

Swarna Bindu Prashana

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Abstract:

Swarna Bindu Prashana used in Ayurvedic preparation for pediatric use. The Swarna Bindu Prashana mainly helps to improve the immunity, memory, intelligence and appetite as well as tones the skin. The main ingredients of SBP are swarna prashan (gold nanoparticle) i.e. ash of gold, gou ghrita as well as some drugs which helps to improve health of child. It is a unique, safe and effective ayurvedic technique of immunisation for infants.

Swarn Bindu Prashana has been proposed as a potent medicine for immunotherapies and vaccine. But being herbo-metallic preparation, its safety and efficacy are well supported by the classical publications of Ayurveda. The Swarna Bindu Prashana does not show any side effect in normal child. To include, SBP is an immunity booster for infants against any viral disease, and it is necessary to check its safety and efficacy through systematic methodological research.

Keywords: Swarna Prashana, ayurvedic pediatric medicine, immunomodulator, Pushya Nakshatra,

INTRODUCTION

The Swarna bindu prashana is unique, best and ayurvedic method of immunisation. Which aides in improving the immunity and improves grasping power in kids. It follows up on brain, immune system, skin, mind and promotes improvement, maintains health, manufactures protection from contaminations by making non-specific immunity. The Swarna bindu prashana is likewise known to improve appearance. Nowadays Swarna prashana is like a vaccination, it also helps in preventing sicknesses by protecting against microbes and infections. It, yet, has no particular signs like an individual immunization, thus, it improves the overall immunity of youngones.

Suvarna prashana is used to cure bacterial as well as viral infections to protect youngstars. It helps in treating upper respiratory infections and prevents common cold and flu for some time. it improves memory, intelligence, verbal and cognitive functions of the brain.

The ingredient list is as follows:

- Vacha:- Acorus calamus
- Shankh pushpi :- Convolvulus pluricaulis
- Brahmi:- Bacopa monneiri
- Pippali:- piper longum
- Swarna Bhasma:- incinerated gold
- Pure honey
- Cow's ghee
- Ashwagandha:- Indian ginseng

Term of utilization

The single ideal dosage of swarna bindu prashana is to prevent infections. If you take it for 30 days routinely, at that point it will be useful for avoiding limit of the illnesses and will build intelligence. It will be very good if it is given to child at any rate for atleast 30 days. For progressively advantageous impacts on the brain, it tends to be utilized for a 6 to 7 months approximately.

Dosage of Swarna prashana

- Infants to 6 months: 1 drop every day/ 2drops on each pushya nakshatra.
- 6month to 2 years: 2 drops every day/ on each pushya nakshatra.
- 2 to 10 years: 4 drops every day/ on each pushya nakshatra.
- Above 10 years: 6 drops every day.

Swarna prashana: The best time of administration

You should take swarna prashana on pushya nakshatra. Pushya (sustenance) nakshatra is the most beneficial of the 27 nakshatras. It's image is cow's udder. Whenever saw on the pushya nakshatra, the stars in the sky shows in a course of action that makes 'cow udder'. It very well may be consumed quickly, the viability can fluctuate and it may not be as successful as pushya nakshatra.

Benefits of suvarna prashan

1. Lifts immune system
2. Enhances memory
3. Improves digestion
4. Nourishes the skin
5. Lessens mental agitation
6. Improves hearing and vision
7. Improves general, physical and mental health

Routine haematological investigations

1. Haemoglobin percentage
2. Total count of white blood cells
3. Differential count
4. Total red blood cells
5. Platelet count.

Biochemical investigations

1. Random blood sugar
2. Lipid profiles
3. Liver function test (LFT)– serum glutamic pyruvic transaminase (SGPT), serum glutamic oxaloacetic transaminase (SGOT), serum albumin and alkaline phosphatase
4. Renal function test (RFT)– blood urea, serum creatinine, uric acid
5. Immunological profile – serum IgG.

Medicinal value of suvarna prashan

- Immuno-stimulant
- Adaptogenic
- Memory booster
- Anti-inflammatory
- Antiarthritic
- Anticancer
- Antibacterial
- Antiviral
- Antimutagenic
- Antioxidant

Side Effects**The case studies of Swarna bindu prashana****Case 1**

The male child of 7 years from Puttur from Karnataka, his parents was complaining of confusion, loss of concentration in studies, loss of interest, mood alteration every now and then ect. When the doctor started the administering the Swarna bindu prashana grita once in 2 days regularly for periods of approximately 40 to 45days, the child was reported with excellent health benefits. Later they continued the medication in the gap of once 4-5 days and later once a week and so on. Even though is not the platform to disclose, he remained as the third topper to the state. (disclaimer – more medicine will not work without hard efforts)

Case 2

A male child of 11 years from neighboring kerala state (Kasargod) was brought to doctor to help to reduce the anger, stubborn nature and more over a complaint of episodic cold and rhinitis every now and then from few months doctor prescribed the Swarna bindu prashana ghrita 3-4 drops once in a week followed with Swarna vacha once in two days. The combinations worked well to him and within 2-3 months they reported that he flat significantly better.