



CSMSS
Ayurved Mahavidyalaya & Rugnalaya
Kanchanwadi, Aurangabad



Title

**“Suvarnabindu prashan program” – A route for Ayurveda professional /
Philosophical and principle towards immunity development.**

• **Objectives**

1. To Organise Suvarnabindu Prashan Camp for children as per the guideline of the Ayush Department.
2. To demonstrate and practice professional ethics.
3. To improve the immune system, physical strength, and digestion power.
4. To improve grasping and concentration power and memory.
5. To protect children from allergies and illness that occurs due to seasonal change.

• **The Context**

CSMSS Ayurved Mahavidyalaya organizes Suvarnabindu Prashana Camp for the children aged 6 months to 16 years on Pushya Nakshatra every month. Pushya Nakshatra is seen after every 27 days. Suvarna has qualities of both prevention and protection. It is indicated in Lehana form to fulfill the growth and development of children. It is also protective against infectious diseases. For easy absorption in the body through the alimentary canal, the Suvarna is converted into bhasma form. This Suvarnabhasma is then mixed with medicated ghee and honey which is very palatable. Suvarnabinduprashan's administration helps to achieve the developmental milestone in children. Its administration in younger children acquires better intellect.

CSMSS Ayurved Mahavidyalaya has initiated a step towards the healthy upbringing of the next generation.

• **The Practice**

A specially prepared annual Schedule card is given to remind parents about the upcoming dates of Camp. The contact number of every parent is noted down to contact them if they missed the date. To continue the practice uninterrupted, the Suvarnaprashana is prepared before the Camp date. The purified Suvarna Bhasma is mixed with **medicated ghee in the Rasashala (Pharmacy) of Mahavidyalaya**. On a day before camp, honey is mixed and well stirred to a homogeneous mixture and poured into the droppers. To administer drops of Suvarnabindu easily to the children these droppers are used under all hygienic precautions.

Since Jan. 2021, considering the COVID-19 pandemic and to protect the children from this pandemic, camp is started weekly. So every child who



Beshmukh

1

PRINCIPAL

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benefitted will get not only the immunity booster drops but also physical and systemic examination weekly.

To promote the weekly Suvarnabinduprashana camp, the institute has also printed pamphlets to aware society of this new schedule.

• Evidence of success

The impact of the successful administration of Suvarnabinduprashana is best represented by feedbacks from the beneficiaries. The parents of the benefitted children are given a feedback form to add their remarks. The feedback form contains the questionnaire viz.- commencement date of Suvarnabindu prashana of that particular child, total no. of doses given, whether the physical and mental performance of the child enhanced or not, the diet, weight, memory, and concentration enhancement, etc. Any suggestion if parents want to give, a special amendment of space is also given there in the form.

Some parents had reported positive feedback about less frequency of seasonal illness, allergies, about the improved scholastic performance of their wards, while some reported negative.

This practice has improved the awareness of every parent about their ward's health.

• Problems encountered

Due to the COVID-19 pandemic, the response of parents is remarkably minimized.



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