

## **A Study On Parent's Opinion Towards Swarna Bindu Prashana In Kalaburagi City**

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**ABSTRACT:** The task of a parent is very challenging. Being a great parent is heroic. For those who make a conscious effort to be good parents, it sure helps when they can get accurate information about health care choices for their children and are open to preventive measure for a good health care, especially immunization.

**KEY WORDS:** Immunization, Vaccine, Gold, Swarna Bindu Prashana

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### **I. INTRODUCTION**

As the great and the most ancient saying goes "Prevention is better than Cure", immunization has paved the way for a health life right from childhood. It has helped to eradicate several diseases like Plague, Smallpox and so on. It may hurt a little, but can safeguard an individual's life. Immunization is the process by which an individual's immune system becomes fortified against an agent. The most important elements of the immune system that are improved by immunization are the T cells, B cells, and the antibodies B cells produce.

Immunization is done through various techniques, most commonly vaccination. Vaccines against microorganisms that cause diseases can prepare the body's immune system, thus helping to fight or prevent an infection.

Vaccination is the administration of antigenic material (a vaccine) to stimulate an individual's immune system to develop adaptive immunity to a pathogen. Vaccines can prevent or ameliorate infectious disease. When a sufficiently large percentage of a population has been vaccinated, herd immunity results. The effectiveness of vaccination has been widely studied and verified<sup>1</sup>. Vaccination is the most effective method of preventing infectious diseases<sup>2</sup>; widespread immunity due to vaccination is largely responsible for the worldwide eradication of smallpox and the elimination of diseases such as polio, measles, and tetanus from much of the world.

### **Ayurveda**

A system of medicine with historical roots in the Indian subcontinent.<sup>3</sup> Globalized and modernized practices derived from Ayurveda traditions are a type of complementary or alternative medicine.<sup>4</sup> In countries beyond India, Ayurveda therapies and practices have been integrated in general wellness applications and in some cases in medical use.<sup>5</sup>

### **Immunization/ Vaccination in Ayurveda**

"Swasthasya Swastha Rakshanam", the very first aim of Charak Samhita and a priority fundamental to understand Ayurveda has in itself the essence of vaccination or inoculation. The dictum 'prevention is better than cure' is not a new concept at least for Ayurveda. Need to vaccinate or inoculate was felt for in modern science since 1800 onwards. Though health and medicine scholars have described vaccination as top then achievements of public health in 20th century yet the opposition to vaccination has existed as long as vaccination itself. There has been enormous criticism against it as old as opposition to smallpox vaccine in England and United States around mid of 1800 resulting in anti-vaccination leagues. Recent controversies regarding the safety and efficacy of DTP, the measles, the mumps and

<sup>1</sup> Fiore, Anthony E.; Bridges, Carolyn B.; Cox, Nancy J. (2009). "Seasonal influenza vaccines". *Current Topics in Microbiology and Immunology*.

<sup>2</sup> Gellin, Bruce, MD, MPH. "Vaccines and Infectious Diseases: Putting Risk into Perspective". (Remarks at AMA Briefing on Microbial Threats.) American Medical Association. 1 June 2000. Accessed 4 September 2016. "Vaccines are the most effective public health tool ever created."

<sup>3</sup> Meulenbeld, Gerrit Jan (1999). "Introduction". *A History of Indian Medical Literature*. Groningen: Egbert Forsten.

<sup>4</sup> Smith, Frederick M.; Wujastyk, Dagmar (2008). "Introduction". In Smith, Frederick M.; Wujastyk, Dagmar. *Modern and Global Ayurveda: Pluralism and Paradigms*. New York, NY

<sup>5</sup> Populorum, Michael Alexander (2008-01-01).

rubella(MMR) vaccines, and the use of mercury containing preservative called thimerosal-has a perception of doubt among community at present. Although the time periods have changed and good results of vaccination are seen in certain fields at present-whether politically, philosophically or spiritually-the opposition of vaccine have remained relatively consistent since Edward Jenner introduced it. Ultimately there was needed to sincerely look towards more safe and beneficiary ways. Ayurveda has the concept of immunization i.e. defending body against disease in its basics. Prophylaxis (preventive) approach of Ayurveda is ancient, consistent, harmless and effective. The approach is totally different and gives prime importance to the management of Immunity based on its own philosophy and practice. Ayurveda covers broad spectrum of relevance responsible in occurring of disease such as Sharir, Nij, Kalaj, Deshaj, Sankramaka, Janpadodhvansa, Vishaj, Astanga-indriya, artha, samyoga, and Pragya apradha and so on and not restricting it to categories Agantuj, Janpadodhvansa and few of Kalaj covered by modern immunization. Rests of the communities remain out of scope of modern immunization and vaccination. Ayurveda gives different principles and methods of immunization along with wide range of immunity increasing herbal medicines. Prophylaxis principles include Nidan parivarjan, Dincharya, Ritucharya, Virrudha ahar, Sodhan kriya, Rasyan management, Agniddeepan, Prakriti etc and even Kulaj which describes safeguards against many congenital diseases. Herbal medication under the taxanomy of Rasayan has in itself to say a lot about immunization. Recently a US patent has been awarded to Serum Institute of India and University of Pune for using Ashwagandha as a vaccine adjuvant. An adjuvant increases the efficiency of vaccination. A special Ayurvedic Immunization Suvarnprashan is a safe ayurvedic combination which is beneficial for normal growth and development of a child. It increases immunity, intelligence, prevents recurrent infections, improves memory, concentration and learning ability and thus has a wide positive role in physical and mental development of child. It can be administered from birth to 10 years of age to bestow excellent benefits.

Panchagavya prashan is also concerned with immunization though has essence of ritual fundamental behind it. As a ritual it is practiced once every year during July and August during which the vaccine viraemia is at its peak in cow. Advance mechanism of this concept is as under.

- Fresh Cow Dung: Enteric organisms plus vaccine virus
- Urine: Acidic, antitoxic attenuation of microbes
- Milk: Medium to protect attenuated organisms
- Curd: Medium to protect attenuated organisms
- Ghee: Enteric coating
- Copper Vessel: Isolation Attenuation

It works as an oral vaccination and every year a repeat dose can work as a booster dose. There is a need of further research to prove the hypothesis it has IgA.

Thus Ayurveda vaccination has a scope of prevention on larger basis, no side effects or after ill effects, takes care of body, mind and disease equally, rasayan practices can be safely promoted and lastly individual can participate in their own health management instead of being only passive patient.

### **Swarna Bindu:**

The usage of metals and minerals was well-known to mankind since thousands of years. Gold has been given the status of the most precious metal, which was used to prepare sculptures of Gods, ornaments, coins, and so on all over the world. It is one of the most ancient metals even used for preventive and curative purposes. With regards to its early knowledge to Indians, an earliest reference is found during prehistoric period, mentioned as *Hiranya*(synonym with *Swarna*) in Vedic works.<sup>6</sup>

Swarna Bindu is one such sanskaar, which was mentioned to be started in infancy. This was strictly directed towards enhancing natural immunity and for development of healthy body and mind with smoothly functioning systems of the body. These days even in advertisements fun is being made of these old traditions, but slowly & steadily these traditions which have held their ground despite all the apathy and harshness are regaining their lost pride.

Yes gold can be harmful to body as has been trolled by western intellectuals, but only when it has not been properly processed, for that matter the medicine made by snake venom can also be as much dangerous if not more. But then we are thankful to our westernized counter parts for having developed certain body functioning monitoring techniques in pathology which can keep a tap on our systems.

In Swarna Bindu sanskaar a precise quantity of swarn bhasam is amalgamated in various kinds of medicated ghrith (which act not only as carriers of swarn but they have their own role on enhancing various

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<sup>6</sup> Pandey G. 1st ed. Delhi: Sri Satguru Publications; 1997. Traditional Medicine in South-East Asia and Indian Medical Science; pp. 40-1.

bodily functions). This compound can be administered to children from infancy till adolescence. This is given to children on Pushya Nakshatra every month.

Benefits:

- Improves intellect.
- Improves metabolism & digestion.
- Improves immunity & physical strength.
- Improves fertility.
- Improves quality & span of life.

## II. OBJECTIVES:

- To understand the Parent's attitude towards Ayurvedic Immunization.
- To know the parent's information of Swarna Bindu.
- To know the factors influencing the growth of Ayurvedic Immunization.

## III. REVIEW OF LITERATURE:

- K.B. Jyothy, Srihari Sheshagiri, Kalpana S. Patel, and S. Rajagopala in their article entitled "A critical appraisal on *Swarnaprashana* in children" concluded that the benefits of *Swarnaprashana* in children are multidimensional. In a nut shell, *Swarnaprashana* can be named as a positive health care program for children.
- "Clinical study on the efficacy of Swarnamrita prashana (ayurvedic compound drug) in recurrent attacks of cough in children" an article by Arun Raj G R, Prasanna N Rao, Shailaja U, Debnath Parikshith and Shital Desai concluded that Swarnamrita prashana was proved to be effective in recurrent attacks of cough in children.
- Karri Sravani, Hatware Ketan, Sharma Sanjay in their article entitled "A Review on Traditional Ayurvedic Preparations Containing Gold" concluded that research should be carried out in order to understand the health benefits of Gold.
- Kiran Prakash Nandeshwar and Dr. Prashant Laxmanrao Patil in "CONTRIBUTION OF SWARNA PRASHANA SANSKARA IN HEALTHY NATION W. S. R. IMMUNIZATION – A REVIEW ARTICLE: concluded that in today's digital world, it is challenging question to every parents to maintain physical, mental, social and spiritual health of children without any side effects. It is also the problem of every nation as "children are the future of any nation." Swarna Prashana helps little but to solve this problem, it helps to grows the child with best immunity and intellectual performance. This concepts of swarna prashana described by Acharyas in Ayurvedic text needs experimental studies at clinical level.

## IV. RESEARCH METHODOLOGY:

The study is based on both primary and secondary sources. The policy documents of the government, the reports of various committees, journals, magazines, published data and literature relating to the subject has been referred for different secondary sources.

The primary information has been ascertained from the patients and general public by applying questionnaire method. The data gathered through the primary sources along with secondary data has been edited and tabulated in order to make it feasible for analysis and interpretation.

### Sampling:

A Sample Size of 100 respondents was selected through random sampling.

### Statistical Tools and Analysis

Analysis is done with the help of simple percentages, tables and charts.

### Hypothesis:

H0: There is no significant relationship between the reasons and duration of Swarna Bindu Prashana and change in child health

H1: There is a significant relationship between the reasons and duration of Swarna Bindu Prashana and change in child health

## V. DATA ANALYSIS:

Table No. 1: Duration of Swarna Bindu Prashana

Opinion	No. of Respondents
Since one year of the child	30

Two years	40
More than two years	30
Total	100

**Table No. 2: Reasons for Swarna Bindu Prashana**

Opinion	No. of Respondents
For Better Immunity	22
No Side effects	25
Increase in many diseases	30
For Mental Growth of the Child	50
For Physical Growth of the Child	53
Neighbour reference	62

- Many respondents had given more than one response

**Table No. 3: Noticeable change in child**

Opinion	No. of Respondents
Yes	67
No	33
Total	100

**Table No. 4: Ratings for Swarna Bindu Prashana**

Opinion	No. of Respondents
Good	56
Average	23
Poor	28
Total	100

#### VI. FINDINGS:

1. Majority of the respondent opined that they were providing the Swarna vaccination drops since the child was aged two years. This infers that the average age for Swarna vaccine is two years.
2. Neighbour/ Friend reference was the major reason behind the parents to give Swarna vaccine to their children. This infers that word of mouth communication still works in India.
3. There was a huge change in the child health due to prolonged provision of the Swarna vaccine.
4. On an average the opinion was good towards the Swarna Bindu Prashana.
5. There is a significant relationship between the reasons and duration of Swarna Bindu Prashana and change in child health, which shows that the effect of Swarna vaccine is slow but effective.

#### VII. CONCLUSION

Since ancient times Gold has been used as one of the major element in maintaining health of the people. Although Swarna Bindu Prashana has been one of the major immunization techniques, the doctors and the government need to educate the parents for not skipping even a single doze for the better health of their children.

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