

FAQ's

1. What is the basis of Swarna Prashana ?

Swarna Prashana is based on the testimonials of Rigveda & Ayurvedic classics such as Kashyapa Samhitha, Charaka Samhitha, Sushruta Samhitha & Ashtanga Sangraha.

2. How authentic are these testimonials ?

Ayurveda which is defined as the science of life is the true & eternal knowledge revealed by the creator himself like the vedas [अपौरुषेय] therefore there is nothing to doubt the authenticity.

3. In what form Gold is administered ?

Purified 24K metallic Gold is rubbed along with selected precious herbs with medicated ghee & honey and a linctus is prepared & administered in a calculated dose.

4. How it improves immunity & intellect ?

That is the power of Gold which is said as 'PRABHAVA' - unexplainable, unimaginable & unpredictable empirical potency.

5. Does Swarna Prashana cause any side effects & damage to any organs ?

No, Pure Gold in its Metallic form does not cause any side effects & is safe. Even after incineration (मरण) the gold will not convert itself into oxide or sulphide form like other metals & it remains as metallic Gold itself.

6. Upto what age it can be administered ?

It can be administered from 0-16 years of age. It is preferably administered from 0-5 years of age.

7. Why it is to be administered on the day of Pushya nakshatra ?

According to Hindu calendar schedule & Ayurvedic concepts of medicine administration the time plays an important role. Pushya Nakshatra has been designated as the health promoting & nourishing star. Any medicine intended for Immunity boosting & promotion of positive health should be administered on the day of Pushya Nakshatra.

8. Any supplementary medication is required with Swarna Prashana ?

It depends upon specific health problems. Generally no supplementary medicine is required.

9. Any diet restriction is there during Swarna Prashana ?

No restriction. Milk & Milk products are preferred.

10. Any scientific study has been done to show the efficiency of Swarna Prashana ?

A Hospital based clinical study has been done at KLE Ayurveda Hospital Belgaum which shows that Swarna Prashana is effective in improving immunity and intelligence quotient among the children between 0-5 years.

योगक्षेमं वहाम्यहम् ॥

We take care of your well being.

Pushya Nakshatra Days

March :	May :	July :	Sep :	Nov :	Jan :
April :	June :	Aug :	Oct :	Dec :	Feb :



HEALTHY CHILDREN WEALTHY SOCIETY

Swarna Prashana

Swarna Prashana is the first therapeutic administration for the child (Jatha Karma) and is one of the Sixteen rituals (Shodasha Samskaras) advocated by Ashwalyana Sutra of Rigveda for healthy and wealthy life. (कुमारं जातं पुरान्यैरालम्बात् सर्पिमधुनि हिरण्यनिकाशं हिरण्येन प्राशयेत् । अश्वलायन सूत्र).

Swarna Prashana is an Ayurvedic unique concept of promoting physical and mental health, over all immunity of children for total well being and bright future. It is based on the testimonials of Ayurvedic texts which are considered as authentic and eternal knowledge [अपौरुषेय - Non manmade]

1. Does your child suffer from frequent illness such as respiratory infection and allergy, digestive disorders, indigestion, Viral fevers common cold etc ?
2. Is your child slow in speaking, learning and studies ?
3. Want your child to be protected full proof against all seasonal and periodic health hazards ?
4. Want your child to excel in studies and all activities ?

To achieve this target "Ayurveda" the earliest system of healing and life science has answer "**Swarna Prashana**"

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पुण्यकालेहलाल राहालपुण्यकाल

We Take Care Of Your Well Being



Swarna Prashana is a method of administration of purified Gold internally to attain the effect of **Rasayana** and **Visha Nirharana**.

Rasayana is a unique method of enhancing immunity against all ailments and promotion of positive health and longevity.

दीर्घमायुः स्मृतिमेधां आरोग्यं तरुणं वयः ।

प्रभावर्णस्वरौदार्यं देहेन्द्रियबलं परम् ॥

वाक् सिद्धिं प्रणतिं कान्तिं लभते ना रसायनात् ।

रसायनं च तत् ज्ञेयं यत् जराव्याधि नाशनम् ॥

- (चरक संहिता)

- (शाङ्गधर)

Visha nirharana is the technique of eliminating and neutralising all types of toxins including free radicals from the body.

हेम सर्वं विषाण्यांशु विनियच्छति ॥

For these purpose Ayurveda recommends use of Gold as the best choice.

सुवर्णं स्वादुहृद्यं च बृंहणीयं रसायनम् ।

दोषत्रयापहं शीतं चक्षुष्यं विषसूदनम् ॥

- (सुश्रुत. सू. ४६/३२६)

न सज्जते हेमपाङ्गे पद्मपत्रेऽम्बुवत् ।

जायते विपुलं चायुर्गिरिऽप्येषु विधि स्मृतः ॥

- (अ.ह.सू.७/२८)

Swarna Prashana has been advocated by the sage Kashyapa and others for children between the age of 0 - 16 years [बाल्यावस्था] However it is preferably administered for children between the age of 0-5 as the development of brain and its faculties are more significant and progressive during this age.

Swarna Prashana is preferably administered on the day of **Pushya Nakshatra** every month which contributes for good nourishment [पोषण] of physical and mental faculties [पुष्यन्त्यस्मिन्नर्थाः इति पुष्यः ।]

Swarna Prashana administration has been praised that it enhances digestive power, improves strength and immunity, develops good memory & intellect, enriches colour and complexion and prevents all diseases.

Swarna Prashana if it is administered continuously for a period of one month it improves intelligence and resistance against all diseases.

Swarna Prashana if it is administered for 6 months the child develops good grasping power and memory.

“सुवर्णं प्राशनं हि येतत् मेधाग्निबलवर्धनम् ।

आयुष्यं मङ्गलं पुण्यं वृष्यं वर्ण्यं ग्रहापहम् ।

मासात् परममेधावी व्यधिभिर्न च धृष्यते ।

षड्भिर्मासैः श्रुतधरः सुवर्णप्राशनाद् भवेत्” ॥

- (काश्यप संहिता)

If it is administered for an year, it promotes strength, intelligence and memory, colour and complexion and also the harmony of body & mind.

वर्षं लीढा वपुर्मेधा बलवर्णकराः शुभाः । (अ. ह. उ. १/४८)

In order to attain these benefits, 24K pure metallic gold is rubbed on a rubbing stone along with selected precious herbs with honey and medicated ghee and then administered in a calculated dose.

Based on the above testimonials it can be concluded that **Swarna Prashana** is an effective, preventive and total health promotive measure for children which can contribute to strong, healthy and intelligent children for the society & it has been in practice since the time immemorial.

सर्वे सन्तु निरामयाः ॥

Let the whole society be free from diseases