Suvarna Prashan - a New Dimension with Old Wisdom

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An excerpt of the description of benefits of Suvarn Prashan by an ancient Indian pediatrician, Maharshi Kashyapa from his Book Kashyapa Samhita in Sanskrit language as follows:

**SUVARNA PRASHAN – A POWERFUL IMMUNIZATION especially for children upto 16 years of age.**

Suvarna Prashan improves intelligence, digestive fire and physical power. It gives long, spiritual, holy and saintly life. It gives rejuvenating effects and tone ups the skin. It improves immunity in a miraculous way so that the child is prevented from bacterial and viral infections. Regular use of Suvarnaprashana enables the child acquire best immunity to defeat diseases and makes him/her very intelligent and he can remember all heard by him.

**Immunity and the Vedic or Indian thought**

Indian sages have always accepted the importance of health and enhanced it through the Ayurved. Along with World Health Organization, the whole world accept the theme of Ayurved that good health is more important and cure for the disease should be the second priority.

**A-Vyadhi ksamatva - Tolerance**

**B- Vyadhiprtibhadhaktva - Immunity and**

**C- Vyadhibalavirodhitva - Capacity to fight against the disease**

These 3 are mentioned by Maharshi Charaka while mentioning “Ojus”.

We had a very deep and vast knowledge of Immunity thousands of years ago also and we were able to fight against many types of diseases (epidemic, pandemic, etc.) very easily. The Britishers were amazed after seeing the Indians doing vaccination against plague in Bengal. They stole this knowledge and then propagated the same in the name of scientists as Edward Jenner, etc. (*India In 18th Century – by Dharmapal-Punruthhan Prakashan*)
We were equipped to use different vaccines for different diseases, but Ayurved believes that it is better to build a single system that protect the child from all diseases and also help him/her for their development.

To secure our body from different stages of life, in different states, our ancestors evolved a system in form of Sahaj, kala krita and Yukti kritabala (strength) by which we can gain the strength accordingly from birth till death by the help of some herbs and procedures. These processes are known as “Samskara”.

Samskara is that which can change the quality of the substance.

**Jata karma samskara**

It is done during the birth of a child and 12 days continuously after that. After this, it is to be done once in each month during the *Pushya Nakshatra* for 12 years. Ancient sages have used gold in this special kind of medicine mixture.

**Suvarna Prashan Sanskar**

- It is one of the 16 essential rituals described in ayurveda for children.
- It is one of the most important ayurvedic oral vaccination which has to be compulsorily administered to every child.
- This vaccination is the most superior one when compared to the vaccinations of other system of medicines like B.C.G; Polio Drops; Hepatitis; etc.

**Definition :**
The process in which *Suvarna bhasma* (purified ash of gold) is administered with fortified ghee only from well served Desi (Vedic) Cows prepared with herbal extracts and gamma radiated honey in liquid or semisolid form.

**Whom to administer :**
Suvarna prashan can be given to age group of 0-16yrs.

**Time of administration :**
Suvarna prashan can be done daily early in the morning, or at least on every *Pushya nakshatra* - an auspicious day- which happens to come after every 27 days. On this day SuvarnPrashan is known to bestow excellent benefits and positively impact even the subtle body as both gold and the other herbs gain extra potency due to astrological impact.

**Mode of Action of suvarna prashan drops:**

Gold is considered as very precious in Ayurveda as it has ability to interfere with genetics. If gold is in bhasma form consumed in prescribed quantity then it withholds the genetic deformities passing to the next generation.

When Swarna is converted into Swarna bhasma as explained in Ayurveda, it possesses several beneficial properties, some of which are as follows:

- Swarna bhasma has moisturizing & unctuous effect on body.
- It is Madhura, Rejuvinative.
- Improves complexion & vigor.
- Detoxification of body.
- Has ability to treat Vishajwara, Aantra jwara (Enteric fever), Weakness.

Scientifically (modern parameters) it has been proved that swarna bhasma also possesses Anti oxidants, Anti depressants, Anti cancerous, Antibacterial & Anti rheumatoid properties and acts as Nerve stimulant.

As we know a human brain grows rapidly in 1 to 16 years of life. Gold accelerates the growth of brain and boost up its utilization capacity if **Suvarna Prashana** is done during this phase. Other ingredients in it help to build Immunity of the baby.

**Benefits of Suvarna Prashan**:

- It increases immunity power and develops resistance against common infections, thus preventing children from falling ill, very often.
- It builds physical strength in children, enhances physical activities and also improves stamina for the same.
- Regular doses of **Suvarna prashan** improves child’s intellect, grasping power, sharpness, analysis power and memory recalling in a unique manner.
- It kindles digestive fire, improves digestion and decreases related complaints.
- Suvarna prashan also improves child’s appetite.
- It helps to nurture early physical and mental development.
- It develops an inbuilt strong defense mechanism in kids which acts as a safety shield against diseases and complaints occurring due to seasonal change and other prevailing infections.
- It helps body to recover early in case of any illness.
- It guards children from various allergies and also tones up skin colour.
- It protects children from ailments occurring during teething phase.
- It induces mood of goodness (saativikta) in the child making him spiritually & morally strong and saintly.

Overall it makes child healthier, sober and wiser. Children taking its doses regularly can be easily recognised for their remarkably outstanding physical and mental ability. **Suvarna Prashana thus helps in the overall development of the child in a safer way by providing Side Benefits Without Any Side Effects.**

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**A Grand experiment in this Modern Era for the modern man**

Organizations like Ayurved Vyaspith and Vidhya bharti have combined started a grand experiment in Gujarat which might be the biggest nongovernmental project of in our Country in this century.

8000 students of the age between 3 to 5 years, in 70 places of 30 districts of Gujarat are getting the **Suvarna prashana** at the same time during *pushya nakshatra* since 58 months regularly.
Nearly 100 Vaidyas follow up the whole project. Standard dosage is fixed by ‘Clinical Research Unit of Panchagavya Ayurved’ (CRUPA). Kamdhenu Divya Aushadhi Mahila Sahakari Mandli prepares the medicine under the complete quality control criteria. Currently (as in Aug 2014) there is a capacity of making it available to around 3000 more children per month. We hope your child could be one of them.

Standard Oral (in mouth) Dose every Pusya Nakshtra empty stomach in morning: Would be:

<table>
<thead>
<tr>
<th>Age of child</th>
<th>Quantity of SuvarnPraashan</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-6 months</td>
<td>5 drops</td>
</tr>
<tr>
<td>6-12 months</td>
<td>10 drops</td>
</tr>
<tr>
<td>1-3 years</td>
<td>0.5 ml</td>
</tr>
<tr>
<td>3-6 years</td>
<td>1 ml</td>
</tr>
<tr>
<td>6-12 years</td>
<td>2 ml</td>
</tr>
</tbody>
</table>