarnaprashana. Indian traditional medicine has been using burned gold, or suwarna bhasma, as a medication for generations. Many of its qualities, including those of a memory enhancer, aphrodisiac, immunomodulator, and rejuvenator, were listed in the ancient Ayurvedic literature. The best defence against many microorganisms in children is immunity maintenance, which is why measurers like Suwarnaparshana are necessary. This article focuses on how children's immunity develops to protect them from different microorganisms.

Keywords: samskar, gold, microbes, immunity.

Suwarnaprashana

Suwarnaprashana Samskara is an ancient technique to modulate the immunity and improve quality of life. It is mentioned under *Jatakarma Samskara* (neonatal care), one of the 16 essential Samskara described in Ayurveda. The body's capacity to check the spread of the disease as well as lowering down the intensity is known as *Vyadhikshamatva* (immunity). Administration of a small amount of gold (in Bhasma form) along with Ghurta and honey to an infant fulfills the first motive of Ayurveda as preventive measure (*'Swasthasya Swasthya Rakshanm'*) by modulating the immunity and enhancing intellectual performance. Prevention of disease by boosting the immunity has always been the most important point of discussion in medical fraternity. It is a unique method of immunization, which is practiced from ancient time, valued as child health care program, which was for the healthy nation.[1]

From centuries *Suwarna Bhasma* (incinerated gold) is used as a medicine in the Indian traditional system of medicine. Numbers of its properties were mentioned in the classical texts of Ayurveda like rejunavator, immuno-modulator, aphrodisiac, memory booster etc. *Suwarna Bhasma* is used as a chief ingredient in Suwarnaprashana for neonates and children. It was advocated in the classical texts of Ayurveda that Suwarnaprashana acts as rasayana (immunomodulation) and increases Dhi (memory) in neonates and children.[2,3]

Benefits of Suwarnaprashana

As per by *Kashapa Samhita*, Suwarnaprashana benefit are *Medha^[SEP]Vardhanam* (improvement of intellect), *Agni Vardhanam* (improvement in digestion), *Bala Vardhanam* (improvement in^[SEP]strength and immunity), *Ayushya^[SEP]Vardhanm* (improvement in life span),^[SEP]*Mangalya*, *Punya* (auspicious),^[SEP]*Grahapaham* (relieves bad evil). By administering Suwarna to child for one month,^[SEP] he becomes *Param Medhavi* (super intelligent) and by administering for up to six^[SEP]months, person becomes *Shruta Dhara^[SEP]*(can remember whatever she / he hears).[4]

Importance of Ghruta

Ghruta has been used in Ayurveda for many purposes. Many of the drugs are been given with it and is also a main ingredient of many ayurvedic medicine. Its called *Yogvahi*, increases the potency of other medicine too. Goghruata (Cow Ghee) itself being used as a brain tonic to improve memory. It is said to promote all three aspects of mental functioning-learning, memory and recall [11]. The traditional texts also designate that cow ghee is a, *Medhya*, *Rasayana*(immunity) beneficial for mental alertness and memory in adults as well in children [5,6].

Acharya Sushruta mentioned Ghruta enhances *Medha*(intellect), *Kanti*(texture), *Swara*(voice), *Sukumarata*, *Oja*(immunity) *Rakshahagana*(protective), And Cures *Unmada*(psychotic disorders), *Apasmara*(epilepsy), *Jvara*(fever), *Vat-pittaj Rogas* etc.

Importance of Honey

Experiments and studies on honey have shown that honey is antiseptic, antimicrobial, antipyretic, anti-inflammatory, anti-allergic, antitoxic, sedative, laxative, anti-anemic, antioxidant, healing and cleansing (external and internal), moisturizing and blood-purifying. It promotes rehydration, easily digestible, stimulates immunity, and is beneficial for all types of skins diseases.[7,8]

Acharya Charaka mentioned Madhu (Honey) is *kashaya* and *madhura* in taste, *Shitavirya*, *Sandhankara* (er-union activity), *chedana* (herbs that help scrape away *Ama*; also an expectorant), cures *rakktaitta* (hemorrhagic/bleeding disorders) and Kaphaj roga .

Scientific studies on Suwarnaprashana

As Suwarnaprashan is being used all across our country so to validate its effect many of the scientific studies has been done over last few decades.

Some of present scientific studies in albino rats indicate Suwarnaprashana enhanced responsiveness of macrophages and T, B cell lymphocytes, which are involved in antibody synthesis. Increased level of antibodies gives higher agglutination titer against other group red blood cells. On Histological examinations founds increase in cellularity in the lymph node and spleen that is indicative of increased immune activity. It may be due to increased formation of cytokines from the cells involved in immune. [9].

In a pharmco-clinical study on neonates *Madhu-Ghruta-Swarna-Vacha* combination showed a significant effect of humoral anti-body formation and it acted on immunological system, which was evident by triggering the response of immunological system by a rise in the total proteins and serum IgG levels. [10]

In toxicological studies none have shown adverse effect of Suwarnaparshana. Experimental studies done animal model indicate that the gold NPs used for the experiments, are not cytotoxic: they do not induce the death of the cells nor their activation, but they accumulate inside the cells which is in agreement with the strong phagocytic capacity of DCs. [11]

Some of the studies done have also shown to have improvement in growth parameter also. Treated group shows better in height and weight gain in children from the control group.

Suwarnaprashana has been used in different dose form from newborn to age up to 16 years. Doses of the drug will be decided by ayurvedic physician after examining the *kala* (time), *agni* (digestive power), *vayah* (age), *bala* (body power), *prakriti* (body type), dosha and weight of the child.

Conclusion

As the whole world was suffering from this grave pandemic situation COVID 19 in past years and all the countries and their scientist have come together to get solution to this problem. One of the known facts that no system of medicine has any evidence-based treatment for COVID-19 as yet, clinical interventions are being done worldwide. Now it can be concluded that it's immunity of person that is responsible for morbidity and mortality. *Ayurveda* explains about “*Vyadhikshamatwam*” that is understood as the individual's resistance to disease which includes both the capacity of attenuation of the manifested disease, as well as the prevention of the un-manifested one So to develop immunity in children *Suwarnaprasahana* is one answer which is easy and safe method. *Suwarnaprasahana* helps the child to grow up with better immune system to fight against various microbes around them.

Reference:

1. Sharma brahm dutt, nagar jayant,” A review article on swarna prashana samskara w.s.r. immunization,” ijaar volume ii issue 8 jul-aug 2016
2. Jeevaka, Kashyapa Samhita, Hemaraja Sharma editor, reprint. Varanasi: Chaukhamba Sanskrit Sansthan, 2009.
3. Vagbhatta, Ashtanga Samgraha, Atridev Gupta editor, reprint. Varanasi. Chaukhamba Krishandas Academy, 2005.
4. Vridha Jivaka, Kashyapa Samhita, Sutra Sthana, Leha Adhyaya. In: 10th ed. Shri Satyapal Bhishagacharya., editor. Chaukhambha Sanskrit Sansthan: Varanasi; 2005. pp. 4-5.
5. Sharma HM. Butter oil (ghee) – Myths and facts. *Indian J Clin Pract.*1990;1:31.
6. Shukla V, Tripathi R. (2006), CharakSamhita, Chaukhamba Sanskrita Prakashan, Sutrasthan; ch.27, verse 232-233, p.251.
7. Murthy Srikantha KR, Nighantu B. Krishnadas Academy, Varanasi, 1st Ed, 1998, p. 470, verse 1-3.
8. Needham AW. Health Benefits of Honey, 2008.
9. Sanjay Khedekar, Anu Priya, Patgiri B, Nariya M, Prajapati PK, Immunomodulatory Activity of Swarna Prashana in Charle's Foster Albino Rats, *J Ayu Med Sci* 2016; 1(2): 90-6.
10. Gaikwad A. Jamnagar. India: Institute for Post Graduate Teaching and Research in Ayurveda, Gujarat Ayurved University; 2009-2011. A pharmaco-clinical study of effect of *Madhu-Ghrita* and *Swarna-Vacha-Madhu-Ghrita* on neonates. P.G. Dissertation work.
11. Analysis of the toxicity of gold nano particles on the immune system: effect on dendritic cell functions. *J Nanopart Res.* Jan 2010; 12(1): 55-60.