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Suvarna Prashan: An Ancient Ayurvedic Immunomodulatory Tonic for Children

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Suvarna Prashan and Suvarna Bindu Prashan is an ancient Ayurvedic formula and a tonic for children. It helps boost immunity and promotes brain development, strengthens the immune system, and maintains overall health in children...

Like vaccinations, Suvarna Prashan also helps prevent diseases by building structural resistance against germs and infections. Thus, it improves overall immunity.

Suvarna Prashan is used to treat bacterial and viral infections. It helps in treating upper respiratory tract infections and prevents common colds and flu. Besides treating diseases, it improves brain memory, intelligence, verbal and cognitive functions.

Ingredients used are as follows:

Swarna Bhasma

Pure Honey

Medicated Ghee

Suvarna OR Gold is processed with the various procedures to get pure suvarnabhasma useful for medicinal use. Purified Suvarna Bhasma is the main ingredient used in Suvarna Prashan, as it has a better safety profile and efficacy compared to unprocessed gold.

The process used to prepare the bhasma reduces potential adverse effects and increases efficacy.

Use of Suvarna Prashan :

Suvarna Prashan Sanskar is one of the ancient sixteen Sanskars (rites of passage).

In modern terms, it is an immunomodulatory science.

In this process, Suvarna Bhasma is used with medicated ghrita and honey in specific proportions.

Age for Suvarna Prashana :



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* In pregnant women, it is a prevalent practice in Garbhasamskara (prenatal rituals) from the beginning of pregnancy for the intellectual development of the foetus.

* Children under 16 years of age can take Suvarna Prashana. In childhood, children have a greater ability to build immunity against various diseases and infections because during that period they are in a developmental stage where they can easily cope with challenges.

* It is best to give Suvarna Prashana to children under 5 years of age, as 90 percent of brain development occurs during this period.

Best Time for Suvarna Prashana:

* Early morning before sunrise can be the best time for your child.

Duration of Use:

* A single ideal dose of Suvarna Bindu Prashana prevents regular infections.

Taking it regularly for 30 days reduces the incidence of frequent illnesses and increases intelligence.

It is used for 6 months to enhance intellectual capacity.

Benefits of Suvarna Prashan:

"सुवर्णप्राशनं हि एतत् मेधाग्निबलवर्धनम् । आयुष्यं मंगलमं पुण्यं वृष्यं ग्रहापहम् ॥ मासात् परममेधावी क्याधिभिर्न च धृष्यते । षडभिर्मासैः श्रुतधरः सुवर्णप्राशनाद् भवेत् ॥*"

1. Boosts Immunity

Pure gold ash and various medicinal herbs are the components of Suvarna Prashan. Children under 5 years of age have low immunity against diseases.

Consuming this medicine boosts dhatvagni and helps in boosting immunity and reduces frequent illnesses such as cough, cold, and fever.

2. Improves Memory

Suvarna bhasma act as a medhya dravya (brain tonic).It helps in improving cognitive abilities in children. Suvarna Prashan is very important for improving brain health in children as it enhances memory.

3. Improves Digestion

Suvarna Prashan improves Jatharagni (digestive juices) ultimately improves the absorption of essential minerals and nutrients from food. More than 60 percent of children



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regularly experience gastrointestinal discomfort and poor appetite; giving Swarna Prashan improves digestive fire, increases appetite, and thus promotes robust physical development.

4. Nourishes the Skin

Suvarna bhasma detoxifies the body by eliminating toxins. This medicine improves blood circulation and brings a glow to the skin.

5. Reduces Mental Imbalance

Suvarna bhasma, brahmi, vacha and other medicinal components reduces irritability. It has been found to be incredibly useful for young people with exceptional needs, for example, mental imbalance, learning difficulties, inability to concentrate, and hyperactivity.

6. Improves Hearing and Vision

Suvarna Prashan is known to improve hearing and vision.

7. Improves Overall, Physical and Mental Health

Suvarna Prashan helps in improving blood circulation in the body and also revitalizes the nervous system, consequently aiding in mental and intellectual growth. It is also very useful for improving memory, retention power, intelligence, and cognitive functions of the brain.

Importance of Pushya Nakshatra for Suvarna Prashan:

Suvarna Prashan should be administered on Pushya Nakshatra. Among the 27 constellations, Pushya (Nourishment) constellation is the most auspicious. During this time, metal nourishment is more effective.

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