

## Clinical Evaluation of Suvarnaprashana Samskara

### Research article

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#### Abstract

*Suvarnaprashana* means to administer *suvarna* in liquid form with the help of honey, ghee and some nervine medicines. *Suvarnaprashana* has been extensively described in main reference books i.e. *brihatrayi granthas*. *Sushruta*, *Vagbhata*, *kashyapa* has mentioned its uses in detail. Its review of literature and recent research, publications has been sought in present study. Details about *suvarna guna karma* has been described by *vagbhata* i.e. *suvarna* is *brihana*, *snigdha*, *madhura(rasa vipaka)*, *visha doshahara*, *sheeta* (cold), and *kashayam* with *rasayan* property.

**Key words:** *Suvarnaprashana*, *Suvarna*, *Kashyapa*, Gold

#### Introduction:

*Suvarnaprashana* (here after *SVprashana*) has been extensively described in main reference books i.e. *Sushruta*(2,3), *Vagbhata*(4,5), *kashyapa* has mentioned its uses in detail. Out of these, *Kashyapa* has given *vidhi* i.e. procedure, in *sutrasthana (lehadhyaya)* as-  
*Aamathaya madhusarpibhyam lehayet kanakam shishum !!*

*Suvarnaprashanam*

*hetanmedhagnibalavardhanam !*

*Aayushyam mangalam punyam vrishyam varnyam grahapam!!*

*Masat param medhavi vyadhibhir na cha dhrishyate !*

*Shadbhirmasei shrutadhara suvarnaprashadbhavet !!*

(Ka. Sa. Su. Lehadhyaya)

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In above mentioned sutra, *Kashyapa* states that Gold (*suvarna*) as *bhasma* is to be administered per orally along with honey (*madhu*) and ghee (*ghrit*) in child. This *SVprashana* is useful in enhancing intellectual power, increases digestive power as well as other tissue metabolism, increases power (senses, *Rasadi dhatu*). *SVprashana* also acts to improve vigour and vitality, improves complexion of skin. It is also useful in counter acting against evil effect of *grahas* (1).

According to *Sushruta*, in his *garbhini vyakaran adhyaya*, he mentioned 4 combinations of *suvarna* administration to child e.g.

1. *Kushtham* + Honey, Ghee, *Suvarnam* (HGS)
2. *Bramhi*+ *Shankhapushpi* + HGS
3. *Arkapushpi (payasya)* + HGS
4. *Kaidarya* (mountain neem) + *Shwetaaparajita*+*Doorva*+HGS

Above mentioned *suvarna* combinations if given to child, his body, intellect, power, sharpness, presence of mind becomes very mature (2).

While describing *trapvadi gana* medicines, *Sushruta* mentioned that *trapvadi* medicines abolishes *grahdosha*, *krimi* (worms). It gives relief in *pipasa*, *visha*, *hrogroga*, *pandu* and *prameha* also (3).

According to *Vagbhata (As.Hri.)*, he mentioned three *suvarna* combinations i.e.

1. *Aindri + Brahmi + Vacha + Shankhapushpi + HGS*
2. *Vacha + Bramhi + Svarnamaksikam + Haritaki + HGS*
3. *Amalaki + HGS*

It should be used in children for enhancement of intellect, life, power and equilibrium of body(4).

Also, *Vagbhata (As.Hri.)* has given another four *suvarna* combinations, i.e.

1. *Shweta Vacha + Kushtha + HGS*
2. *Arkpushpi (ajgandha/ shweta doorva) + HGS*
3. *Matsyaksha + Shankhapushpi + HGS*
4. *Kaidarya + Vacha + HGS*

If any one or all of the above combinations are administered continuously for one year to children, then they will have good growth and development of intellect, power, complexion of skin.(5)

For the first time in *brihatayi*, details about *suvarna guna karma* has been described by *vagbhata* i.e. *suvarna* is *brimhana*, *snigdha*, *madhura* (*rasa vipaka*), *visha doshahara*, *sheeta* (cold), and *kashayam* with *rasayan* property (6).

If child is been continuously given *SVprashana* with *vacha churnam* mixed with honey and ghee, then child will get good health, intellectual, protection from microbes, improves speech and pronunciation (7).

Gold is transition metal and group 11 element of periodic table. This metal has an atomic number 79 and atomic mass

196.96. The melting point and boiling point of gold is 1104.43°C and 2807 °C respectively. Gold is represented by symbol of 'Au' in chemistry which is originated from latin word aurum (8).

Recent research revealed that gold nanoparticles exhibit size dependent absorption through rat skin and intestine, with smaller particles (=15 nm) absorbed more than larger particles (≥100 nm) (9).

It has been demonstrated that uptake of gold nanoparticles occurred in small intestine by absorption through single, degrading enterocytes in the process of being extruded from a villus and gold nanoparticles typically less than 58 nm in size ultimately reaches blood and various organs through blood. *Suvarna bhasma* preparations did not induce any blood cell aggregation or any protein adsorption. These particles were also non cytotoxic (10).

Colloidal metallic gold (average particle size 27 nm) is far more potent and effective anti-arthritis agent in rats than the sodium aurothiomalate used to treat rheumatoid arthritis (11).

Abraham et al (1998) explored the potential of colloidal gold as a nervine. Encouraged by pilot work suggesting improved cognition and well being (12).

#### **Aims and objective:**

To know the efficacy of *SVprashana* in children of age group 0-5 years.

#### **Materials:**

- *Vachadi ghritam* (13)= 60 ml (*Vacha*, *Guduchi*, *Kachur*, *Haritaki*, *Shankhini*, *Vidanga*, *Nagara-Shunthi*, *Apamarga*, *Siddha Ghrit*) (*Ashtang Hridayam Uttartantra* 1/45-46)
- Pure honey = 40 ml
- *Suvarna bhasma* = 170 mg
- Instruments for preparation
- Dropper for administration

### Methods:

Questionnaire prepared and feedback taken from parents.

*Vachadi ghritam* is prepared at our *Rasa-Bhaishajya* department's teaching pharmacy. *Suvarna Bhasma* was bought from market. Medicine (*Suvarnaprash*) was prepared by mixing above stated ingredients as per given formula stated under materials.

### Dose:

Five 5 drops were given per oral to children, irrespective of age, on the day of *Pushya nakshatra*.

Each child was advised to take *SVprashana* for 12 months at least.

### Inclusion criteria-

All children of 0-5 year age.

### Exclusion criteria-

1. Above the age of completed 5 years
2. Having fever of any grade
3. Sensitivity to *svprashana* such as child gets recurrent diarrhea, fever after giving *svprashana*.

No control group was taken in this study. We compared findings with growth charts given in book of pediatrics (OPGHAI). No blood/biochemical investigations were carried out. Height and weight as anthropometry, and number of total illness are taken as criteria for the study. We also asked parents and noted about repeated illness occurred during the period of *SVprashana*.

### Discussion:

At our institute, we started *SVprashana samskara* since June 2011. We got great help regarding safety and effectivity of *SVprashana* from honorable Director of AYUSH, Mumbai M.S... For advertisement of this initiative, we

organized departmental seminar for our teaching, nonteaching staff, houseman, interns and UG students. Details about theory and recent research was presented and explained.

We further organized press conference, printed and distributed handouts in vicinity of and in city. We also organized lectures at various nursery schools and maternity hospitals. After completing 12 doses of *SVprashana*, child was awarded a certificate of completion.

Almost 248 children completed their 12 doses of *SVprashana*. Out of 248 children, 102 children were male child and 146 were female child as shown in table-1.

**Table-1**

Sr. no.	Male child	Female child	Total
1.	102	146	248

We divided male and female children into different age groups with 6 months interval. We calculated respective mean weight pre-*SVprashana*. Then we administer 12 doses of *SVprashana* (12 months). after completion of *SVprashana* we calculated mean weight again for respective age group e.g. pre- *SVprashana* 0-6 month age group mean weight is compared with 12-18 months post-*SVprashana* age group. Because after 12 months, the age of child is above 1 year. We compared the post-*SVprashana* mean weight with mean weight calculated from the growth chart given in textbook of pediatrics, similar process also applied for comparing the height, shown in table 2 and table 3.

**Table -2 comparison of mean weight**

Age group (Month)	N Male	Mean weight (kg) Pre-SVprashana	Mean weight (kg) Post-SVprashana	Mean weight(kg) As per growth chart	N Female	Mean weight (kg) Pre-SVprashana	Mean weight (kg) Post-SVprashana	Mean weight (kg) As per growth chart
0-6	17	05.25	06.48	06.84	31	04.80	06.03	06.33
	3		07.84	06.84	04		07.25	06.33
6-12	14	06.75	07.23	07.52	24	05.62	06.97	07.24
	02		08.23	07.52	04		08.57	07.24
12-18	07	07.03	08.12	08.32	11	06.33	07.89	08.10
	01		09.52	08.32	02		09.22	08.10
18-24	07	07.85	08.37	08.83	08	07.45	08.15	08.65
	02		09.85	08.83	01		09.99	08.65
24-30	07	08.32	09.01	09.45	05	08.10	08.98	09.07
	01		10.80	09.45	01		10.42	09.07
30-36	10	09.45	9.52	09.93	13	08.52	9.12	09.53
	01		11.59	09.93	02		11.02	09.53
36-42	12	10.01	10.32	10.57	09	09.07	10.01	10.20
	01		12.22	10.57	03		11.92	10.20
42-48	07	10.57	10.75	10.97	09	09.67	10.21	10.97
	01		12.9	10.97	01		12.74	10.97
48-54	04	11.04	11.67	11.85	10	10.02	11.03	11.47
	02		13.87	11.85	01		13.5	11.47
54-60	02	11.85	12.97	13.27	06	11.47	12.37	12.82
	01		15.60	13.27	01		15.22	12.82

**Table-03 comparison of mean height**

Age group (Month)	N Male	Mean height (cm) Pre-SVprashana	Mean height (cm) Post-SVprashana	Mean height (cm) As per growth chart	N Female	Mean height (cm) Pre-SVprashana	Mean height (cm) Post-SVprashana	Mean height (cm) As per growth chart
0-6	18	54.99	61.02	61.62	31	53.38	59.76	60.04
	02		64.68	61.62	04		63.24	60.04
6-12	16	57.52	64.97	65.28	26	56.42	64.01	64.50
	01		68.78	65.28	02		67.78	64.50
12-18	08	61.65	68.98	69.70	12	60.01	68.23	68.86
	00		-	69.70	01		72.59	68.86
18-24	08	64.88	72.40	72.62	09	64.37	71.37	71.65
	01		77.29	72.62	00		-	71.65
24-30	08	69.70	76.23	76.92	06	68.76	75.33	75.85

	00		-	76.92	00		-	75.85
30-36	10	73.54	78.87	79.12	13	71.48	78.42	78.82
	01		84.06	79.12	02		82.78	78.82
36-42	12	76.92	82.01	82.53	11	75.82	81.03	81.34
	01		87.12	82.53	01		85.85	81.34
42-48	08	79.02	84.13	84.68	10	78.40	84.11	84.45
	00		-	84.68	00		-	84.45
48-54	05	82.53	87.25	87.72	10	81.26	86.27	86.76
	01		92.82	87.72	01		91.80	86.76
54-60	03	87.72	92.37	92.82	07	86.70	91.97	92.31
	00		-	92.82	00		-	92.31

After going through these case record forms, we collected data and observation, its number of children and percentage shown in table 4.

**Table-4**

Sr. no.	Observation	N = 248	Percentage
1.	Decrease in multiple illness	76	30.64%
2.	Increase weight	34	13.71%
3.	Increased height	18	7.26%

We found (n=34) children of various age group, were having moderate weight gain as compared to standard growth charts, the percentage of these children comes to 13.71%. Also in 7.26% (n=18) children, with different age group showing the moderate increment in the height when compared with standard charts. The prominent finding appeared before us that there is 30.64% (n=76) decrease in multiple illness in different age group.

**Conclusion:**

*SVprashana* is described in various ayurvedic texts but mostly elaborated by *kashyapa* in *lehadhyaya*. Growth is also a physiological process in which weight and height also increases as the age increases. From the above collected data and observation, it can be said that *SVprashana*

can be helpful for good growth in terms of weight and height as compared with standard physiological growth. It may be helpful in preventive aspect of decreasing recurrent illnesses during the period of *SVprashana*. We may conclude that *SVprashana* has immunomodulator effect in children, but for scientific evaluation more randomized, multicentric and huge data will be needed.

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