



SWARNAPRASHANA: AN EMERGING AYURVEDIC VACCINATION FOR CHILDREN

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ABSTRACT

In the ever-demanding competitive age of today there is always a need to excel including children. This in turn requires best of health and intelligence. Hence parents are always in search of a supplement that promotes health and intelligence of their child. Ayurveda has given vast description of such health promoting agents under the name of rasayana. Swarnaprashana is one such rasayana mentioned in Ayurveda to promote immunity and memory of children. The modern vaccination techniques are specific and are of a great help only when a particular pathogen invades the body. But the Ayurvedic techniques like Swarnaprashana is nonspecific and is in action round the clock guarding the individual as it boosts the immunity in general and also has an added benefit of increasing the intellect.

**Keywords:** Ayurveda, swarnaprashana, vaccination, immunity, children.


INTRODUCTION

Aim of Ayurveda is to promote and preserve the health, strength and longevity in the healthy person (Preventive aspect) and to cure the disease in the ailing and afflicted (Curative aspect). The main purpose of preventive attributes prescribed in Ayurveda is to improve the immunity. In Ayurvedic Paediatrics, various rituals or the samskaras like Swarnaprashana have been mentioned for the recognition of milestones and to extend the required nutrition and immunity during the process of growth and development. These rituals improve intelligence, digestive fire and physical strength. It also rejuvenates and tones up the skin, improves the immunity, so that the child is prevented by bacterial and viral infections.<sup>1</sup> Swarnaprashana has been traditionally practiced across India as a recipe for child growth and memory enhancement and also to promote longevity. Swarnamritaprashana is a modified preparation of Swarna Prashana, containing Swarnabhasma along with Medhya (nootropic) drugs in the media of ghee. It is administered once a month on the day of Pushyanakshatra. This has been started as public health initiative by SDM College of Ayurveda and Hospital, Hassan in 16 centers spread across Karnataka. Acceptance of this public health initiative was

assessed on the basis of public response.<sup>2</sup> According to a study, Swarna-amruth is a magic drop combatant against many diseases which are hampering the child's health and an intellectual builder. While modern medicine speaks on immunization in the course of different vaccinations, Ayurveda conceives the great sacrament of making the child lick herbo-gold concoction called Swarnaprashana, one of the exquisite methods of making a child healthy physically and mentally. Many research studies are being carried out to prove the effects of swarnaprashana on children scientifically and is emerging as an Ayurvedic vaccination throughout the world.<sup>3</sup>

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