

**STRENGTHENING NATIONAL HEALTH PROGRAM BY SWARNAPRASHAN –
A REVIEW****Rutuja R. Jane**^{*1}, **Khandekar V. P.**², **Jain S. S.**³¹PG scholar, Swasthavritta and Yoga Dept. Govt. Ayurved College, Nagpur - 440009, Maharashtra, India²Assistant Professor, Swasthavritta and Yoga Dept. Govt. Ayurved College, Nagpur - 440009, Maharashtra, India³HOD, Swasthavritta and Yoga Dept. Govt. Ayurved College, Nagpur, 440009, Maharashtra, India**Corresponding Author:** rutujajane@gmail.com<https://doi.org/10.46607/iamj2309102021>**(Published Online: October 2021)****Open Access**

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Article Received: 15/09//2021 - **Peer Reviewed:** 05/10/2021 - **Accepted for Publication:** 07/10/2021**ABSTRACT**

Aim: Strengthening National Health Program by *Swarnaprashan* **Material and Method:** There is one powerful method to improve immunity in children is *Lehan Karma* i.e., *Swarnaprashan*. Child health is the key to a healthy world. It is our responsibility to secure their future by promoting health. It is important to improve the health status of children and prevent diseases to speed up growth into healthy adults. Infectious diseases are spreading on large scale. Therefore, this is high time for a nation to encourage traditional medicine which provides a potential mechanism for the development of immunity in children. **Conclusion:** *Swarnaprashan* can be safely administered orally from birth till 16 years old children for the physical, mental, intellectual, and spiritual wellbeing. It enhances immunity for several infections. There is a need for standardization of preparation, dose, duration. The benefits of *Swarnaprashan* are multidimensional. So, *Swarnaprashan* can be named as a positive health care program for children.

Keywords: Swarna, *Swarnaprashan*, *Rasayana Chikitsa*, National Health Programme.

INTRODUCTION

*Swasthasya Swasthya Rakshanam*¹ is the very first aim of Ayurveda. It is the primary characteristic to understand, Ayurveda itself has an essence of Immunization. Need for immunization as felt in modern science from 1800 onwards. However, vaccination is described as the top in public health in the 20th century. Infectious diseases are spreading on large scale. To treat all the organisms at a time is not possible. Hence, the vaccination concept plays an important role in prevention medicine. But still, the prevention of disease remains out of reach. Therefore, this is high time for a nation to encourage traditional medicine which provides a potential mechanism for the development of immunity in children. Ayurveda is a life science that deals with prevention from diseases and protection of health. There is one powerful method to improve immunity in children is *Lehan Karma* i.e., *Swarnaprashan*. The child is the future of the world. So, child health is the key to a healthy world. It is our responsibility to secure their future by promoting health. It is important to improve the health status of children and prevent diseases to speed up growth into healthy adults. The first reference of internal use of gold is found in Sushrut Samhita.

Material and Methods

Swarna

Swarna or gold is described in the texts of Ayurveda under the category of *Dhatu* (Metals) and subcategory *Saarloha* or *Ariloha*.² We can use metal as medicine after its *Shodhan* (purification) and *Maran* (Incineration). It is used in the form of *Bhasma* (Fine Powder). Its fine powder gets digested in the body tissues and makes the body healthy, disease-free and delays old age.³ Gold is yellow; it burns with a yellow flame and suffers no loss in weight in flame.⁴ It correlates with Jupiter planet.⁴ Gold is also called *Agnivirya*⁵ i.e., essence of *Agni*.

Benefits:⁶

Medha Vardhanam- Improvement in intelligence

Smruti Vardhan- Improvement in Memory

Agni Vardhan- Improvement indigestion

Ayushya Vardhan- Improvement in life expectancy

Vrushya- Improvement in Aphrodisiac

Bruhaniya- Nourishes body

Swarnaprashan

It is a time-tested method practised for thousands of years to improve the overall health of children. It is an internal administration of gold. It is popular in India for enhancing immunity and intellectual development. *Swarnaprshan* is one of the *shodsha sanskar* in which *Bhasma* of gold is mixed with *Ghrut* and *Madhu* (honey) with or without herbs and administered to the baby. It imparts health and intelligence naturally.

As per *Sushrut Samhita*⁷

1) *Swarna*+ *Kushtha*+ *Honey*+*Ghee*+*Vacha*

2) *Matsykasha*+*Shankhpushpi*+*Honey*+*Ghee*+*Gold*

3) *Gold*+*Kaidarya*+*Shweta*+*Durva*+*Ghee*+*Honey*

4) *Arkapushpi*+ *Honey*+*Ghee*+*Gold*+*Vacha*

These drugs support physical health, intellect, strength, intelligence¹⁸

Benefits⁹

Bala Vardhan: Improves strength and immunity, thus preventing frequent illness like cold, cough, fever.

Medha Vardhan: Improves intelligence, also improves memory and oratory skills.

Vrushya: Increase *Sarvdehik Shukra* which improves energy and vigor in children.

Ayush Vardhan: Helps improve a healthy life span.

Agni Vardhan: Improves appetite and digestion.

Varnya: Improves complexion and imparts a healthy glow.

National Health Programme

Since India became independent, several measures have been undertaken by the national government to improve the health of all people. The Central Government launched National health programs which are prominent among these measures for the control/ eradication of communicable diseases, improvement of environmental sanitation, raising the standard of nutrition, control of population and improving rural health. Various international agencies like WHO, UNICEF, UNFPA, World Bank, as also several foreign agencies like SIDA, DANDIA, NORAD, and USAID have been providing technical and material assistance in the implementation of these programmes.¹⁰ The government of India launched its EPI in 1978 with the

objective of reducing the mortality and morbidity resulting from vaccine-preventable diseases of childhood and to achieve self-sufficiency in the production of vaccines. The universal immunization programme started in India in 1945. It has two vital components: immunization of pregnant women against TT and immunization of children in their first year of life against the six EPI target diseases.¹¹

Ayurvedic Immunization Schedule

1. Contents- *Swarna Bhasma*, *Ghee*, Honey with or without herbs like *Shankhapushpi*, *Kushtha*, *Vacha*, etc.
2. Ideal age – From birth till 16 years
3. Schedule – daily dose for minimum 1 month to a maximum of 3-6 months or monthly once for a minimum of 30 months to a maximum of 90 months on the day of *Pushya Nakshatra*¹²
4. When recommended- Routinely
5. Dose- Daily dose –
 - a. 0.25mg/kg/day for one year¹³
 - b. 1) Birth to 2 years – 2 drops
2) 2 to 16 years – 4 drops¹²
6. Route of administration - Oral
7. Site of administration – Not applicable
8. Preparation of site of administration- Not applicable
9. Instruction to the mother after *Swarnaprashan* - None
10. Contraindication – No specific contraindication
11. Side effects – None
12. Complication – None
13. Storage at different levels and doctor's clinic – Stored at room temperature should not be stored in the refrigerator. It should not be exposed to direct sunlight. *Swarnaprashan* can be used for 3 years if stored at room temperature and in shade.¹⁴

DISCUSSION

Universal Immunization programme includes vaccination which can prevent few diseases. But Ayurvedic immunization prevents all kinds of diseases. Vaccines work by presenting a foreign antigen to the immune system to evoke a specific immune response. Ayurvedic drugs included in immunization works in multiple

areas which helps in the achievement of *Vyadhikhamatwa*, through its *Dipana*, *Pachana*, *Medhya*, and non-specific immunomodulatory properties. Vaccination has a limited area to immunize but ayurvedic immunization is limitless. Ayurvedic immunization mechanism may be an immunostimulant, quenching free radicals enhancing cellular detoxification mechanism repairing damaged cells with proliferating cells, inducing cell proliferation, and replenishing them by eliminating damaged cells with new cells. Thus, we can conclude that vaccines are superfluous and Ayurvedic Immunization drugs should be used as compulsory measures.

CONCLUSION

Swarnaprashan is the *Rasayan chikitsa*. It can be safely administered orally from birth till 16 years old children for physical, mental, intellectual, and spiritual wellbeing. It enhances immunity for several infections. There is a need for standardization of preparation, dose, duration. The benefits of *Swarnaprashan* are multidimensional. So, *Swarnaprashan* can be named as a positive health care program for children.

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