



## **SWARNAPRASHANA AND SWARNAMRITAPRASHANA-FOR HEALTH AND WELLBEING OF CHILDREN: A REVIEW**

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### **ABSTRACT:**

**Background:** Practise of administrating *Swarna* (gold) in therapeutics is prevailing in our country since time immemorial. The specific term given to such practises is *Swarna Prashana*. In many a context, we come across different variations of the same in Ayurveda classics. Under the headings of *Swarna Prashana*, *Suvarna Prashana*, *Swarna Vacha*, *Suvarna Bindu Prashana* and in many more names it is being practised by many a number of hospitals, clinics and practitioners as a health promoting drop in children. *Swarnamritaprashana* is an indigenous preparation which is a modification of *Swarna Prashana*. **Aims & Objectives:** To have an in-depth understanding of *Swarnaprashana* and *Swarnamritaprashana* and its utility for promoting health and wellbeing in children. **Materials and Methods:** A comprehensive review of the literature including Ayurveda lexicons, journals, research works in the area and practical experience. **Discussion:** *Swarnaprashana* is beneficial for promoting intellect, strength, general health and immunity. By making use of literary backup from the classical textbooks, a modified formulation *Swarnamritaprashana* was brought into the main stream as a public health initiative by Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hassan and is in practise since May 2009. Till date, many research works for evaluating its wide applicability has already completed and even few are ongoing as well. **Conclusion:** The present paper throws light on *Swarna Prashana* and its modification to *Swarnamritaparshana*, details regarding ingredients used in the combination, along with its clinical utility as experienced by hospitals and practitioners who are regularly practising it.

**KEY WORDS:** *Swarnaprashana*, *Swarnamritaprashana*, *Medhya Rasayana*

## INTRODUCTION:

Administration of *Swarna* (gold) in therapeutics is an age-old practice in Ayurveda. *Swarna Prashana* is the term which is given to such category of medicaments and practice. *Swarna Prashana* is a health promoting practise prevailing in India for children since time immemorial. While exploring the various treatise of Ayurveda, one can come across various combinations and ways in which it can be administered.

*Swarna* (gold) is coming under *Shuddha Loha* (Pure metals) and it is a well proven intellect promoter, immunity enhancer and helps in maintaining normal health<sup>[1]</sup>. *Prashana* is a method of feeding or supplying essential nutrition to children. Many a times the terms *Lehana* and *Prashana* are used synonymously in *Balachikitsa* or *Kaumarabhritya*. *Lehana* is *Lihyate anena iti lehana* (the one which is lickable). Child who is in *Ksheerapa avastha* (exclusively dependent on mother's milk) might not have attained enough ability to accept solid food items which are hard and difficult to digest. Therefore, to a baby who is fed on liquid diet, can adjust to semisolid medicaments that is gradually introduced. The health and diseased status of child depends upon *Lehana*<sup>[2]</sup>.

*Acharya Kashyapa* has introduced *Swarna Prashana* in *Lehanadhyaya* of *Kashyapa Samhita* along with many *Lehana yogas*.

Different combinations of *Swarna Prashana* like *Hemadi Prashana*<sup>[3]</sup> are told in other classics. *Swarna Prashana* is considered as a health promoting formulation with multi fold benefits. It is also a *Samskara* (ritual or ceremony) under the heading of *Jathakarma Samskara*, one among the sixteen *Samskara* and is the first and foremost *Samskara* done in a new born baby. This *Samskara* can be understood as a birth rite which helps a neonate to get adjusted to extra uterine life. This provides enough nutrition and a better immunity to the child. Through *Jathakarma Samskara* <sup>[4]</sup>, we introduce *Swarna Prashana* and continue it as a *Lehana yoga* further.

*Swarna Prashana* <sup>[5]</sup> is a combination of *Swarna* (gold), *Madhu* (honey) and *Ghrta* (ghee) as advised by *Acharya Kashyapa*. The person who is going to prepare this has to face towards eastern direction and rub pure *Swarna* (gold) with little water, against a clean stone. Baby is made to lick it with *Madhu* (honey) and *Sarpi* (ghee). Its benefits are *Medha vardhana* (intellect promoter), *Agni vardhana* (increases the digestive and metabolic power), *Bala vardhana* (strength promoter), *Ayushya* (enhances longevity), *Mangala* (auspicious), *Punya* (virtuous), *Vrishyam* (aphrodisiac) *Varnyam* (improves complexion) *Grahapaham* (protects against the attack of *Graha rogas*). *Maasaat* (daily, if administered regularly for a month)

*Paramamedhavi* (child will become Supreme intelligent) and *Shadbhirmase* (daily, if administered for a duration of six months), *Sruthadhara* (child will be able to retain whatever he hears).

*Swarna Prashana* is explained after *Garbhambu Vamana* by *Acharya Sushruta* [6]. A combination of *Swarna*, *Madhu* and *Ghrita* is advised and it bestows good *Bala* (strength) and *Budhi* (intellect). *Acharya Vagbhata* [7] suggests, on the first day of baby's birth, to administer a combination of *Madhu*, *Ghrita* and *Ananta* (gold) fortified with sacred *Mantras* thrice daily. This helps the baby to attain *Medha* (intellect), *Bala* (strength) and *Ayu* (longevity). He has also advised *Hemaadi prashana* [8], wherein *Hema* (gold) or *Swarna* is told with synonyms like *Kanchana*, *Hema*, *Kanaka* and to be given with other medicaments in a combination. First one in that combination is *Swarna* (gold), *Shweta Vacha* (*Iris germanica*), *Kushta* (*Saussurea lappa* cob. Clarke) and the second one is *Swarna* (Gold) and *Arkapushpi* (*Holostemma rheedianum* Spreng), third one is *Swarna* (gold), *Matsyakshaka* (*Alternanthera sessalis* (Linn)), *Shankhapushpi* (*Convolvulus pluricaulis* Chois.) and the fourth one is *Swarna* (gold), *Kaidarya* (*Myrica nagi* Thumb) and *Vacha* (*Acorus calamus* Linn.). *Anupana* for all these combinations is *Madhu* and *Ghrita*. If administered to a child for a period of one

year provides good *Medha* (intelligence), *Vapu* (body growth), *Bala* (strength), *Varna* (colour) and *Shubha* (goodness). *Acharya Sushruta* has also advised four gold preparations [9] for the purpose of *Lehana* in children. First one among them is *Suvarna*, *Kushta*, *Vacha*, *Madhu*, *Ghrita* and the second one is *Matsyakshaka*, *Shankhapushpi*, *Suvarna*, *Madhu* and *Ghrita*. Third one is *Arka pushpi*, *Suvarna*, *Vacha*, *Madhu*, *Ghrita* and the fourth one is *Suvarna churna*, *Kaidarya*, *Shweta Durva* and *Ghrita*. In children, when administered, it promotes *Vapu* (growth of physique), *Medha* (mental power), *Budhi vivardhana* (intellect).

*Swarnamritaprashana* [10] is an indigenous preparation, a modification of *Swarna Prashana*. By using literary backup from the classical compendiums, such a modified formulation was brought into the main stream as a public health initiative by Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hassan since May 2009. It is a health promoter in children administered regularly as drops on all *Pushya Nakshatra* days in various centres across Karnataka. Since the time of its inception, it is a health care programme which has attracted thousands of children every month, which in turn is helping them to live healthy and happily. *Swarnamritaprashana* consists of *Swarna bhasma* (Calcined gold), *Murchita ghrita*

(medicated ghee), *Madhu* (honey), *Medhya dravyas* like *Amrita/Guduchi* [*Tinospora cordifolia* (Willd).Miers.], *Aswagandha* (*Withania somnifera* Dunal.), *Yashtimadhu* (*Glycyrrhiza glabra*), *Brahmi* (*Bacopa monnieri*), *Vacha* (*Acorus calamus*), *Shankhapushpi* (*Convolvulus pluricaulis*), *Jatmansi* (*Nardostchys jatamansi*), *Pippali* (*Piper longum*). *Swarna* <sup>[11]</sup> (Gold) is *Nirmala* and is the first *Shuddha loha*. It is commonly used as a medicament and is successfully being practised even in children and pregnant woman <sup>[12]</sup>. By oral administration, gold as

nano-particles reaches affected site by crossing the gastro intestinal tract more readily thereby releasing Au(I) ions required for therapeutic action. *Swarnamritaprashana* is administered in a dose of 4 drops containing 2 mg of *Swarna bhasma*, using a dropper. In-depth analysis of all the ingredients, gives a thorough understanding of its wide applicability in health promotion of children. Almost eight *Medhya dravyas* found a place in this combination thereby contributing towards a better nootropic activity.

**Table No.1: List of ingredients of *Swarnamritaprashana* and its properties.**

SL No.	Name of Ingredient	Vernacular names & <i>Rasa panchaka</i>	<i>Karma</i>	Pharmacological properties
1	<i>Swarna</i> (Gold)	Synonyms- <i>Suvarna, Kanchana, Hema, Kanaka</i> and <i>Hiranya</i> .  <i>Swarna bhasma-Madhura rasa, Snigdha guna, Sheeta Virya, Madhura Vipaka, Tridosha shamaka</i>	<i>Visha nashaka. Vrishya, Hridya, Netrya, Medhya, Ayushya</i> and <i>Rasayana</i> . Enhances <i>Budhi, Medha</i> and <i>Smriti</i> .	Immunomodulator activity, Antioxidant activity, Free-radical scavenging, Anti-anxiety, Anti-depressant, Analgesic, Anti-stress activity <sup>[13]</sup>
2	<i>Madhu</i> <sup>[14]</sup> (Honey)	Synonyms: <i>Makshika, Maadhvika, Kshaudra, Pushparasa</i> .  <i>Madhura-Kashaya rasa, Sheeta virya, Laghu, Ruksha, Vishada guna,</i>	<i>Chakshushya, Deepana, Swarya, Varnya, Medhya, Vrishya, Grahi</i> and <i>Lekhana</i> .  Indication: <i>Kushta,</i>	Honey <sup>[15]</sup> is made by bees and its raw material called nector is produced in the nectaries of flowers.

		<i>Yogavahi</i> and <i>Madhura vipka</i> .	<i>Arshas, Kasa, Pitta-Raktavikara, Kaphaja roga, Krimi, Medoroga, Trishna, Chardi, Swasa, Hikka, Daha, Kshata</i> and <i>Kshaya</i>	
3	<i>Ghrita</i> <sup>[16]</sup> (Ghee)	Synonyms- <i>Sarpi, Ajya, Havi, Rasayana, Madhura, Chakshushya, Guru, Deepana, Vatapittahara, Sheeta virya, Kaphavardhaka, Madhura Vipaka, Kantivardhaka, Ojovardhana, Tejovardhana, Budhivardhaka</i>	<i>Goghrita</i> (cow's ghee) is <i>Vata pitta kapha shamaka, Sheetala, Madhura vipaka, Medhya, Budhikaram, Agnivardhaka, Vrishya</i> and <i>Chakshushya</i> .	Cow's ghee <sup>[17]</sup> possess better digestibility than any other animal and vegetable fats, having a better rate of absorption.
4	<i>Amrita</i> or <i>Guduchi</i> <sup>[18]</sup> [ <i>Tinospora cordifolia</i> (Willd.) Miers.]	English-Tinospora. Kannada- <i>Amritaballi</i> Hindi- <i>Giloe</i> . Family- Menispermaceae. Useful part: <i>Kanda</i> (Stems) and <i>Moola</i> (Roots).  <i>Katu Tikta Kashaya rasa, Laghu guna, Ushna virya, Madhura vipaka</i> and <i>Tridosahara</i> .	<i>Rasayana, Medhya, Agnideepana, Balya, Jwarahara</i> <sup>[19]</sup> .	Immunomodulator <sup>[20]</sup> , Antipyretic <sup>[21]</sup> , Anti-inflammatory <sup>[22]</sup> , Memory enhancing <sup>[23]</sup> , Analgesic, Antioxidant <sup>[24]</sup> and Hepatoprotective activity <sup>[25]</sup> .
5	<i>Aswagandha</i> <sup>[26]</sup>	English-Wintercherry.	<i>Vatashleshmahara,</i>	Neuroprotective <sup>[29]</sup> ,

	( <i>Withania somnifera</i> Dunal.)	Hindi-Asgandha. Kannada- <i>Hiremaddinagida</i> . Family- Solanaceae. Useful part: Root.  <i>Tikta, Kashaya rasa, Snigdha, laghu guna, Ushna viya and Madhura Vipaka.</i>	<i>Balya</i> <sup>[27]</sup> , <i>Rasayana</i> <sup>[28]</sup> and <i>Atishukrala</i> .	Immunomodulatory <sup>[30]</sup> , Analgesic <sup>[31]</sup> , Rejuvenating <sup>[32]</sup> , Antipyretic, Anti-inflammatory, Anti-convulsant <sup>[33]</sup> Anti-anxiety activity <sup>[34]</sup> .
6	<i>Brahmi</i> <sup>[35]</sup> [ <i>Bacopa monnieri</i> (Linn.) Pannel]	English-Thyme leaved gratiola. Kannada-Nirubrahmi. Hindi-Brahmi. Family- Scrophulariaceae. Useful part-(Whole plant) <i>Panchanga</i> .  <i>Tikta, Kashaya, Madhura rasa, Laghu guna, Sheeta virya, Madhura vipaka.</i>	<i>Ayushya, Rasayana, Swarya, Smritiprada.</i>	Nootropic <sup>[37]</sup> , Anxiolytic <sup>[38]</sup> , Antidepressant <sup>[39]</sup> , Anti-inflammatory <sup>[40]</sup> , Anti-cancer, Smooth muscle relaxation, improved motor learning, Cardiotonic activity.
7	<i>Yashtimadhu</i> <sup>[41]</sup> ( <i>Glycyrrhiza glabra</i> Linn.)	English-Liquorice root. Hindi- <i>Mulhati</i> . Kannada- <i>Jeshtamadhu</i> . Family- Fabaceae. Useful part- <i>Moola</i> (root) or stolon.  <i>Madhura rasa, Guru snigdha guna, Sheeta virya.</i>	<i>Vata pitta, Rakta shamaka, Balya, Swarya, Chakshushya, Varnya, Keshya and Shukrala.</i>	Memory enhancing <sup>[43]</sup> , Anti-inflammatory <sup>[44]</sup> , Antioxidant <sup>[45]</sup> , Anti-arthritic, Antidiuretic, Antiviral, Antimicrobial and Immunomodulatory activity <sup>[46]</sup> .
8	<i>Shankhapushpi</i>	Hindi- <i>Shankhapushpi</i>	<i>Medhya, Vrishya,</i>	Learning, memory and

	<sup>[47]</sup> ( <i>Convolvulus pluricaulis</i> Choicy.)	Kannada- <i>Vishnukranthi</i> . Family-Convolvulaceae. Useful part- <i>Panchanga</i> . <i>Kashaya rasa, Sara guna, Ushna virya</i> and <i>Tridosha shamaka</i> .	<i>Rasayana, Smritivardhaka, Kantivardhaka, Balya, Agnideepana</i> .	behaviour <sup>[49]</sup> , Antioxidant <sup>[50]</sup> , Analgesic <sup>[51]</sup> , Hypotensive, Anti-anxiety <sup>[52]</sup> , Spasmolytic activity on smooth muscles.
9	<i>Vacha</i> <sup>[53]</sup> ( <i>Acorus calamus</i> Linn.)	English-Sweet <i>flag</i> . Hindi- <i>Bach</i> . Kannada- <i>Baje</i> . Family- Araceae. Useful part- <i>Moola</i> .  <i>Katu tikta rasa, Ushna virya, Kaphavatahara</i> .	<i>Agnivardhana, Vibandhahara, Adhmanahara, Shulaghna, Malamutra vishodhana, Apasmarahara, Unmadanashana, Bhutaghna</i> and <i>Krimighna</i>	Anti-inflammatory <sup>[55]</sup> , Analgesic <sup>[56]</sup> , CNS activity <sup>[57]</sup> , Anti-spasmodic, Anti-microbial, Anti-fungal activity <sup>[58]</sup> .
10	<i>Jatamansi</i> <sup>[59]</sup> ( <i>Nardostachys jatamansi</i> D.C)	English- Nardus root, <i>Jatamansi</i> . Hindi- <i>Jatamansi</i> Kannada- <i>Bhutajata</i> . Family-Valerianaceae. Useful part- <i>Moola</i> (Rhizome).  <i>Tikta Kashaya rasa, Sheeta virya, Tridoshahara</i>	<i>Medhya, Kantikaraka, Balaprada</i> .	Pharmacological studies <sup>[60]</sup> has reported-CNS activity <sup>[61]</sup> , Neuroprotective <sup>[62]</sup> , Anti-oxidant <sup>[63]</sup> , hypotensive, sedative, antimicrobial activity <sup>[64]</sup> .
11	<i>Pippali</i> <sup>[65]</sup> ( <i>Piper longum</i> Linn.)	English-Long pepper <sup>[66]</sup> , Hindi- <i>Pipar</i> , Kannada- <i>Hippali</i> .  Family- Piperaceae. Useful part - <i>Phala</i> (fruits).	<i>Katu rasa, Laghu Snigdha guna, Anushna virya, Madhura vipaka</i> <sup>[67]</sup> . <i>Vatakaphahara, Deepana, Vrishya, Rasayana,</i>	Anti-depressant <sup>[68]</sup> , Analgesic <sup>[69]</sup> , Anti-inflammatory <sup>[70]</sup> , Immunomodulatory <sup>[71]</sup> , Antitubercular <sup>[72]</sup> , Antispasmodic, Hypoglycaemic, Antifertility

			<i>Swasaghna,</i> <i>Kasaghna,</i> <i>Jwaraghna,</i> <i>Kushtaghna,</i> <i>Pramehaghna.</i>	and Anthelmintic activity [73].
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### Method of Preparation [74]:

In 200ml of *Guduchi* green stem *Kashaya* (water extract), 50 ml of *Ghrita* is added along with 2 gm *Churna* each of *Brahmi*, *Vacha*, *Pippali*, *Shankhapuspi*, *Ashwagandha*, *Jatamamsi*, *Yastimadhu* and 50 ml of *Murchita Ghrita* (processed ghee) and cooked on low flame as per the preparation of medicated *Ghrita* mentioned in Ayurvedic literature. *Swarna Bhasma* (1.2 gram) and *Madhu* (50 ml) are added to this *Ghrita* and triturated on the day of *Pushya Nakshatra*. *Swarnamritaprashana* bowl has to be kept in warm water in order to maintain the consistency. This medicament is administered orally in a dose of 4 drops (containing 2 mg of *Swarna Bhasma*).

### DISCUSSION:

*Swarna Prashana* is a combination of *Swarna*, *Madhu* and *Ghrita*. It is an effective medicament to those children who are being regularly administered. Even though it is in practise since thousands of years, but its popularity has increased after the introduction of various modifications in the techniques, medicaments and also by presenting it with

new names to the society. *Suvarna prashana*. *Swarnamritaprashana*, *Swarna Vacha*, *Swarna Bindu Prashana* are few among them. Now, *Swarna Prashana* is being successfully practised by many a number of practitioners across the country and the beneficiaries are of course children. It is essential to keep the future citizens of our country healthy, by preventing illnesses and to improve their immunity, intellect and strength. *Swarna Prashana* helps in improving memory, intelligence, retention capacity and cognitive functions of the brain [75]. *Swarna Prashana* exhibited dramatic immunomodulatory effects in SRBC sensitized rats. In a study conducted in Charle's Foster Albino Rats, *Swarna Prashana* non-significantly has influenced the T-cell activity, which in turn increases vascular permeability, induce vasodilatation, macrophage accumulation and activation, which finally result in the increase in the paw volume which promotes phagocytic activity. Findings of this study has provided evidence for *Swarna Prashana* could be used to improve health and immunity [76]. It can be considered as an ancient immunization technique without

any adverse effects, and provides a better life fulfilling one's physical, mental, social and spiritual wellbeing [77]. Children who has received *Suvarna Bindu Prashan* once in a month for six months regularly, showed a reduction in overall complaints related to eating, behaviour, mood and their other health related complaints [78].

It is widely practiced as an immune booster, general health tonic and nootropic and well known for its multi-dimensional therapeutic applicability [79]. Many research works has happened till date in this area. The effect of *Swarnamritaprashana* in children in various conditions or illness like in recurrent attacks of *Kasa*, in *Prathishyaya* w.s.r to Rhinitis, on Immunity(IgG) in Toddlers and in 3 to 5 years age group children, in Growth and Development of Infants and Toddlers (1 to 2 years) [80], on children with Borderline Intelligence, on *Shayyamutra* in children, on children with Below Average IQ, on efficacy of *Swarnamrithaparshana* on promotion of immunity in children are among the dissertation works and research projects conducted in Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan which was submitted to Rajiv Gandhi University of Health Sciences, Bangalore. A study suggested that, monthly once administration of *Swarnamritaprashana* for nine consecutive *Pushya Nakshatras* has

accentuated the process of Growth and Development. Also showed significant improvement in the Development and Deviation quotients of motor and mental age respectively; thereby improvements in mean total score and performance [81].

In an open labelled standard control non-randomized prospective clinical trial of 40 subjects of *Shayyamutra*, *Swarnamritaprashana* along with *Satvavajaya chikitsa* was found to be effective in reducing the signs and symptoms of *Shayyamutra* [82]. A study of *Swarnamritaprashana* in Immunity (IgG) of 3-5 years age children, positive results were observed with recurrent episodes of infection showed a decreasing trend, accelerated growth (anthropometry) and Levels of IgG seen in near normal range after nine months [83]. Another study has clinically evaluated the effectiveness of *Swarnamrutha prashana* in recurrent upper respiratory tract infections in children between the age group of 3 to 6 years, showed statistically significant improvements in signs and symptoms along with reduction in upper respiratory tract infections like *Kasa Swasa*, *Galashotha*, *Jwara* and *Pratishyaya* [84].

Introducing *Swarna Prashana* through *Jathakarma samskara* right from the day of birth and continuing it as a *Lehana yoga* and later even up till 16 years sets an example for the healthy practices offered to children and

the necessity to be aware of such *Vyadhikshamatva Vardhanopayas* (immunity enhancing medicaments). Nowadays, *Swarna Prashana* is modified to various preparations with *Swarna*, *Madhu* and *Ghrita* [85] combination as base along with other drugs and chosen an auspicious day, *Pushya Nakshatra* for administering it. By selecting this day, regular administration of *Swarna Prashana* is possible and it gives a sense of satisfaction for children and their parents. It is believed that *Swarna Prashana* [86], will be more effective and powerful when administered on this day. A set of *Medhya dravyas* (intellect promoting medicaments) in it helps to enhance the brain growth which is very faster in the initial couple of years in children. At the same time focus has been laid on to include drugs which can promote strength, longevity and immunity in order to make sure that child stays healthy. *Swarna* (gold) is selected based on better bioavailability, no adverse reactions, easier in preparation, and administration [87]. By mixing *Madhu* and *Ghrita* together, there will be a *Samyoga virudha* combination which act as a *Virudhahara* to the body. This helps in stimulating body's defence mechanism. Continuous administration of same substance results in a state of adaptability to the body which is known as *Virudha satmya*. Instead of using plain *Ghrita*, it is fortified with *Deepana*,

*Pachana*, *Balya*, *Jeevaneeya*, *Rasayana*, *Medhya*, and *Vyadhikshamatva vardhanopayas* to enhance the efficacy of the preparation [88]. Ingredients of *Swarnamritaprashana* is predominantly *Madhura*, *Tikta*, *Kashaya rasa*, *Sheeta Veerya*, *Madhura Vipaka*. They are having *Deepaniya*, *Medhya*, *Balya*, *Brimhana* and *Rasayana* action. Along with being *Medhya* and *Rasayana*, it helps in the overall development, intellect, strength and immunity in children. When *Suvarna Bindu Prashan* was administered independently as well as with vehicles for a longer duration has not shown any mortality, which indicates the safer use of drug on chronic administration [89]. Research findings and clinical experience of experts suggests that *Swarnamritaprashana* can be securely administered in infants and children up to 16 years of age for their physical, mental and intellectual wellbeing [90].

#### **CONCLUSION:**

Ayurveda, known as India's traditional system of medicine is always given due importance and consideration in our country. Practices of administering medicaments containing *Swarna* is prevailing since time immemorial. But it gained more popularity when *Swarna* preparations were made more palatable with recent modification in therapeutic aspects and by giving attractive names like *Swarnamritaprashana*, *Swarna Vacha*,

*Suvarna Bindu Prashana* for those formulations. Such types of *Medhya*, *Rasayana yogas*, *Vyadhikshamatva vardhanopayas* should be judiciously practised by experienced and skilful practitioners and can be made use by parents and caretakers for their children. Even though many researches have already happened in many institutions and research centres across the country, there are only very few available documents regarding them. Hence, there aroused an urgent need for proper and systematic documentation regarding the wide range of applicability of *Swarnamritaprashana* (Modified *Swarna prashana*) so that it can be a contribution from Ayurveda towards positive health care promotion in children. Identification of specific conditions which can also be the possible core areas of action of *Swarnamritaprashana* which need key focus will help in correcting all the lacunas. Still many a number of research works are ongoing in various centres, which all will contribute to the better knowledge, understanding and awareness regarding *Swarna Prashana* and *Swarnamritaprashana*. *Swarna*, *Madhu*, *Ghrita* along with a handful of *Medhya* drugs will impart its *Rasayana* effect by contributing to the overall betterment of a child who is in the crucial stage of growth and development, thereby helping in the nurturing of the future citizens of our country.

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