

## Swarnabindu Prashan (SBP): Benison For Children and Young Adolescent

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### Abstract

Swarna bindu Prashan is introducing Swarna (GOLD METAL) along with herbs in the liquid form as oral vaccine by children. Swarna Amrit Prashan is one of the samskara. Swarna bindu vaccine is initiated from infancy till Adolescence. Aim of the study is to review the components of swarnabindu Prashan, to critically review clinical trials and collect evidence to state benefits for children. Systematic review was done by adopting PRISMA checklist. In this study only a few papers were there for author's interest and need for health impact study. Ayurveda has deep roots for Current and old method of introduction of Swarna prashna among children below 16 years of age group in India. Overall result of all studies showed improved growth and development after introduction of swarna bindu vaccine within a year without any side effect and a happy childhood which shows not only health but also wellbeing.

### Keywords:

Swarna bindu Prashan; Ayurveda; Children; Ayurvedic vaccine

### Introduction

Globalized and modernized practices derived from Ayurveda traditions are a type of complementary or alternative medicine. Since ancient times Gold has been used as one of the major elements in maintaining health of the people. Swarna Bindu Prashan has been one of the major public health initiatives included in immunization in some states of INDIA, there is need to educate the parents for not skipping even a single dose for the better health of their children. A huge change was observed in the child health due to prolonged provision of the Swarna vaccine. It is a special Ayurvedic Immunization. SWARAN BINDU PRASHAN is a safe ayurvedic combination which is beneficial for normal growth and development of a child. Many countries following vaccines which are having mercury as preservative known as thimerosal which is having harmful effect on health so there was a need to sincerely look towards more safe and beneficiary ways. Ayurveda as the concept of immunization i.e. defending body against disease in its basics. Prophylaxis (preventive) approach of Ayurveda is ancient, consistent, harmless and effective. The approach is totally different and gives prime importance to the management of Immunity based on its own philosophy and practice. Traditionally SWARANAMRIT PRASHAN is practiced in Ayurveda in this introduction of gold salts in liquid, semi solid form up to children of 16 years of age can be given for boosting immunity as well as intellectual of children. In this era of pandemic, climate change, emerging infection are affecting every age group of population especially children whose physical development is still under development process. Authors have observed numerous health benefit in children in their community so the current initiative to do a systematic review was taken. Methodology: Total 16 papers were collected from indexed online access journals, out of which 7 papers were selected to explain the concept of swarna bindu Prashan and all

have reported quantitative result by statistical analysis. Studies are included which have excluded children with history of serious chronic illness and congenital illness. Observational studies were not included in review. CONSTITUENTS OF SWARANABINDU PRASHAN- Guduchi (*Tinospora cordifolia*) (Thunb.) Miers) Green stem Kashaya (water extract) was prepared reducing to quarter. In 200ml of Guduchi Kashaya, 50 ml of Ghee as added along with Brahmi (*Bacopa monnieri* (L.) Pennell), Vacha (*Acorus calamus* L.), Jatamansi (*Nardostachys jatamansi* (D. Don) DC.), Ashwagandha (*Withania somnifera* (L.) Dunal), Shankhapushpi (*Convolvulus pluricaulis Choisy*), Yastimadhu (*Glycyrrhiza glabra* L.), Pippali (*Piper longum* L.) and Maricha (*Piper nigrum* L.) 2 gm powder of each and 50 ml of *Murchita Ghrita* (processed ghee) and cooked on low flame according to preparation of medicated ghee as referred in Ayurvedic literature. Toxicity of gold is also answered in many articles after trolled by some intellectuals but only when but only when it has not been properly processed [1].

Method of administration: In some articles Swaranamrit Prashan in liquid drops form mentioned and vaccine form is swarna bindu. Each study trial has taken different preparation but with same ingredients such as Swarna Bhasma (1.2 gram) and honey (50 ml) are added to this ghrita and triturated on the day of pushya nakshatra (ONCE IN A MONTH). This preparation is administered orally in a dose of 4 drops (containing 2 mg of Swarna Bhasma to each child. Swaranamrit Prashan 2 gm powder of each and 50 ml of *Murchita Ghrita* (processed ghee) and cooked on low flame according to preparation of medicated ghee as referred in Ayurvedic literature. Swarna Bindu Prashan is a special Ayurvedic Immunization Swarna prashna is a safe ayurvedic combination which is beneficial for normal growth and development of a child. In some studies, it is administered 1ml per day pack given to parents advised to given early in morning empty stomach for 30 days. Monitoring of body weight, head circumference, chest circumference, chest x-ray if required and all information is recorded in their treatment card.

in most of the studies as Swarna bindu immunization with 1-3drops according to age group of children, daily basis and monthly in pushyanakshatra. During review it has been observed to mention specifically that Experienced Vaidya says that administration of Swaranamrit Prashan just on the day of Pushya Nakshatra (once in a month) does not provide significant health benefits. The best method is to give the low dose Swarna prashna (Suvarna Bhasma less than 0.2mg per dose) for a period of 3 months. If this method is not possible, then swarna prashna can be given for 10 to 12days per month. Such 6- 12 cycles should be repeated to get optimum health benefits. The health benefits to children - the administration of the Swarna (gold) in children [3] for improving intellect promoting digestion and metabolism.promoting immunity and physical strength. Promoting longevity improves complexion [4-10].

If fed for one month, child will be extremely intelligent, will not be attacked by any disease and if fed for 6 months, child will be able to retain whatever he hears.Improvements are observed as per opinion by parents of children involved in study conducted by reducing episodes of respiratory infections by increase in mental functions, enhanced growth and immunity out of 100 respondents in the study 63 persons say yes for observable benefits of swarna bindu vaccine.

## Conclusion

Swarnabindu Prashan help in developing immunity, improving growth and development of children. No toxic effect is observed in any study as many studies has mentioned sampling for SGOT, SGPT, CREATENINE clearance too. Swarna bindu can decrease prevalence of common viral and bacterial infections among children. Antimicrobial drug resistance which is a major issue in pediatric health can be thought to decrease if this vaccine is introduced among children timely. Problems of malnutrition can be decreased if it is introduced in routine immunization of children. process of development of immunity is although slow but has improved the quality of life of children and future adults. Swarna bindu can increase quality of life among children and thus in coming generations.

## Recommendations

Swarna bindu vaccine should be recommended for all children below 16 years to promote their intellect and immunity government.

can think for recommendation given by many authors for this initiative in immunization schedule as not only it will decrease burden of disease among children but also resources and expenditure in treatment of diseases can be utilized for better health care services. burden of pediatric health problems can be decreased a healthy generation as well we can have if it is included in immunization program.

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