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Ayurvedic *Mantraushadhi SuvarnaPrashan* in Paediatric Care: A Case Study of Corrective and Lasting Results

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Abstract:

Kaumarbhritya deals with paediatric care and treatment of diseases for children including specific *sanskars* like *SuvarnaPrashan*. The current state of children's health and nutrition is poor and is leading to severely low immunity and fatal diseases among children. For treatment of such life-threatening diseases and health conditions, we have selected *Mantraushadhi SuvarnaPrashan* (prepared in a specific manner), an already acclaimed medicine mentioned in *Kashyap Samhita*. This case study presents *Mantraushadhi SuvarnaPrashan* (MSP), a classical formulation described in *Kashyap Samhita* and revived through the research of Pandit Vishwanath Datar Shastri ji, recognized nationally with the Presidential Award (1990) and Vice-Presidential Award (2003). The uniqueness of MSP lies in its preparation, where *mantra* functions as sound-wave energy to potentiate the medicine, bridging ancient pharmaceutics with contemporary scientific inquiry into vibration and consciousness. MSP is an acclaimed medicine for substantially improving general immunity, psychosomatic conditions and cognition among children of various age groups. This study highlights the special results of MSP in quickly delivering positive results for critical illnesses like Thalassemia, Epilepsy and Atrial Septal Defect (where MSP has eliminated the need for a surgical procedure).

Keywords: *Mantraushadhi, SuvarnaPrashan, Kaumarbhritya, Jatakarma Sanskar, Paediatric Care, Critical Illness, Immunity*

INTRODUCTION

Amongst the eight branches of *Ashtang Ayurveda*, *Kaumarbhritya* (Paediatrics and Obstetrics) is considered the most significant one because, for a healthy society, it is very important to have healthy children. *SuvarnaPrashan*, described in *Kashyap Samhita*, is one such acclaimed medicine which helps in the proper development of the child's *panchakosh* (body, mind and intellect). *SuvarnaPrashan* is a medicine which belongs to the *Bheshaj* division of Ayurvedic treatment. Since it is prepared with chanting of vedic hymns it is a 'Mantraushadhi'. It is called a *Mantraushadhi* for one more reason. When the *sanskars* to administer it is performed, on the very first day of a child's birth, it is done with *mantras*. *Mantras* provide sound energy which is received by all 'levels' of the child's body viz. gross, subtle and causal.

This *sanskars* almost disappeared after the medieval period. And, from around the same time, there has been a gradual deterioration in children's health. As compared to pre-medieval period, where we find hardly any reference of children suffering from serious illness, the state of children's health now has deteriorated considerably and nutrition is poor. Many children suffer from severely low immunity as well as fatal diseases.

Concerned about health of children, the future citizens of Bharat, revered Guruji Pandit Vishwanath Datar Shastri ji studied all the subtleties of this *sanskars* and scrutinised various texts of Ayurveda. After elaborate research and experimenting (which included experimenting with the preparation method of *SuvarnaPrashan* by trying multiple combinations of key features like various medicated *Ghrit*, various methods of *Suvarna Bhasma* preparation, sequence of adding all ingredients and most importantly, the *sanskars* on drugs which is done while preparation of *Suvarna Bhasma*) he revived this *sanskars* with *Mantraushadhi SuvarnaPrashan* (MSP) in 1970.

Guruji did trials and studied the clinical efficacies for 38 combinations of preparing *SuvarnaPrashan* and found this particular method authentic and effective. His work in this domain was recognized with the Presidential award in 1990 by Sri Venkataraman and with the Vice-Presidential award in 2003 by Sri Bhairo Singh Shekhawat.

SCOPE

The purpose of this paper is to detail and understand what makes *Mantraushadhi SuvarnaPrashan* special and unique for treatment of general health conditions and critical diseases among children in modern day. The focus here would be on preparation method of *Mantraushadhi SuvarnaPrashan*, evaluation of its effect on body systems and its clinical mapping. It is not a new experiment.

SuvarnaPrashan is administered during the *Jatakarma Sanskar* at childbirth and is given regularly upto the age of 16 years¹ to strengthen the child's immune system, improve memory and intelligence and protect them from various illnesses of body systems. *Mantraushadhi SuvarnaPrashan*, the focus of our case study, has been given orally to thousands of children since 1970 and is still given by Sanskruti Arya Gurukulam as a voluntary free-of-charge service nationwide. This paper is a case study of the program run by Sanskruti Arya Gurukulam for Ayurvedic *Mantraushadhi SuvarnaPrashan* and the aim of the case study is to understand its role in corrective and lasting results in paediatric care.

OVERVIEW OF RESEARCH BY PANDIT VISHWANATH DATAR SHASTRI JI

Kashyap Samhita is the authentic text for treatment of paediatrics and the text also has some tremendous formulations which help to maintain health of children by improving their overall immunity. One such formulation is – *SuvarnaPrashan*. In this section, we present the findings of Pandit Vishwanath Datar Shastri ji who has done exclusive research in preparation of *SuvarnaPrashan* and conducted clinical trials in large population at his time.

The aim and objectives of Pandit Vishwanath Datar Shastri ji study were as follows:

- To highlight key features for preparation of *SuvarnaPrashan* mentioned in *Kashyap Samhita*.
- To evaluate role of *mantra* chanting while preparing *SuvarnaPrashan*.
- To evaluate role of *PanchGavya Ghrit* as an ingredient in preparation of *SuvarnaPrashan*.
- To evaluate role of *Manthan Sanskar* instead of *Mardan* Process in preparation of *SuvarnaPrashan*.

Pandit Vishwanath Datar Shastri ji studied *Kashyap Samhita* minutely and he observed that *Acharya Kashyap* has given three options of medicated *Ghrit* for preparation of *SuvarnaPrashan* i.e. *Vachadi Ghrit*, *Brahmi Ghrit* and *PanchGavya Ghrit*². Amongst them, *Vachadi Ghrit* was already practiced and popular in practitioners, however, *Brahmi Ghrit* & *PanchGavya Ghrit* were mostly ignored as a base in this tremendous formulation.

Positive effects of *SuvarnaPrashan* on nervous system, digestive system, respiratory system, psychological disorders, locomotor system and cardio-vascular system are mentioned in *Kashyap Samhita* and Ayurvedic practitioners find similar positive effects in children who are given *SuvarnaPrashan* for the prescribed time period. *Acharya Kashyap* has mentioned that *SuvarnaPrashan* should be given till 16 years of age and if it is followed properly then desired improvement is also found in children's cognitive functions. We can, therefore, use *SuvarnaPrashan* in treatment of children whose cognitive functions are not developed properly or children with any disorder related to nervous system. For this reason, Pandit Vishwanath

Datar Shastri ji has used *PanchGavya Ghrit* as a base in *Mantraushadhi SuvarnaPrashan* (MSP).

The MSP administered to children has been tested on heavy metal and microbiological parameters by Central Government's authorized laboratory and results certified in Form 50 under Rule 160-D(f) of the Central Government Act of 'The Drugs and Cosmetic Rules, 1945'. Results are registered with A.R.No.: 401466/1/2019.

Daiv-Vyapashray Chikitsa (the psycho-spiritual therapeutic modality of *Ayurveda* involving *mantra*, *maṅgala*, *bali*, *upavāsa*, and other spiritually oriented interventions) is an essential part of treatment mentioned in *Ayurveda*. Practitioners have observed significant results of *Mantra Chikitsa* in many severe disorders of nervous system which are considered to be the result of *Pragyaparadh* or any disturbance in *Buddhi*, *Dhruti* or *Smruti*. Hence, to improve *Pragya* of children and to treat disorders related to *Pragyaparadh* or *Grah-Badha*, chanting of 'Sri Sooktam' while preparing *SuvarnaPrashan* is mentioned in *Sushrut Samhita*³. The same practice is followed in the preparation of *SuvarnaPrashan* by Gau Sanskruti Ayurved, which is the pharmaceutical arm of Sanskruti Arya Gurukulam. The mantra chanting practise is an integral part of 'Sanskara Paddhati' and is also followed while administering MSP.

SUVARNAPRASHAN IN KASHYAP SAMHITA

Effects of *SuvarnaPrashan* as given in *Kashyap Samhita* in *Sutrasthanam* 18/4-5 are translated as follows:

सुवर्णप्राशनं हि एतत् मेधाग्नि बल वर्धनम् ।
आयुष्यं मंगलं पुण्यं वृष्यं वर्ण्यं ग्रहापहम् ॥
मासात् परम मेधावी व्याधिभिर्न च दृश्यते ।
षड्भिं मासैः श्रुतधरं सुवर्णं प्राशनात् भवेत् ॥
suvarṇaprāśanam hi etat medhāgnibalavardhanam |
āyuṣyam mangalampunyam vṛṣyam varnyam grahāpaham ||
māsāt paramamedhāvīm vyādhibhirna ca dhṛṣyate |
ṣaḍbhirmāsaihi śrutadharah suvarṇaprāśanāt bhavet ||

<i>Medha</i>	– Intellect
<i>Agni</i>	– Fire element, the seven <i>Dhatvagni</i>
<i>Bala</i>	– Physical & mental strength
<i>Aayushya</i>	– Longevity
<i>Kalyāṅkārak</i>	– Auspicious
<i>Punyakārak</i>	– Virtuous
<i>Vrishyam</i>	– Aphrodisiac
<i>Varnya</i>	– Improves complexion
<i>Grahapaha</i>	– Eliminates influence of inauspicious planets
<i>Srutadhara</i>	– Quality to retain anything heard just once

The *SuvarnaPrashan* or *Jatakarma Sanskar* improves intellect (*Medha*), fire element (*Agni*), physical and mental strength (*Bala*), and increases lifespan (*Aayush*). It is also auspicious (*kalyānkārak*), virtuous (*Punyakārak*), aphrodisiac (*Vrushyam*), improves complexion (*Varnya*) and eliminates influence of inauspicious planets (*Grahadosha*).

Effects of MSP, as given in *Kashyap Samhita*, along with the corresponding body systems are summarised in the table below. Scope of effect of MSP is also distributed among *Swasth Ayu* factors viz. Physical (1), Mental (2), Emotional (3) and Spiritual (4).

MSP qualitites	Affected element	Ayu factors	Affected systems
<i>Medhya</i>	Intellect	2, 3	Central Nervous System
<i>Agni</i>	7 'Dhatvagni' - for gradual formation of 7 structural body elements	1	Digestive System & All Body Systems
<i>Bala</i>	Physical and mental strength	1, 2	Loco Motor System & Nervous System
<i>Aayushya</i>	Longevity	1, 2, 3, 4	All Body Systems
<i>kalyankarak</i> (<i>mangal</i>)	Auspicious	4	Satva & Aatma
<i>Punyakarak</i>	Virtuous	4	Satva & Aatma
<i>Vrushyam</i>	Aphrodisiac	1	Reproductive System & All Body Systems
<i>Varnya</i>	Healthy complexion	1	Endocrine System & Cardio Vascular System
<i>Grahanapaha</i>	Eliminates influence of inauspicious planets	2, 4	Indriya, Satva & Aatma
<i>Avyadhihi</i>	Remover of illness	1,2	Immune System & All Body Systems
<i>Srutadhara</i>	Ability to retain anything heard just once	2, 4	Indriya, Satva & Aatma Nervous System

PREPARATION OF MANTRAUSHADHI SUVARNAPRASHAN

A very essential aspect of the research by Pandit Vishwanath Datar Shastri ji is *Manthan Sanskar* (churning). We find that most *SuvarnaPrashan* manufacturers use *Mardan* (crush or rub) as a process for preparation of *SuvarnaPrashan*, but, in *Kashyap Samhita*, there is reference of homogenously mixing the ingredients by quoting the word 'Aamathya'⁴. This minute difference in preparation process (churning the ingredients together instead of crushing or rubbing them) plays a major role in terms of solubility of ingredients, final dosage form of

medicine & pharmaco-kinetic of each content. Ingredients (*Suvarna Bhasma*, *PanchGavya Ghrit* and Organic Honey) are available in such a form that they are readily assimilated by various target organs and body systems.

Suvarna Bhasma plays a major role in treating disorders of nervous system which, in Ayurveda, are called *Manas Vikar*. *Ghrit* is already established as a medium which can pass through the Blood Brain Barrier (a highly selective, semi-permeable membrane lining the brain's capillaries). *PanchGavya Ghrit* is used as a base because of its wide range of potential health benefits like treating *Manas Vikar* and also improving *Pragya* of children. Organic honey is an essential ingredient for preparation of *SuvarnaPrashan* as it improves the absorption of other ingredients i.e. *PanchGavya Ghrit* & *Suvarna Bhasma*.

When we mix all three ingredients in mortar pestle by simple *Manthan Sanskar*, the blend converts into homogenous semi liquid form which can be administered easily to children in drops form. Converting the mixture in drops form has another benefit - the absorption of the ingredients starts immediately from buccal cavity itself when they are exposed to saliva and other secretions. This leads to quicker action of MSP over ailments. If one follows *Mardan Sanskar* in preparation of *Suvarna Prasahan* it results in a non-homogenous form of final product because the sugar portion of honey gets separated in fibrous form when all ingredients are rubbed together. As a result, the ingredients are not uniformly distributed and final dosage form of the medicine would be of thicker in consistency. This leads to delayed absorption of ingredients.

Many practitioners advise mixing all ingredients at the time of administering only. But pre-mixing of all ingredients leads to desirable chemical reaction between all ingredients due to *KaalaPrakarsh Sanskar* resulting in a higher potency as compared to other drug which doesn't use this *sanskars*.

Gau Sanskruti Ayurved follows classical text reference by mixing *Suvarna Bhasma*, Organic Honey & *PanchGavya Ghrit* with chanting of 'Sri Sooktam' while preparing *SuvarnaPrashan*. *Suvarna Bhasma* was prepared by Pandit Vishwanath Datar Shastri ji at his own *Rasa-Shala* in Varanasi and he donated this to Sanskruti Arya Gurukulam. Preparation of *Bhasma* is a tedious & meticulous task and is followed by *Bhasma Parikshas* to ascertain its safety & efficacy. *PanchGavya Ghrit* is prepared by Gau Sanskruti Ayurved following classical reference⁵ and raw material for *PanchGavya Ghrit* are procured from Gaushala attached to Sanskruti Arya Guruklam itself. Organic Honey is being collected by Gau Sanskruti Ayurved from forest area of Gir at regular intervals.

This case study highlights an ideal *Bheshaj* which is prepared using quality raw material and most importantly, accompanied by chanting of advised *Mantra*. Even parents or children are advised to recite the *Mantra* while administering MSP⁶. Positive effect of *Mantra* chanting while preparing and administering the medicine is a unique concept of Ayurveda. This practice

leads to increase in potency or therapeutic efficacy of ingredients. Chanting of particular *Mantra* with proper pronounce and with specific sound frequency leads to alignment of all our essential systems i.e. *Shareer, Indriya, Satva* and *Aatma*. This, in turn, results in powerful effect over treating specific ailments of Body, Mind and Sense as mentioned in *Phala Shruti* of that particular *Mantra*.

STRUCTURE OF THE CASE STUDY

This study was done in real-life environment across various states in India and not in a laboratory environment. A total of 2,17,000 doses of MSP were administered in the year 2022 till September. 17,610 doses were administered to 2950 children (rounded to nearest ten) for a minimum of 6 months. Consent was obtained from parents of all children before starting the course of MSP. The framework used for this case study is as follows:

Inclusion criteria

- Age between 1 months and 15 years
- Special critical cases with no interference to current line of treatment
- Human Systems observed
 - Body systems – Central Nervous System or Nervous System, Digestive System, Respiratory System, locomotor system and Cardio-Vascular System
 - Immune System
- Psychological disorders.

Exclusion criteria

- Age above 15 years
- Genetic conditions or disorders like down syndrome
- Developmental disabilities like autism.
- Cases requiring emergency treatment, intensive care or trauma care.

Grouping and Posology

The children were divided into three groups based on the scope of observation, duration of administering MSP and health condition.

- Group A: Special group with some reported illness or health condition, administered MSP for minimum 6 months – 15 children
- Group B: Standard group with no reported illness or health condition, administered MSP for minimum 6 months – 2935 children
- Group C: Superset group of total children reported to have been administered MSP in 2022 – 18500 children.

Dose of MSP administered

- 1 months to 3 years: 1-3 drops

- 3 to 5 years: 4-5 drops
- 5 to 10 years: 5-7 drops
- 11 to 15 years: 7-8 drops

Criteria for assessment

Ayurveda works at three levels of human existence – (1) Gross body, (2) Subtle body and (3) Causal body. ‘*Swasth Ayu*’ or healthy state of human being comprises a balance of four factors – Physical, Mental, Emotional and Spiritual (*Shareer, Indriya, Satva* and *Aatma*). *Mantraushadhi SuvarnaPrashan* affects all three levels and all four factors.

- Gross body – Physical - *Shareerik*
- Subtle body – Mental - *Mansik*
- Causal body – Emotional and Spiritual – *Eindrik* and *Adhyatmik*

At the physical and mental level, effect of MSP can be assessed by improvement in health conditions of human body systems, namely:

- Central Nervous system
- Digestive system
- Respiratory system
- Locomotor system
- Cardio-Vascular System

At the emotional level, effect of MSP can be assessed by behavioural symptoms, namely:

- Anger (*krodha*)
- Irritability (*chidchidapan*)
- Frickleness (*chanchalta*)
- Hyperativity (*ati sakriyata*)

Subjective Parameters

Effect of MSP was assessed on the basis of relief in symptoms of various health conditions.

A scoring pattern was adopted for the assessment as follows:

- General Immunity
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0
- Poor memory
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0
- Asthma
 - No change 1
 - Partial Improvement 2
 - Fully cured 3

- No Information 0
- Gastritis
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0
- Epilepsy
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0
- Psychological disorders
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0
- Enuresis
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0
- Slow development
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0
- Weakness
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0
- Skin ailment/allergies
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0
- Weak digestive system (Vomiting)
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0

- Anger
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0
- Hyperactivity
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0
- Irritability
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0
- Atrial Septal Defect
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0
- Thalassemia
 - No change 1
 - Partial Improvement 2
 - Fully cured 3
 - No Information 0

Objective Parameters: None

Overall effect of MSP

The overall effect of administering MSP was assessed on the basis of following criteria

- CI - Complete improvement in health condition: 100%
- SI - Substantial improvement: >75% - <100%
- I - Some improvement: >25% - <75%
- U - Unchanged: <25%

OBSERVATIONS AND RESULTS

Group A had 15 cases with varied illness or health conditions with 2 of them (13%) having critical illness. The age of Group A cases was between 1 day to 8 years, which is the *kaala* of *annamaykosh* and *pranmaykosh* development. Low immunity and frequent illness were the

most common health conditions among Group A. 33% of the cases had low immunity with symptoms of frequent fever, cold & cough.

After completion of 6 months of administering MSP, Group A reported extraordinarily promising results. The effect of MSP was established by the degree of improvement observed in each child. There was not even a single case where the health condition remained unchanged or showed no sign of improvement. All cases reported boosted immunity with no symptoms of illness after treatment. None of the Group A cases are now on any medication for the specific illness. They all continue administering MSP. 3 cases (20%) had complete illness cured in less than 6 months of administering MSP. A complete statistical analysis could not be done as sample size of Group A was small.

Table 1: Degree of Improvement in special health conditions in Group A

Results	Percentage
Complete Improvement	73
Significant Improvement	27
Improvement	0
Unchanged	0

Table 2: Affected body systems with MSP in Group A

Systems	Cases	Percentage
All body systems	1	7
Cardio Vascular System	2	13
Central Nervous System	4	27
Digestive System	1	7
Immune System	5	33
Locomotor System	1	7
Respiratory System	1	7

Complete improvement was reported in most of the cases in Group A with 20% of cases giving desired result in less than six months. 2 cases of critical illness which are worth a mention are:

1. A 6 months old child with Atrial Septal Defect (commonly called hole-in-the-heart) was advised surgery to cure the medical condition (the only suggested treatment for the condition). Continuous use of *Mantraushadhi Suvarnaprashan* for 6 months healed the heart. Medical tests carried out after MSP treatment reflected almost full recovery from the ASD condition and the need for surgery was eliminated.
2. A 5 old child suffering from Thalassemia, was administered MSP for a period of 12 months. Before MSP treatment, child was not reciprocating to the given treatment. After MSP treatment, child's haemoglobin and RBC normalised. Repeated weakness relapse has completely been cured.

Table 3: Effect of MSP on special health conditions in Group A

Case	Symptoms/ Health Condition	Affected system	Critical Illness (Y/N)	Duration of MSP intake	Score	Result
1	Frequent Udarshool	Digestive System	N	6	3	CI
2	Frequent Jwara, Kapha	General Immunity	N	12	2	SI
3	Daurbalya	Locomotor System	N	12	3	CI
4	Enuresis	Central Nervous System	N	6	3	CI
5	Enuresis	Central Nervous System	N	8	3	CI
6	Kapha, Cold	General Immunity	N	2	3	CI
7	Frequent Jwara	General Immunity	N	12	3	CI
8	Weak Memory	Central Nervous System	N	12	2	SI
9	Newborn	All body systems General Immunity	N	12	3	CI
10	Yauvan Pidka	Digestive System	N	6	3	CI
11	Epilepsy	Central Nervous System	N	12	2	SI
12	Kapha, Cold Asthma	General Immunity Respiratory System	N	4	3	CI
13	Underweight	Locomotor System	N	6	3	CI
14	Atrial Septal Defect	Cardio Vascular System	Y	6	3	CI
15	Thalassemia	Cardio Vascular System	Y	6	2	SI

Group B had 2935 cases where MSP was administered for atleast 6 months and 15 cases where MSP was administered for over 1 year. Feedback was received on subjective parameters which have been summarised in the table below.

Improvement in MSP on general health conditions in Group B	
General Immunity	Improved
Alertness of mind	Improved
Physical fitness	Improved
Concentration capability	Improved
Memory and recollection	Improved
Hyperactivity	Reduced

While MSP was regularly administered to Group C, however, no feedback was collected from this group.

In the laboratory test conducted for heavy metal presence and microbiological organisms presence, MSP was found to have much lower than threshold ppm presence of lead, arsenic, cadmium and mercury. The microbiological organisms – *Staphylococcus aureus*, *Salmonalia* species, *Pseudomonas*, *Aeruginosa* and *Escherichia coli* – were absent and permissible presence of plate count, Yeasts and Moulds count was found.

DISCUSSION AND FURTHER STUDIES

General Immunity was the most widely achieved result of regularly administering MSP. The base period of administering MSP used in this study was 6 months. It was noticed that in Group A there were multiple cases where positive effects of MSP were visible before the end of 6 months. The shorter turnaround time for positive effects of MSP can be attributed to *Mantra* or chanting of the prescribed vedic hymn ‘*Sri Sookta*’ at the time of its preparation and also the *shastra* prescribed *mantra* while administering MSP to the children.

The administration of MSP has been continued for all the three groups of children - A, B and C. In the follow up period no recurrence of earlier health conditions has been reported. Instead, the general immunity and other parameters of health continued to improve. Another observation worth mentioning is that children who started taking *Mantraushadhi SuvarnaPrashan* from their first month of age have not reported any illness, general or otherwise, even in the follow-up period.

For a comprehensive study of the effect of MSP on overall well-being objective parameters like complete blood count, KFT, LFT etc. should be included in future studies. Also, more such studies with a larger sample size of group A is necessary to re-confirm the effectiveness of MSP.

CONCLUSION

The case study results shared above, like the short time span to cure a typical illness as well as the overall feedback for improved general immunity, intellectual functions and all over cognition, can be attributed to MSP. The differentiating factor of *Mantraushadhi* over a regular *Aushadhi* is explained as *Achintya Shakti* (inconceivable potency) or *Prabhava* or special effect on various body systems, mind, senses and energy levels. Most of these effects cannot be assessed using presently available physical objective parameters. One can appreciate the *Prabhava* of *Mantra* in preparing and administering the *Aushadhi* by including subjective parameters as was done in the above case study.

The three key factors that improved the efficacy of MSP are:

- Use of *PanchaGavya Ghrit* which made it very potent for treatment of psychosomatic and psychological disorders
- Specific *mantra* recitation while preparing and administering MSP which resulted in an all-round effect on the overall well-being of the child - Physical, Mental, Emotional and Spiritual (*Shareer, Indriya, Satva* and *Aatma*)
- Adopting *Manthan Sanskar* for preparation of *SuvarnaPrashan* helped in easy assimilation by the body

This case study supports the view that MSP is useful for improving and maintaining the health of children.

Brief Profile of the Authors:

Anshu Dubey is the Founder and President of Brahm Varchas Education, where she is pioneering the integration of Vedic wisdom into modern education. She treats Brahm Varchas as an offshoot of Sanskruti Arya Gurukulam, a Rishi-parampara full-fledged gurukulam. She works with a special focus on bringing the traditional shastric studies of Ayurveda to the forefront and presenting Sanskruti Arya Gurukulam's and Pandit Vishwanath Datar Shastri ji's researches in contemporary formats and mainstream learning methods.

With over 20 years of experience in IT and fintech, she has transitioned from leading roles in digital payments and banking to a profound commitment to holistic education and finds all guidance and learning on Ayurveda from Sanskruti Arya Gurukulam lead by Acharya Dr Mehulbhai. Anshu's journey is deeply rooted in her passion for Vedic methodologies, which she now champions through e-learning courses, research presentations, Vedic pre-schools, and cultural immersion programs aimed at blending ancient wisdom with contemporary learning.

Statements and Declaration:

We hereby declare that this manuscript is our original work and does not infringe on any rights of third parties. All sources have been duly acknowledged and cited. An earlier version of this work was presented at the International Seminar organised by Ayurveda Vyaspeeth in November 2022, Nagpur, Maharashtra, under the category “*Role of Ayurveda in Pediatric Care*” and the abstract of that presentation was published in the official abstract book of the seminar. We declare that we have no conflict of interest with our places of employment or anybody else in publishing this article. This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors. All participants provided informed consent.

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6. Sanskar Paddhati-Kaushik Grihya Sutra
“Om Bhuh Tvayi Dadhami Om Bhuvah Tvayi Dadhami Om Svah Tvayi Dadhami
Om Bhuh Bhuvah SvahTvayi Dadhami”