

Role of Lehan Karma in Ayurveda and Benefits of Suvarnaprashan in Childrens.

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Abstract

Administration of processed gold in children is a unique practice mentioned in Ayurveda as “Suvarna Prashan” by Acharya Kashyapa thousand of year back. Suvarnaprashan is one of the sixteen sanskaras which were described in ancient scriptures. Acharya Kashyapa explained evidently the administration of suvarna in children for the benefits of improving intellect, digestion and metabolism, physical strength, immunity, complexion, fertility and life span. Suvarnaprashan in children mainly implicated in two contexts of Ayurveda;Lehan and Jatkarma Sanskara. Suvarnaprashan means to administer in liquid form with help of honey, ghee, and some herbal medicine.

Kashyapa is described Suvarnaprashana vidhi in detail with its benefits. Suvarnaprashan is such rasayana mentioned in Ayurveda to promote immunity and memory of children. Ayurveda recommends only purified and processed form of gold for internal administration. The age at which suvarnaprashan should be administered and its duration can be determined depending upon the desired effect in children as positive health care programme.

Keywords: Kaumarbhritya, Samskars, Gold Preparation, Suvarnaprashan.

Introduction

Suvarnaprashan is one of the sixteen sanskaras which were described in ancient scriptures. The modern days have left human beings amidst lot of stress, the altered food habits, a great deal distractibility, addiction, varied agricultural practices which in turn affect the strength of individuals both physically and mentally. This makes humanity to fall pray of disease. This is turn required best of health and intelligence, Ayurveda has explained such health promoting agents under the heading of rasayana. Suvarnaprashan is such rasayana mentioned in Ayurveda to promote immunity and memory of children.

Today the whole is affected with different disease modern medicine fail to treat the patients. Ayurveda the science of life, provides many other alternative ways to tackle with such disorders successfully not only treating the unhealthy individuals, Ayurveda mainly helps to maintain the healthy state of mind and body. Ayurveda explain suvarnaprashan while modern medicine explains about vaccines.

The uses of metal and minerals was well-known to mankind since thousand of years. It is one of the most ancient metals even use for preventive and curative purposes.

Gold is explained as one among the sapta loha. It is categorized under shuddha loha. Which is said to be having both preventing and protective qualities. Gold is indicated for internal use even before conception due to its rasayana and vajikarana properties. After conception it is use in punsavana karma. After birth in lehana and jatkarma sanskara gold has been said to have major role to play. Gold is such a noble metal, which is having substantial outcomes in the human body starting before conception until demise. Kashyapa is the pioneer of Kaumarbhritya who described suvarnaprashana vidhi in detail with its benefits.

Aim: To study suvarnaprashana sanskars in details.

Objective

Study the literature of Kashyapa Samhita regarding Suvarnaprashana.

The data collection from classical text of Ayurveda as well as related pharmaco-clinical research articles and dissertation works.

Suvarnaprashan

Acharya Kashyapa coined the term suvarnaprashana for administration of gold. This unique formula has been explain where in gold should be triturated along with water, honey, and ghee on a clean stone facing eastern direction and made the shishu lick the same.

Form of suvarna

- Patala(leaf)/Mandala(foil)
- Churna(powder)
- Bhasma(ash)

Benefits of suvarnaprashana

- Medha Agni Balavardhanam(improvement of intellect, digestion, Metabolism, Immunity and Physical strength)
- Ayushyam(promoting life span)
- Mangalam(auspicious)
- Punyam(righteous)
- Vrushyam(aphrodisiac)
- Varnyam(enhancement of colour and complexion)
- Grahapaham(protection from evil spirits and micro-organism)

Dosage

Acharya kashyapa has not mentioned the dosage for according to age.

From various text:

1/4th-1/8th ratti(15-30mg)

2 gunja(250mg)

1gunja (125mg)/as per age.

15.5-62.5mg suvarna bhasma.

Discussion

Acharya kashyapa coined the term suvarnaprashana. It can be said that the term suvarnaprashana signifies the administration of gold alone or along with other herb in form of leha. He described suvarnaprashana in context of lehana. In children up to 2 years brain development is continued and which is accelerated by suvarnaprashana sanskar as per literature review and practical applications of the concept suvarnaprashana improves digestive, metabolic and immune system.

Lehan has been indicated for those children who are healthy but have compromised breastfeeding and having minor functional problem of metabolism.it is contraindicated in seriously ill children and also daily basis

Many unpublished studies in hospital at ayurvedic colleges indicate that suvarnaprashana improves the recurrent attacks of common cold, fever, also in asthamatic patient, as asthamatic attacks reduced.

Suvarnaprashan can be administered in all children as it acts at level of nutrition, metabolism, growth and development, physical strength and immunity.

In kashyapa Samhita while describing the benefits of suvarna lehana. Acharya kashyapa opines that after feeding gold for one month the child is not attacked by disease, eliminate evil effect of grahas.

Conclusion

Suvarnaprashana is described in various ayurvedic text but mostly elaborated by kashyapa lehan adhyaya. Kashyapa and others are to be studied with the help of various experimental models and also at clinical levels. So as re-established the unaccepted due to lack of scientific supports.

Suvarnaprashan can be helpful for physical growth and development in term of weight, height and memory. Suvarnaprashan has immune modulator and immune stimulant effect in children.

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